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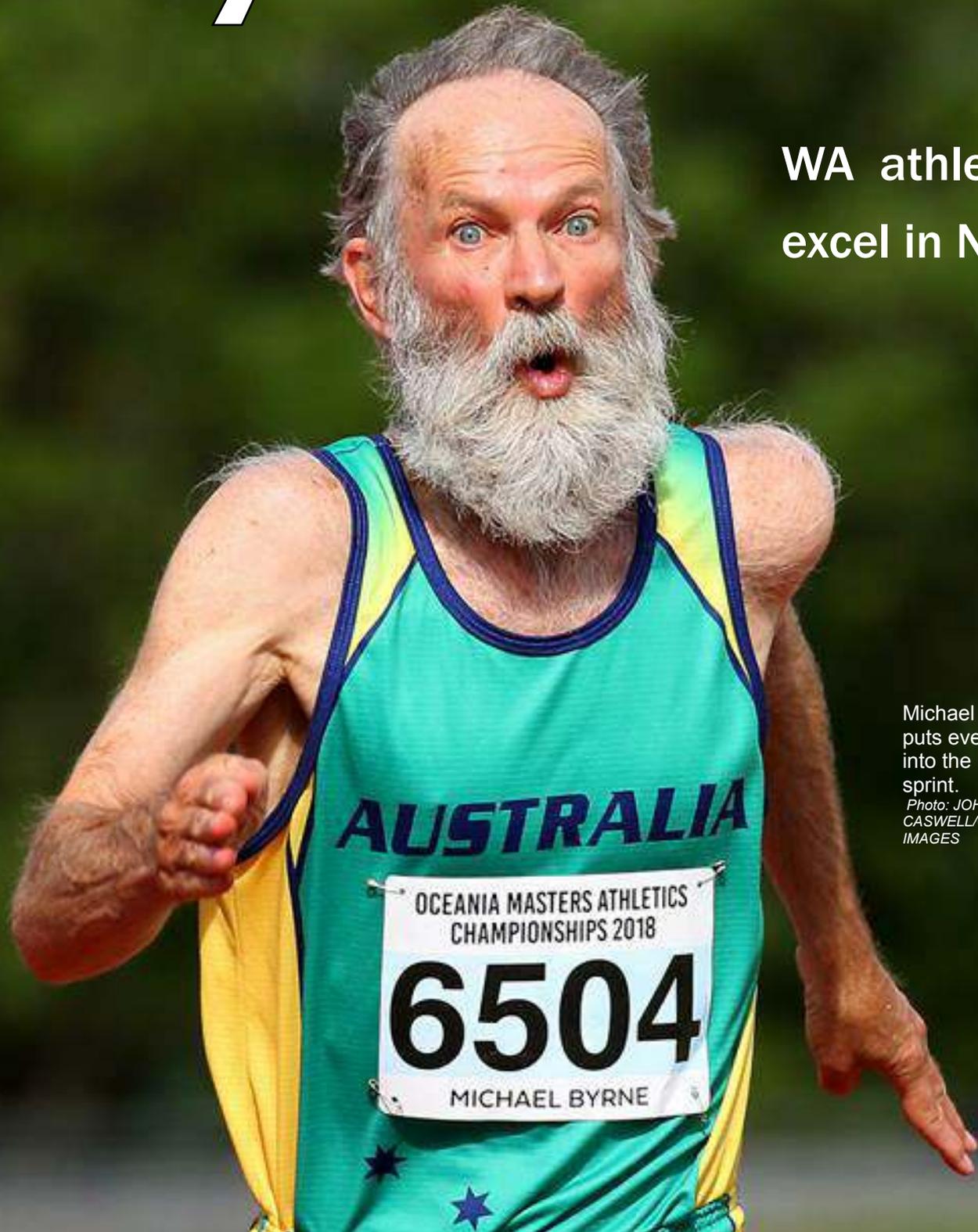


Season 11 Issue 4
FEBRUARY 2018

The Track and Field Newsletter of MAWA

All eyes on Dunedin

WA athletes
excel in NZ



Michael Byrne
puts everything
into the 100m
sprint.

Photo: JOHN
CASWELL/CASWELL
IMAGES

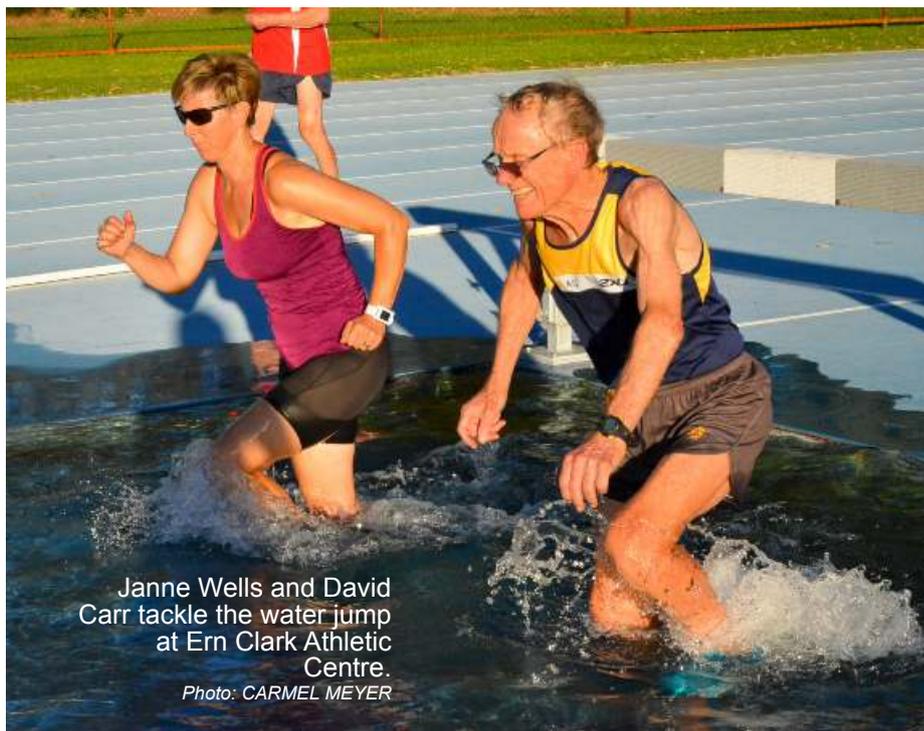
David's world mark

By JOHN DENNEHY

David Carr (M85) displayed all his skills at ECAC on Thursday, December 21, 2018, to slice seconds off his own world record in the 2km steeplechase. Having left his steeplechase shoes behind, he quickly regained his composure and set his race up with his splits committed to memory. Being the very experienced campaigner that he is, he resisted the temptation to have seconds up his sleeve and held a firm pace for the journey.

Ellaby Hansen collected the win after a consistently fast pace, with her trademark bouncy stride. Vanessa Carson (W35) ran 8:23.9 to hold off Trent Siviour (8:24.2) for a pleasing race. Next was Alan Gray (M55) showing impressive potential in his new event. Gillian Young (W70) showed the benefit of David's coaching with an Australian record of 10:25.1. The previous record held by Anne Lang, the current world champion. Kristine Wells (10:44.4) won the battle of the Well's family and collected cash for her effort!

Never at risk of slipping off his target pace, somehow David summoned up the energy to produce a finishing kick to pick up another place in the home straight and take the record under the 11-minute mark with a time of 10:53.3.



Janne Wells and David Carr tackle the water jump at Ern Clark Athletic Centre.
Photo: CARMEL MEYER

Gillian's herculean effort in NZ

Following Gillian Young's Australian record in the W70 2000m steeplechase in December, she cut nearly 22 seconds off her time to post a pending World Record at the Oceania Masters Championships in Dunedin.

While Loris Reed of Christchurch posted a faster time in November, that record is pending.

You can read Gillian's own thoughts on her NZ experience in her "My Champs" story on page 13.

VALE



While not a MAWA member, Andrew de Sousa would often attend track nights supporting his partner Vanessa Carson and keeping an eye on her three children.

Andrew died following a motor cycle accident on Saturday, February 3. The photograph above was taken on the morning of his accident at the Bibra Lake parkrun.

Nationals entries close on March 16

With the Australian Masters Athletics Championships in Perth in April there has been an increase in numbers competing on Tuesday and Thursday track nights. Don't forget to enter as these are now open and

close on March 16. For further information on the championships turn to pages six and seven to read the first championships' eNewsletter.

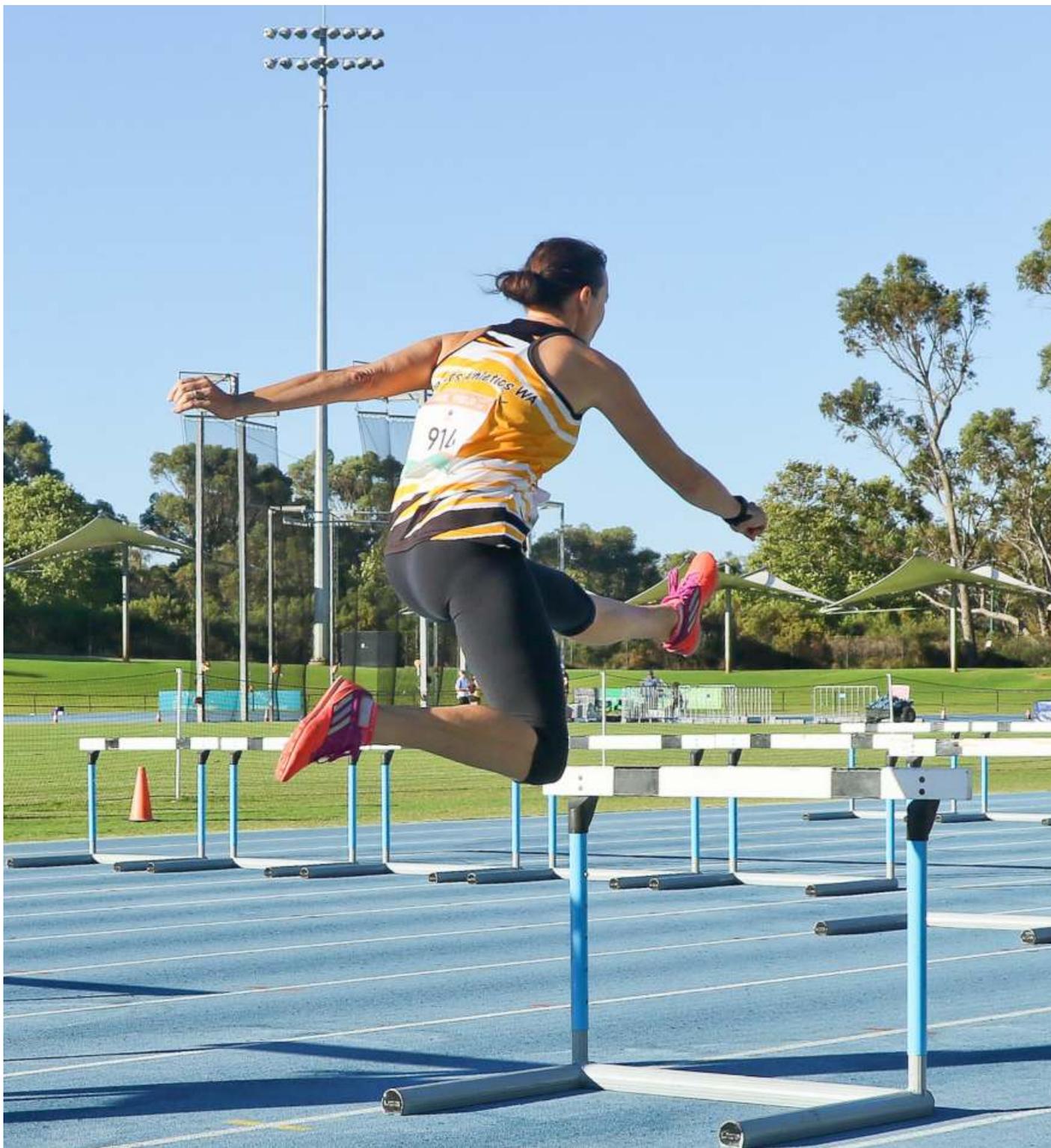
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<http://www.mastersathleticswa.org/perth2018/>

Records

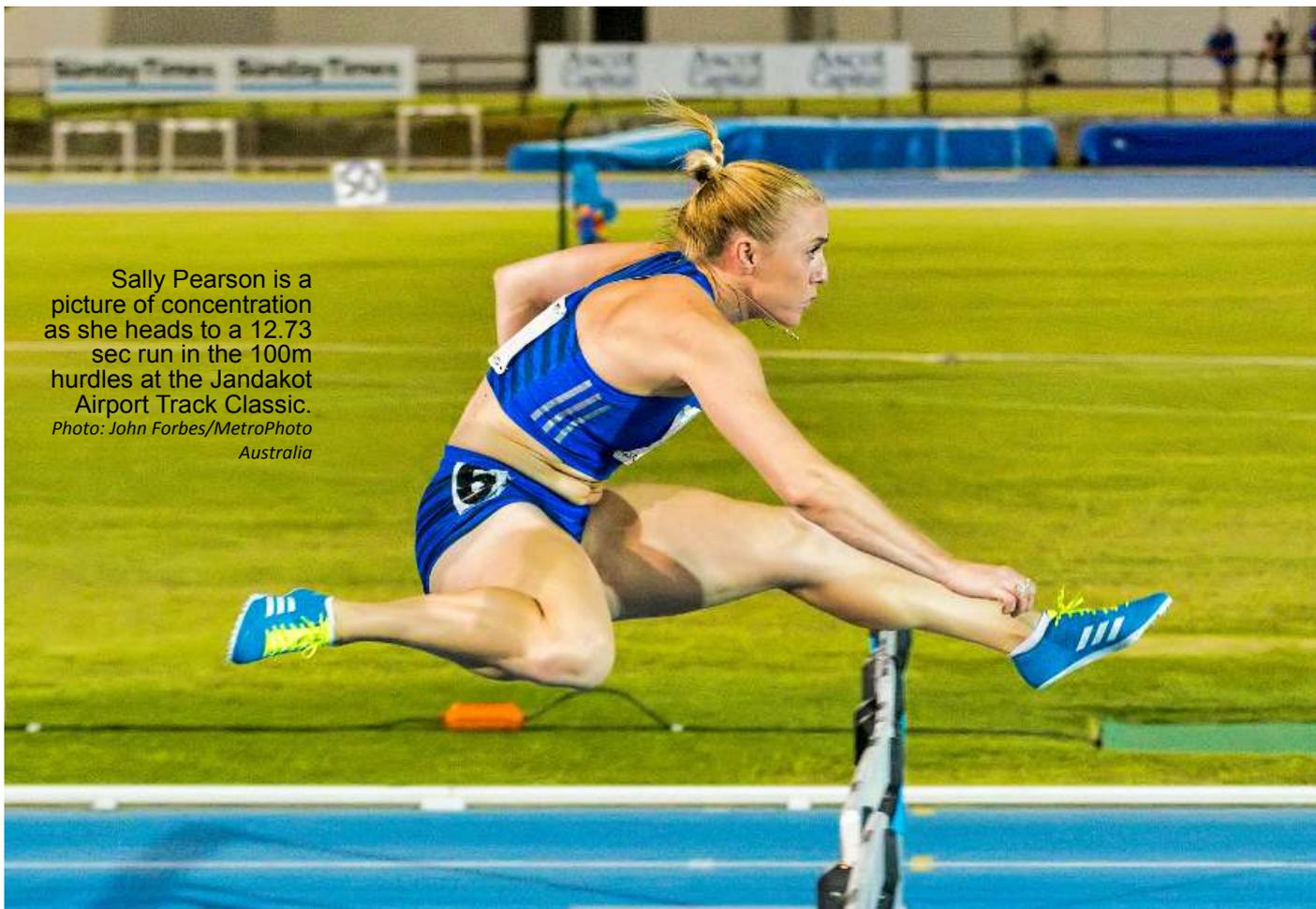
Gillian Young	W70	2000m steeple	10:25.1	ECAC	21/12/2017	*AR
David Carr	M85	2000m steeple	10:53.3	ECAC	21/12/2017	**WR
Lynne Schickert	W75	2000m steeple	16:39.3	ECAC	21/12/2017	SR
Sue Coate	W50	Heptathlon	3901 pts	WAAS	4-5/01/2018	SR
Carol Bowman	W60	Heptathlon	2551 pts	Bendigo	6-7/01/2018	SR
David Carr	M85	1000m	4:26.1	ECAC	11/01/2018	SR
Sarah Edmiston	W40	Discus	36.33m	WAAS	13/01/2018	SR
Carol Bowman	W60	80m hurdles	75.78	Dunedin	20/01/2018	SR
Gillian Young	W70	2000m steeple	10:03.49	Dunedin	25/01/2018	**WR
Lynne Schickert	W75	3000m walk	23:21.40	Dunedin	26/01/2018	SR
David Carr	M85	200m	40.2	ECAC	15/02/2018	SR
Jenn Parker	W45	Shot	9.76m	ECAC	15/02/2018	SR

*Pending Australian record **Pending world record



Dynamic duo in heptathlon battle

Sue Coate and Vicky Cobby competed in the Heptathlon at the State Combined Events held at WA Athletics Stadium in early January. Vicky is pictured (above) in the 80m hurdles where she ran 14.77s and Sue tackles the high jump with a best jump of 1.34m.



Sally Pearson is a picture of concentration as she heads to a 12.73 sec run in the 100m hurdles at the Jandakot Airport Track Classic.

Photo: John Forbes/MetroPhoto Australia

Stars shine at classic



By JOHN DENNEHY

Several Perth Masters were in attendance either as spectators or officials at the Jandakot Airport Track Classic in mid-January. The star attraction, Sally Pearson, in her signature 100m hurdles did not disappoint the plethora of fans. There was eerie silence as the reigning World Champion settled into her blocks and exploded to a 12.73 (w1.4) despite grazing four hurdles. The Perth crowd was witness to a superb display of hurdling with Pearson's impressive speed and agility over the barriers, particularly impressive live.

Marathoners, Kim Thomas (M40) and Rochelle Rogers (W30) ran the 5000m finishing behind Kim's son Mitch (17:17.00) in 17:34.43 and 17:35.09 respectively, looking strong and focused over the shorter distance. This was a measured and mature performance from the Masters' duo who look set to continue to improve, given their dedication and consistency in training and racing.

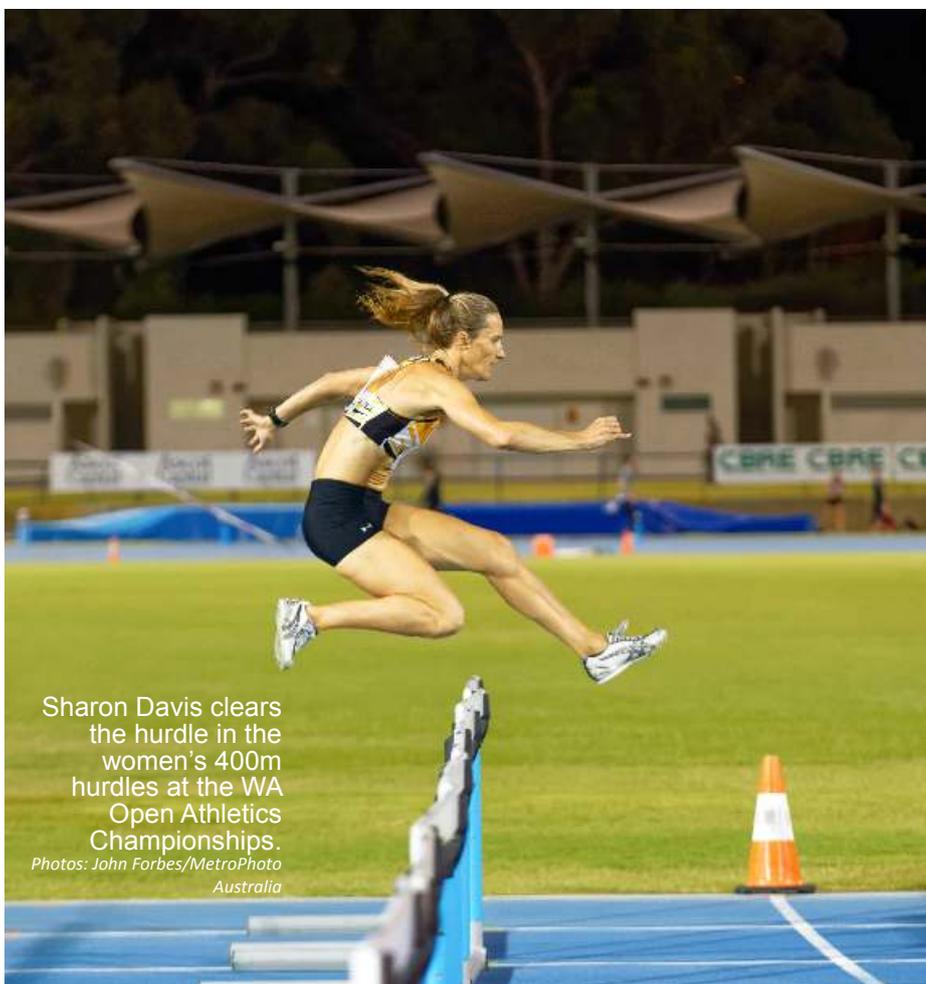
LEFT: Kim Thomas leads "daughter" Rochelle Rogers in the 5000m.

Photo: John Forbes/MetroPhoto Australia

Melissa's bronze

Melissa Foster sails through the air at the WA Open Athletics Championships.

Photos: John Forbes/MetroPhoto
Australia



Sharon Davis clears the hurdle in the women's 400m hurdles at the WA Open Athletics Championships.

Photos: John Forbes/MetroPhoto
Australia

By JOHN DENNEHY

Several masters competed at the AWA State Open Championships on the weekend of January 19-21. Melissa Foster (W35) registered a long jump of 5.70m to place fourth in a very competitive field and backed up with a laudable effort in the triple jump of 11.92m to take a bronze medal and only 5cm off silver.

Sharon Davis (W40) ran outside her recent state record of 68.0 in the 400m hurdles event but overcame her disappointment by running a superbly executed 800m to claim a PB of 2:18.68 and edge ever closer to the state record of Barbara Blurton (2:17.8).

Multiple record holder, Byrony Glass (W40) added yet another state title to her accomplishments. She was untroubled by competitors, weather or injury to throw the 4kg hammer out to 48.99m.

The amazing decathlete, Paul Jeffrey (M44) was sixth in the javelin (52.07m) behind three Commonwealth Games hopefuls and picked up a bronze medal in the discus with a 38.60m throw. To complete his weekend he ran a superb bend in the 200m to enter the straight with the field and claimed a PB of 23.88 and fourth place in a blanket finish a mere .12 outside bronze.



VenuesWest

AMA Championships

Perth 2018

April 26-29



eNewsletter #1

Message from Convenor Richard Blurton

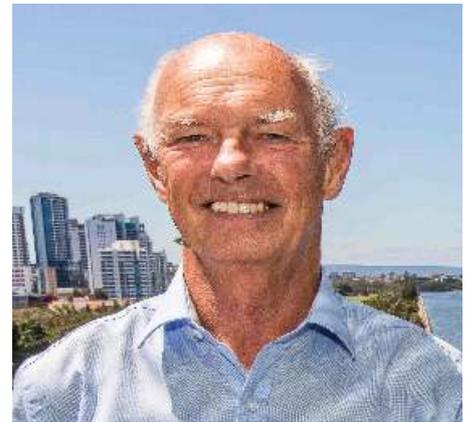
Preparations for the Championships are now ramping up into top gear, and this first eNewsletter coincides with the opening of entries. Many of you will have competed in the 2016 World Championships and will surely see this as a great opportunity to return and relive part of that experience. Late April is an ideal time to visit, well past the months where scorching temperatures are detrimental to the distance events. And we keep hearing that Perth now has a surfeit of hotel beds, so a bit of research should get interstate visitors a good deal.

Please visit our website, which contains a wealth of information on all aspects of the Championships.

The Championships are going Social! All athletes, officials, volunteers, and spectators will become “around the grounds” reporters, through your favourite social media. Stay tuned for more information! #amac2018 #venueswest #perthsportinglife #athletics #mastersathletics #mawa.

Later in this newsletter we introduce our Organising Committee. Use the website contact to write to them with questions, or just to offer your views.

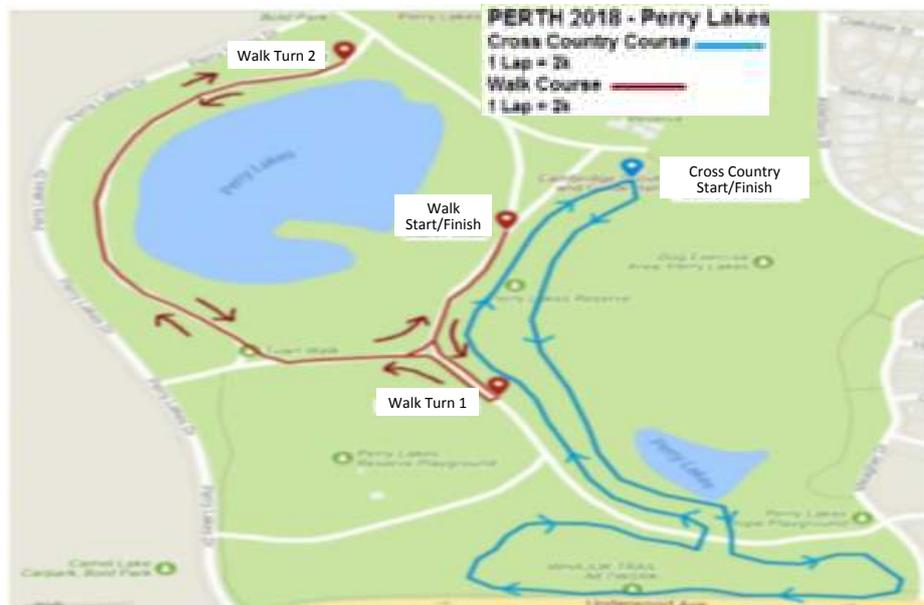
I am delighted to confirm that VenuesWest will be our major sponsor, and that the event will be the VenuesWest AMA Championships. VenuesWest owns and manages Western Australia’s best sport and



entertainment venues on behalf of the State Government. The portfolio consists of 13 venues including Perth Arena and Optus Stadium. They were also a major sponsor of the recent Masters Worlds Championships and were widely praised for their showcasing of the venue and for the catering at the Athletes Village. They look forward to working with us to deliver a first class championships, and can be found at

<http://www.mastersathleticswa.org/perth2018/>

www.venueswest.wa.gov.au



Competition update

The superb facilities at WAAS will allow us to optimize timetables, notably in the throwing events where we have 3 caged circles. The move of the 200m to the 4th day spreads out the sprints and separates the relays from the individual events.

We have recently trialed new road walk and cross country courses at Perry Lakes, with a strong thumbs up from our members, and note that we will apply the new ruling that men and women 70 plus just do a 6km run.



Meet the team

Here is your hard-working Nationals 2018 team, photographed during a short break at a committee meeting. (From left) Delia Baldock, Richard and Barbara Blurton, Keith Hill, Marion Buchanan and Mike Anderson.

Delia Baldock is well known to many of you through her roles as Administration Manager on the World Championships 2016 LOC, and as Secretary of Masters Athletics in WA. Delia is a keen masters athlete, whose favourite event is the hurdles. She will be competing in the OMA Champs in Dunedin. In her spare time she can be found looking after her daughters' horses. Her role is to manage social, catering and merchandise.

Richard Blurton took on convenor of the 2010 Perth Champs after his retirement as a Project Manager in the Oil Industry. This led to his involvement with the 2011 Perth bid for Worlds and then on to Head of the LOC. He is purely a fun runner, and finds multiple circuiting of tracks very boring. His passion is for challenging treks and long distance footpaths. Richard is the 2018 Convenor.

Barbara Blurton will look after entries and timetables. She had that role in 2010 and has been Competition Director of our State Championships for the past 15 years. Most of you know her as

an elite 400m/800m runner who was unbeatable in the nineties and early noughties, setting many State and Australian records, plus a World mark in the W45 800m. After a prolonged absence through injury we are all delighted to see her back running. She enjoys reading, travel and attending the WA ballet performances.

Keith Hill, along with wife Karen, is taking the opportunity to spend a few years in WA near their grandchildren. Keith is a strong middle distance and cross country runner; just back from a *real* cross country in the UK through ankle-deep mud, ice and snow. He is relishing the opportunity to run on the track for the first time since university days. Keith has been treasurer of MAWA for just over a year. Outside club and athletics Keith loves to ride his bike, cook, bake, write and listen to music. Both Keith and Karen are frequent attendees at WASO concerts. Keith is managing our finances and sponsorship.

Marion Buchanan is Education officer for the WA Officials Club, and one of WMA's most senior

walks judges. She has officiated walks and field at National and International major meets. Marion has been appointed as an official for the 2018 Gold Coast Commonwealth Games. She has extensive contacts, and will use these to recruit and manage our officials. When not at athletics Marion is Vice Queen of a Red Hat group and works to start chapters including the new Ellenbrook group. She is also kept busy with three young grandchildren.

Mike Anderson has recently served a term on the MAWA committee looking after our T & F. A no mean half marathoner in his time, today Mike just enjoys his Sunday Run at the now more leisurely pace and is working on improving his throws techniques in the shot and the discus. Mike is secretary of a local genealogical society and enjoys the challenges of family history researching for family and friends. Formerly a university teacher of ethics, he chairs a hospital committee which vets human research applications. Mike is managing our venues and also acting as committee secretary.

ENTRIES ARE NOW OPEN AND CLOSE ON MARCH 16

Dunedin delivers



By CLIVE CHOATE

The University town of Dunedin, in the South Island of New Zealand, hosted more than 360 masters' athletes from the Oceania region, which included Tahiti, Samoa, Cook Islands, New Zealand and Australia.

Guest nations included athletes from Spain, Czech Republic, United States, Great Britain and India.

This was the fifth time the Championship has been held in NZ since Oceania started in 1982, and the first time in Dunedin.

Competition chairwoman, Joan Merrilees, experienced officials, many from WA like Marion Buchanan, Bob Chalmers and Vicki Oliver, together with young NZ students, recent graduates of officiating courses, ensured a high standard event.

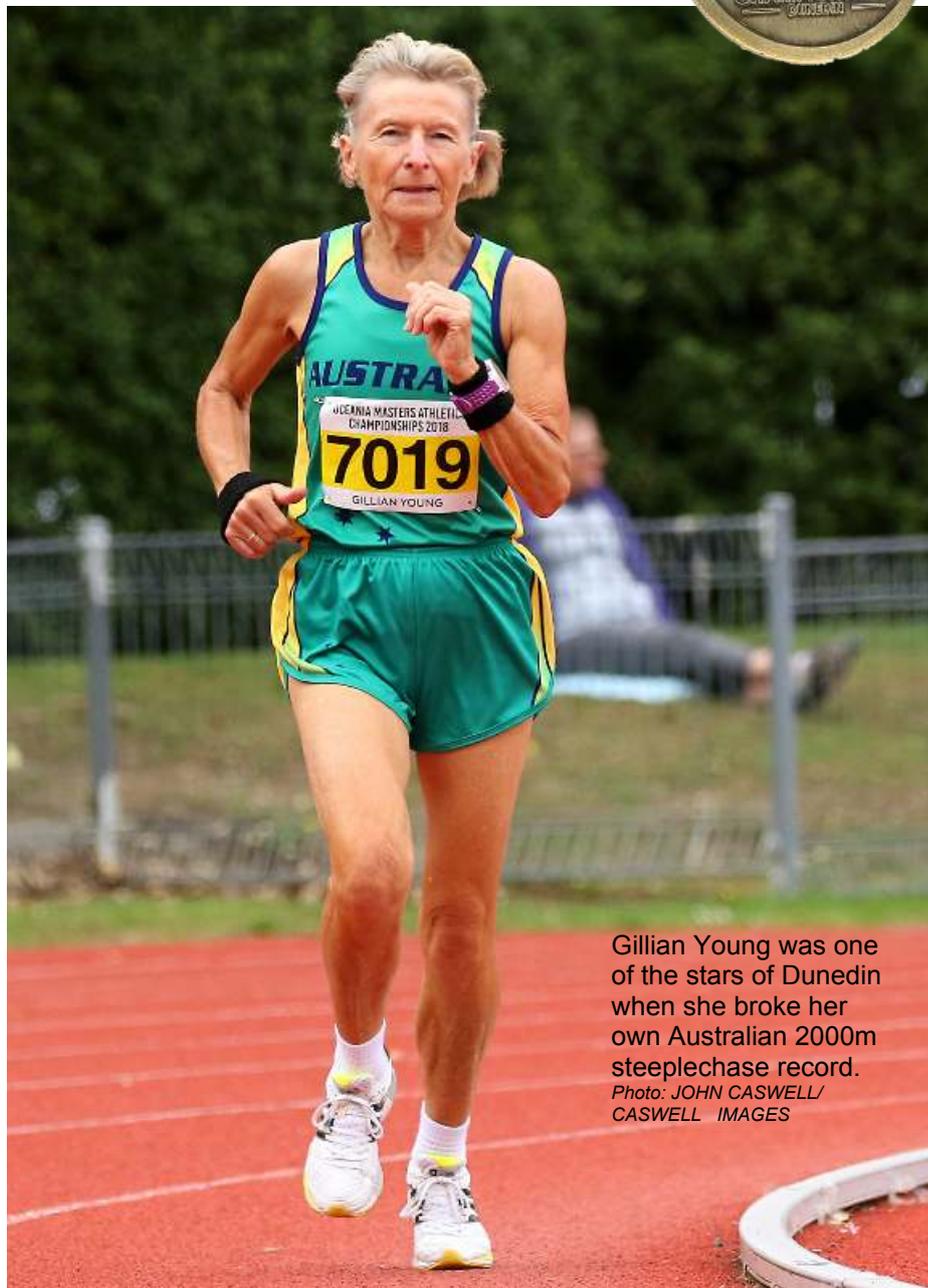
Twenty-four athletes from Western Australia enjoyed the wonderful hospitality of our Kiwi friends at the Caledonian Athletics' track, nestled in an amphitheatre of green, rolling hills at the Otago University.

The athletics' competition and Otago region had plenty to offer. The excitement of Gillian Young breaking her Australian steeple record promoted champagne celebrations from the WA contingent, led by Nick Miletic who drowned his sorrows after tearing a hamstring in his first event of the championship.

Delia Baldock worried about excess luggage to bring home all her medals, Morland Smith displaying clinical performances, Rob (Tolli) Antonioli was a powerhouse in multi-events, Bob Schickert ever youthful in cross country and track events.

Greg Brennan sprang off the blocks in the sprints, Akos Gyarmathy crowned the half marathon, while exciting relay gold medal runs were samples of outstanding WA performances in a week of record breaking Otago, warm weather.

The City of Dunedin, steeped in Scottish history, afforded plenty of highlights. Historic buildings, many houses with bay windows overlooked a beautiful Port Chalmers harbour environment, while the Octagon in the City, was alive with pubs and coffee houses.



Gillian Young was one of the stars of Dunedin when she broke her own Australian 2000m steeplechase record.

Photo: JOHN CASWELL/
CASWELL IMAGES

Cadbury World chocolate factory, engendered many tours from visiting, hungry athletes who were not disappointed with their sampling. The entertaining historic tour included a climb into the purple silo, indulgent sensory and tasting exploitation, and chocolate mixing demonstrations.

Colourful public gardens brightened up this friendly city, where many tourists wandered, keen to get that picture of the Dunedin Railway station, deemed to be

the second most photographed building in the southern hemisphere.

The lovely Botanic Gardens, just out of town and the bird sanctuary higher on the hill were stepping stones to the compulsory visit to the "Steepest Street in the World", Baldwin Street.

Many WA athletes took on the challenging five-minute climb or jog, but none like Dave Baird, who found a wheelbarrow in a garden, and ran up the climb to reignite memories of his across Australia running days!



Photo: CLIVE CHOATE

Scenic trip inspires

By CLIVE CHOATE

Away from the city of Dunedin, the Otago Peninsular was a very scenic drive, which twisted itself around the water and through the steep hills with beautiful views. A pause to visit Larnach Castle set in beautiful gardens did not disappoint. The rooms, artifacts and stairways hosted an intriguing story of romance, hardships, affairs and tragedy.

Further along the Peninsular, which witnessed the beginning of sea adventures for big ships leaving port, the smell, sound and evidence of seagulls overhead, sea lion colonies and albatross nests resting in coves, conjured imagines of smugglers landing years ago.

Many athletes took the half-day trip on the famous Taieri Gorge train, which climbed through rugged valleys and across steel viaducts. Stories of gold panning, hunting and fishing trips in these rivers and rugged hills, reinforced the lifeline of the rail conduit to civilization.

The Championship dinner celebration, held in the Toitu museum building was a highlight. As well as the delightful company of masters' athletes and their supporters, good food and wine, the

entertainment and formalities further enhanced the week.

Stan Perkins, the WMA President was hardly recognisable, dressed in his red Scottish wig, his short pants held up by braces, as he carried in a tray of whisky and glasses in a parade led by heralding bagpipes, kilts and Scottish dancers.

The story and taste of the Haggis, the evolution of this Scottish settlement, a display by champion Highland dancers, proud bagpipe renditions from a piper who had performed at the Edinburgh Tattoo and the tease of what lay beneath the kilt, kept everyone entertained.

A souvenir scroll describing the City of Dunedin, with light blue and pink tartan backdrop and historical photos, told of "a summer walk through our Octagon, students flocking to familiar roosts, crisp views from Carlton Hill to Mt Cargill, trees ablaze with blossom and a townscape spired east to west".

Lynne Schickert, President of Oceania, rounded off the celebrations, and acknowledged the local organisers for the wonderful Championships. In conveying our vote of thanks, she recognised the wonderful spirit of the games, superb

organisation and high level of athletic performances, and participation.

Winning field event exponent, Tom Gravestock reflected on the spirit of Masters when he said, "The camaraderie among competitors was fantastic. Everyone is helping each other and you build up some great friendships. We get our injuries we have to deal with, but we all try to compete at the end of the day".

It was announced that the next Masters' Championships would be held in Mackay, Queensland between August 31st to September 7th, 2019.

The final track day saw athletes gather on the hill as one, to celebrate relay winning teams, and exchange farewells. The local 'Grand Master', Ron Cain, dressed neatly in his athletic blazer, who had conducted medal presentations all week, added respect and admiration to athletic life.

Away in the shadows of the track, I was privy to a different closing ceremony. A private moment saw four members of the Indian team, kneel down in unison, share a prayer, and then kiss the track. They reflected on the inclusivity of competition and the exciting week. The expressions on their faces said it all!

2018 OMA Championships – Dunedin



Photo: CLIVE CHOATE

All smiles for Therese Carr, Lynne Schickert, Gillian Young, Carol Bowman, Morland Smith and Bob Schickert

My Champs

I headed off to Dunedin for my second Oceania Champs (my first being Bendigo) with mixed emotions. When I booked my flights, I had thought I'd be doing 800m, long jump, high jump and 200m over two days. As it turned out, a lingering hamstring injury had kept me from doing any speed work since September and jumping was off the agenda. Hence, I had turned back to middle distance training. It was something of a blessing in disguise, as I had been struggling to run more than six to seven kilometres at a time and I was pleased to find I was able to build up to a weekly long run of 13km for the first time in two years with my broken bones of 2016 finally put behind me.

I took the direct flight to Auckland and what I had thought was a comfortable connection to the Dunedin flight was anything but, as we arrived late into Auckland. As luck had it, our bags came first off the carousel and we scooted through customs, bolted in the rain across the carpark to the domestic terminal and jumped on with two minutes to spare before they shut the doors.

The weather in Dunedin was pleasant enough if a little humid for West Australians. I even managed a swim in the ocean on a day that it was 25 degrees. Apparently, this was a big deal for Dunedin and the sight of 100 surfers in the water made the front page of the paper. I had to chuckle as I walked past the



Photo: JOHN CASWELL/CASWELL IMAGES

locals at the surf club waxing lyrical about the fantastic weather on what would have been, for Perth, a fairly ordinary spring day.

The event itself was spectacularly well organised from what I saw, and the track itself an excellent venue. (I would have preferred that the events were run from 10:30am to 5:30pm instead of 8:30am to 3:30pm but that was more of a preference than a complaint) I kicked off with an 800m followed by javelin, 400m, 1500m, and an 800m leg of the medley relay. Nothing too special for me in the times but on reflection I have to be happy enough, having hardly done any running at faster than 1500m pace in the previous four months. I managed to do almost exactly the same 800m time as I had done in Darwin at the Australian Championships last year. For that race, I had just been doing sprint training and had scarcely managed any training runs over 200m. Almost, the complete opposite training and I get the same results. Hopefully, now I can put together both speed and

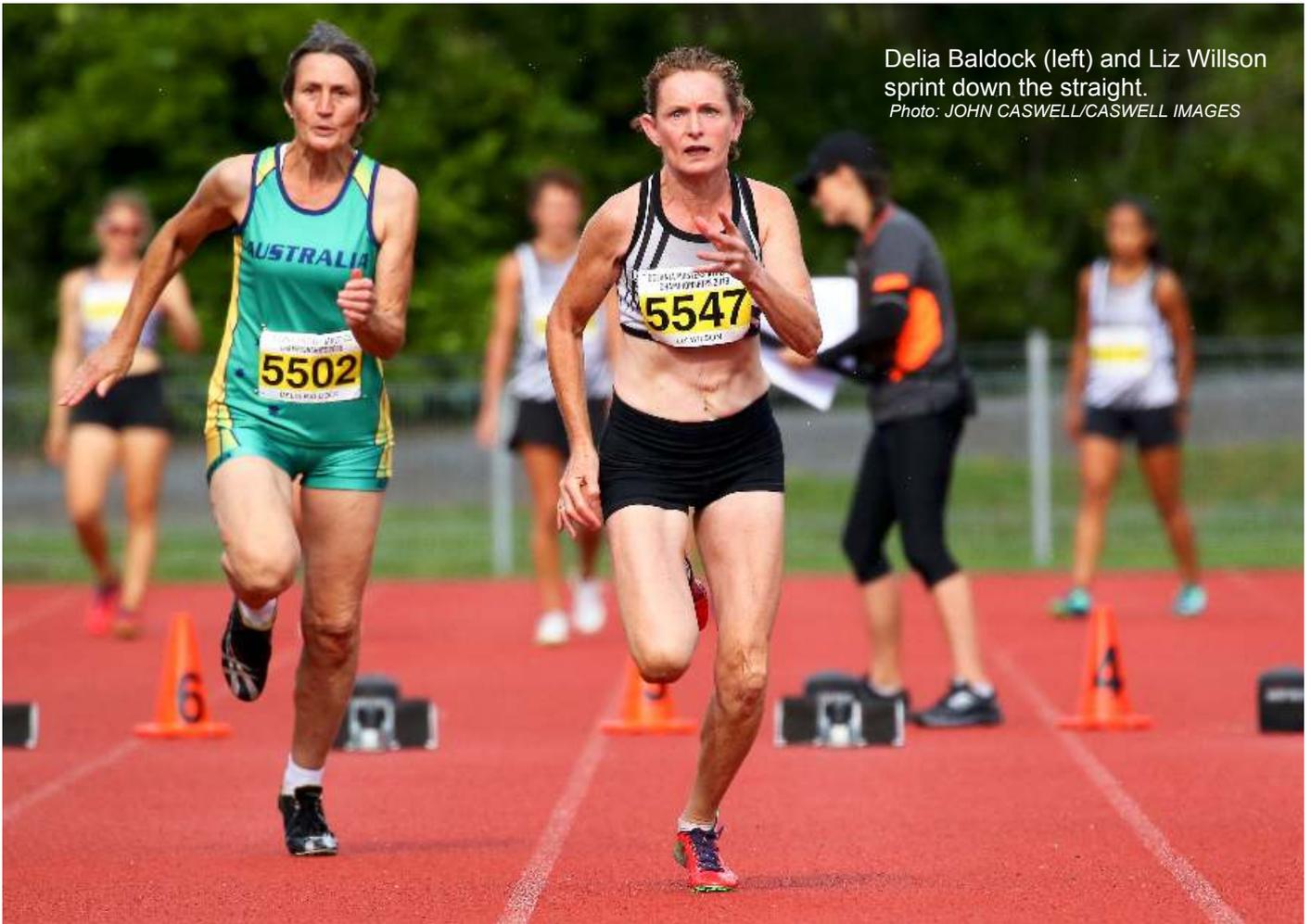
endurance over the next few months and run a bit faster by the end of the season. Otherwise, I'm going to start to wonder whether the type of training I do makes no difference at all!

What was disappointing in Dunedin was the competition. I was the only Australian under the age of 50 running middle distance and there was only one New Zealander in my age group for 800m and 1500m races. On this basis, I have to doubt whether I would consider returning to do another Oceania Championship under its current format. Whilst there certainly were some age groups and events that were competitive there were many that were not.

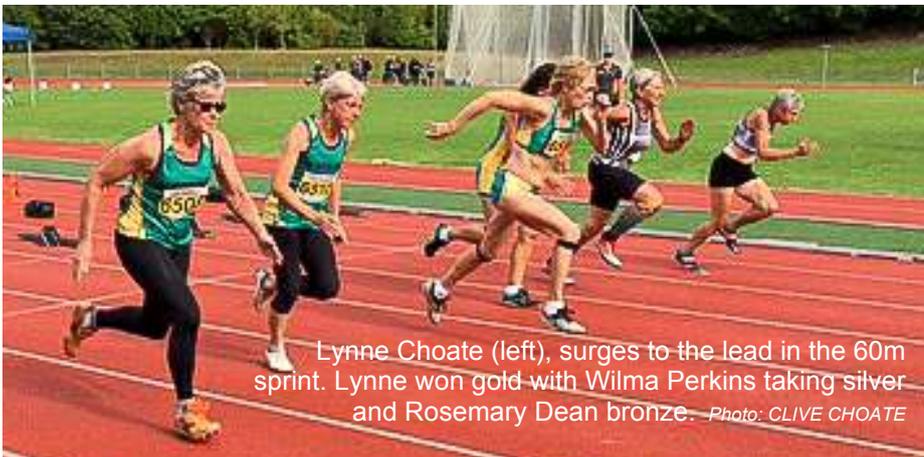
To make the event more competitive and worthwhile my suggestion is this: For all events, we should run them twice! The first round is run in age groups and genders just as we normally do. The second round is run with all ages and genders mixed together and everyone is seeded into heats based on their times/distances in the first round. Round one winners receive medals as per normal. Round two winners of each heat receive a trophy presented at the finish line. With everyone running what is effectively a heat and a final it feels more like a championship and most competitors will feel like they have a chance of winning their final! Those competitors that compete in only one or two specialists events at least get to do it more than just once.

ANDREW BROOKER

2018 OMA Championships – Dunedin



Delia Baldock (left) and Liz Willson sprint down the straight.
Photo: JOHN CASWELL/CASWELL IMAGES



Lynne Choate (left), surges to the lead in the 60m sprint. Lynne won gold with Wilma Perkins taking silver and Rosemary Dean bronze. Photo: CLIVE CHOATE

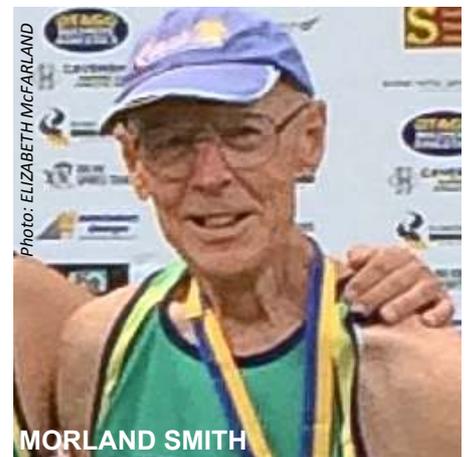


Photo: ELIZABETH MCFARLAND

MORLAND SMITH

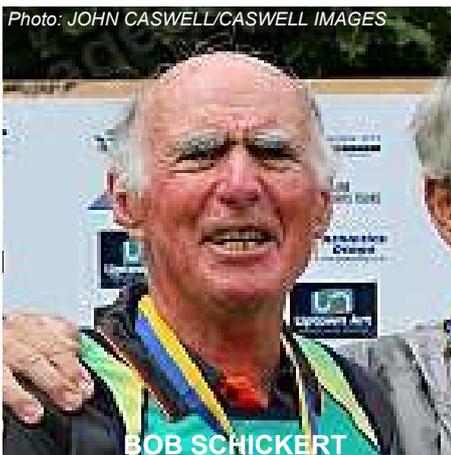


Photo: JOHN CASWELL/CASWELL IMAGES

BOB SCHICKERT



Delia Baldock and Carol Bowman are all smiles at the championships.
Photo: CLIVE CHOATE

2018 OMA Championships – Dunedin



Michael Byrne leads Tony McManus and Rob (Tolli) Antonioli during the 800m at the Oceania Masters Championships.
Photo: JEAN HAMPSON

My Champs

This was the first time that Elizabeth (injured and couldn't participate) and I have travelled with the Masters to compete – an entirely new experience and to give you a flavour here is a selection:

The travel? In our case, and we later discovered for most of the Perth based athletes, we missed our connecting domestic flight. Flew overnight in economy, of course, negligible sleep arrived in Auckland early, had 1.5 hours to clear customs and get from international to the domestic terminal to fly to Dunedin. Plenty of time?! Air NZ had accepted this time allowance in our booking so it should work of course. Not so. They told us when we arrived at the boarding gate that we were too late (despite having a boarding pass and checked in our bags); so had to reschedule and eventually arrived five hours later than planned. Not good but better than others – one lost their bags another had a mix of airlines and hence had to pay for the new connecting flight.



Photo: ELIZABETH McFARLAND

The running? One snippet from my half marathon. Was worried that the course would be hilly just like the rest of Dunedin, but fortunately not so – went along the harbour so a fast, flat and scenic course. I had told everyone that my intention was to beat 1:45, and hopefully beat my "Worlds" time of 1:43. There weren't many participants – about 50. Initially, I had a kiwi pacemaker with me (65+ so not in my 60+ bracket); we leapfrogged each other and were doing good times until he got injured. Now running alone

I surveyed my competition and discovered that I was clearly in the lead for my age group. Don't slack off Akos...but I did a bit. Two things saved me: (1) it was warm so I told myself that I am used to heat but kiwis not so, so suck it up; (2) my WA cheer squad were marvellous and motivated me to put in. Finished with 1:40 – my best time in years!

The camaraderie? Brief here. The WA athletes were sociable and friendly and generally met up in the grandstand each day. We didn't just meet socially with Perth people but as a first timer, it was always good to be able to have a grouping of people you knew. I noticed that wasn't so much the case with Vics and NSW despite them having more athletes. They presumably had bigger cities and didn't always compete at the same venue so they tended to not group/socialise together.

Overall a great experience and a great prelude to the touring of beautiful New Zealand that followed.

AKOS GYARMATHY

2018 OMA Championships – Dunedin



Harold Membrey follows the flight of the putt during the championships.

Photo: JOHN CASWELL/CASWELL IMAGES

My Champs

I remember checking in at the call room for the 5000m event feeling very nervous and wondering why I was even there. Another Aussie girl obviously saw my race number, 7019, and broke the ice by saying she hoped she would still be running at 70!!

Louisa Abram was her name and she was only 57!! She was very friendly and we chatted on the way over to the start. It took my mind off the race for a few minutes.

I finished second in my age group but when Louisa, who had come first overall in the 5000m race in a time of 18:44, was at the finish to shake my hand and congratulate me on a good run I felt like a winner.

These championships were full of people like Louisa – friendly, supportive, encouraging and interested in your story.



Photo: JOHN CASWELL/CASWELL IMAGES

The cross country for over 70s had been reduced from 8kms to 6kms to encourage more “old” people to have a go. I had complained that the cross country should be a challenge and stay at 8kms but during my third and final 2km lap I was very pleased

it was only 6kms. That was enough.

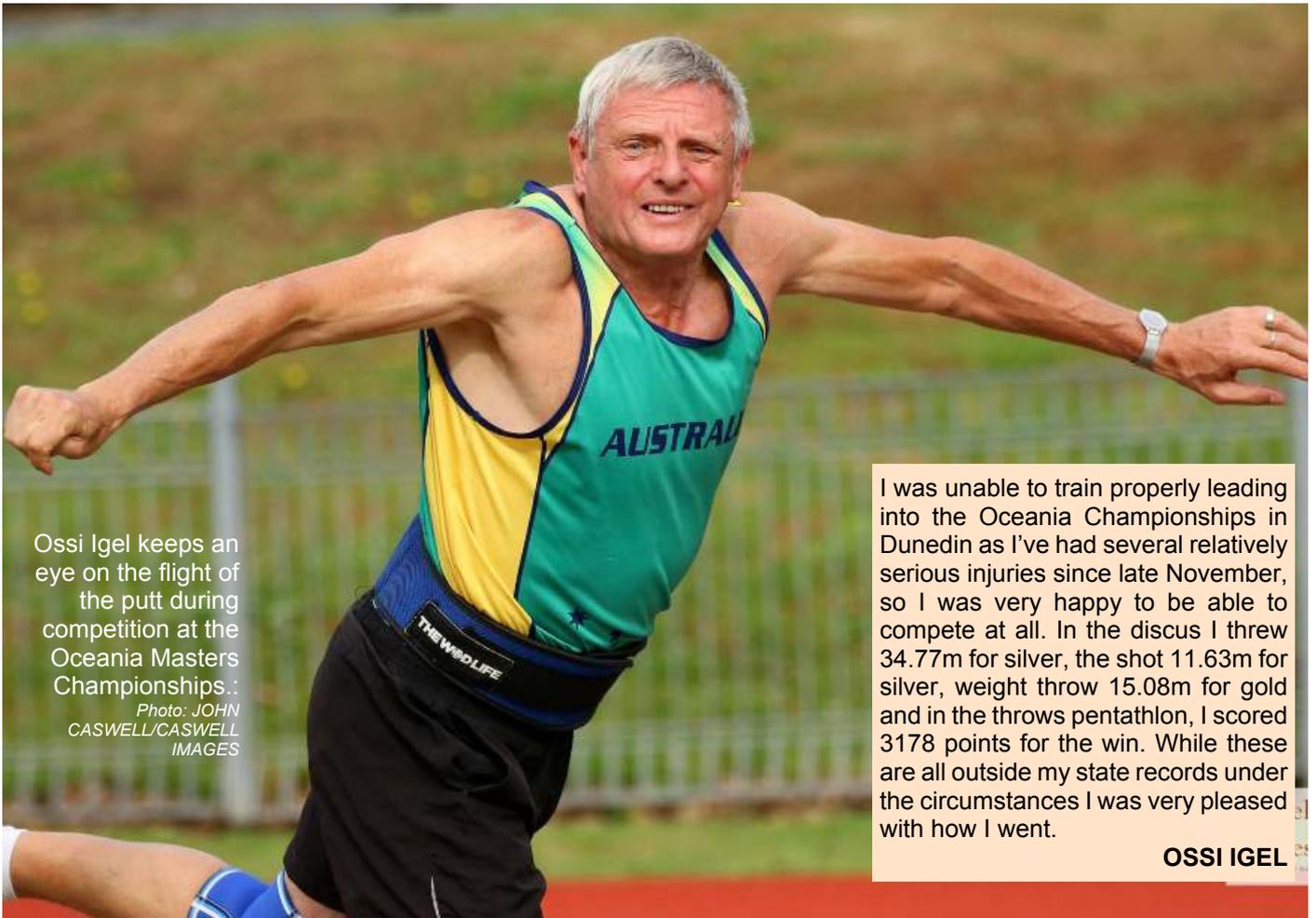
At the 2km steeple, I was very nervous. I really wanted to finish in a good time and with the encouragement of all our supporters up in the grandstand who called to me on every lap, I managed a time of 10:03.49 which was two seconds faster than my time in Canberra five years ago.

My last event was the 1500 metres and as it was “Australia Day” I would have liked to have been the Aussie who won. But I wasn’t! However, it was won by an Aussie, Lavinia Petrie, who had just been honoured with the Order of Australia Medal for her services to athletics and so I was very happy with a silver medal.

I loved Dunedin. The weather was beautiful, the championships were well organised and people I didn’t even know offered support and congratulations.

GILLIAN YOUNG

2018 OMA Championships – Dunedin



Ossi Igel keeps an eye on the flight of the putt during competition at the Oceania Masters Championships.:

Photo: JOHN CASWELL/CASWELL IMAGES

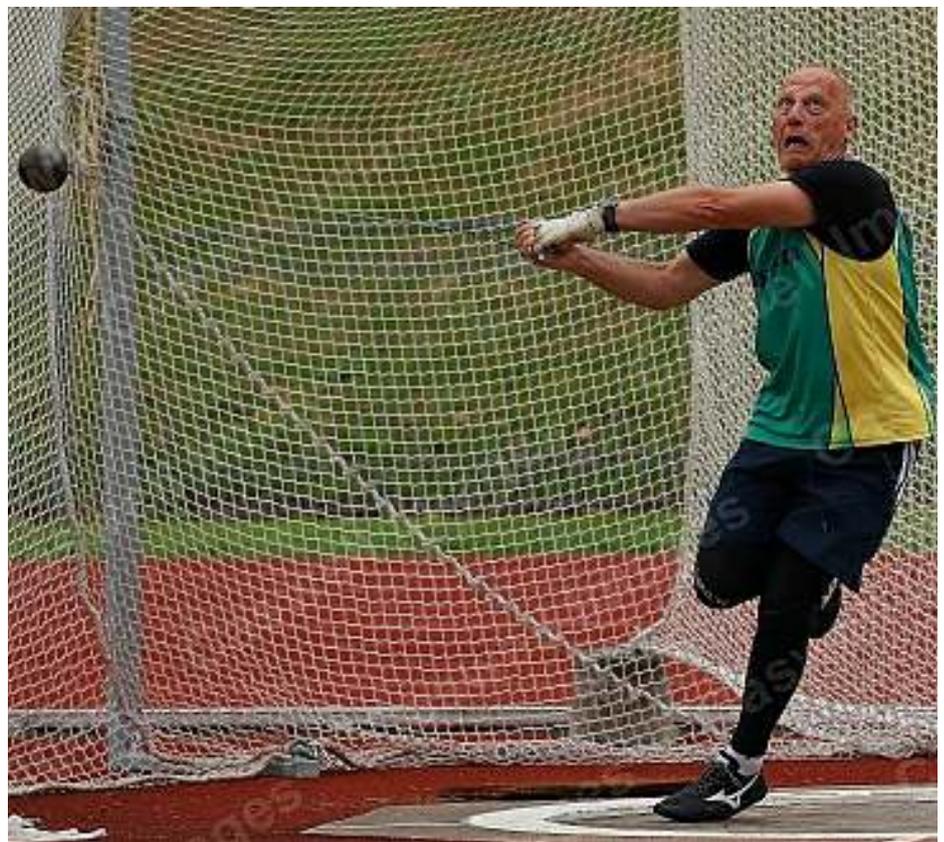
I was unable to train properly leading into the Oceania Championships in Dunedin as I've had several relatively serious injuries since late November, so I was very happy to be able to compete at all. In the discus I threw 34.77m for silver, the shot 11.63m for silver, weight throw 15.08m for gold and in the throws pentathlon, I scored 3178 points for the win. While these are all outside my state records under the circumstances I was very pleased with how I went.

OSSI IGEL



Tom Gravestock shows off two of his five gold medals.

Photo: OSSI IGEL



Tom prepares to throw the hammer on his way to a golden championships in Dunedin:

Photo: JOHN CASWELL/CASWELL IMAGES

2018 OMA Championships – Dunedin



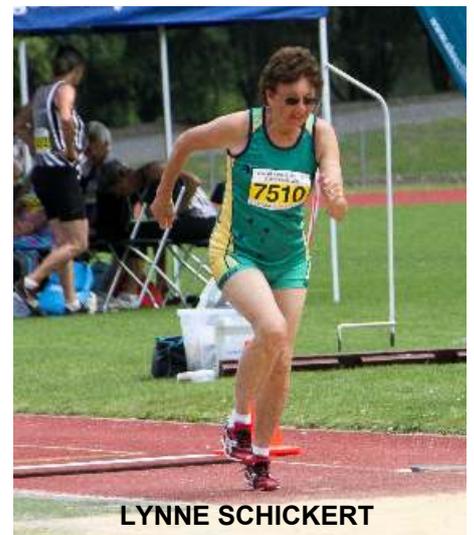
Greg Brennan (right) battles with Andrew Rodda (centre) and Michael Cop. Photo: JOHN CASWELL/CASWELL IMAGES



Louisa Abram (W55)

400m	72.48	Silver
800m	2:31.44	Gold
1500m	4:59.36	Gold
5000m	18:44.52	Gold
8km XC	34:15.00	Gold

Photos: JEAN HAMPSON

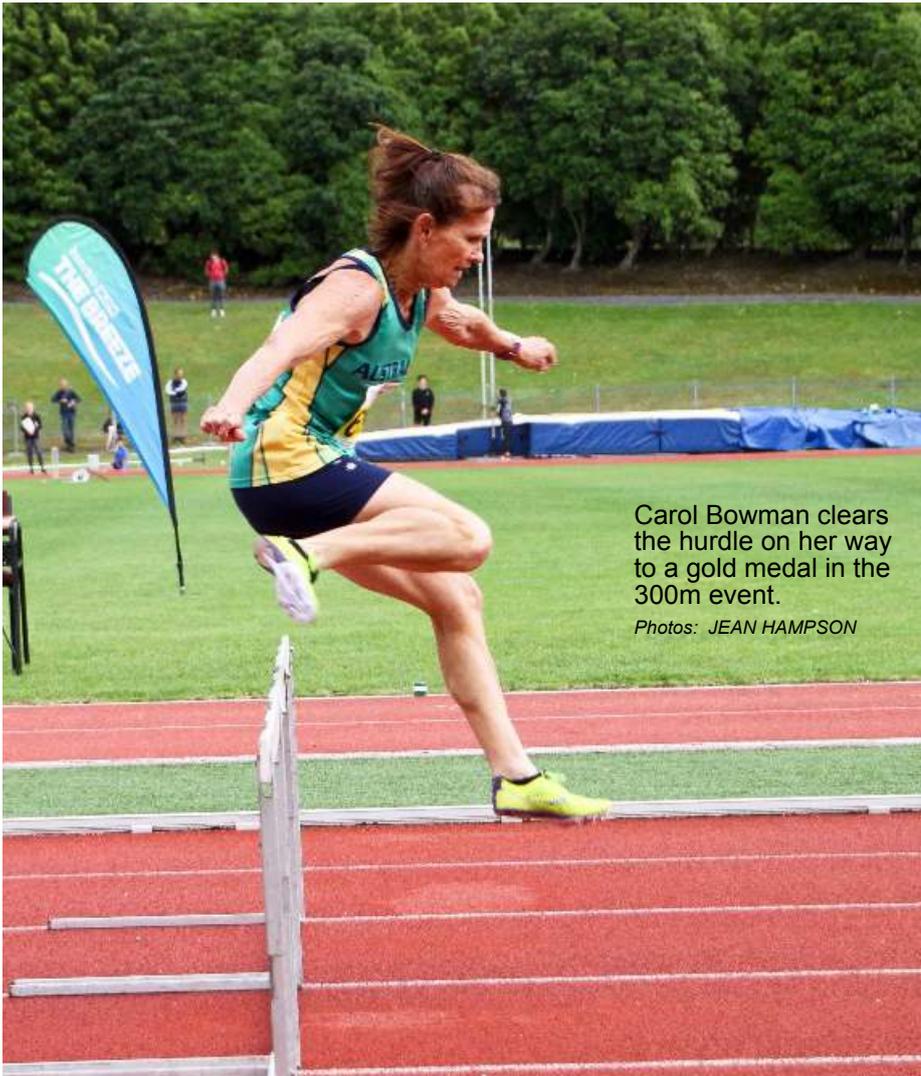


LYNNE SCHICKERT



ANDREW BROOKER

2018 OMA Championships – Dunedin

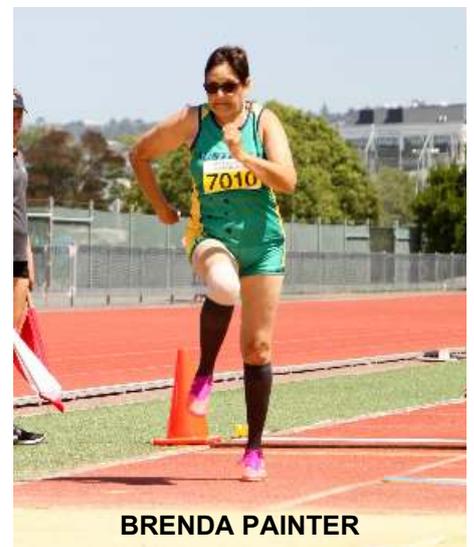


Carol Bowman clears the hurdle on her way to a gold medal in the 300m event.

Photos: JEAN HAMPSON



LYNNE CHOATE



BRENDA PAINTER

Women

60m

W55 Delia Baldock	4	10.8	(+1.7)
W55 Therese Carr	5	11.89	(+1.7)
W65 Lynne Choate	1	9.75	(+0.1)
W70 Brenda Painter	2	11.69	(-0.3)

100m

W55 Delia Baldock	4	17.6	(+1.7)
W65 Lynne Choate	2	15.88	(+2.2)
W70 Brenda Painter	4	19.32	(+2.2)

200m

W55 Delia Baldock	4	36.75	(-0.7)
W65 Lynne Choate	2	34.57	(+0.6)

400m

W55 Delia Baldock	4	86.48
W60 Carol Bowman	1	84.16

800m

W55 Delia Baldock	2	3:23.90
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1500m

W70 Gillian Young	2	6:50.10
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5000m

W70 Gillian Young	2	24:24.84
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80m Hurdles

W55 Delia Baldock	2	18.41	(+2.0)
W60 Carol Bowman	2	21.11	(+2.3)

300m Hurdles

W55 Delia Baldock	1	71.59
W60 Carol Bowman	2	75.78

2000m Steeplechase

W55 Therese Carr	2	14:57.13
W60 Carol Bowman	1	11:21.40
W70 Gillian Young	1	10:03.49
W75 Lynne Schickert	1	16:59.36

3000m Walk

W75 Lynne Schickert	3	23:21.40
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5000m Walk

W75 Lynne Schickert	2	39:55.20
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High Jump

W55 Delia Baldock	2	1.15m
W55 Therese Carr	4	0.97m
W70 Brenda Painter	1	0.92m

W75 Lynne Schickert	1	0.83m
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Long Jump

W55 Delia Baldock	2	3.25m	(-0.9)
W70 Brenda Painter	3	2.30m	(+0.7)
W75 Lynne Schickert	2	2.11m	(+1.1)

Triple Jump

W55 Delia Baldock	3	7.47m	(+0.3)
W70 Brenda Painter	3	5.59m	(-0.1)
W75 Lynne Schickert	2	4.59m	(+0.3)

Shot

W55 Therese Carr	7	5.94m
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Discus

W55 Therese Carr	3	18.56m
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6k Cross Country

W70 Gillian Young	2	33:25
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10k Road Walk

W75 Lynne Schickert	3	1:22:30
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Heptathlon

W60 Carol Bowman	1	2525 pts
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Pentathlon

W70 Brenda Painter	3	1654 pts
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2018 OMA Championships – Dunedin



Bob Schickert leads Morland Smith and Dave Eastmond in the 1500m.

Photos: JEAN HAMPSON



AKOS GYARMATHY



WAYNE TAYLOR

Men

60m				1500m				Javelin			
M45 Greg Brennan	2	7.96	(+1.3)	M45 Andrew Brooker	2	4:50.70		M40 John Fettus	1	38.96m	
M65 Rob Antonioli	4	8.99	(+1.5)	M60 Akos Gyarmathy	6	5:46.98		M65 Clive Choate	4	23.70m	
M65 Michael Bryne	5	9.14	(+1.5)	M70 David Baird	2	6:26.70		M45 Andrew Brooker	2	33.08m	
M65 Harold Membrey	7	9.98	(+1.5)	M75 Bob Schickert	4	7:49.47		Weight			
M65 Nick Miletic	8	24.98	(+1.5)	M80 Morland Smith	1	7:49.68		M40 John Fettus	1	12.48m	
100m				5000m				M60 Tom Gravestock	1	12.09m	
M45 Greg Brennan	4	12.68	(+1.8)	M75 Bob Schickert	3	29:41.99		M65 Ossi Igel	1	15.08m	
M65 Rob Antonioli	3	14.65	(+1.0)	M80 Morland Smith	1	29:33.99		M65 Harold Membrey	7	8.89m	
M65 Michael Bryne	4	14.66	(+1.0)	100m Hurdles				6k Cross Country			
M65 Harold Membrey	6	15.57	(+1.0)	M65 Harold Membrey	1	28.11	(+1.3)	M70 David Baird	4	34:20	
200m				300m Hurdles				M75 Bob Schickert	3	40:13	
M45 Greg Brennan	4	26.58	(+1.3)	M65 Harold Membrey	2	74.18		M80 Morland Smith	1	41:47	
M65 Rob Antonioli	1	29.47	(+1.1)	2000m Steeplechase				8k Cross Country			
M65 Michael Bryne	2	30.02	(+1.1)	M75 Bob Schickert	2	13:22.60		M60 Akos Gyarmathy	3	38:44	
M65 Harold Membrey	5	33.45	(+1.1)	M80 Morland Smith	1	12:20.39		10k Road Walk			
400m				Shot				M55 Andrew Cuthbertson		DQ	
M45 Andrew Brooker	4	62.53		M40 John Fettus	1	11.86m		Rule 230.2			
M65 Rob Antonioli	1	65.58		M60 Tom Gravestock	1	11.02m		M65 Harold Membrey	3	1:24:49	
M65 Michael Bryne	2	66.11		M65 Ossi Igel	2	11.63m		Pentathlon			
M70 David Baird	1	77.46		M65 Harold Membrey	6	7.27m		M65 Rob Antonioli	1	2721 pts	
M80 Morland Smith	2	1:42.97		Discus				M65 Harold Membrey	5	1845 pts	
800m				M40 John Fettus	1	35.64m		Throws Pentathlon			
M45 Andrew Brooker	2	2:17.87		M60 Tom Gravestock	1	42.91m		M60 Tom Gravestock	1	3080 pts	
M65 Rob Antonioli	3	2:41.75		M65 Ossi Igel	2	34.77m		M65 Ossi Igel	1	3178 pts	
M65 Michael Bryne	2	2:36.53		M65 Harold Membrey	7	21.76m		Half Marathon			
M70 David Baird	2	3:06.26		M65 Nick Miletic	8	21.18m		M55 Wayne Taylor	3	1:54:34.0	
M75 Bob Schickert	5	3:44.13		Hammer				M60 Akos Gyarmathy	1	1:40:34.0	
M80 Morland Smith	1	3:58.02		M40 John Fettus	1	40.61m					
				M60 Tom Gravestock	1	32.66m					

Lonely, late nights



Like other MAWA members with young children, Rob Nichols has his work cut out finding time to train and meet the needs of family and career. However a priority for him is enabling his children to experience the fun of athletics at a young age and it was a treat to see the whole family at UWA Little Athletics sign up morning. Rob, his wife Tracey, six-year-old son clutching his new athletics singlet and four-year-old daughter resplendent in frilly princess dress. After the formalities were finished the kids had a run on the track; delight on their faces to be a runner like their dad.

Perth born and raised, athletics was not at all on Rob's radar until his early thirties when he entered the City to Surf with the ambition of beating a mate's time from the previous year. Beat it he did, by eighteen minutes! And so a seed was sown and Rob joined the Marathon club. Involvement with MAWA came about five years later when a casual chat with someone about track running led Rob to the Thursday night competition at ECAC. He has been a member ever since.

Rob says he owes a lot to MAWA, not least the improvement in his road running. He is confident this improvement has come about due to regular distance competition on the track. In fact, Rob firmly believes that road runners should take the opportunity to run more on the track because "... it's a brilliant way to improve your speed." Rob says that in his experience, running 1500m to 5000m races or time trials is a great way to improve finish times in the 10k and half marathon, as well as providing a bit of training variety.

Regular attendance at AWA Strive competitions has been the norm for Rob as well. He enjoys the high standard of competition and pitting himself against young and seemingly fearless athletes. Tongue-in-cheek Rob says, "If you can handle mentally getting towelled up by some 14 year old who can smash out consistent three-minute kilometres then it's well worth doing." Strive competitions also provide about the only opportunity Rob has to run the 3000m steeple with 91.4cm barriers. 'It's usually the last event on the programme and I've had some lonely nights with, at most, one or two others running through water in front of a crowd of about sixteen people (all officials) because everyone else has gone home. I'm told it does wonders for your character!'

Like many committed distance runners, Rob has a marathon in his sights for sometime in the next few years. Over the track season, he generally trains for the 5000m and the steeplechase and over winter he does a lot more races between 10km and the half marathon. For the last few years, he's had the target of going under 16 minutes in the 5k and 10 minutes in the steeplechase. He has come within about 10 seconds of both, but feels (with '...alas...' added for emphasis) that he's getting to the age where it's getting hard to see where any improvement is going to come from. Consequently, he says he is getting more comfortable with the notion of being happy to equal his times from last season. "I've always seen distance running as ultimately a race against yourself. It's not like football where occasionally an average player will play a blinder and get 30 touches – a 17 minute 5k runner just isn't going to wake up one day and run it in 14 minutes.



In focus

With Carmel Meyer

CONTINUED – NEXT PAGE

no barrier for Rob



FROM – previous page

Ninety-five per cent of it comes down to preparation and how hard you're prepared to work. So for me, the motivation comes from trying to beat your best and constantly improve."

Rob hasn't had athletics coaching, partly due to family obligations, and admits that a young family necessitates a rather ad hoc approach to training; he is unable to commit to training on a particular day so he trains when he can find the time. Rob accepts that with his kids getting older and as they become more involved in organised sport it's not going to get any easier, "...but I wouldn't have it any other way. Sometimes those late night runs at 9pm can be the most enjoyable!" And whilst he hasn't had any administrative duties associated with his time in athletics, if his children's participation in Little A's is sustained, he can see a time when he will likely become more involved in that side of things as well.

Rob feels lucky to have been able to go to a couple of interstate National Championships – Hobart and Adelaide. Regular readers of TFNL will remember

Rob's thoroughly entertaining account of his experience of the 2014 championships in Hobart. Rob sums up the 2016 World Championships in Perth as a great experience and he can see why so many travel the world to be part of these events. He hopes his body doesn't let him down so that he can attend many more interstate championships in the coming years and decades.

Rob was the steeplechase Open State Champion a few years ago. He says in his self-deprecating way – "This was a far less difficult achievement than it would first appear to be as I was also the only entrant that particular year. I might leave that last bit off the story when my kids are old enough for me to be telling them how good I used to be!" Despite what he might suggest, Rob is a very talented steeplechaser. A tall lithe man, his long stride and rapid turnover propel him around the track and over the barriers with apparent ease. And many of us have felt the rush of air as he rapidly approaches, passes and then laps us on the track!

When asked if he had any other events in his sights Rob says he toyed with the idea

of doing a pentathlon – "I was thinking of doing it for the Nationals in April until I looked at the footy fixtures and realised the derby is on the same day. The fact that I probably wouldn't be much good at anything except the 1500m sealed it, so I'll do the cross country in the morning instead...thus ending my multi-event career." Rob knows calf and Achilles problems are the bane of a lot of track runners and issues with both are something he usually has to deal with most seasons; "I've become pretty good at using tape as a result." In general though, he feels he has been able to avoid the problems with knees and feet that can result in months off the track.

Outside of athletics Rob enjoys playing 20/20 cricket on a Sunday, (especially the fact that it only takes a few hours out of his weekend) and is also a self-confessed armchair sportsman who watches random events like the biathlon or darts. "I get some weird looks when I mention to someone how dominant Martin Fourcade or Michael van Gerwen was last night. As you can imagine, I'm handy at quiz nights if there's a bunch of sport questions, but pretty useless if it's about who won Masterchef!"

**YOU CAN RUN
SLOWER
TOMORROW,
WHEN
NO-ONE IS
WATCHING**

Run and recover

It is often very difficult to find research based on masters athletes as the researchers generally focus on younger elite athletes. When speaking to older athletes and from my own personal experience, I believe that there are many differences between coaching younger athletes and the older masters athlete. I discovered this recently published research article and it resonated with my beliefs. I have found that older athletes frequently do require more recovery after a hard training session and this research agrees with this and gives reasons why it is essential.

One key person in this research is Peter Reaburn – currently Head of Health Sciences and Medicine at Bond University in Queensland. He has been a successful masters swimmer, surf lifesaver, cyclist and ironman. He has written a book *The Masters Athlete* and also has a website with interesting and up to date information for masters athletes.



Dr Jim Fell (who was a former PhD student of Peter Reaburn) undertook a study in 2008 with a group of both young and masters cyclists. Testing was conducted on actual performance and also the perception of their performance over three days. These results were interesting as the older athletes perceived that they took longer to recover than the younger athletes.

In 2017 more recent research findings were published and again had been undertaken by a PhD student of Peter Reaburn. The conducted research demonstrated that following a low impact or non-muscle damaging session, muscle function and performance appears to be similar for both younger and older athletes. However, it was determined that in an older athlete a longer

recovery is required after intensive training sessions or exercise which results in muscle damage.

Further research was done to determine whether carbohydrate or protein intake post-exercise was relevant to this issue in older athletes. The following was viewed as beneficial for the older masters athlete. Between 20 and 40g of protein should be consumed post exercise and a higher protein intake should also be taken. These should maximise the muscle repair following hard training sessions.

Therefore it does appear that masters athletes do take longer to recover and strategies can be incorporated into training programs to assist in recovery. Higher protein intake post hard training may assist as may taking in higher levels of carbohydrate. The following link will allow you to view more information regarding this research and other research studies. The website address is

<http://www.mastersathlete.com.au/category/sports-performance>.



LEFT: Colleen Finnerty prepares to release the javelin with a best of 26.19m on the night.

ABOVE: Julie Gaglia topped the women with a throw of 29.39m at Ern Clark Athletic Centre.

2017-2018 Summer Track and Field Programme

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

Feb-18								
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	
Mar-18								
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	

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)

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 steeple	LJ	hammer	weight
Mar-18								
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 steeple	HJ	shot	discus
29th	long hurdles	1000	60	5k r/w	200	LJ	weight	javelin



Daniel Theunissen competes at the WA Athletics Stadium.

New blood shakes up competition



BERT CARSE

New members at both venues have made their presence felt so far this season spurring more established Masters to “lift their game”. Daniel Theunissen (M40) has channelled his enthusiasm and fitness into the middle distance events with experimentation over 800m in particular, paying dividends. Despite a lack of experience, he has been able to run low 2:20s so far and backed up well to run 10:56.9 in the 3km. Fellow newbie and M40 competitor stunned onlookers at WAAS on February 6 when Chris Gould ran 4:32.8 for the 1500m and proceeded to run 5km in 17:54.4 both solo efforts. A very welcome addition to the Master’s ranks. Ian Hannaby (M45) has shown increasing fitness tackling a variety of events but seemingly more comfortable over the middle distances.

Stephen Crabbe (M70) joined for the Perth World Championships and has started to compete again in the sprints. His 15.6 for the 100m shows promise and he bravely ventured to the “long distance” running the 200m in 34.2 despite little training.

Tracey Gleeson’s foray on to the track has been rewarded with excellent times as she has run 1500m in 5:39.7, 5km in 21:31.6 on the same evening. A week after the W45’s debut running 800m in 2:52.9 and 3km in 12:19.5 to show an imposing work ethic. Jaime Lovell (W30) is also from the Suzie Graves squad and obviously has a strong running background as her pacing indicates. An 800m in 3:05.8 and 66.5 for 400m sub 30 in the 200m (29.4) showed the speed that gained her a triple jump of 9.67m.

At Ern Clark Athletic Centre (ECAC) Matt Godfrey (M40) is making pleasing progress with PB’s most weeks – his 5:39.7 and 22:18.5 on the same evening boosting his fitness. Patrick Jones (M45) seems to be relishing the discipline of the track and pacing his races to make the most of his obvious fitness. 19:34.1 for the 5km and 1500m 5:29.0.

Bert Carse (M75) showing a return to form posted a 13:26.4 3km time days after a tough Lauren Shelley training session looking more relaxed the further he went.

CONTINUED – next page



A hip replacement has been no barrier for Des Walsh in his return to competition.

Hip replacement proves no barrier

FROM – previous page

New father, Matt Staunton (M40) threw 43.03m in the hammer and 36.34m in the discus despite a lack of sleep and increased responsibilities on the home front. Des Walsh (M60) has amazed onlookers and competitors alike with his incredible return from a hip replacement to not only match but exceed his season's best times. Seemingly untroubled by any discomfort he has jumped, sprinted and thrown well "post-op".

Haydn Gawne (M70) has impressed all with his walk technique since joining Masters and it's no wonder. The modest and reserved Manx represented the Isle of Man at the British Empire Games in 1966 in Jamaica in the 20-mile walk. Jenn Parker (W45) continues to push herself in a variety of events gaining the odd state record here and there and is a very welcome addition with her help and support for others. Lisa Limonas (W45), Janne Wells (W45) and Sue Coate (W50) fall into the same category. The Wyatt,



MATT STAUNTON

Schickert and Blurton households combine in various ways to keep the MAWA machine ticking over every week bringing competitions for us.

Plaudits and accolades aside, David Carr (M85) is never too far off his best in any distance and Barrie Kernaghan (M75)

is picking up the pace again so there must be a World Championships around the corner. Sharon Davis (W40) and Colin Smith (M55) are both hunting respective state records and Greg Brennan (M50), Bernie Riviere (M50), Maureen Keshwar (W65), Carmel Meyer (W55) and Nicola Hibbert (W35) are sprinters currently going well – that is, negligible 'hammy' problems. Alan Gray (M50) and Paul Scott-Taylor (M60) are both pacing themselves well in an effort to use their running strengths better and have battled with the currently injured Mark Dawson (M50) over the distance events each week, enjoying the battle and comradery it provides. Todd Davey (M50) is diversifying from the throws arena with a promising debut in both vertical and horizontal jumps recently, while Byrony Glass (W40) does what she does best claiming another open state title and placing in the Australian rankings list. Melissa Foster (W35) is also to be found in the triple jump rankings.

Looking ahead



The pace is on in the first lap of the 1000m (from left) Matt Godfey, Keith Hill and Chris Groom are caught in full stride. Keith won in 3:13.1 from Matt (3:21.3) with Chris third in 3:35.3.

**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**

**AMA Championships,
Melbourne,
April 19-22, 2019**

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