

# T F N L



Season 12 Issue 1

October 2018

The Track and Field  
Newsletter of MAWA



Canada's Courtney Babcock pips  
Sharon Davis for the gold medal in  
the W45 800m final.

Malaga  
wrap

## What a finish



# WA's triple gold medal winners



## LYN VENTRIS

- 5000m race walk
- 10km road walk\*
- 20km road walk
- \* World record



## BYRONY GLASS

- Weight throw
- Hammer
- Throws pentathlon



## DAVID CARR

- 800m
- 1500m
- 2000m steeplechase

# Aussie success

By GRAEME DAHL

This edition of TFNL highlights several performances at the WMA World Championships in Malaga. A number of athletes share their championship experiences with "My Worlds" stories.

While this edition only touches on selected athletes, it does give an insight into their championships. These stories shows the tenacity of masters fighting back from injuries.

One, in particular, is opening ceremony flag bearer, Dawn Hartigan who won gold in the pole vault. Following the high of carrying the flag, that night Dawn lost her eyesight for a few days prior to her pole vault competition. (Story page 30)

With such a large event as Malaga2018, it was impossible to cover all events held on four tracks.

Despite accreditation, photographing the world championships proved challenging, especially for the first few days, when

access to the main stadium was off limits. Thankfully this was resolved, but not before the steeplechase was held. This is one of my favourite events to photograph. Usually without track access at any other venue, you can shoot from over the fence, but not at the main stadium in Malaga.

The Aussie team proved they punch above their weight, placing fifth on the medal table with 32 gold, 36 silver, and 37 bronze medals. Of the 32 gold medals, women won 23 and men only nine. Western Australian athletes won 12 gold medals of the 32 gold and three athletes won nine.

## MAWA MEDAL TABLE

Individual medals				Team medals			
	G	S	B		G	S	B
David Carr	3	1		Mandy Mason	1	1	
Lyn Ventris	3			Gillian Young	1		
Byrony Glass	3			Giovanni Puglisi	1		
Melissa Foster	1	-	1	Campbell Till	1		
Gillian Young	1			Barrie Kernaghan	-	1	-
Morland Smith	1			Colin Smith	-	-	2
Sharon Davis	-	2	1	Bob Schickert	-	-	1
Chris Tittel	-	1	2	Sharon Davis	-	-	1
Margaret Saunders	-	1	-	Carol Bowman	-	-	1
Lynne Schickert	-	1	-	Margaret Saunders	-	-	1

# Records

## World Records

W60 10k Walk	Lynette Ventris	WA	53:26	96.9%	10-9-18	Malaga
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## Australian Records

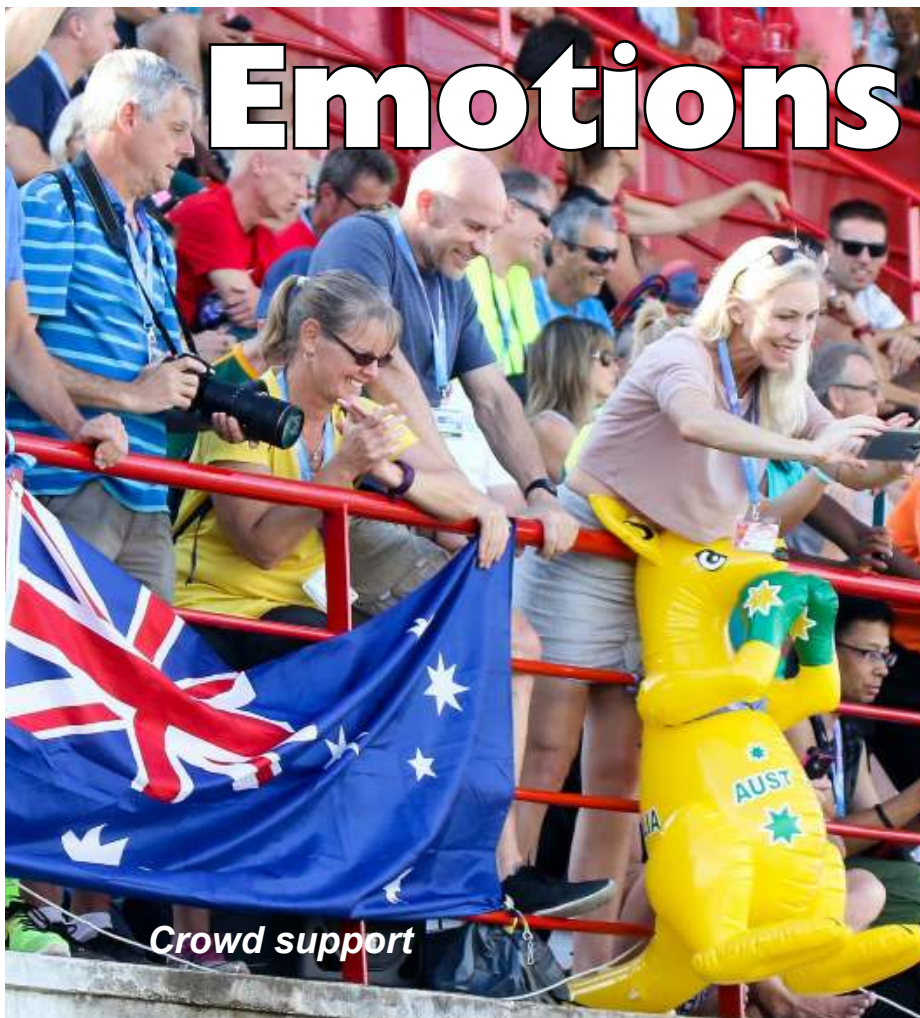
*W40 50k Walk	Michelle Thompson	Vic	5:13:14	82.6%	11-9-11	Middle Park
*W45 50k Walk	Michelle Thompson	Vic	5:33:10	80.8%	13-9-15	Middle Park
*W35 50k Walk	Claire Tallent	SA	4:09:33	99.2%	5-5-18	Taicang China
*W40 30k Walk	Tracy Feiner	Vic	2:54:21	80.8%	29-7-18	Middle Park
W45 30k Walk	Kelly Ruddick	Vic	2:37:36	93.6%	29-7-18	Middle Park
W80 20k Walk	Margaret Beaumont	Vic	3:17.34	78.8%	5-8-18	Adelaide
W55 H Weight Pent	Jayne Hardy	ACT	4260pts	-	12-8-18	Turner ACT
W40 Half Marathon	Sinead Diver	Vic	69:22	97.2%	19-8-18	Canberra
W30 Half Marathon	Rochelle Rodgers	WA	77:30.93	84.1%	26-8-18	Perth
W65 Javelin	Carol Davis	Qld	25.51m	71.8%	26-8-18	Gold Coast
M55 400m Hurdles	Luke de Biasi	Vic	61.42s	95.7%	7-9-18	Malaga
W55 300m Hurdles	Michele Hossack	Vic	49.49s	102.4%	7-9-18	Malaga
W75 2k Steeple	Anne Lang	SA	12:48.54	83.9%	7-9-18	Malaga
M70 Decathlon	Geoff Shaw	Vic	7165pts	-	7-9-18	Malaga
M55 Long Jump	Luke de Biasi	Vic	6.03m	90.4%	9-9-18	Malaga
W60 Pole Vault	Dawn Hartigan	Vic	2.40m	83.3%	9-9-18	Malaga
W50 4x100m Relay	Stephanie Noon	SA	51.89s		16-9-18	Malaga
	Julie Brims	Qld				
	Jackie Bezuidenhout	NSW				
	Mandy Mason	WA				
M45 4x400m Relay	Mark Giglio	Vic	3:30.42s		16-9-18	Malaga
	Nathan Crowley	Vic				
	Shane Ezard	Vic				
	Andrew Wilcox	Vic				
M50 4x400m Relay	Rob Italia	Vic	3:37.78		16-9-18	Malaga
	Craig Sanford	Vic				
	Paul Hughes	Vic				
	Gary Parkinson	Qld				
M60 4x400m Relay	Rob Mayston	Vic	3:57.37		16-9-18	Malaga
	Andrew Watts	Vic				
	Campbell Till	WA				
	Trevor Young	NSW				
W50 4x400m Relay	Jackie Bezuidenhout	NSW	4:20.07s		16-9-18	Malaga
	Mandy Mason	WA				
	Stephanie Noon	SA				
	Julie Brims	Qld				
W75 One Hour Run	Lavinia Petrie	Vic	12,218m		24-9-18	Doncaster
M50 100lb Throw	Todd Davey	Tas	4.81m		29-9-18	Wollongong

\* Non members (Clyde Riddoch, AMA Records Officer)

## WA Records

M65 100lb Weight	Geoffrey Gee		2.74m		29/9/18	Wollongong
M65 Hammer	Geoffrey Gee		37.50m		29/9/18	Wollongong
M65 Weight	Geoffrey Gee		17.05m		30/9/18	Wollongong
M65 Heavy Wt Pent	Geoffrey Gee		4095pts		1/10/18	Wollongong
M90 Hammer	Chris Tittel		13.31m		6/9/18	Malaga
M90 HW throw	Chris Tittel		7.04m		10/9/18	Malaga
M90 Shot put	Chris Tittel		5.13m		12/9/18	Malaga
M90 Discus	Chris Tittel		13.40m		12/9/18	Malaga
M90 Throws pent	Chris Tittel		2175pts		12/9/18	Malaga
W45 1500m	Sharon Davis		4:49.56		16/9/18	Malaga
W60 2000m steeple	Margaret Saunders		9:10.19		7/9/18	Malaga
W75 2000m steeple	Lynne Schickert		16:00.36		7/9/18	Malaga
W40 Triple jump	Melissa Foster		11.52m		12/9/18	Malaga
W60 20km roadwalk	Lyn Ventris		1:58:27		14/9/18	Malaga
W45 400m	Sharon Davis		60.30		14/9/18	Malaga







# Exhausted



*When photos tell the story*







**LENORE LAMBERT and  
SHARON DAVIS**



**WENDY VISSER**



**CAROLINA GARCIA GARZON**



**VIRGINIA MITCHELL**



**Trevor Young, Campbell Till, Rob Mayston and Andrew Watts**



**YOSHIHISA MIYAMOTO and  
CHRISTOPHER WARBURTON**



# Lynne gains vice-president post



The new WMA council for 2018-2020 (from left to right) Back row: Kurt Kaschke (regional representative Europe); Pierre Weisse (IAAF Representative); Richard Amigo (regional representative South America); Guillermo Guzman (regional representative North & Central America and the Caribbean); Front row: Leonie Etong (regional representative Africa); Maria Alfaro (Secretary); Lynne Schickert (Executive Vice-President); Jean Thomas (Treasurer); Margit Jungmann (President); Brian Keaveney (Vice-President Competition); Sivapragasam Sivasambo (regional representative Asia).

*Photo: LUTWIN JUNGMAN*

In Malaga, former vice-president of World Masters, Margit Jungmann, was elected to president of the body. Her elevation to the top position follows Stan Perkins stepping down from the position that he was first elected to at the World Masters Championships at Lahti in 2009.

Stepping into the Executive Vice-President's position is MAWA's Lynne Schickert who is also the Oceania representative on the WMA Council and President of the Oceania Masters Athletics.



## All eyes on Toronto2020



Spanish officials hand the WMA flag to Doug Smith (Toronto2020 chairman) and Paul Osland (vice chairman).



# Move rocks WMA

On the morning of September 3, 2018 the WMA President, Stan Perkins and Secretary, Maria Alfaro, were called to a meeting at their hotel in Malaga with the Secretary General of the RFEA (Spanish Athletics Federation) Jose Luis de Carlos. Also present was Pierre Weiss who is the IAAF Representative on the WMA Council.

It was outlined that the Spanish Government had contacted the RFEA indicating that the country of Gibraltar was not permitted to participate in the Championship, and that the flag and uniform of that country were not to be displayed nor was there to be any reference to Gibraltar in results or other documents. It was further indicated that failure to comply with this request could result in the Championship being stopped. The RFEA advised they had no option but to comply with the demand.

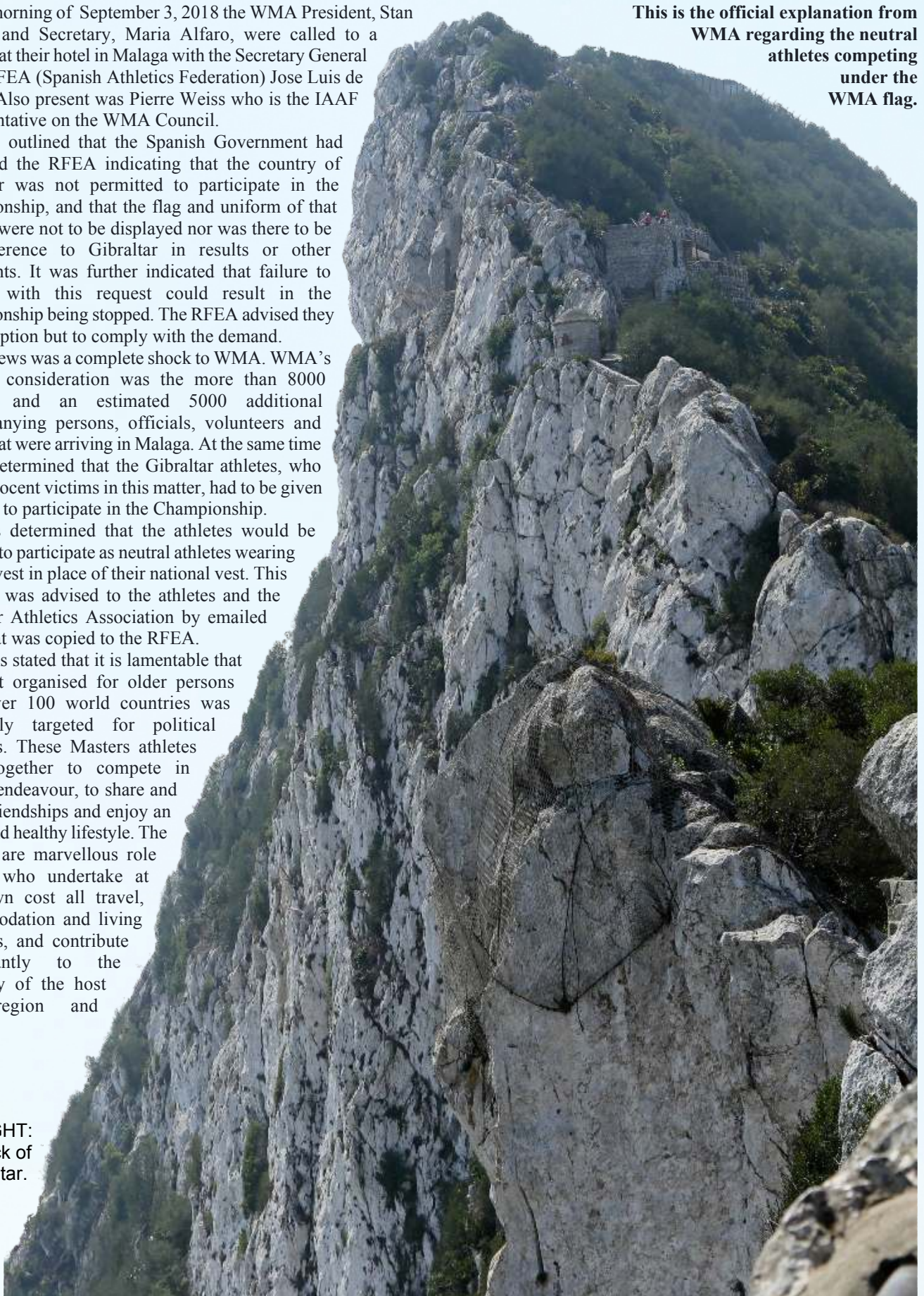
This news was a complete shock to WMA. WMA's primary consideration was the more than 8000 athletes and an estimated 5000 additional accompanying persons, officials, volunteers and others that were arriving in Malaga. At the same time WMA determined that the Gibraltar athletes, who were innocent victims in this matter, had to be given the right to participate in the Championship.

It was determined that the athletes would be allowed to participate as neutral athletes wearing a white vest in place of their national vest. This decision was advised to the athletes and the Gibraltar Athletics Association by emailed letter that was copied to the RFEA.

Perkins stated that it is lamentable that an event organised for older persons from over 100 world countries was seemingly targeted for political purposes. These Masters athletes come together to compete in athletic endeavour, to share and create friendships and enjoy an active and healthy lifestyle. The athletes are marvellous role models who undertake at their own cost all travel, accommodation and living expenses, and contribute significantly to the economy of the host city, region and country.

**This is the official explanation from WMA regarding the neutral athletes competing under the WMA flag.**

**RIGHT:**  
The rock of Gibraltar.







# Magical Malaga

## My Worlds

by Mandy Mason

Although I was involved in Little Athletics at a state level, at age 14 I left behind athletics to focus on my studies. I did however always run, almost daily throughout my life, and running became even more important to me as a stress management tool after my youngest daughter was diagnosed with severe autism in 2006. Having a child with a severe disability is a marathon of its own, but I started to run half and full marathons as a way to build mental strength and endurance to deal with the daily challenge of taking care and teaching my daughter.

By chance, while working out at the gym in 2017 (aged 49) and training for the Rottneest Marathon, a guy approached me to discuss my running and asked me if I'd ever considered sprinting. I liked the idea of reduced training times which was extremely challenging when training for marathon events

and taking care of my daughter, not to mention the sheer excitement of sprinting and competition. I've always loved weights and being in the gym too, so sprinting held a lot of appeal for me.

I enrolled in WA Masters Athletics and began competing in weekly competition and then joined Block Athletics, where Darren Rogers has been overseeing my training since March 2018 and been a wonderful mentor and support.

Malaga was my first event and it was magical – the Spanish autumn, the first time ever away from my daughter for more than a few days, and after making the semis for the 100 and 200m, was selected for the 4 x 100m and 4 x 400m relays, an incredible honour. Along with Stefanie Noon, Julie Brims and Jackie Bezuidenhout, we took gold and silver in the two events respectively, as well as Australian records in both, and were only 0.4 seconds off the world record in the 4 x 100.

I anchored in the 4 x 100m and got the honour of passing the Americans in the last five metres and crossing the line by 0.4secs ahead and taking the gold medal. Without a doubt, it's the most exciting moment of my life and ignited in me a passion for sprinting and a huge desire to improve.

I made so many amazing friends in Malaga and was inspired by so many people. Having a child with a disability can be the most isolating and lonely experience and for much of the last decade I've been dedicated to my daughter's

progress, but Malaga for me was the first time that I've ever felt part of a community of supportive, positive people committed to health and being the best people they can in competition and beyond. I want to acknowledge John Wall for his counsel, support and encouragement to go to the Pan Pacs on the Gold Coast in November. Bring it on!



# 400m bronze glistens

What a fantastic part of the world to hold the 2018 World Masters Athletics Championships, Spain! Host city Malaga is such a beautiful place, sitting in the grandstand of the main stadium you have world-class athletes on the track below with spectacular ocean views to the right!!

This Championships competition was spread over four different venues, each one a little different to the other. The main stadium held all 100m heats, semis and finals. The newly laid track, being by the ocean was prone to huge headwinds any time of the day, a little like Perth 2016, until around 6pm when after this time the wind dropped completely. The heats of the 100m were late afternoon where we all endured a massive -4.7m/s headwind. My age group, W50, was so competitive, that going into the final, on paper anyone of the eight finalists could have won so I consider myself fortunate to have crossed the line first in 12.96 seconds!

The 200m was next with the heats held at Carranque Sports Centre. This was a smaller venue but still easy to get to using the Metro.

In my age group, I had the defending W45 200m champion, Emma McGowan of the USA, who had just recently turned 50 years of age to contend with. The final was held at the Malaga University Stadium, that in my mind was the best track to run on. This venue also had an inspiring race commentator, (I didn't catch his name), with his signature cry of "claps, claps, claps"! He certainly knew how to work a crowd and make every athlete in each race feel special! Coming off the bend in the final I had Emma on my inside, going stride for stride into the straight. We had a great contest pushing each other to the line, But I managed to dig deep and hold on to cross in 26.81 seconds with Emma not far behind in 27.30 seconds.

I have to say I was so relieved to have the pressure of this race over, but also elated that I was able to achieve back to

## My Worlds

by Julie Brims

back W50 100m and 200m World Titles given the level and intensity of competition in Malaga (heats, semi's and finals)!!

I had entered the 400m individual race on a whim, thinking at the time I still had 12 weeks to do a little training (!), but my training didn't quite go to plan, being side tracked by other niggling issues that this distance causes and I only managed to run the distance once. So I just thought I'd have a go, rely on my sprint training with my goal being to make it into the semi-final as the W50 age group had some seriously fast 400m runners.

Not competing regularly over the 400m for quite some time, I wasn't sure how to best attack the heat,

now had to run another 400m in the semi-final.

Wilma assured me if I stuck to the plan, I would only have to place second to make the final. Part of the plan did require for me to run "relaxed" which to me means "slow"! I found this hard to do as anyone who knows me, knows I find it difficult to run slow. But I did follow her instructions placing second in my semi by 1/100<sup>th</sup> (1:03.49) behind American Charmaine Roberts (1:03.50).

On finals day, I have to say the atmosphere was electric! We had "Mr Claps" working the crowd.

It was made even more special as they brought us out 50m before the start line where we were then all introduced separately and had the opportunity to run past and be acknowledged by the packed grandstands! Drawing lane seven in the final there was only

one plan, not being able to see where anyone else was positioned until we came off the bend, my best option was to go out as fast as I could and if I blew up coming home then so be it, I had nothing to lose as I'd already exceeded my expectations.

Coming off the bend everyone in the inside lanes whipped in front and I did start to lose my legs, I think I may have been in sixth position, but it was hearing the Aussie supporters calling my name, willing me on that I found the lift I needed to get myself back into a position to medal. Bronze! Who would of thought. This would have to be the highlight of my championships! I was so excited to medal in an event that I haven't run at a World Champs since 2011!

These World Championships I would have to say would be the best I've been to because of the extremely high level of competition in my age group. I ended up with three Gold, one Silver and one Bronze Medal! It was wonderful to see the Aussie team spirit supporting each other during the Championships! I have to admit I am exhausted from the 11 races in 12 days and am looking forward to taking a break....for a little while! Well done Malaga.

however, good friend Wilma Perkins stepped in to give me a race plan and was on hand with some fellow Aussies to call out encouragement at different stages of the race.

I think the disbelief on my face could be seen by all after crossing the line first in my heat, followed instantly by the shock that I had reached my goal and







# Malaga 2018

100m



**LEFT:** Julie Brims  
heads the field to  
claim her first gold  
medal in the W50  
100m in 12.96 secs.





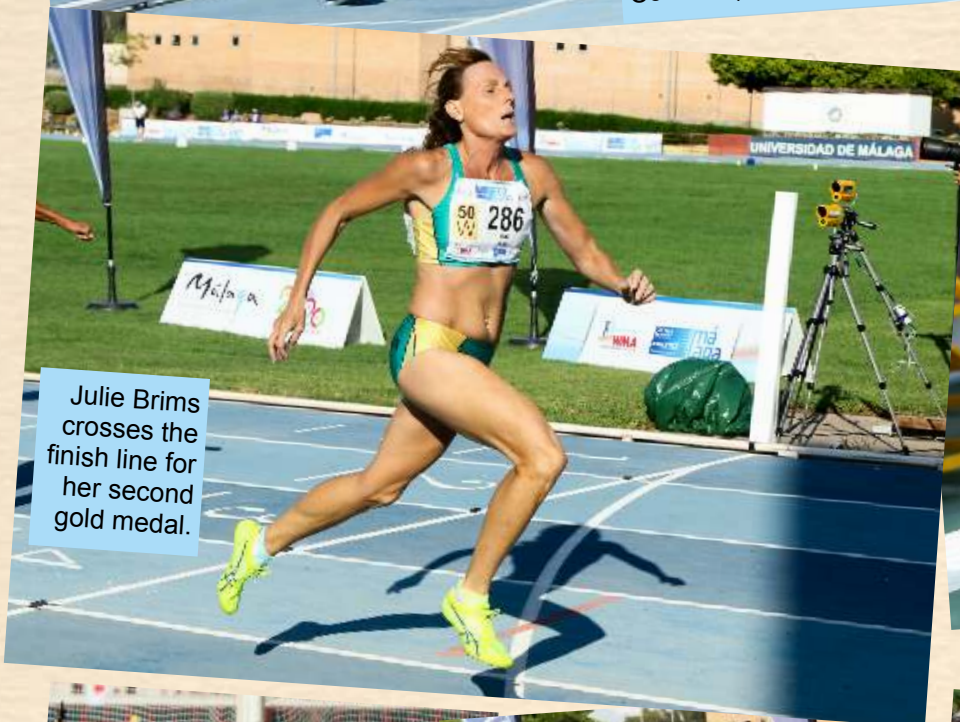


# Malaga 2018

200m



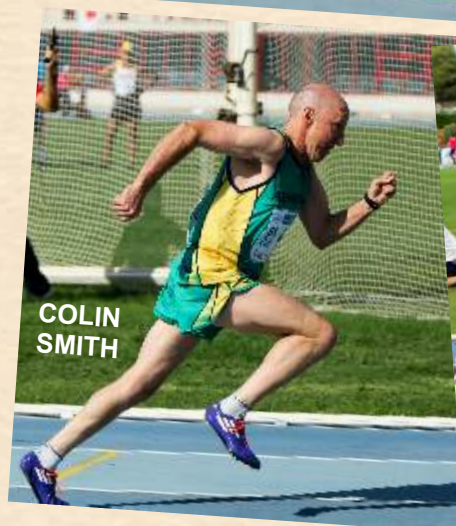
Australia's Greg Brennan (left) chases heat winner John Cormier (USA) and Ian Wilson (GB) in the heat of the 200m.



Julie Brims crosses the finish line for her second gold medal.



LYN PEAKE



COLIN SMITH



MARGE ALLISON and ALETTA UNGERER



BARRIE KERNAGHAN





# Malaga 2018

400m



**ABOVE:** Brasil's Yoshiyuki Shimizu is the centre of attention winning the M90 400m in 89.35 secs.



**SHARON DAVIS**



**JULIE BRIMS**



**LENORE LAMBERT**



**JAY STONE**



**MARGARET SAUNDERS**



# Flying the flag



Wow! What a fantastic experience Malaga was!

Although I had competed in my first World Champs in Perth 2016, this was my first time competing overseas and it felt very different to being on our home track.

Firstly it was lovely to get out of our cold wet winter training into the warmth of Spain. My husband and girls came with me, together with my parents, nephew and best friend from the UK, so I had quite a cheer squad, along with the support crew messaging from Australia! After hiring a car, we used the first few days to explore and find all four of the tracks used for the competition, find some of the Australian team and watch some races. Driving around Torremolinos and Malaga was probably the scariest bit of the whole trip, but certainly helped calm any nerves for running as I had used up all my fear just getting to the track, racing was then the easy part!

I knew I had put the hard work in, so was hopeful for some good results. My main event is the 800m and that was up first. I qualified with a win in the heat. The final was a tactful race. A tight pack run with lots of pushing and shoving and I nearly went down twice, even getting my spikes torn. I sprinted for the finish line with the Gold in sight, but was pipped on the line and got a Silver. I won't deny I was disappointed, but now know the winner was an ex-Olympian so should be proud!

Main race done I relaxed for the 400m, making it through the heats and semis to the final. I was feeling a bit tired by then but ran controlled

## My Worlds

by Sharon Davis

and into a bronze medal. A small PB too.

Last up was the 1500m. Not my favourite as it has too many laps for me, but another comfortable qualify through to final. A big field for the final, my plan was to sit in middle somewhere. So many runners and again another tight pack, got boxed in so ran wide to stay clear. Another big sprint to the finish line got me another Silver medal and a massive PB! Very happy and surprised by that one!

We finished the day with the relays. I was lucky enough to be selected for the 4 x 100m and the 4 x 400m. We had an amazing team for each and found that extra energy needed for the end of the competition. No medals this time, but had the best time! Relays are always so much fun!

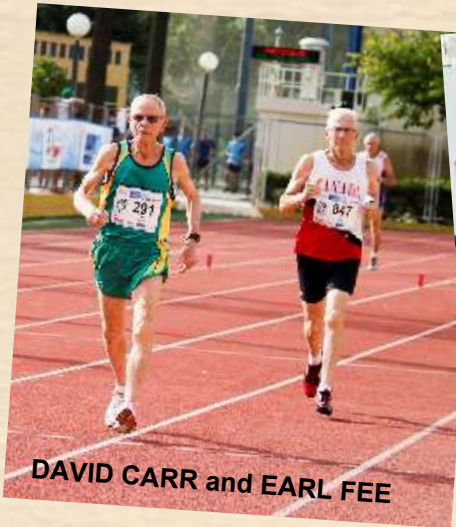
The atmosphere was great and I am so happy and lucky to have come away with some bling and PBs, but one of the best parts for me, as with all masters comps, was the people you meet and new friends you make, from around the World, near and far. We come together in our passion for athletics. The Team Managers were amazing and did a great job! We have awesome photos from Graeme Dahl to remember the experience! All in all, it was fantastic and look forward to next time ....





# Malaga 2018

800m



DAVID CARR and EARL FEE



FRANCESCA BARONE and MARGARET SAUNDERS



ANNA KASAPIS

**BELOW and RIGHT:**  
Sharon Davis reacts to  
being spiked at the  
start of the second lap  
of the 800m. Sharon  
won silver.



2



1



ANNE LANG



DON MATHEWSON



KEVIN SOLOMON





# Malaga 2018

1500m



**ABOVE:** Sharon Davis celebrates her silver medal in the 1500m final.



Norway's Harald Nygaard leads Giovanni Puglisi and Sweden's Nils Nestor.



**BOB SCHICKERT**



**MORLAND SMITH**



**GILLIAN YOUNG**



**ROY HART**





# Malaga 2018

## 4 x 100m relays

# Oops!



1



2



3



5

Some days you just want to hit the rewind button and for the Australian M40 4 x 100m relay team this must have been one of them. Photo 1: Mark Harper waits at the first change. Photos 2-3: For what ever reason there is no baton change as Mark Giglio runs past the receiving runner. Main photo: Mark Giglio shows his frustration. Photo 5: Still no change as both runners run out of the changeover box.



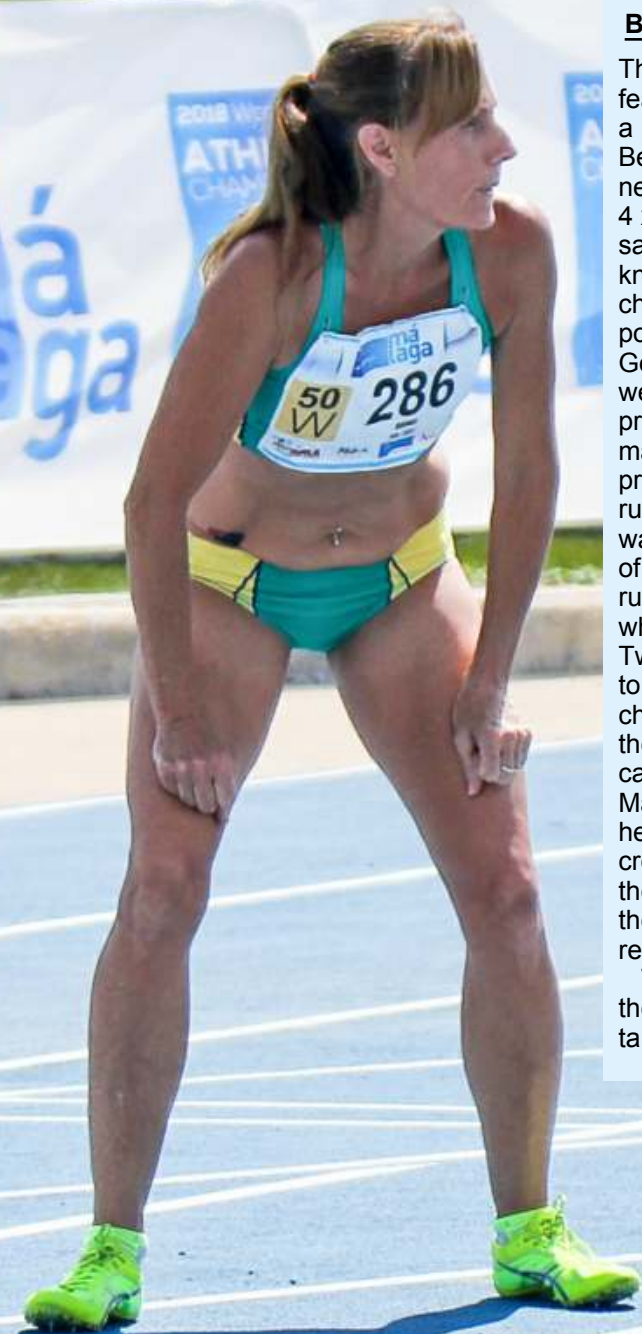
# Team tastes success

By JULIE BRIMS

The final day of competition featured the relays. It was such a pleasure to race with Jackie Bezuidenhout, Steph Noon and newcomer Mandy Mason. In the 4 x 100m relay the USA, I would say, was favoured to win but I knew if we could get our baton changes just right we could possibly challenge them for the Gold. As captain, the ladies were willing to listen as we practised our baton changes to make them as smooth and precise as could be. Mandy, running the last leg of the relay was so enthusiastic that, instead of receiving the baton and running out 20m, she ran the whole 100m to the finish line! Twice! The practice confirmed to me that we were a good chance. Showing the benefits of the training session, the relay came down to the wire, as Mandy never wavered or took her eyes off the finish line crossing by 4/100<sup>th</sup> in front of the Americans... and we broke the W50 4 x 100m Australian record! So Excited!

We kept the same team for the 4 x 400m with Jackie B taking us out changing to Mandy

Mason who ran out of her skin in her first ever 400m race to change to Steph Noon who had to endure some interesting tactics from the Spanish lady, who delivered a few elbows then tried to force her off the track on the top bend. We were in third position when I took the baton and I managed to overtake the Spaniards but the USA had flown the coop!! Coming into the home straight the Americans were odds-on with such a commanding lead and the Spanish lady found that bit extra as we traded stride for stride coming to the finish line. Then the unthinkable, the American runner had only a few metres to go to win Gold but had pushed so hard she collapsed on the track just short of the finish line spilling the baton out of her reach! Seeing this occur the Spanish runner dug deeper and forged ahead to take Gold while I needed to jump over the American still on the track to claim Silver!! Of course, there was a "silver lining"! We broke the W50 Australian 4 x 400m Relay Record!! Awesome effort Team!



Heartbreak for the United States as Spain takes the gold with Australia the silver in the 4 x 400m relay.



Julie Brims, Steph Noon, Jackie Bezuidenhout and Mandy Mason celebrate their success.





# Malaga 2018

## 4 x 100m relays



**DAWN HARTIGAN to  
LINDA McDOWELL**



**COLIN SMITH to  
DARREN HUGHES**



**GREG BRENNAN to  
GARY PARKINSON**



**LEFT: Sharon Davis  
hands the baton to  
Lenore Lambert at the  
first change in the W45  
4 x 100m relay.**



**SARAH CHINNER**



**NOREEN PARISH to  
LYNNE ANDREWS**



**PIO BUNIN to MICHAEL  
STEVENSON**



**ANDREW  
WATTS**





A gold medal and an Australian record, Rob Mayston, Andrew Watts, Campbell Till and Trevor Young celebrate.

Where do you start...a World Master's Athletics Championships. I had thought about the possibility of competing for many years; wanted to take the opportunity to test myself with the best. Missed the easy Perth chance because of injury, then made a promise to make the next at Malaga. Then to planning, entering and booking, with plans for a European holiday to follow up. All I needed to do was to stay healthy and find genuine fitness.

Eventually, the day came... with a fist full of euros, I arrived at Malaga. What a pleasant surprise; friendly and helpful people and a genuinely historic city (one of Europe's oldest).

Stats tragic that I am, I had done a truckload of research to try and figure out how I might fare. Now to try and focus on my first ever run at this level; plenty of nerves but really wanting to give it a go. I was trying to dismiss every niggle and twinge thinking they would become a traumatic barrier.

Once all the warm-up and call-room theatre was done, I felt calm and ready for a heat run. I had to make the best of it, having only entered the 400m and nominated for one relay.

## My Worlds

by Campbell Till

I needed to finish first or second for an automatic qualifier. The gun went, the race went to plan, a little bit in reserve and managed second. Wow, I'd done it; executed the first step. It was really great to actually do it and feel part of the event. Next step - semis... my more experienced teammates giving me some sage advice -- this is the serious bit - 'A' game or nothing! Another challenge on another track. The atmosphere in the call-room was intense; trying to stay focussed and make myself smile to relax. It was a fantastic experience to see and meet some of the legends and stars of our sport- incredibly uplifting - now time to translate those good feelings and excitement into a tangible effort.

The gun goes again - execute the run almost on auto-pilot; enjoying the test, dig in for the big finish - had to hit an age PB to make the final. I couldn't quite find that extra gear but finished strong. Missed the final by a couple of places. I was a tad disappointed but

deep down, really satisfied. I'd pushed myself with the best.

The atmosphere was brilliant and energised at the Uni track thanks to the personality of the Spanish announcer. He had very little English but he didn't need it; his enthusiasm lifted everyone.

A few days rest, then the new challenge of the 4 x 400m relay. After running the Nationals in April I realised I was in the company of three other guys running top-level times - a bit of 'dare to dream'? What if we all turned up in Malaga and were all fit? Were we good enough to win? My teammates were of the same mind. The planets were beginning to line up - we all managed to be here and our form was close to our best.

I was absolutely determined to give my best and not mess up under the pressure and adrenaline of a relay - arms and legs everywhere!

What a fantastic sight to see our final runner holding on and holding on then crossing the line in first place. We actually did it, we won! Adrenaline overload for the next few hours.

Normality did return..... time to enjoy the remaining time in Malaga. An unforgettable experience.





# Malaga 2018

## 4 x 400m relays

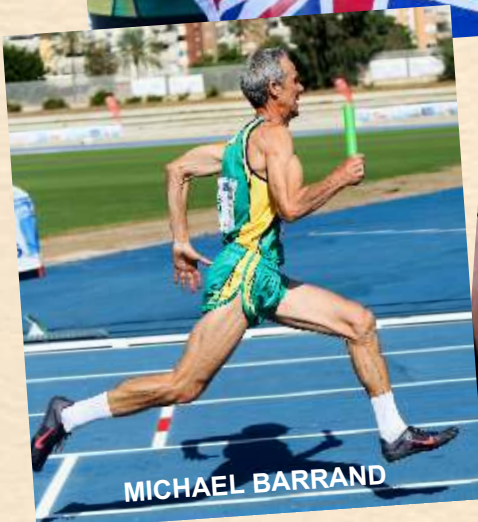


Flying the Aussie flat are Anne Lang, Marg Allison, Lynne Andrews, Irene Davey, Kathy Sims, Lyn Peake, Paula Moorhouse and Wilma Perkins following their 4 x 400m relays.

**LEFT:** Celebrating a bronze medal in the M55 4 x 400m are Darren Hughes, Allan Cook, Colin Smith and Todd Devery.



**BELOW:** It's all smiles from Robyn Suttor, Sarah Chinner, Susan Howell and Michele Hossack following their race.



MICHAEL BARRAND





# Carol takes bronze



**MAIN PHOTO:** Carol Bowman hands the baton to Margaret Saunders.  
**INSET:** Carol, Margaret, Linda McDowell and Deborah Drennan show off their bronze medals for the 4 x 400m.

As I left Perth for Malaga I felt happy, excited and nervous. I didn't know what was ahead of me or how I would run. When I arrived in Madrid it was a very hot and humid day. A bit of a shock to the body after leaving the cold conditions in Perth. Luckily I was only staying overnight in Madrid and it should be cooler in Malaga.

Most people from Perth were staying at the same hotel in Torremolinos. It was much cheaper than staying in Malaga, the downside was you had to travel to the four different tracks. We were given some free transport passes but had to pay for taxis and some trains. We had a good system of sharing taxis out to the track than using the trains or free shuttle bus to return to the hotel.

My first event was the cross country, it was the worst and most dangerous I have ever competed in. It was full of rocks, tree stumps and sudden drops. A lot of runners fell or

## My Worlds

by Carol Bowman

DNF. My race got delayed because they could not start until the ambulance came back. Also, some runners decided to go for a casual walk. When I started the cross country it was very hot and windy, the sand got into my eyes and made them run. I decided it was better to be safe than sorry and run slow and look down.

My next event was the 800m, I was still very stiff from the cross country but managed to warm up alright. Although it was my first 800m I have done at the worlds, I was feeling very relaxed. I ran the first 400m faster than normal 1:29, then I got dizzy in the last 200m but managed to finish. I ended up with a seasons best 3:12 I was very happy with that. My next event was the 2000m steeple, I

wanted to run under 11 minutes and ran 10:59 to place fifth. WA did very well in the steeple with gold medals for David Carr, Morland Smith and Gillian Young with silver for Lynn Schickert and Margaret Saunders.

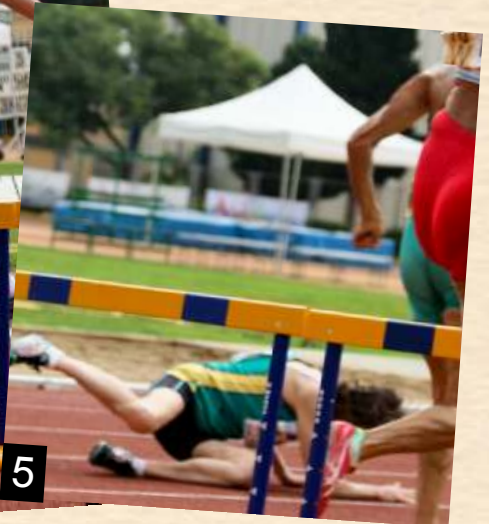
I was very fortunate to be the first reserve for the 4 x 400m relay and able to run it. This is my favourite event. It is so exciting to hear the noise of the crowd cheering you on. We had some excellent athletes in our team. I was the first runner and a little nervous, I ran my best and wasn't last. I handed the baton over to Margaret. It was very exciting in the last 400m, we were in fourth place and a long way from third. The last runner managed to run an incredible race and caught up with the third place runner. They fought it out to the very end, but we managed to pip the other runner on the finish line. We ended up with the bronze medal and that made my day.





# Malaga 2018

## Hurdles



SEQUENCE: Margaret Taylor falls on the final hurdle while leading the W70 80m hurdles. Marge Allison (pictured) won the silver medal from Finland's Terhi Kokkonen.





# Lyn's nightmare ends

Unbeknown to me at the time, my worlds Malaga 2018 began back in Lyon in 2015.

It was around 18 months after my major hamstring surgery and surrounding it was a huge doubt as to if I would ever race well again.

I did race well winning gold in all three of my race-walking events.

Yes! I was set – I was back – it was onwards and upwards!

Perth 2016 was going to be a fantastic championship for me turning 60 – so new age group and hometown advantage!

I was chosen as flag bearer for Perth and that was a huge honour and a very exciting time. That was as about as far as the excitement went. Just quietly I was struggling with the training, with motivation, with so many sore spots and imbalances it wasn't funny.

In my head I'm thinking I have to race it's my hometown, I'm the flag bearer all my family was coming to watch, my grand kids were going to see me race for the first time.

First up was the 5000m track walk I was racing the great Barbara Nell. It was horrible, it hurt – a lot. I pulled up so sore medico's and physio's advised me not to race the 10k and 20k. Campaign over! Back to the drawing board lots of physio and doctors' appointments beckoned.

Never to give up I just thought – no its Daegu next – the World Indoors.

Training commenced and honestly, every day was a struggle I hated it until one day 11 weeks into the programme that was it I'd had enough. I came home to John announcing that 'I was done.'

So off I went still keeping fit having a ball doing boot camp. I had just set up my own gym in a new extension at home and was enjoying my workouts. I was feeling alright staying away from the things I knew hurt. Then, I thought I'll just start running a couple of kms to boot camp (a nice way to warm up), that 2km became three and so on..... then I thought I'll just try and race walk 500m of that – that became 2km etc. I was managing it wasn't hurting, admittedly I was slow but who cares! I was doing it!

World Championships started to creep into my mind. After a little while, I decided to get a coach again.



## My Worlds

by Lyn Ventris

It was a good 12 months out from the championships. We built up very, very slowly. At the first sign of a niggle, we pulled back. The weeks rolled by and things started to come together nicely.

Training through winter was always going to be hard and some days it was too wet to train – but in the big picture it made no difference – my times were still improving.

There were quite a lot of visits to my sports GP and physio along the way to keep on top of niggles but I have learned that as I age there will always be something sore or achy. It's learning to know when to act on the real problems.

As it got closer to Malaga my coach was confident that my training times were going to give me some good results. World record times were on the cards! However, the humid weather would always be an unknown factor and my 20km would be raced on 5 and 10km training as huge training loads were not working.

It was so exciting being in Malaga. I was ready, ready to race and race hard. I knew I could do it. But you never know until the day.

The 5000m track walk was a tough race and the pressure was on from

the French girl but I kept my head and walked to my first gold medal!

The 10km road walk was a week later. It was at 8am which was a perfect time to race. Everything fell into place, the stars aligned! One of the main things I can remember is my coach calling out 'you are on world record pace you are going to do it!' So it was – a world record and my second gold medal!

The 20km was four days later and it was going to be very hot and humid. It was a hard race, the hardest I have ever done. Another world record was looking good at 10k but the last 6k was slow and I was doing everything in my power to take my mind off the pain. Still – it was my third gold medal!

Malaga was brilliant! Competing in these worlds taught me so much about myself and about the generosity and caring of family, friends, medicos and physios that wanted to see me achieve great things again.

A close race-walking friend told me "I always knew you were capable of better things than just doing boot camp."

I feel very proud of my three gold medals – particularly after reading that there were more than 8000 participants in Malaga and only 1800 medals. So winning a medal of any colour is quite an achievement.





# Malaga 2018

## Walks



**ABOVE:** Lyn Ventris powers to another gold medal. **LEFT:** It's all smiles for Lyn and Heather Carr before the start.  
*Photos: EMMANUEL TARDI*



**ANNE WEEKES**



**ANDREW DUNCAN**



**ANDREW JAMIESON**



**LYNNE SCHICKERT**





# Gillian's golden champs

Malaga was my very first overseas World Championships. I did compete in the Perth Worlds but had only competed in States, Nationals and Oceania Championships before that.

From the moment I was at the main stadium in Malaga to collect my race pack, there was a buzz in the air. Listening to the chatter in the queue of so many different languages I was wishing I'd tried harder to learn a bit of Spanish beforehand.

My first event was the old people's cross country -- only 6km. ONLY 6KM!

It was full of tree roots and slippery edges but fortunately, gravity is kinder to short people and it was the taller people who seemed to stumble and fall. I was very happy to finish seventh out of 25 but the best bit was winning a gold team medal with the help of Queenslander's Irene Davey and Janette Biggam. We beat Germany by 18 seconds.

Two days later it was the 2km Steeple. It was already a warm day but at least I didn't have to worry about getting cold in the water jump. 18 steeples and five water jumps later I was very happy to get gold in this event even though it was not my best time.

I managed fourth place in each of my next three events, 10km road race, 5000m and 1500m. Of course, a Bronze medal would have been better, especially in the 1500m where I missed out by less than two seconds. Next time!!!

Unfortunately, I have a hamstring that seems to have an allergic reaction to competition and always tightens up about a week before the big event.

But the best part was the camaraderie, or as we say in Australia the "mateship". Competitors in the Call Room shook hands and wished each other good luck. It didn't matter whether you were first or last to finish you were cheered and congratulated. People I didn't know called "Come on Aussie" as I went past.

And to hear those from WA calling my name was awesome and often the boost I needed to get me home.

In the beautiful warm evenings, we met other Aussies at our dinner time gatherings and enjoyed their stories and much laughter over a plate of Paella and a glass of Sangria.

My first overseas World Championships was a great experience and I'm looking forward to the next in Toronto -- but please don't tell my hamstring!

**My Worlds**  
by Gillian Young





# Malaga 2018

5000m



**ABOVE:** The field runs down the main straight at Torremolinos.

**LEFT:** David Baird surges towards the finish line in the 5000m at the main stadium.  
*Photo: DOUG SMITH*



**CARMEN VALLE ATIENZA**



**JOICE KIRUI**



**PIA HUNTER**



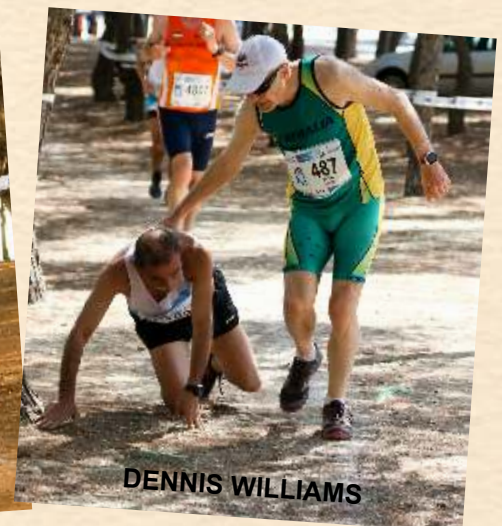
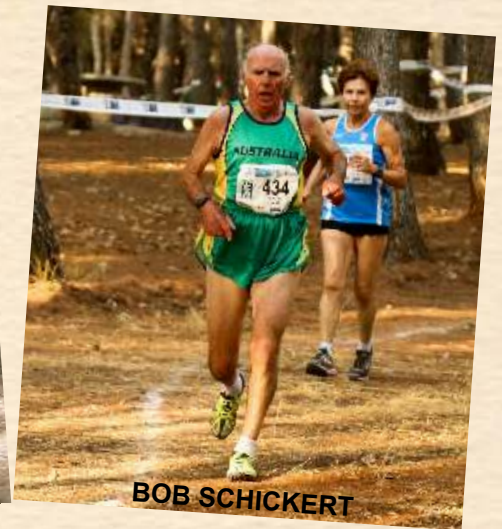
**CESAR BERMUDEZ**





# Malaga 2018

## Cross country







# Malaga 2018

## Half marathon



**LEFT:** Silas Sang celebrates winning the half marathon and breaking the masters' world record in 1:07:22 . **INSET:** Silas and Francis Komu celebrate Kenya winning the first two positions.



**DAVID BAIRD**



**RON SCHWEBEL**



**MITSUKO HIRASAWA**



**SEAN RYAN**



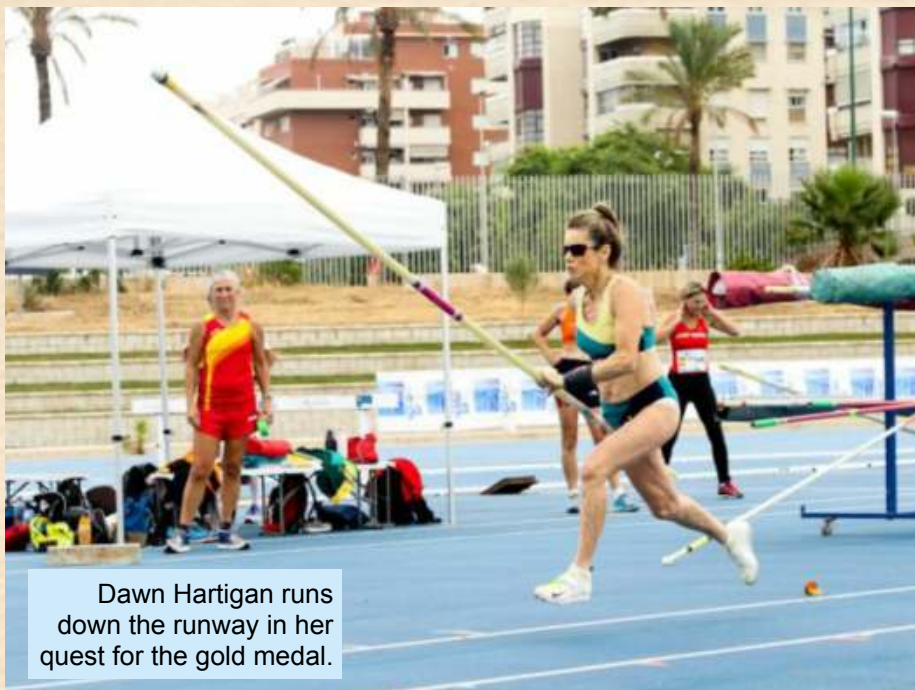
# To hell and back

It has been a roller-coaster journey for me since the 2016 World Championships in Perth. Three weeks before Perth I injured my arm. I knew the long-head of the Biceps had been torn off, however, the damage to my Supraspinatus (rotator cuff muscle), I thought was just a muscle tear. So being the determined person that I am, I planned to compete in Perth if I could take off. It was only in the last week before the competition that I was able to jump off the ground at all. My sports doctor rang me the night before I flew to Perth letting me know the tear was significant but didn't say it was a tendon tear, so I said: "thanks, I'll be fine and my Physio will tape me up to compete."

I jumped in the competition in Perth off a soft pole. Jumping technically well I managed to clear up to 2.90 meters. Unfortunately for me, I needed to jump on a stiffer pole. When I attempted this, my arm was unable to push the pole away. I finished in equal second position with a lady from Japan (Machiko Yamasaki). Bridget Van de Kamp from the Netherlands won with a 3.00m jump.

After the competition I flew home and prepared myself for surgery. I knew there was a six-week window to have my arm repaired and four weeks had gone by already. I thought the surgeon would re-attach my long head of Biceps. Instead, he indicated that the tendon of my Supraspinatus must be repaired, however, it was in a bad state so he couldn't promise success. He didn't want to touch the long head of Biceps as he said re-attachment would be more trouble than it was worth. With no time to get a second opinion, I put my faith in this surgeon. Everything did go to plan and I didn't rush back into training and took 12 months off.

Once I did return, however, I was super keen to get back jumping to the level I normally compete at. To my annoyance, my left Achilles started causing me major problems, competing only twice before my Physiotherapist stepped in and said I will need the rest of the season off. My goal then became to rehabilitate my Achilles so that I could compete in Malaga for the 2018 World Athletic Championships.



Dawn Hartigan runs down the runway in her quest for the gold medal.

## My Worlds

by Dawn Hartigan

I smile now because I am here at Malaga, reflecting on my pole vault competition and what has been thrown at me. A test of my resilience I think.

My airline refused to take my personal pole vaulting poles because they are over three meters in length. I have taken my poles all over the world and this is the first time that I have had this problem. Their cargo wouldn't take them and I tried for two months to get them freighted to Malaga. One company eventually said "yes" but at a price of \$4000. I declined. On the evening of the opening ceremony, in the middle of the night when I was fast asleep, my eyelid ripped off the corneal surface of my eye. I injured my eye several years ago and if my eye is very dry when I am asleep, this sometimes occurs. It is called corneal erosion eye syndrome and I wouldn't wish it upon anyone. I couldn't see out of my eyes for three days because both eyes work together so if I tried to open my good eye, there was intense pain, both eyes would water and my nose would run. It took a further two days before I could see out of both eyes. Fortunately, I was able to see for my competition. I had already decided if I could see out of one eye, I would jump.

Prior to the competition I had tried to see and try some poles from Malaga. The officials would not allow this even though it was a safety concern to use unknown and possibly unsuitable poles. The poles that I organised to be at the competition did not arrive and a pole that I attempted to use in the warm-up was heavy and unbalanced and I was unable to take off the ground. I noticed Rita from the USA had changed to a different pole. I asked her where she found it and she indicated it was one of Carla's poles. Carla is in the age group below us and she allowed me to use the pole. I had one practise jump before the competition started. It wasn't ideal but at least I took off the ground. I managed to get in a few clearances and am so grateful to Carla for lending me her pole.

The final result was

Gold	Dawn Hartigan	Aus	2.40m
Silver	Rita Hanscom	USA	2.20m
Bronze	Anne Numi	Fin	2.00m

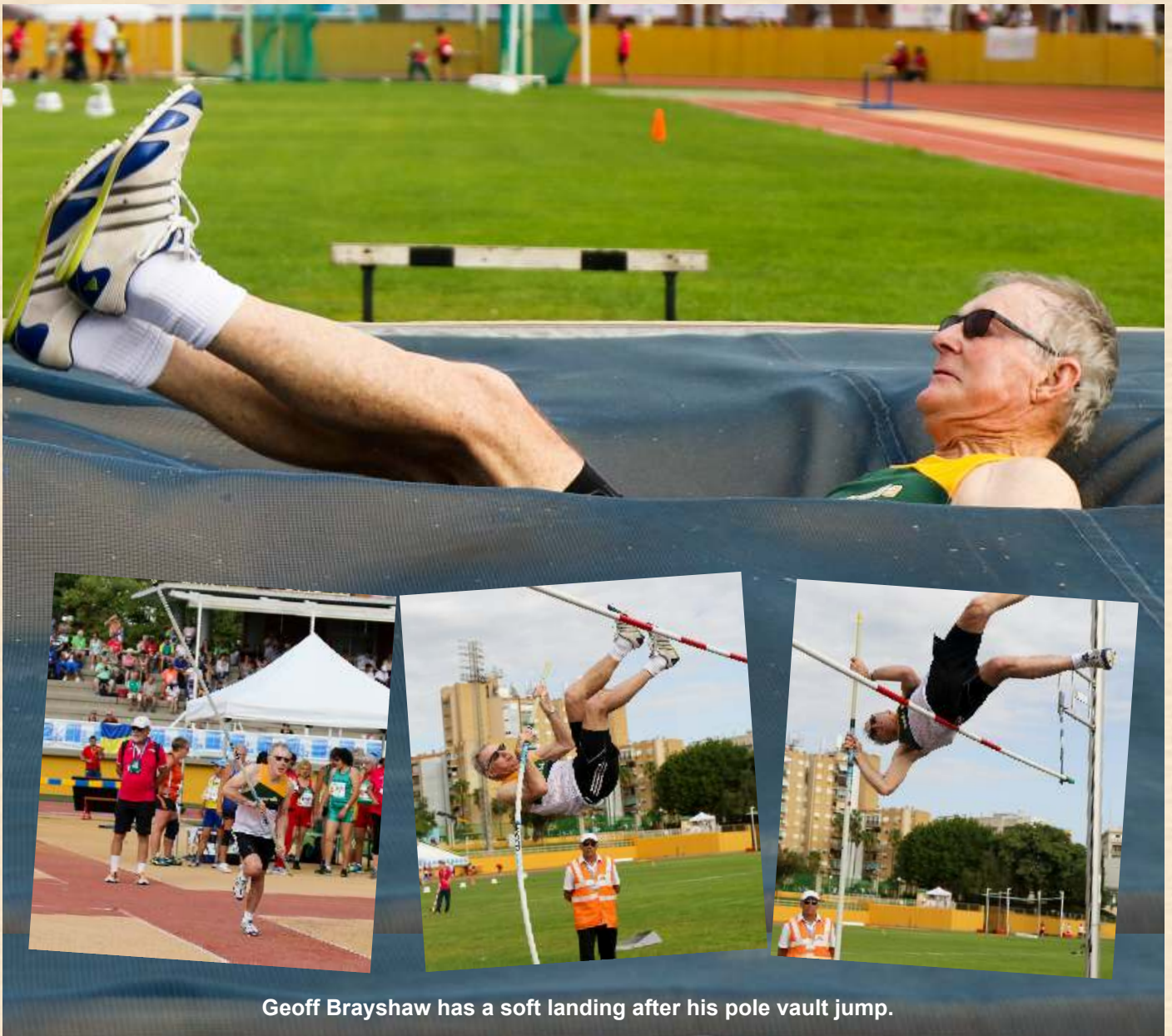
In other circumstances, I would have unhappy with my result. But now, I only feel enormously grateful. Grateful to Carla, to the athletes around me that made me laugh, even when I couldn't see. And now I feel re-inspired to continue my journey, to compete in Toronto in 2020, mix with inspiring older athletes and strive for self-improvement. I love what I do and want to be the best that I can be.





# Malaga 2018

## Jumps



Geoff Brayshaw has a soft landing after his pole vault jump.



CHARLES KOUOH KOTTE



FRANCISCO SAGARRA AGUIRRE



KOCO KOSTOV





# Malaga 2018

## Jumps



**SEQUENCE:** Melissa Foster takes off for the W35 gold medal with a jump of 5.46m.



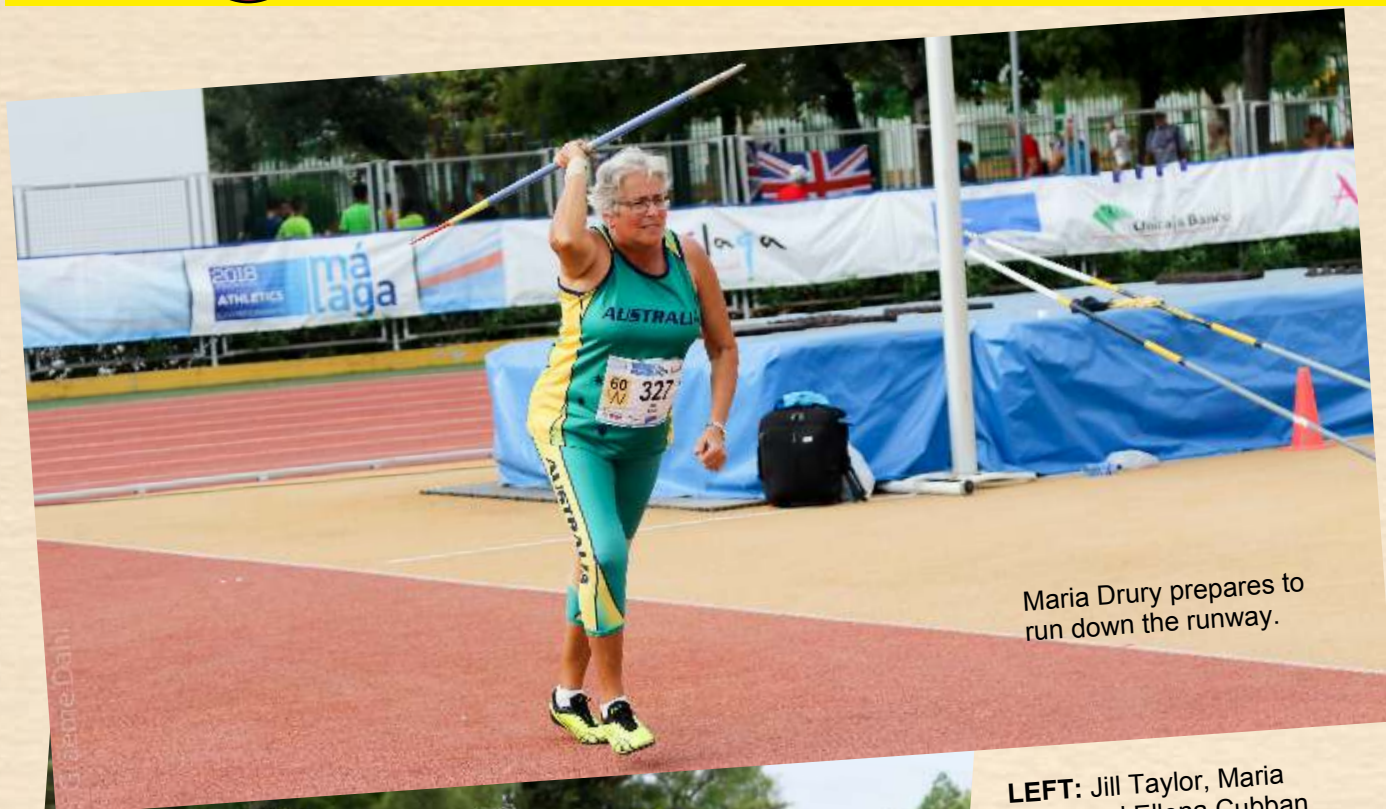
**LEFT:** W70 triple and long jump gold medal winner Margaret Taylor with Terhi Kokkonen (FIN) (left) and Margaet Crooke (NZ).





# Malaga 2018

## Javelin



Maria Drury prepares to run down the runway.



**LEFT:** Jill Taylor, Maria Drury and Ellena Cubban take a break from competition.



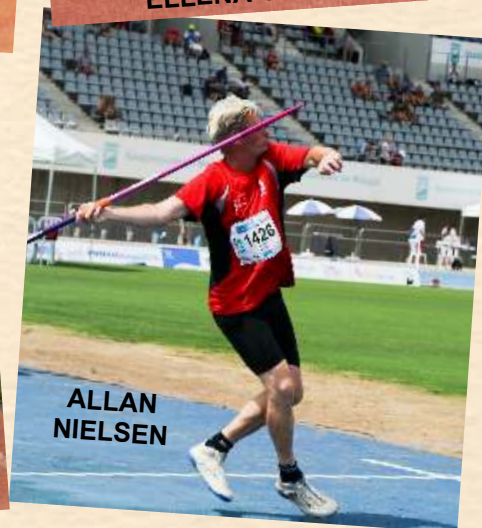
**ELLENA CUBBAN**



**SHAWN HENNIG**



**JILL TAYLOR**



**ALLAN NIELSEN**



# Matt's Spanish fling

We arrived in Spain a couple of days early to have a little Barcelona adventure, and also to acclimatise a bit, before getting to the main event. Holidaying will never be the same again thanks to young Master Staunton.

Hitting Malaga on the third we navigated our way to the un-signposted TIC... eventually, and got registered for competition that started the next day. It was a foreshadowing of what was to follow. Welcome to Spain.

My first event was Hammer at Torremolinos, the circle looked like a moonscape and was surrounded by a well-watered mud field... we soldiered on and I managed a season's best 43.53m to finish 10<sup>th</sup> behind Spaniard Ignacio Calderon Aguado who won with the penultimate throw of the day of 58.07m to best Venezuelan Aldo Bello Morillo, who had led from the first round and finished with 57.57m.

My second comp was at Main Stadium; Shot put. Over the back straight and out of view from the stadium, with no access for spectators, on a circle which was fine...except for the large crater where most throwers land their right foot in the middle of the circle. After much arguing and a hint that we may actually get shifted to the unused shot circle on the infield, the decision was made to leave us there since nobody got hurt warming up. At least it was dry, dusty and windy... only managed 11.98m for seventh behind German giant Andy Dittmar with 17.72m. What a beast! Petros Mitsides who won the M35 Throws Pent in Perth hit 14.65m for second.

My third event was Discus, again at main stadium. The discus circle looked fine and the eventual winning throw of 50.66m from American James Dennis coming from the first round, as well as a number of 47m plus throws...then it started to sprinkle and the circle turned into an ice rink. I managed 35.60m for 11<sup>th</sup>. Old mate Petros came fourth with his first throw of 47.98m.

My fourth warm-up event was Weight throw back at Torremolinos, where they'd decided to paint over the moonscape, but had done nothing about the mud... another ding-dong battle between Ignacio



Matt Staunton prepares to unleash the discus at the Main Stadium.

## My Worlds

by Matt Staunton

and Aldo saw the Spaniard take the lead in round 3 with 16.33m then losing it on Aldo's final throw of 16.42m before winning again on his final throw with 16.73m. I managed 12.95m for sixth... and it was all leading up to the real reason we were there. To defend the M40 Throws Pentathlon World Championship from Perth 2016.

The Main Event! Throws Pentathlon day. Where the best throwers in the world (who could make it to Spain) put it all on the line over a seven-hour work day of blood sweat and tears (mostly just sweat) to see who has the goods. The competition included Ignacio C Aguado the dual Hammer and Weight World Champion, German Thorsten Simon who had finished just out of the medals in hammer and weight, Frenchman Gwenael Vandeville who just missed medals in the Hammer on day 1 then disappeared, Spaniard Miguel A Cuervo who pipped me by one spot in discus and weight and Petros Mitsides who backed up his 2016 M35 win in Perth to take out the M40 Gold in a real guts it out, get everything you can out of your aging, ailing body type of performance. Personally, it was an up and down

kind of day starting with an absolute stuff-up with the hammer that put me behind the pack from the get-go.

After a season's best in the individual event, my Hammer of 40.06 was the only throw I didn't improve on... 1cm in the shot put counts. I managed another season best with the discus with 37.73m before confirming that the shoulder pain I've had for the last month is definitely javelin related and only managed 39.18m. I dug deep and hit 13.18m with the 35lb weight after fouling my first attempt. Nothing like adding a bit of unnecessary pressure. I scored 3157pts for fifth behind Petros, Gwenael, sneaky Spanish Javelin tyro Miguel A Cuervo and Thorsten. Then finished the day off swapping shirts with M40 World champ Ignacio Calderon Aguado who I beat into sixth.

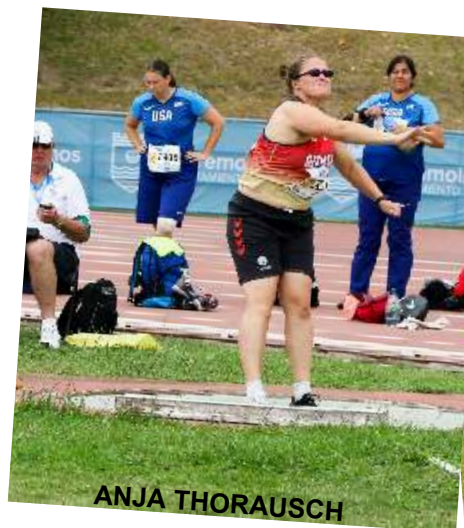
Finally, thanks to my wonderful wife Shanell for toughing out another marathon event, this time with the apple of our eye, and biggest challenge yet, Xander demanding all the attention. Thanks to Lindsay, Kate and Byrony Glass (and Kiwi Brenda) for going above and beyond the call of duty to come and support me and Shanell ... your blood is worth bottling!!

Overall, we loved Spain and continued on to Lisbon, Portugal then back to Madrid to fly home. It was a great adventure and we look forward to Canada in 2020.





Triple gold medal winner Byrny Glass chats with mum Kate during the shot of the throws pentathlon as Lindsey keeps a record of the throws.

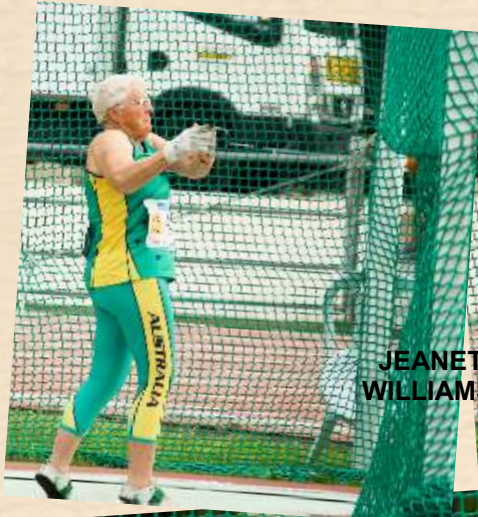




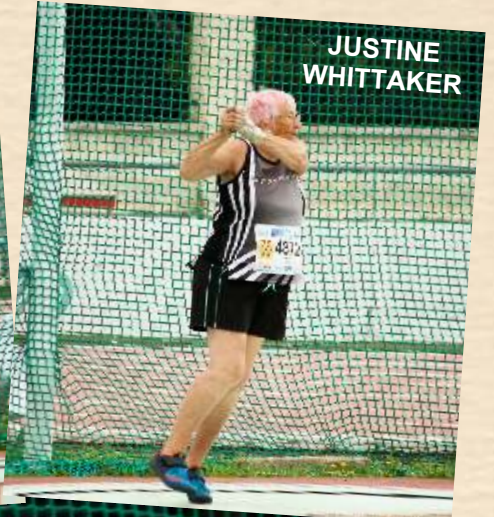


# Malaga 2018

## Throws



JEANNETTE  
WILLIAMSON



JUSTINE  
WHITTAKER



Jan Banens  
dances across  
the circle in the  
hammer throw  
of the throws  
pentathlon at  
Torremolinos  
Stadium.



GRETHE-  
MAREN  
MYKLESTAD



BRUCE  
O'CONNOR



MARY THOMAS



VIDDY JERMACANS



# Results for WA athletes

100m	heat	semi	final	medal record
<b>W35</b> Melissa Foster	13.43 (q)	13.34		
<b>W50</b> Mandy Mason	14.38 (q)	13.86		
<b>M50</b> Gregory Brennan	13.42			
<b>M55</b> Colin Smith	13.07 (q)	12.75		
<b>M75</b> Barrie Kernaghan	15.21 (q)	15.59		
<b>200m</b>				
<b>W50</b> Mandy Mason	29.09 (q)	28.58		
<b>M50</b> Gregory Brennan	26.54			
<b>M55</b> Colin Smith	25.69 (Q)	26.03		




<b>M75</b> Barrie Kernaghan	32.49 (q)	31.57 (q)	30.96	
<b>400m</b>				
<b>W45</b> Sharon Davis	61.78(Q)	61.06(Q)	60.30	<b>Bronze SR</b>
<b>M55</b> Colin Smith	58.30(Q)	57.89		
<b>M60</b> Neil Morfitt Campbell Till Desmond Walsh	63.56 60.54(Q) 68.89	60.39		

<b>W60</b> Carol Bowman Margaret Saunders	85.76 76.27			
<b>M75</b> David Baird Barrie Kernaghan	79.77 76.64(q)	79.98		
<b>M85</b> David Carr	1:35.72(Q)	86.69	<b>Silver</b>	
<b>800m</b>				
<b>W45</b> Sharon Davis	2:24.89(Q)	2:21.41	<b>Silver</b>	
<b>M60</b> Neil Morfitt	2:27.15 (q)	2:24.58		
<b>W60</b> Carol Bowman Margaret Saunders	3:12.31 2:52.26(q)	2:50.23		
<b>M70</b> Roy Hart	3:26.59			
<b>M75</b> David Baird	3:13.01			
<b>M85</b> David Carr		3:33.03	<b>Gold</b>	
<b>1500m</b>				
<b>W45</b> Sharon Davis	5:03.77(Q)	4:49.56	<b>Silver SR</b>	
<b>M65</b> Giovanni Puglisi	5:35.60			
<b>M70</b> Roy Hart	6:41.88			
<b>W70</b> Gillian Young		6:43.43		
<b>M75</b> David Baird Bob Schickert	6:25.21(q) 8:23.94			
<b>M80</b> Morland Smith		7:34.05		
<b>M85</b> David Carr		7:19.89	<b>Gold</b>	
<b>5000m</b>				
<b>M65</b> Giovanni Puglisi		19:52.26		
<b>M70</b> Roy Hart		27:02.94		



# Results for WA athletes

<b>W70</b> Gillian Young	25:00.38			<b>W50</b> Kate Ingram	33:11		
<b>M75</b> Bob Schickert	32:45.21			<b>W55</b> Sue Zlnay	36:37		
<b>M80</b> Morland Smith	29:23.93			<b>W60</b> Carol Bowman	45:38		
<b>2000m steeplechase</b>							
<b>W55</b> Sue Zlnay	8:57.07						
<b>W60</b> Carol Bowman Margaret Saunders	10:59.03 9:10.19	<b>Silver SR</b>					
<b>W70</b> Gillian Young	10:25.65	<b>Gold</b>					
<b>W75</b> Lynne Schickert	16:00.36	<b>Silver SR</b>					
<b>M65</b> Giovanni Puglisi	8:29.44			<b>M65</b> Giovanni Puglisi	33:19		
<b>10km road race</b>							
<b>M80</b> Morland Smith	12:13.02	<b>Gold</b>		<b>M65</b> Clive Choate Terry Humphrey	57:10 1:09:46		
<b>M85</b> David Carr	11:24.55	<b>Gold</b>		<b>W65</b> Barbara Humphrey	1:24:34		
<b>5000m walk</b>							
<b>W50</b> Cheryl-Lee Dean	DQ			<b>W70</b> Gillian Young	53:12		
<b>W60</b> Lynette Ventris	26:15.58	<b>Gold</b>		<b>Half Marathon</b>			
<b>W75</b> Lynne Schickert	39:49.87			<b>M65</b> Terry Humphrey	2:31:38		
<b>6km cross country</b>							
<b>W70-</b> Jackie Halberg Gillian Young	47:26 33:06			<b>M75</b> David Baird	2:06:33		
<b>M75</b> Bob Schickert	40:42			<b>10km walk</b>			
<b>M80</b> Morland Smith	42:16			<b>M50</b> Andrew Duncan	50:13		
<b>8km cross country</b>							
<b>M50</b> Greg Hogan	33:20			<b>W50</b> Cheryl-Lee Dean	1:11:19		
				<b>W60</b> Lynette Ventris	53:26	<b>Gold</b>	<b>SR AR WR</b>
				<b>W75</b> Lynne Schickert	1:24:12		
				<b>20km walk</b>			
				<b>M50</b> Andrew Duncan	1:45:57		

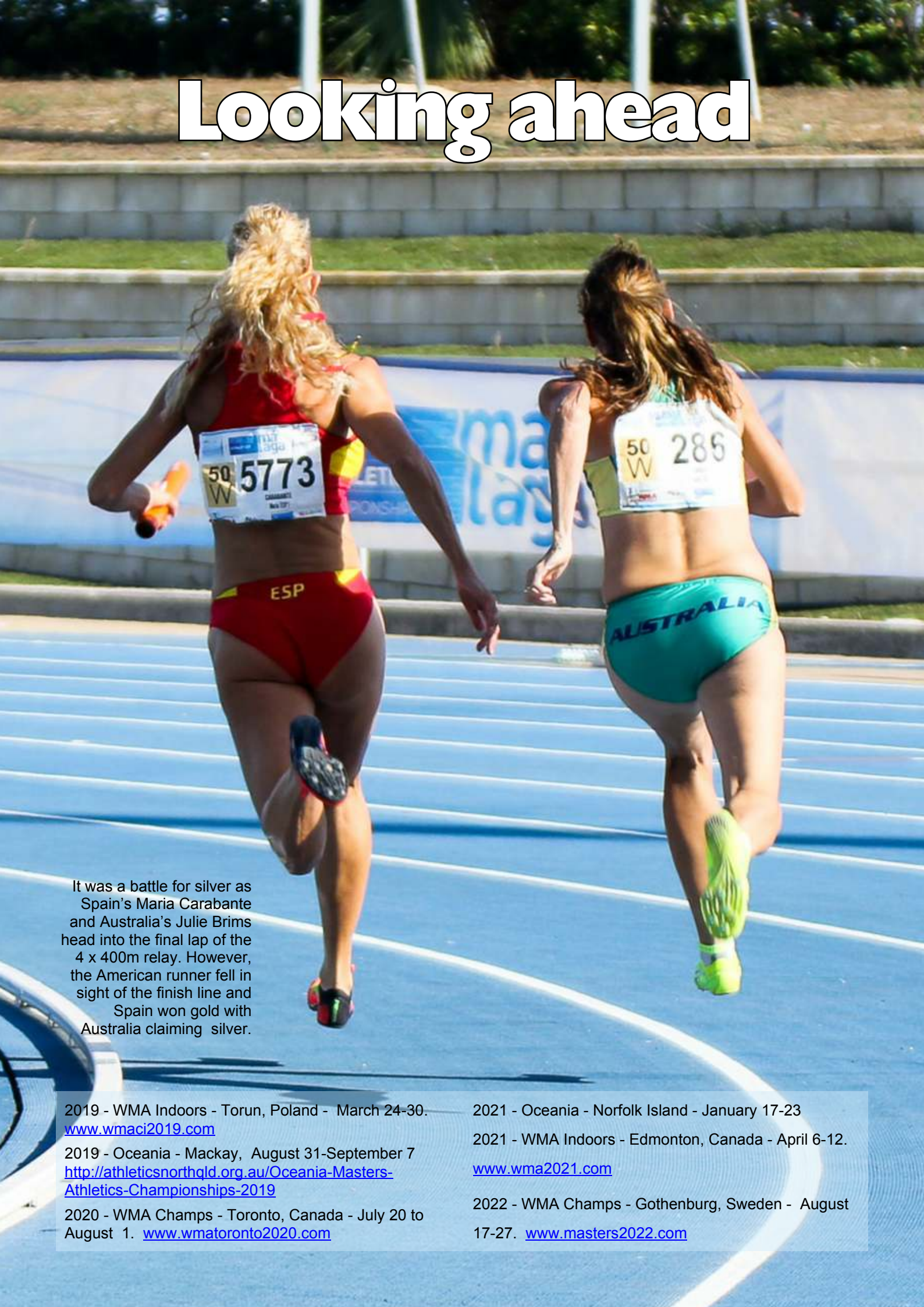


# Results for WA athletes

<b>W60</b> Lynette Ventris	1:58:27 1	<b>Gold</b>	<b>SR</b>	<b>W40</b> Byrony Glass	46.76m	<b>Gold</b>
<b>W75</b> Lynne Schickert	2:57.20			<b>W65</b> Kathryn Glass	21.11m	
<b>Pole Vault</b>				<b>M90</b> Chris Tittel	13.31m	<b>Bronze SR</b>
<b>M65</b> Geoff Brayshaw	2.50m			<b>Throws Pentathlon</b>		
<b>Long Jump</b>				<b>M40</b> Matthew Staunton	3157	
<b>W35</b> Melissa Foster	5.46m (-0.5)	<b>Gold</b>		<b>W40</b> Byrony Glass	3690	<b>Gold</b>
<b>Triple Jump</b>				<b>W65</b> Kathryn Glass	2542	
<b>W35</b> Melissa Foster	11.52m (-3.0)	<b>Bronze</b>	<b>W40 SR</b>	<b>M90</b> Chris Tittel	2175	<b>Bronze SR</b>
<b>M65</b> Geoff Brayshaw	7.92m			<b>Relays</b>		
<b>Shot</b>				<b>W50 4 x 100m</b>		
<b>M40</b> Matthew Staunton	11.98m			Mandy Mason	<b>Gold</b>	<b>pending AR</b>
<b>M90</b> Chris Tittel	5.13m	<b>SR within Throws Pent</b>		<b>M55 4 x 100m</b>		
<b>Weight</b>				Colin Smith	<b>Bronze</b>	
<b>M40</b> Matthew Staunton	12.95m			<b>M75 4 x 400m</b>		
<b>W40</b> Byrony Glass	15.42m	<b>Gold</b>		Barrie Kernaghan	<b>Silver</b>	
<b>W65</b> Kathryn Glass	9.14m			<b>M60 4 x 400m</b>		
<b>M90</b> Chris Tittel	7.04m	<b>Silver</b>	<b>SR</b>	Campbell Till	<b>Gold</b>	<b>pending AR</b>
<b>Discus</b>				<b>M55 4 x 400m</b> Colin Smith	<b>Bronze</b>	
<b>M40</b> Matthew Staunton	35.60m			<b>W50 4 x 400m</b> Mandy Mason	<b>Silver</b>	<b>pending AR</b>
<b>M55</b>				<b>W60 4 x 400m</b>		
Kon Kozak	24.65m			Margaret Saunders Carol Bowman	<b>Bronze</b>	
<b>M90</b>				<b>Teams Cross Country</b>		
Chris Tittel	13.40m	<b>SR within Throws Pent</b>		<b>W70</b> Gillian Young	<b>Gold</b>	
<b>Hammer</b>				<b>M65</b> Giovanni Puglisi	<b>Gold</b>	
<b>M40</b> Matthew Staunton	43.53m			<b>M75</b> Bob Schickert	<b>Bronze</b>	



# Looking ahead



It was a battle for silver as Spain's Maria Carabante and Australia's Julie Brims head into the final lap of the 4 x 400m relay. However, the American runner fell in sight of the finish line and Spain won gold with Australia claiming silver.

2019 - WMA Indoors - Torun, Poland - March 24-30.  
[www.wmaci2019.com](http://www.wmaci2019.com)

2019 - Oceania - Mackay, August 31-September 7  
<http://athleticsnorthqld.org.au/Oceania-Masters-Athletics-Championships-2019>

2020 - WMA Champs - Toronto, Canada - July 20 to August 1. [www.wmatoronto2020.com](http://www.wmatoronto2020.com)

2021 - Oceania - Norfolk Island - January 17-23

2021 - WMA Indoors - Edmonton, Canada - April 6-12.  
[www.wma2021.com](http://www.wma2021.com)

2022 - WMA Champs - Gothenburg, Sweden - August 17-27. [www.masters2022.com](http://www.masters2022.com)