

T F N L



Season 12 Issue 6

The Track and Field Newsletter of MAWA

April 2019



Colin Smith wins the Masters' 100m final from Glenn Ross (white), Ken Tepler (blue) and Greg Brennan (green).

Colin's pay day

Bunbury Gift in photos – inside

Bumper entries

for State Championships



Our athletes once again left it to the last couple of days to enter, but we reached a magnificent entry level of 194. During the two years since we last held a standalone State Championships, we have used the Perth 2016 Trust Fund, in addition to our own resources, to purchase new equipment and consolidate our ability to hold the event at ECAC.

This includes a photo finish camera, electronic lap-scoring, hurdles, starting blocks, lap counter and a second wind gauge.

This year we are trialling a couple of major changes. Holding the 5000m on 6th April will make track scheduling easier on the main weekend. Numerous athletes combine the long jump with throws or track events, so moving this to April 6th will

ensure that athletes can do all the events they want to.

Once again Elaine Dance has agreed to manage the canteen and a coffee van has been booked for all weekend days.

And yet again we are combining with the disabled athletes, who are always an inspiration.

**Barbara Blurton,
Championship Director**

TIMETABLE OF EVENTS

Thursday, April 4

(Ern Clark Athletic Centre)

Steeplechase

7:00pm	M40-59	3000m
7:20pm	W30+	2000m
7:45pm	M65+	2000m

Saturday, April 6

(Ern Clark Athletic Centre)

5000m

7:40am	W35+	5000m
8:50am	M65+	5000m
9:40am	M30-64	5000m

Saturday, April 6

(Ern Clark Athletic Centre)

Pentathlon

M30+	
8:00am	Long Jump
9:15am	Javelin
10:25am	200m
10:40am	Discus
11:30am	1500m
W30+	
8:35am	100m
8:50am	Shot
9:30am	Long Jump
10:20am	Javelin
11:10am	800m

Long Jump

1:00pm	M35-59	Long Jump
2:00pm	M65+	Long Jump
3:00pm	W35+	Long Jump

Throws Pentathlon

W40+	
11:30am	Hammer
12:15pm	Shot
1:00pm	Discus
1:45pm	Javelin
2:30pm	Weight
M45+	
12:15pm	Hammer
1:10pm	Shot
2:05pm	Discus
3:00pm	Javelin
3:55pm	Weight

Thursday, April 11

(Ern Clark Athletic Centre)

10,000m

7:00pm	W35+
7:00pm	M30+

Saturday, April 13 at Ern Clark Athletic Centre

8:00am	W50+	5000m	RW	10:30am	M45-64	Hammer	1:15pm	M40+	1500m	RW
8:00am	M40+	5000m	RW	10:45am	W35+	800m	1:30pm	M45-64	Shot	
8:30am	W50-69	High Jump		10:55am	M75+	800m	1:30pm	M65+	Javelin	
9:25am	W65+	200m		11:00am	M65+	High Jump	1:40pm	W35+	1500m	RW
9:30am	M75+	200m		11:10am	M65-74	800m	2:15pm	W65+	60m	
9:35am	M70	200m		11:15am	W30-59	Javelin	2:20pm	W55	60m	
9:40am	M65	200m		11:20am	M50-64	800m	2:25pm	W35-54	60m	
9:45am	M55-64	200m		11:30am	M30-49	800m	2:30pm	M80+	60m	
9:45am	W65+	Javelin		12:00pm	M65+	Hammer	2:35pm	M70-79	60m	
9:55am	M50	200m		12:15pm	W70+	High Jump	2:35pm	W65+	Hammer	
10:00am	M30-49	200m		12:15pm	W30	400m Hurdles	2:40pm	M65	60m	
10:00am	M65+	Shot		12:15pm	M50-59	400m Hurdles	2:45pm	M55-64	60m	
10:05am	W55	200m		12:25pm	W50-69	300m Hurdles	2:50pm	M50	60m	
10:10am	W30-54	200m		12:35pm	M65-74	300m Hurdles	2:55pm	M30-49	60m	
10:20am	M40-59	High Jump		1:00pm	W40-59	Hammer				

Sunday, April 14 at Ern Clark Athletic Centre

8:00am	M35+	Triple Jump		9:35am	W60-69	80m Hurdles	10:50am	M40+	3000m	RW
8:00am	W35+	1500m		9:35am	M70	80m Hurdles	11:00am	M45-64	Weight	
8:15am	M70+	1500m		9:40am	W65+	Shot	11:30am	W65+	Weight	
8:15am	M30-64	Javelin		9:45am	W40-59	Weight	11:30am	W30-59	Discus	
8:15am	W30-59	Shot		10:00am	W55+	400m	11:35am	M80+	100m	
8:15am	W65+	Discus		10:05am	W35-54	400m	11:55am	M70-79	100m	
8:15am	M65+	Weight		10:10am	M75+	400m	11:55am	M65	100m	
8:30am	M55-69	1500m		10:15am	M70	400m	11:50am	M55-64	100m	
8:45am	M35-54	1500m		10:15am	M60	400m	12:00pm	M50	100m	
9:05am	M30	110m Hurdles		10:20am	M65	400m	12:00pm	M30-49	100m	
9:05am	M65	100m Hurdles		10:20am	W30-69	Triple Jump	12:05pm	W65+	100m	
9:15am	M50-59	100m Hurdles		10:25am	M50-59	400m	12:10pm	W55	100m	
9:15am	W70+	Triple Jump		10:30am	M35-49	400m	12:15am	W35-54	100m	
9:25am	W40-59	80m Hurdles		10:30am	M65+	Discus				
9:30am	M30-64	Discus		10:50am	W50+	3000m				

Check-ups beneficial

By IVAN BROWN

IN the January 2019 TFNL Margaret Saunders wrote a very interesting article on the subject of why our running performance declines as the years pass by. Like many others, I keep a diary which charts my running history and provides graphic evidence that my times (and yours!) will deteriorate after reaching a peak, thanks to the ageing process.

Before I expand further on this subject I wish to pay tribute to Marg for her guidance and encouragement over the past 25 years. It was back in 1991 when my 14-year old son, Marcus, joined her squad at the Stirling/Swans Athletic Club and was able to train with Ray Boyd, David Suiter and other top guns of the 1990s.

Having to drive Marcus to training at the Noranda grass track each Tuesday and Yokine oval each Thursday meant that it was not long before I jumped the fence and joined the training group.

It was very much thanks to Marg and that group that at age 51-54 my 10km time dropped from 46 mins to a PB of 39.48.

I will never forget the John Gilmour 10,000 at Coker on November 26, in 1998, when Robyn King and I splashed our way around 25 laps in heavy rain to both go under 40 mins.

That month was my peak, at age 54, and I achieved PB's for 3000m (10:58) and 5000m (18:57). I built up to a PB in the club 25km event in June 1999 (1:46:30) at an average of 4:12 per km.

Thank you again, Marg...it's all downhill since then!

In her recent article Marg explained how a test (now known as an exercise stress echocardiogram) is a reliable measure of fitness for endurance athletes at any age.



Ivan Brown leads Bert Carse in the 5000m at the Perth 2018 Nationals.

As part of her training group, I undertook an annual stress test between 1996-1999. The test involves treadmill running while wired to a machine, with the speed and incline increasing every three minutes. My performance on the treadmill in those years proved I was in the top ten percent of the community, fitness wise. For instance, 1996 (15 mins); 1997 (15:24); 1998 (15.40) and 1999 (15mins).

The test results also indicated no sign of heart disease.

By 2002, at age 58, my times were dropping off – 3000m in 11.30 and 10km in 42.50. My stress test that year showed that I managed 15.28 on the treadmill –hence despite equal effort and fitness my times had dropped off.

When I turned 70 in November 2014 I volunteered to have another stress test to check if there were any heart problems

before I set my programme for the world masters in Perth. I was given the all clear and was able to perform respectably with a two- year PB of 6.07 in the M70 1500m.

When I read Margaret's recent article it prompted me to again request a referral to undertake a stress test at Hollywood Hospital. The cost was \$750 but Medicare paid \$350 so I regard that as a good investment in longevity. The result....no sign of heart disease and although I only lasted 12:50 mins on that bloody treadmill I feel reassured that I can push myself to the limit of my ability over the next few months.

I recommend Margaret's articles to all our members – and the advice to take adequate rest days after a hard race. My thanks also to Dave Carr for his advice over the years: both of you are inspirational to us mere mortals.

Margaret's latest column – page 14

**Special TFNL
on WA athletes
in Torun out
soon**

ROLL OF HONOUR

Jenn Parker	W50	Discus	31.99m	ECAC	14/02/2019	SR
Mandy Mason	W50	200m	27.18	WAAS	23/02/2019	SR
Jo Peters	M65	Hammer	41.64m	Bunbury	23/02/2019	SR
Jo Peters	M65	Discus	44.45m	Bunbury	23/02/2019	SR
Jo Peters	M65	Throws Pent	4187pts	Bunbury	23/02/2019	SR
Andrew Brooker	M50	High Jump	1.60m	WAAS	07/03/2019	SR
Jim Davis	M85	Hammer	32.62m	WAAS	07/03/2019	AR
David Carr	M85	100m	18.74	ECAC	07/03/2019	SR
Margaret Saundes	W65	800m	2:51.7	WAAS	12/03/2019	SR
Chris Gould	M40	1 mile	4:33.41	WAAS	16/03/2019	SR
Hans Venter	M55	High Jump	1.58m	WAAS	26/03/2019	SR



2018 AMA Awards

Congratulations to the following members on their nominations for the 2018 AMA Awards. The winners will be announced at the National Championships Athletes and Friends Dinner Party on Saturday 27 April in Melbourne. There will also be two inductees to the AMA Hall of Fame.

Sprints and Hurdles

Julie Brims, W50, QLD
David Carr, M85, WA
Adam Farlow, M35, ACT
Gayle Fisher, W55, TAS
Michele Hossack, W55, VIC
Gary Parkinson, M50, QLD
Lyn Peake, W65, SA
Sally Stagles, W55, NSW
Trevor Young, M60, NSW

Jumps

Miriam Cudmore, W80, SA
Carol Davis, W65, QLD
Melissa Foster, W35/40, WA
Dawn Hartigan, W60, VIC
Patrick McCarthy, M30, QLD
Cathy McKeown, W45, TAS
Nick Moroney, M45, NSW
Margaret Taylor, W70, ACT

Most Outstanding Female Athlete

Julie Brims, W50, QLD
Miriam Cudmore, W80, SA
Nicole Perry, W30, TAS
Margaret Taylor, W70, ACT
Lyn Ventris, W60, WA
Gabi Watts, W50, NSW

Middle Distance and Steeplechase

Louisa Abram, W55, QLD
Peter Brett, M55, SA
Deborah Drennan, W60, NSW
Bruce Graham, M55, ACT
Aidan Hobbs, M30, QLD
Donald Mathewson, M70, NSW
Nicole Perry, W30, TAS
Gillian Young, W70, WA

Throws

Janice Banens, W75, ACT
Miriam Cudmore, W80, SA
Todd Davey, M50, TAS
Heather Doherty, W85, QLD
Byrony Glass, W40, WA
Dorn Jenkins, W60, VIC
Lajos Joni, M60, QLD
Gabi Watts, W50, NSW

Most Outstanding Male Athlete

Peter Brett, M55, SA
David Carr, M85, WA
Todd Davey, M50, TAS
Bruce Graham, M50, ACT
Aidan Hobbs, M30, QLD
Trevor Young, M60, NSW

Long Distance

Louisa Abram, W55, QLD
Noni Cooper, W35, NSW
Shaun Creighton, M50, ACT
Michael Davis, M45, TAS
Ros Lowe, W70, SA
David Riches, M60, NSW
Rochelle Rogers, W30, WA
John Shaw, M65, QLD

Multi Events / Relays

4x100m/400m team (Anne Young, Cory Collins, Consie Larmour, Jo Klempke), W80, ACT
Byrony Glass, W40, WA
Patrick McCarthy, M30, QLD
Cathy McKeown, W45, TAS
Wilma Perkins, W65, QLD
Geoff Shaw, M70, VIC
Gabi Watts, W50, NSW

Most Outstanding Individual Performance

Todd Davey, M50, TAS
Adam Farlow, M35, ACT
Janine James, W70, VIC
Heather Lee, W90, NSW
John Shaw, M65, QLD
Lyn Ventris, W60, WA
George White, M70, SA

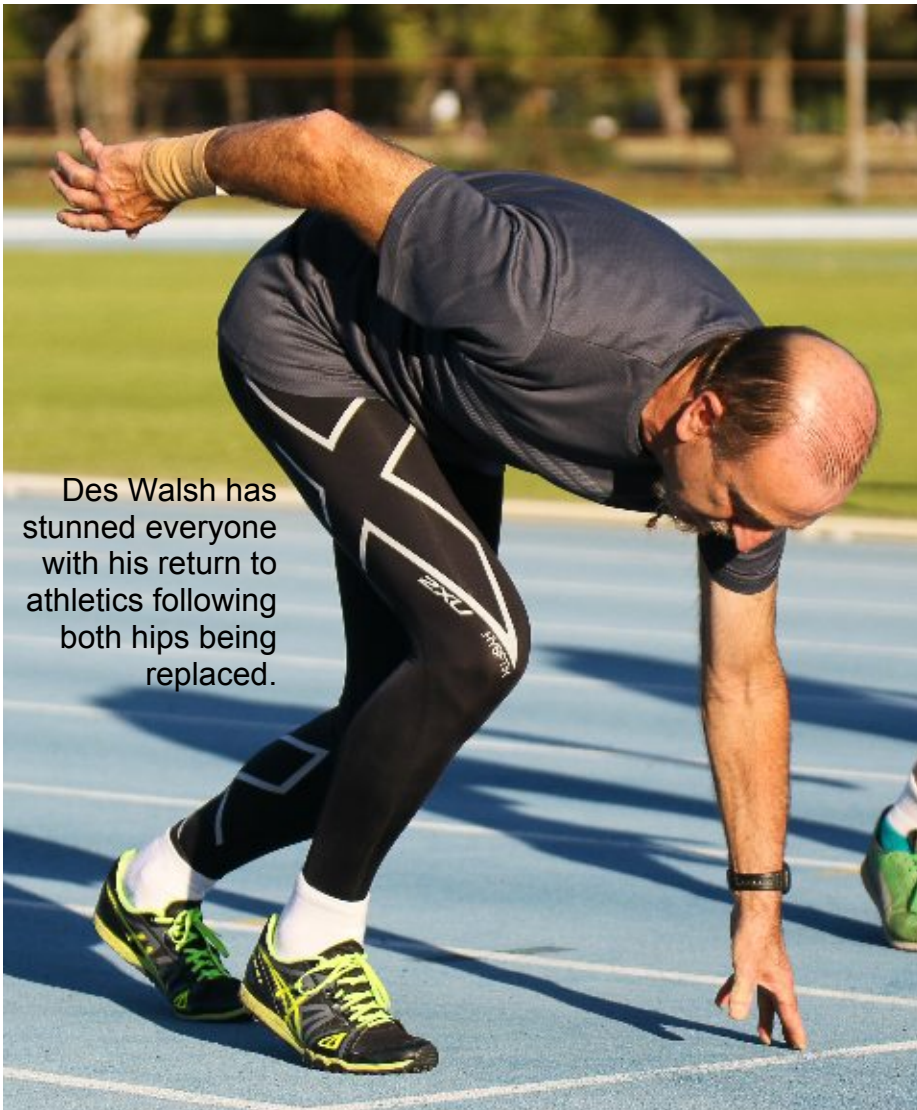
Walks

Ralph Bennett, M75, VIC
Ignacio Jimenez, M50, QLD
Heather Lee, W90, NSW
Joan Purcell, W75, QLD
Kelly Ruddick, W45, VIC
Jim Seymon, M80, NSW
Lyn Ventris, W60, WA
George White, M70, SA
Robin Whyte, M75, ACT

Administrator of the Year

Barbara Blurton, WA
Jayne Hardy, ACT
Richard Moyle, SA
Phil Urquhart, VIC

Hipsters on track



Des Walsh has stunned everyone with his return to athletics following both hips being replaced.

Having a total hip replacement (THR) was once seen as 'curtains' for any athletic pursuits other than swimming or gentle walks. The MAWA athletes featured in this article are proof that with new approaches and mindset this need not be the case. Des Walsh has bilateral hip replacements, his second surgery being in late 2017. Carmel Meyer had a right THR in June 2018 and Sue Bourn is slated to have right hip THR around September 2019. All were diagnosed with osteoarthritis as the primary cause of their hip issues.

Both Des and Carmel have family histories of hip problems, with other family members requiring surgery. For all three athletes, being able to return to running at some stage was of paramount importance and they researched the options available and consulted more than one surgeon. This article is a general discussion of hip replacement

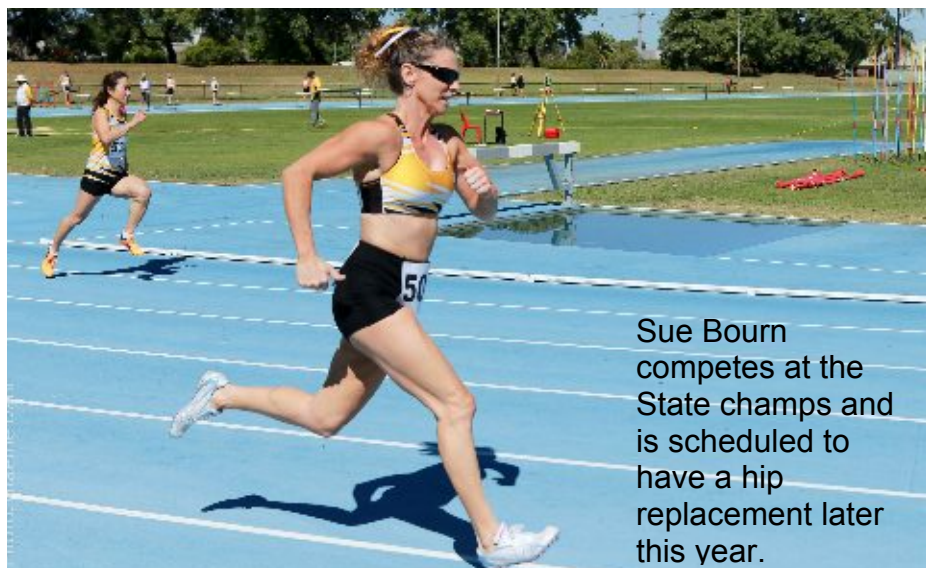
based on the experiences of Des, Carmel and Sue and doesn't seek to emphasise any one method or surgeon over another. There are strong opinions and a lot of

information on the internet. For a dedicated hip and running blog see hiprunner.com. However, the most important discussion regarding which approach to use is one for patient and surgeon and is dependent on a number of variables such as anatomy, physiology, underlying health issues, weight, levels of activity and desired outcomes.

The first surgeons Des and Carmel saw told them they would not run again post-surgery. This was not an option they could imagine accepting. And as Sue puts it... "In 2017 I ran my last race. This was a real blow as running was a major part of my life...the weights training I do now is so important, not only for my physical fitness and hip mobility...keeping physically active also helps your mental state." All athletes have now found surgeons who assured them that running with a new hip is quite achievable provided the period of rest and healing is adhered to post-operatively (minimum five months) and the return to athletics is managed carefully.

The prostheses used have also undergone significant advancements in recent years. Des is happy to quote his surgeon "...He told me the prosthesis will still be good in 30 years time." Des' surgeon uses ceramic on ceramic for athletes. Carmel's surgeon favours ceramic on polyethylene in order to provide increased absorption of running forces. Their prostheses have a coating into which the bone grows (osseo-integrated) so that eventually prosthesis and bone become one.

CONTINUED – over page



Sue Bourn competes at the State champs and is scheduled to have a hip replacement later this year.

in return to running

FROM– previous page

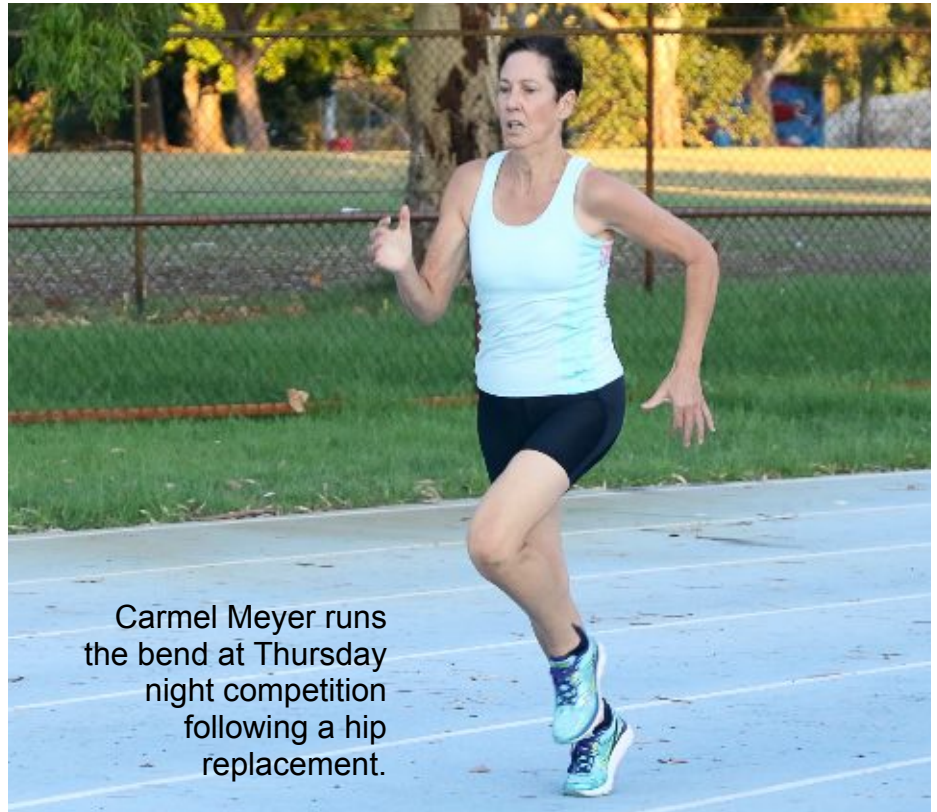
Traditionally THR has been via the Lateral or Posterior approach but some surgeons in Perth are now using the method chosen by Des, Carmel and Sue – the Direct Anterior Approach (DAA). With the DAA the major leg muscles are retracted rather than cut and the surgeon operates through the resulting space on the front of the hip. The aim of this approach is less muscle and nerve damage, less postoperative pain and faster recovery.

There are potential economic advantages to DAA – a shorter stay in hospital (usually three days) and patients can often drive and return to work much sooner. DAA requires a specialised traction theatre table and x-rays are taken during surgery to confirm correct alignment and limb length. Despite the increasing popularity of DAA, there are surgeons who consider that the traditional methods have stood the test of time and prefer to continue with them. It is important to find a surgeon who understands the mindset of the Master's athlete - the strong desire to keep fit and healthy and to pit oneself against other athletes in competition. Des' surgeon was an 11.8 sec 100m sprinter and Carmel's surgeon was an Olympic paddler so both had little hesitation in supporting their return to athletics.

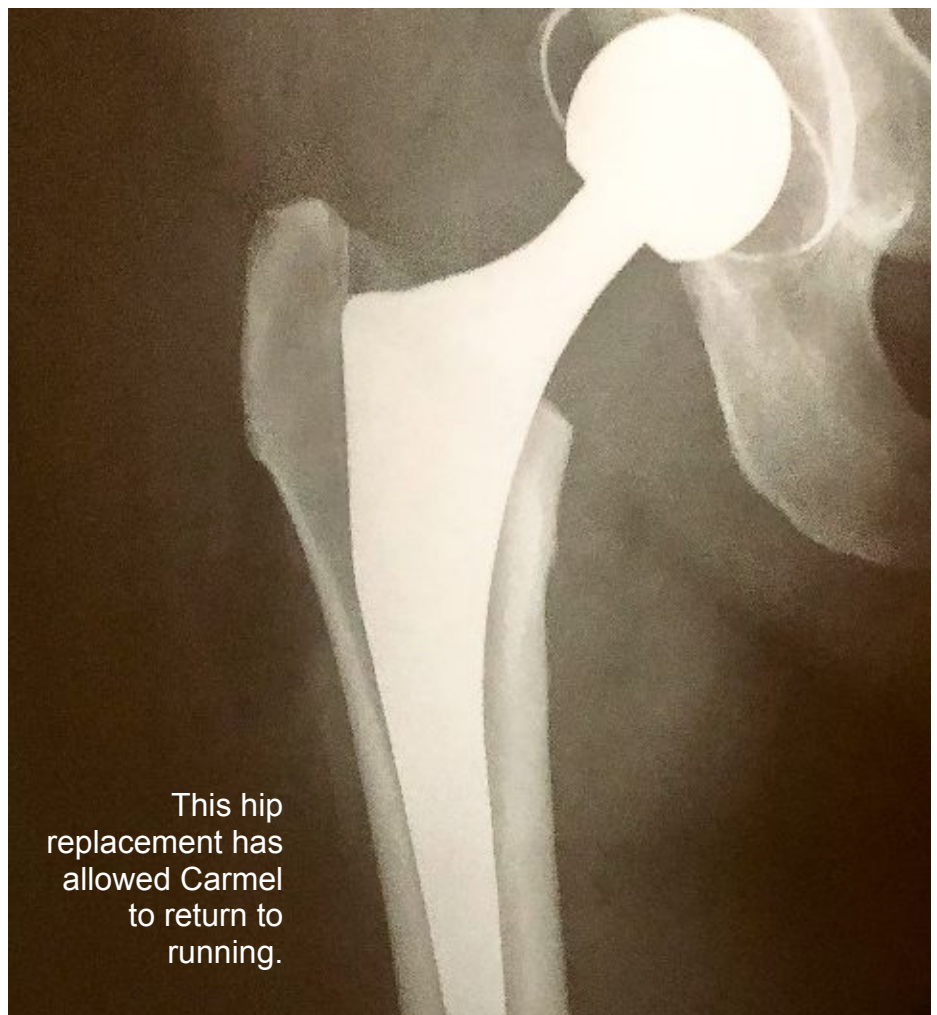
With surgery still ahead of her Sue continues with weight training, using pain relief and supplements such as glucosamine and curcumin. Managing her symptoms and keeping active without aggravating the problem is a priority. Des returned to training six months after his first hip replacement and went on to compete at the Perth2016 WMA Championships running an (M60) 29 sec 200m and 400m in 69 sec. In August 2018, and with his two new hips, Des went to the Irish National Championships and won three medals.

“Having my hips replaced has given me a new lease of life, no more walking sticks or pain killers, and allowed me to enjoy running again,” Des said.

Carmel is working on regaining her fitness and has enjoyed returning to competition. Seeing what Des has been able to achieve has helped build her confidence that her new hip will, literally, support her athletic pursuits.



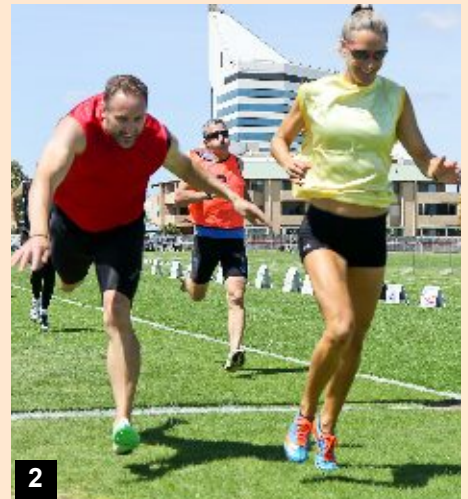
Carmel Meyer runs the bend at Thursday night competition following a hip replacement.



This hip replacement has allowed Carmel to return to running.

Lee falls under Sharon's spell

WA masters were well represented at the Bunbury Geographe Gift and with the attraction of prizemoney, athletes dug deep. Lee Stergiou (red) threw everything at catching Sharon Davis in a heat of the Masters' 300m. In this series of photos he takes a tumble after the finish line with Sharon consoling him.



Magic mile

Matthew Ramsden (blue bib) rounds up Ben Chamberlain (yellow) and Alain Dutton (7) on his way to winning the mile. In the distance, backmarker Ryan Gregson (red bib) finished sixth. The race was on March 3, one year since the death of Sir Roger Bannister. To see his sub four-minute mile click on the link below.

https://www.youtube.com/watch?v=wTXoTnp_5sl

Bunbury Geographe Gift



ABOVE: Colin Smith (yellow) wins the Masters 100m final from Glenn Ross (white) and Ken Telfer (blue) followed by Greg Brennan (green), Martin Campbell (black) and Adrian McKenzie.

RIGHT: Colin (centre) Ken (left) and Glenn on the podium.

BELOW: Sharon Davis places second in the Masters 300m final with Gary Hastie third. The race was won by Louise Soia (inset).



ROB ANTONIOLLI

Bunbury Geographe Gift



MALE 120 FINAL

Black	Jesse Cordoma	9.5	1	12.53
Green	Asad Hosseini	7	2	12.81
Yellow	John Evans	6.75	3	12.87
White	Liam Gander	4.75	4	12.90
Red	Joshua Ross	0.75	5	12.91
Blue	Dean Scarff	6.5	6	12.94

Winners are gridders and with the winner of the 120m final each receiving \$14,000, Eliza Wilson (left) and Jesse Cordoma have even more reasons to smile.



FEMALE 120 FINAL

Green	Eliza Wilson	7.5	1	14.14
Blue	Alanah Yukich	5.75	2	14.32
Yellow	Sophie Watts	7.5	3	14.39
White	Kiara Reddingius	2.5	4	14.43
Black	Tayla Philis	8	5	14.55
Red	Celeste Mucci	0	6	14.82

Bunbury Geographe Gift

Masters 100 Heats

Qualify: Winners plus 3 to final

COL	NAME	HCP	PI	Time	
Heat 1					
Red	Glenn Ross	2	1	11.94	Q
White	Greg Brennan	8	2	11.98	q
Blue	Gin Wah Ang	9	3	12.31	
Green	Garry Hastie	17.5	4	12.41	
Black	Lisa Limonas	18	5	12.66	
Yellow	Kim Taylor	10.5	Scr		

Heat 2					
White	Martin Campbell	8	1	12.02	Q
Green	Sharon Davis	16.5	2	12.16	
Red	Lee Stergiou	3.5	3	12.20	
Black	Michael Byrne	19	4	12.28	
Blue	Reinhard Michelchen	9.5	5	12.37	
Yellow	Desmond Walsh	15.5	6	13.05	

Heat 3					
White	Colin Smith	8	1	11.73	Q
Blue	Ken Telfer	7.5	2	11.90	q
Red	Adrian McKenzie	0	3	12.10	q
Green	Robert Antonioli	17.5	4	12.38	
Yellow	Luke Linden	10	Scr		

MASTERS 100 FINAL

Yellow	Colin Smith	8	1	11.72	
White	Glenn Ross	2	2	11.82	
Blue	Ken Telfer	7.5	3	11.84	
Green	Greg Brennan	8	4	11.86	
Black	Martin Campbell	8	5	11.88	
Red	Adrian McKenzie	0	6	11.90	

Masters 300

Qualify: 1st & 2nd plus 4 times to final

COL	NAME	HCP	PI	Time	
Heat 1					
Green	Louise Soia	50	1	39.13	Q
Red	Glenn Ross	0	2	40.68	Q
White	Ken Telfer	15	3	40.98	q
Black	Michael Byrne	50	4	41.36	q
Blue	Reinhard Michrlchen	25	5	42.17	q
Yellow	Robert Antonioli	43	6	43.39	
Bib 7	Harold Membrey	60	7	45.22	

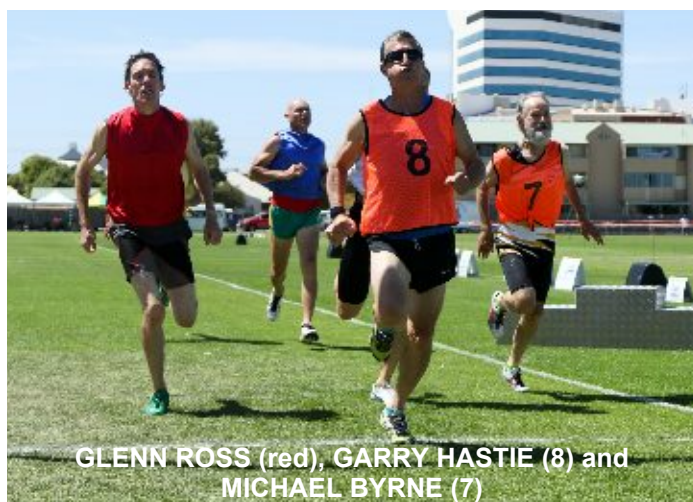


KEN TELFER (white)
and GLENN ROSS (red)

Masters 300

Heat 2

Yellow	Sharon Davis	39	1	40.57	Q
Red	Lee Stergiou	8	2	40.79	Q
Bib 7	Garry Hastie	50	3	41.62	q
Black	Desmond Walsh	48	4	42.77	
Blue	Nathan Johnston	25	5	44.27	
White	Colin Smith	15	Scr		
Green	Trevor Scott	45	Scr		



GLENN ROSS (red), GARRY HASTIE (8) and
MICHAEL BYRNE (7)

Masters 300 FINAL

Black	Louise Soia	50	1	37.77	
Green	Sharon Davis	39	2	39.15	
Bib 8	Garry Hastie	50	3	40.25	
Red	Glenn Ross	0	4	40.36	
White	Lee Stergiou	8	5	40.36	
Bib 7	Michael Byrne	50	6	40.49	
Yellow	Reinhard Michrlchen	25	7	41.25	
Blue	Ken Telfer	15	8	41.53	

MALE 70 FINAL

Blue	John Evans	4	1	8.21	
Red	Harrison Hunt	0	2	8.23	
Green	Colin Smith	11	3	8.25	
Yellow	Adam Moore	6	4	8.35	
White	Adriaan Pelsner	3	5	8.36	
Black	Ken Telfer	11	6	8.48	



COLIN SMITH, JOSH EVANS and HARRISON HUNT

Gay's accidental

Gay Wyatt is a self-described 'accidental' athlete. As one half of Team Wyatt, Gay has been a constant support and off-sider to coach Dave. She has had a lifelong interest in fitness but increased confidence has seen her take to track and field with gusto and great success. Gay epitomises the Master's ethos – willingness to have a go, give your best effort and be a part of it all rather than looking on from the sidelines...

My childhood may be considered a little unusual as I grew up as an Australian Army officer's daughter. I was born in Perth but left for the eastern states at the age of four. We were always on the move and once, in the space of a year, I attended four schools. My friends thought I lived a glamorous life as most of them still lived in the same house they were born in and Western Australia was so far away. Oh, how things have changed!

I eventually returned to Perth after having met my husband-to-be, Dave whilst living in England for two years. I felt I couldn't live there permanently but as luck would have it, he was happy to pack his bags and start a new adventure with me. We married here and raised our two gorgeous daughters. Our eldest Emma lives in Canada with her Canadian husband, amazing stepson and her two wonderful children. Alicia, our youngest, lives in Melbourne with her husband and two black Labradors. We are very proud of the independent young women we raised but maybe we did too good a job. Having them closer would be preferable but at least we do get to travel. Dave and I rarely travel to World or National Competitions. We would rather visit our family whom we miss terribly.

I can truthfully say my athletics career started by accident. I enjoyed athletics at school, particularly the long and high jump. In those days you had to scissor kick into sand. I wasn't a sprinter (still aren't) and was usually the fourth pick for the relay team. I have, however, been a keen gym member for 35 years and still go three times a week so fitness was not an issue in my older years. Athletics was never on my radar and when Dave (a passionate Masters athlete) went off to train on Saturday mornings I would lay in bed eating breakfast and reading the papers.

Retirement 11 years ago, however, changed things. After a year or so I decided to join Dave and the other Masters on Saturdays. I still couldn't sprint and didn't enjoy sprint training so after warmup, I would go for a long run.

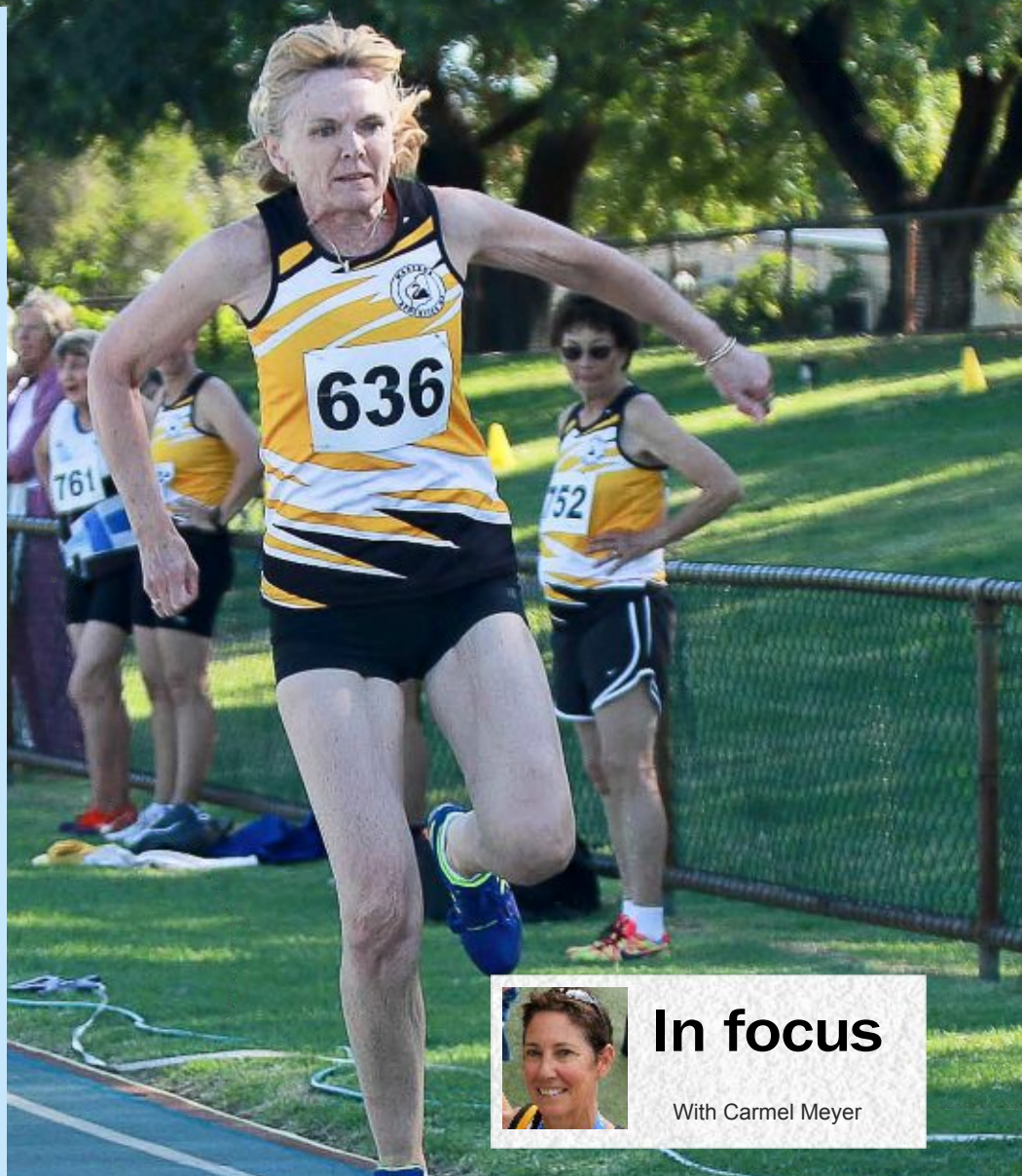
I love the solitude of the run and the buzz I get from pushing myself. Not that I would ever do it competitively! Eventually, I asked Dave if he would coach me in high jump, as he was a great high jumper himself. And, the rest they say is history. I joined Masters six years ago at 59 and have gradually added long and triple jump and finally, the pentathlon, to my repertoire.

I am not sure I can be called a committed athlete and I'm the first to admit that my training regime could improve. Thursday afternoon is usually spent with Dave, Sue Coate and Lisa Limonas working on high jump technique. Every second Tuesday, during summer athletics, I work on long and triple jump; occasionally I throw a javelin with Sue. She is a fantastic thrower and has been trying to improve my technique. I'm

not sure who is more frustrated-her or me. I also run the 60 and 100m on Tuesday nights and call that sprint training! I have surprised myself though, collecting a couple of state records and, having moved into a new age group, I hope that I can add to these. Time will tell.

When I joined the Masters I only competed in high jump. I was reticent to take part in the State Championships as I felt I could not compete with the amazing athletes that I had seen. It took me a while to realise I had nothing to be embarrassed about. All the competitors were supportive and caring and it was only myself that I was competing against. Being part of this lovely group of people is the most important part of the competition.

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In focus

With Carmel Meyer

masters' challenge

FROM – previous page

Eventually, this led me to take the giant step of entering the Perth 2016 Worlds. Very brave I thought, considering I hadn't even competed at national level. The highlight was my seventh place in the triple jump and PB's in my first three jumps. Unfortunately, this was my only highlight. The next day I fell ill with a nasty virus and was unable to continue. I had been eager to see what I could do in the long jump as I was feeling rather pleased with my efforts.

Since then I have entered two National Championships – Darwin and Perth. Again I surprised myself with a silver and two bronze medals but my proudest achievement occurred in the pentathlon at the Perth Nationals. I had only competed twice in this event and had managed to break the state record on my first attempt. I had already won two gold and one silver at this competition and was amazed at my success; anything else was a bonus. From within I had found a resolve I did not know I possessed. Not only did I win, but I also broke my state record. I had one of those days that I don't think I will experience again. A day when you think you can achieve anything. Maybe that is my motivation to continue with athletics, to experience that feeling of invincibility again!

Luckily to date, I haven't been injured. I put this down to 35 years of gym work: strength training, core work, and aerobics. Of course, like any other 65-year old, I have my niggles but I work through them. It is all part of the ageing process, even if it is "b" annoying.

Athletics has become an important part of my life. I was a Level 2 coach for many years, which I incorporated into my career as a teacher. I assisted the Phys Ed teacher during athletics season, usually in the jumps, as that was my area of expertise. Recently I have also completed the Level 1 Officiating Course and officiated during the Schools Competition. I now officiate at Strive. My knowledge is growing all the time but I don't think it's going to assist my own performances no matter how much I try to channel the youngsters' efforts.

Life is pretty busy and athletics will continue to be a major part of it, along with gym work and volunteering in the school at Perth Children's Hospital. I enjoy the camaraderie, the physical and mental challenges of athletics along with the knowledge that it is an effective way to stall the ageing process. Most importantly it is the friends that I have made who pick me up when I am unhappy with my performance, chivy me along to improve and just make me feel good about myself. To them, I say a big thank you!



On your marks

State and national championships are nearly here. All the hard work you have put in during the last few months should see good results being achieved. However, do not put too much pressure on yourself. There are many reasons why results may not be as positive as you would like.

Many athletes choose to enter, and then compete in, many events over a small period of time. This year the state championships are held over a ten-day period. This may allow for some rest days between events if your event is on one of the first two nights. However, the majority of events are held over a two-day time frame. Short recovery time between events may compromise some of your performances.

Two weeks after our state championships the national championships are being held in Melbourne over four days. Many athletes have discovered that the events of their choice are



the edge

With Margaret Saunders

programmed very close together. Decisions may have to be made as to the events in which you choose to compete if you wish to perform to your optimum. Performances may be affected if you have not recovered from the previous event. As we age, our bodies require a longer time to recover from hard training sessions and from competition events. You may not have prepared in training for the extra overload of these extra events.

Training between these two major events must be considered. Allow the body time to relax for a few days if your muscles are sore after the events. Look for the positives from the state championship performances.

Weather conditions are out of our control – but everyone in your event

will have similar weather patterns to yours. If there is a strong headwind then sprint times may be affected detrimentally. When the national championships were last held in Melbourne a huge storm broke on one day and the temperature plummeted more than ten degrees in about fifteen minutes. The meeting was temporarily stopped because of the storm. Personal best performances were not going to occur in that environment.

After the championships look back and see if your expectations were met. If so, then look at why they were met. If they were not met, then again look at the reasons. Analyse your training program, any injuries which may have occurred, any other stressors in your life and see what effect they had on your training. Then look forward to your next challenges.

Have a great championships but most importantly enjoy yourself.

WA Athletics Stadium



Ern Clark Athletic Centre



The field blasts off the start line in a heat of the 100m (from left) Michelle Krokosz (14.50), Mark Howard (14.37), David Adams (14.90), Colin Smith (13.11) and Cecil Walkley (67.52).



David Carr lowers the M85 100m state record to 18.74s.



Carmel Meyer edges out Randy Hobbs in the 400m

THURSDAY at ECAC STARTING at 6.00pm
Thursday at ECAC Wharf Street, Cannington \$3 entry fee
In addition - visitor fee: \$5 (\$2 under 18, members' children no fee)

<i>Apr-19</i>	<i>event 1</i>	<i>event 2</i>	<i>event 3</i>	<i>event 4</i>	<i>event 5</i>
4th	100	1500m	400	3k r/w	3000m & 2000m steeplechase*
11th	200	800	100	5k r/w	10,000m*
18th	60	300	1500	100	5k r/w

*State Championship events. No entry on the night

Throws



Evergreen Jim Davis produced a standout hammer throw when he broke the Australian record for M85 with a distance of 32.62m at Ern Clark Athletic Centre in early March.



LISA LIMONAS



DES WALSH



JULIE GAGLIA



OSSI IGEL

Looking ahead

2019 MAWA Championships (Steeplechase), Thursday, April 4.

2019 MAWA Championships (Pentathlons, plus 5000m am, long jump, pm), Saturday, April 6.

2019 MAWA Championships (10,000m), Thursday, April 11.

2019 MAWA Track and Field Championships (Main weekend), April 13-14

2019 AMA Track and Field Championships - Melbourne, April 26-29.

www.melbourne2019.com.au

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

2021 - Oceania - Norfolk Island - January 17-23

2021 - WMA Indoors - Edmonton, Canada - April 6-12. www.wma2021.com

2022 - WMA Champs - Gothenburg, Sweden - August 17-27. www.masters2022.com

Melissa Foster runs down the runway on her way to a gold medal in the long jump at the World Indoor Championships in Torun. A special Torun TFNL will be out soon.

Photo: DOUG SMITH