

# TFNL



The Track and Field Newsletter of MAWA

Season 13 Issue 3

January 2020

## Paul's world record

Patron's  
Trophy  
review

World record  
breaker Paul Jeffery  
strides out at WA  
Athletics Stadium.

## WA duo among Oceania's best

File Photo: JOHN FORBES/METROPHOTO



# Get set for champs

## 2020 State Championship dates

**Saturday/Sunday, January 18-19:**  
Decathlon/Heptathlon

**Thursday, March 12:** 10,000m

**Saturday, March 21:** Pentathlons,  
5000m (plus a jump – depending on  
entries)

**Thursday, March 26:** Steeplechase

**Saturday/Sunday, March 28-29:**  
Main weekend'

All events will be held at Ern Clark  
Athletic Centre with the exception of  
the Decathlon and Heptathlon.



Gin Ang prepares for  
the start of the 60m on  
the Saturday of the  
State Championships  
at Ern Clark Athletic  
Centre.



# Only days left to renew

If you have not renewed your MAWA membership, now is the time to do so as renewal must be completed by December 31. Go online to the MAWA website and do it now, before you forget.

There are some changes to the registration form and process this year so please read this carefully:

This year's registration is for nine months so the club can align the year to fit into the Athletics Australia system. The form gives membership until September. 30, 2020. Fees are reduced accordingly.

There is no grace period. Renewals must be completed by the end of the year, otherwise you cease to become a member and will then have to re-join and pay the extra \$10 joining fee.

Life members must also complete the form (although no fee applies). This is to keep your details current and let you choose helper dates where applicable.

The Sunday programme (now on the website) only covers these nine months. Sunday helper dates must be chosen within this period.

Exempt from helping is only with committee approval. Answer question five on the form with "Exempt".

Track and Field only athletes just help out on track nights.



Lee Stergiou blasts out of the blocks.

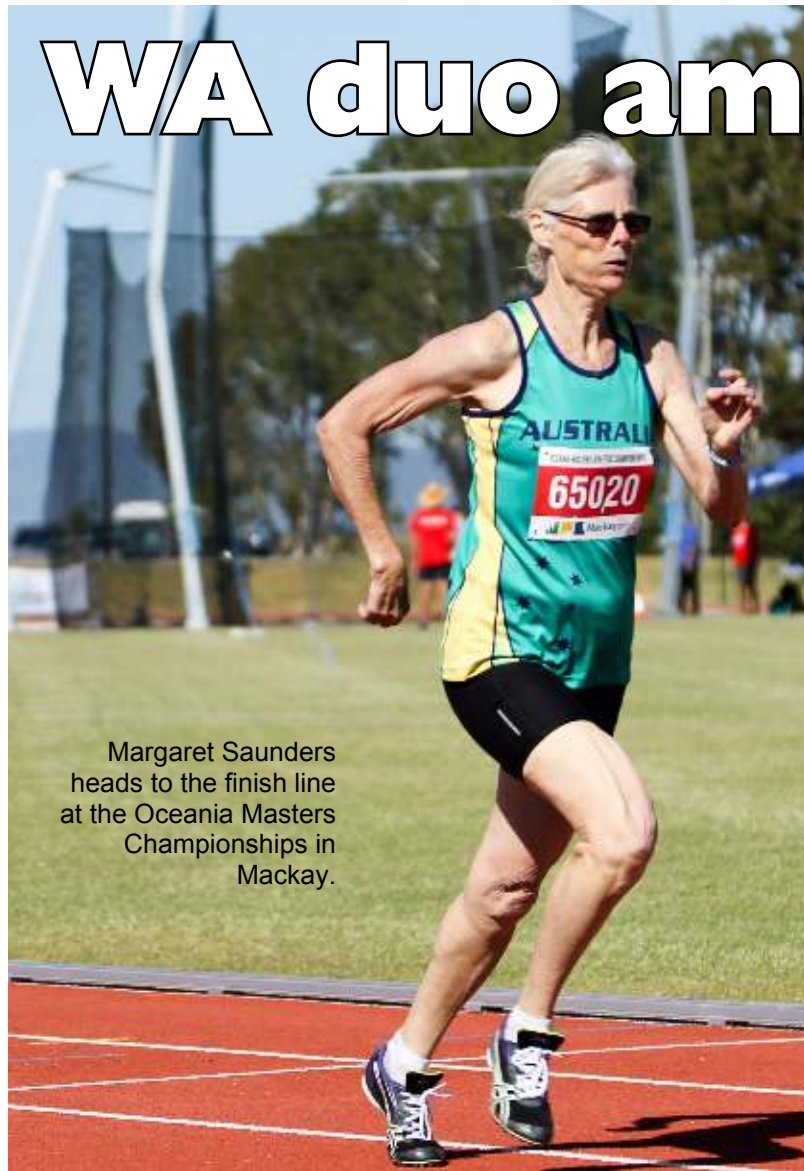
ECAC is open every Monday for training from 8 to 9am.

## Records

|                        |     |              |          |               |      |     |
|------------------------|-----|--------------|----------|---------------|------|-----|
| Hans Venter            | M55 | High jump    | 1.60m    | 26/11/2019    | WAAS | SR  |
| Todd Davey             | M50 | Weight throw | 18.84m   | 12/12/2019    | ECAC | SR  |
| Paul Jeffery           | M45 | Decathlon    | 7867 pts | 23-24/11/2019 | WAAS | *WR |
| Paul Jeffery           | M45 | Javelin      | 55.87m   | 24/11/2019    | WAAS | SR  |
| Andrew Brooker         | M50 | Javelin      | 43.44m   | 05/12/2019    | ECAC | SR  |
| Melissa Foster         | W40 | Long jump    | 5.68m    | 14/12/2019    | Melb | SR  |
| * Pending world record |     |              |          |               |      |     |



# WA duo among best



Margaret Saunders heads to the finish line at the Oceania Masters Championships in Mackay.

Once again MAWA athletes feature in the Oceania Masters Athletics (OMA) nominations for World Masters Athletics (WMA) awards. Margaret Saunders and Trevor Scott have been nominated for the middle distance and distance categories respectively.

Nominations for the Best female athlete is Heather Carr (VIC) and Best male athlete is Allan Mayfield (SA). Heather is also nominated for the walks category and Allan for the middle distance.

Categories nominees are Sheryl Gower, Christine Adamson, Peter Fox and Stephen Burden (NZL) and June Lowe, Andrew Wilcox, Vicki Townsend, Lenore Lambert, Phillip Rowlands and Andrew Millerd (AUS).

The WMA Council will make their decision for the Awards early in 2020 and the winners will then be notified and announced shortly afterwards.

Last year Lyn Ventris and David Carr were nominated for the overall category and their categories of walks and middle distance. Gillian Young was nominated for the middle distance category.

The 2018 WMA Best Masters Athletes were Carol LaFayette-Boyd (CAN) and Charles Allie (USA).



TREVOR SCOTT



HEATHER CARR



ALLAN MAYFIELD



# WMA Athletes of the Year Nominations

## Overall



**HEATHER CARR**



**ALLAN MAYFIELD**

## Throws



**JUNE LOWE**



**PHILLIP ROWLANDS**

## Sprints



**SHERYL GOWER**



**ANDREW WILCOX**

## Jumps



**LENORE LAMBERT**



**STEPHEN BURDEN**

## Middle distance



**MARGARET SAUNDERS**



**ALLAN MAYFIELD**

## Race walks



**HEATHER CARR**



**PETER FOX**

## Distance



**CHRISTINE ADAMSON**



**TREVOR SCOTT**

## Combined events



**VICKI TOWNSEND**



**ANDREW MILLERD**



# Paul Jeffery smashes

By JOHN DENNEHY

Paul Jeffery has a pending world record in the M45 decathlon after a superb performance at WAAS on the weekend of November 23-24. His score of 7867 points smashes the previous record of Viktor Grouzenkin (7687) Russia, a former world record holder in the indoor heptathlon (surpassing the record of Guido Kratschmer, decathlon Olympic silver medallist in 1976, behind Bruce Jenner).

The decathlon is made up of ten events and as with the training, there is a trade-off between strength, power and endurance. Essentially Paul is a speed and power based athlete, which he combines with excellent self-management skills enabling him to focus, make technical adjustments during the discipline and maintain a clear vision of the big picture.

Sprinting the 100m in 11.55 (922) confirmed to Paul that his consistent training, often with his older brother, Mark, had put him in great form. Shedding a few kilos over the previous few months restored his exceptional power-to-weight ratio and he looked every centimetre the top-class athlete he proved to be.

In the long jump after two 'good' jumps Paul remarked that he had 'a six twenty in there' and proceeded to leap out to a 6.34m effort. However, due to an illegal wind reading his second longest jump of 6.05m (809) was used for the world record.

The shot put is a dynamic event. Paul got a marker in and then launched the sphere out to a mark of 11.41m (711). Individual putter, Etienne Rousseau sent the shot way out of the throwing sector, narrowly missing an observer, but Paul regrouped to produce his best effort.



Paul Jeffery competes in a shot put event at WA Athletics Stadium.

File Photo: JOHN FORBES/METROPHOTO AUSTRALIA

The high jump is reliant on technique and the ability to enter at a height that keeps the athletes' attempts to a minimum. Paul succeeded in leaping over 1.70m (687), which given his height is a fine effort. This is a discipline Paul seems to regard as one to maintain rather than gain points.

In the 400m, the finish to day one, Paul was assigned the outside lane, often a

disadvantage. He went through the first 200m in 25.2, a little faster than planned but it meant this put him in touch with the leaders as they hit the straight and gained him an overall time of 53.97 (867), an exceptional result. Paul quipped the 400m is 'only 12 seconds' of pain and ran a beautifully tactical lap, reaping the valuable points as a reward.

**CONTINUED – next page**

| Decathlon        | Points | 100            | LJ             | SP              | HJ             | 400            | Day 1 | 110H                    | DT              | PV             | JT              | 1500             |
|------------------|--------|----------------|----------------|-----------------|----------------|----------------|-------|-------------------------|-----------------|----------------|-----------------|------------------|
| Paul Jeffery M45 |        | 11.55<br>w 2.6 | 6.05m<br>w 0.7 | 11.41m<br>(711) | 1.70m<br>(687) | 53.97<br>(867) |       | 16.75<br>w 1.5<br>(810) | 38.49m<br>(795) | 3.80m<br>(719) | 55.87m<br>(820) | 4:58.91<br>(727) |
|                  | 7867   | (922)          | (809)          |                 |                |                | 3996  |                         |                 |                |                 |                  |
| David Graieg M35 |        | 12.09<br>w 2.6 | 6.08m<br>w 1.2 | 7.45m<br>(350)  | 1.61m<br>(504) | 57.34<br>(584) |       | DNF<br>0                | 21.03m<br>(297) | 2.80m<br>(319) | 43.32m<br>(498) | 5:09.90<br>(519) |
|                  | 4380   | (663)          | (646)          |                 |                |                | 2747  |                         |                 |                |                 |                  |
| Oliver Berry M30 |        | 12.56<br>w 2.6 | 5.43m<br>w 3.6 | 7.82m<br>(356)  | 1.37m<br>(297) | 58.71<br>(458) |       | 21.97<br>w 1.5<br>(210) | 23.59m<br>(340) | 2.30m<br>(199) | 34.59m<br>(364) | 6:08.36<br>(231) |
|                  | 3465   | (543)          | (467)          |                 |                |                | 2121  |                         |                 |                |                 |                  |



# decathlon record



## FROM – previous page

An amazing finish to the first day and he was off home to prepare for the gruelling second day, hopes high, but possibly with a feeling of trepidation – the nature of the beast in the decathlon.

The hurdles and pole vault are considered the two most technical events of the decathlon and a particularly cruel way to start the second day. At 8:45 am the men lined up for the 110m hurdles. Paul was aggressive at the start and held good speed into the first barrier, clearing them all cleanly to 'escape' with a time of 16.75 (810). A trial at Strive a few weeks before, providing him with valuable feedback on his hurdles technique which he had noticeably tweaked.

Moving onto the discus, Paul importantly had three legal throws, the first at 38.49m the best (795) despite looking a bit tight through the shoulders and the distraction of another thrower fouling all three of his throws. Concentrate, execute.

In the pole vault, Grouzenkin managed a 4.80m clearance in his record-breaking decathlon and it is one of Paul's strongest events. He came in at 3.80m (719) when all his opponents had fallen by the wayside and cleared the height easily. Hoping for around 4.20 or 4.30m he had three unsuccessful attempts. No panic, regroup. A clear expletive resounded in the stadium and showing great resilience, Paul purposely 'strode' to the javelin runway. For this one moment in the competition he looked to have lost his composure but it was a mere blip as he quickly regained

it and 'moved on' to the javelin, an event he had recently gained a state record (surpassing the distance of his brother, Mark).

Controlled anger or simply aggression saw Paul propel the spear out to a massive 55.87m (820) to stun observers and competitors alike. The massive throw demonstrated his powerful mind and equilibrium was restored.

Going over to the last event, the 1500m, it was obvious the record was his; however, Paul was after the 8000 point barrier. To accomplish this he needed a time of 4:50. 'I'll give it a crack' he said, with no arrogance, but a lot of conviction, despite the wind picking up noticeably, especially down the back straight. Paul had the help of the 'younger' athletes (he was the oldest in the field) and tucked in behind an athlete who proved an excellent pacemaker. Going through the first 400m spot on pace for a 4:45 he had to be ahead early on before fatigue would set in. Hitting the 800m in 2:34 meant a finish time of 4:48 but although Paul looked smooth, he just slipped off the pace with the wind picking up. A kick in the final straight right through the line and Paul completed the journey in 4:58.91 (727) and a pending World Record. A brilliant achievement.

Barely over the line with a teary face, watermelon-sized smile and effusive thanks to family and supporters, he was immediately brought back to earth with son Dom asking "Dad can you give me a piggyback" and suddenly he was back to father, son, husband...

| Heptathlon                | Points | 80H                     | HJ             | SP              | 200                     | Day 1 | LJ                      | JT              | 800              |
|---------------------------|--------|-------------------------|----------------|-----------------|-------------------------|-------|-------------------------|-----------------|------------------|
| Annmarie O'Donovan<br>W45 |        | 15.17<br>w 2.4<br>(647) | 1.23m<br>(534) | 7.32m<br>(447)  | 31.63<br>w 2.4<br>(598) | 2226  | 3.78m<br>w 2.8<br>(416) | 18.03m<br>(335) | 3:05.35<br>(473) |
| Sue Coate<br>W50          | 3450   | 16.06<br>w 2.4<br>(529) | 1.29m<br>(712) | 10.31m<br>(727) | 30.74<br>w 2.4<br>(753) | 2721  | Foul<br>(0)             | 23.75m<br>(500) | DNF<br>(0)       |
| Jenn Parker<br>W50        |        | 15.05<br>w 2.4<br>(653) | 1.32m<br>(747) | 9.71m<br>(677)  | 30.60<br>w 2.4<br>(763) |       |                         | DNS<br>(0)      | DNS<br>(0)       |



# David back on top



**1st  
618.82**

**David Carr**



After missing last year's Patron's Trophy multiple winner David Carr triumphed once again with a final points score for the nine events of 618.82. However, Hans Venter pushed David all the way to end with 610.79 points. In the battle of the top two, Hans made up considerable ground in the throwing and jumping disciplines.

As the current 800m and 1500m world champion, David's strength has always been the middle and

distance events. From 400m to 5000m all his points were more than 80 with 91.95 in the 1500m.

Des Walsh put in a solid performance to end in third position with 564.79 points. In the 100m, Des posted the highest points of both male and female competitors and recorded the second-highest score in the 400m.

Wayne Bariolo also performed strongly with the top score in the long jump and shot. His jumping and throwing events were a joy to watch,

posting a final points score of 542.70 to claim fourth place.

In his first appearance Jason Kell (500.97 points) performed solidly and the experience will be beneficial should he enter next year. David Adams possibly competed in more events than anyone and will gain from this experience.

This year's Patron's Trophy was poorer for last year's winner Campbell Till and runner-up Colin Smith not competing.



# Jenn reigns supreme



**1st**  
**631.03**



**Jenn Parker**

What a difference a year makes, especially for Jenn Parker with the continual development of her athletic ability. Such improvement was reflected in her final points score of 631.03 for the nine events compared to last year.

In every discipline Jenn competed in, she improved her points score and her final points tally was higher than that of Patron's Trophy legend and men's winner David Carr.

Delia Baldock has been a stalwart of the Patron's Trophy in past years and was rewarded with the second-highest points score of the women's competition. Distance runner Vanessa Carson showed her tenacity, entering disciplines that were foreign to her but showed off her strengths posting the highest women's score in the middle distance and distance events.

Unfortunately numbers were down in the women's competition with last

year's runner-up, Sue Coate having to miss several events due to injury. What an interesting battle we have been denied, although if you compare only the events both competed in, Jenn would top Sue's points tally.

The Patron's Trophy has a long tradition for MAWA members and let's hope that next year more club members will be encouraged to enter this multi-discipline event.



## Patron's Trophy



**Delia Baldock**



**Vanessa Carson**

|     |                | 100m  | 400m  | 800m  | 1500m | 5000m | HJ    | LJ    | TJ    | Shot  | Discus | Javelin | Score  |
|-----|----------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--------|---------|--------|
| W50 | Jenn Parker    | 79.00 | 76.57 | 71.59 | 66.34 | 62.93 | 78.95 | 69.17 | 68.82 | 57.66 | 48.43  | 37.96   | 631.03 |
| W55 | Delia Baldock  | 68.61 | 64.54 | 62.67 | 59.61 | 59.46 | 68.32 | 61.50 | 60.12 |       | 20.82  | 13.51   | 525.65 |
| W40 | Vanessa Carson | 66.20 |       | 72.78 | 76.06 | 73.14 |       | 38.40 | 42.14 | 29.48 | 18.55  | 19.77   | 436.52 |

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



**Hans Venter**



**Des Walsh**



**Wayne Bariolo**

|     |               | 100m  | 400m  | 800m  | 1500m | 5000m | HJ    | LJ    | TJ    | Shot  | Discus | Javelin | Score  |
|-----|---------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--------|---------|--------|
| M84 | David Carr    | 73.98 | 88.95 | 85.17 | 91.95 | 84.15 | 65.38 | 43.56 | 52.64 | 33.04 | 28.29  |         | 618.82 |
| M55 | Hans Venter   | 81.52 | 74.35 | 69.04 | 64.36 | 61.84 | 77.50 | 65.84 | 64.80 | 51.54 |        |         | 610.79 |
| M65 | Des Walsh     | 84.41 | 79.51 | 65.54 | 67.49 | 51.40 | 62.15 | 59.93 | 52.10 | 42.26 | 39.16  | 35.34   | 564.79 |
| M50 | Wayne Bariolo | 83.69 |       | 67.75 | 62.37 |       | 61.61 | 70.19 | 61.53 | 54.23 | 36.08  | 45.25   | 542.70 |
| M40 | Jason Kell    | 74.06 | 69.41 | 67.58 | 62.13 | 52.92 | 51.28 | 49.09 | 44.01 | 30.49 | 24.74  | 16.98   | 500.97 |
| M40 | David Adams   | 71.47 | 63.06 | 59.25 | 61.62 | 54.81 | 49.15 | 43.97 | 42.50 | 24.37 | 22.72  | 14.68   | 470.20 |

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



## Javelin ends event



Wayne Bariolo steps down the runway on his way to a 36.28m throw at WAAS.

The javelin at Ern Clark Athletic Centre was the final event of the Patron's Trophy. With David Carr and Jenn Parker already securing the men's and women's trophy, the focus was on improvements in the final points tally.

Wayne Bariolo was able to slightly improve his points score ending with 45.25 points from a 36.86m throw as was Des Walsh with a 22.63m throw resulting in 35.34 points.

Although unable to complete the nine events required due to injury, Sue Coate showed her class with the highest points score of the two venues with a score of

47.20 from a throw of 26.21m at WA Athletics Stadium.

Showing how strong Jenn Parker was across all disciplines, her throw of 21.08m (37.96 points) was the third-highest of all athletes, but in her final points tally the score was dropped as one of her lowest scores.

Competing in an event that is foreign to her Vanessa Carson displayed her usual determination she normally shows in the distance events. David Adams was another to have a go at any event, competing at the earlier WAAS javelin as did Delia Baldock and Jason Kell.



SUE COATE



DAVID ADAMS



DES WALSH

### Javelin

#### ECAC December 19

|                  |     |         | % pts |
|------------------|-----|---------|-------|
| Andrew Brooker   | M50 | *44.08m | n/a   |
| Wayne Bariolo    | M50 | 36.86m  | 45.25 |
| Michelle Krokosz | W30 | 27.00m  | n/a   |
| Des Walsh        | M65 | 22.63m  | 35.34 |
| Jenn Parker      | W50 | 21.08m  | 37.96 |
| Vanessa Carson   | W40 | 12.58m  | 19.77 |

#### WAAS December 10

|                  |     |        |       |
|------------------|-----|--------|-------|
| Wayne Bariolo    | M50 | 36.28m | 45.23 |
| Michelle Krokosz | W30 | 27.06m | n/a   |
| Sue Coate        | W50 | 26.21m | 47.20 |
| Stuart Manning   | M40 | 24.90m | n/a   |
| Phil Smyth       | M70 | 24.34m | n/a   |
| Des Walsh        | M65 | 20.74m | 32.89 |
| Isaiah Manning   | Vis | 20.12m | n/a   |
| Jason Kell       | M40 | 15.39m | 16.98 |
| Juliana Kelly    | W55 | 13.95m | n/a   |
| David Adams      | M40 | 13.31m | 14.68 |
| Delia Baldock    | W55 | 6.81m  | 13.51 |



## Patron's Trophy



Nick Best leads the field on the first lap of the Patron's Trophy 800m.

By **JOHN DENNEHY**

David Carr showed why he has set world records over the two-lap distance with an 85.17 age-graded performance at ECAC to lead all comers in the Patrons Trophy 800m. Vanessa Carson strode out alone at the front of the field recording 2:43.2 with Jenn Parker just failing to crack the three-minute barrier, with David Adams running a 3:26.3 to gain valuable points.

A slightly larger field was present at WAAS. The elegant Nick Best put on a dominant display to string the field out early on in the race and scored very well gaining 76.42 points for his brave tactics.

Jason Kell also ran a strong race to maintain a healthy gap on Wayne Bariolo, who paid respect to the event by pacing his race perfectly and conserving a final kick down the home straight.

Hans Venter surprised onlookers and competitors alike with a fine display of middle-distance running resulting in clocking a 2:52.5 effort. David Adams followed closely and returned a much faster time, making the most of the opportunity. Des Walsh and Delia Baldock completed the field with performances that scored well over the 60% mark.



**DELIA BALDOCK**



**DAVID ADAMS and HANS VENTER**



**WAYNE BARIOLO and JASON KELL**

### 800m

#### ECAC December 12

|                |     |        | % pts |
|----------------|-----|--------|-------|
| Vanessa Carson | W40 | 2:43.2 | 72.78 |
| Jenn Parker    | W50 | 3:01.7 | 71.59 |
| David Adams    | M40 | 3:26.3 | 51.27 |
| David Carr     | M85 | 3:36.7 | 85.17 |

#### WAAS November 26

|               |     |        | % pts |
|---------------|-----|--------|-------|
| Nick Best     | M40 | 2:18.4 | 76.42 |
| Jason Kell    | M40 | 2:36.5 | 67.58 |
| Wayne Bariolo | M50 | 2:48.7 | 67.75 |
| Hans Venter   | M55 | 2:52.5 | 69.04 |
| David Adams   | M40 | 2:58.5 | 59.25 |
| Des Walsh     | M65 | 3:18.4 | 65.54 |
| Delia Baldock | W55 | 3:37.9 | 62.67 |

*All times hand held*



## Sprinters take off



David Graieg (right) won a heat of the 100m at WAAS from Jason Kell (centre) and Hans Venter.

### By JOHN DENNEHY

Wayne Bariolo certainly used his muscular physique to advantage in the 100m with a superb display of sprinting running strongly to surpass the 80% mark at ECAC to dominate his opponents. Jason Kell possesses more fast-twitch fibres than was first thought as he strode out to a 14.1 result and dragged Hans Venter to a 14.2 with Des Walsh scoring well too.

In the second heat, sometime marathoner, David Adams added 70 points to his score and was closely followed by Jenn Parker. Vanessa Carson adapted well to what is unfamiliar territory to the

distance runner, to sprint 'just the straight' and was tracked by Delia Baldock and David Carr.

The atmosphere at WAAS provided the backdrop for excellent sprinting performances. The heat of the day was dissipating when Wayne Bariolo produced a 13.0 second run. Unwittingly he pulled Des Walsh through to the highest point score of the evening. David Graieg ran 11.9 with Hans Venter and Jason Kell battling each other and unable to be separated by the timekeepers. Nick Best performed well as did David Adams and Delia Baldock as they added to their totals.



DAVID CARR



WAYNE BARIOLO

### 100m

#### ECAC November 21

|                |     |      | % pts |
|----------------|-----|------|-------|
| Wayne Bariolo  | M50 | 13.3 | 81.80 |
| Jason Kell     | M40 | 14.1 | 72.48 |
| Hans Venter    | M55 | 14.2 | 79.23 |
| Des Walsh      | M65 | 15.3 | 78.89 |
| David Adams    | M40 | 14.6 | 70.00 |
| Jenn Parker    | W50 | 15.0 | 79.00 |
| Vanessa Carson | W40 | 16.6 | 66.20 |
| Delia Baldock  | W55 | 18.1 | 68.23 |
| David Carr     | M85 | 20.6 | 73.98 |

#### WAAS December 3

|                |     |      | % pts |
|----------------|-----|------|-------|
| Wayne Bariolo  | M50 | 13.0 | 83.69 |
| Des Walsh      | M65 | 14.3 | 84.41 |
| David Adams    | M40 | 14.3 | 71.47 |
| David Graieg   | M35 | 11.9 | 83.36 |
| Jason Kell     | M40 | 13.8 | 74.06 |
| Hans Venter    | M55 | 13.8 | 81.52 |
| Aidan Pearson  | Vis | 12.2 | n/a   |
| Stuart Manning | M40 | 13.5 | n/a   |
| Peter Connell  | Vis | 14.8 | n/a   |
| Nick Best      | M40 | 16.0 | 63.88 |
| Charlotte Best | Vis | 13.8 | n/a   |
| Juliana Kelly  | W55 | 15.5 | n/a   |
| John Dennehy   | M60 | 17.2 | n/a   |
| Delia Baldock  | W55 | 18.0 | 68.61 |

All times hand held



## Patron's Trophy

# Jenn outscores rivals

Jenn Parker scored the highest percentage in the triple jump at Ern Clark Athletic Centre.

By **JOHN DENNEHY**

The triple jump is often the great leveller in the Patrons Trophy with its combination of speed, leg strength and co ordination proving a difficult combination to master. Jenn Parker outscored all competitors with a massive 68.82 age-graded percentage. Inspired rather than intimidated her fellow athletes with Delia Baldock jumping well to score well and Vanessa Carson learning on-the-go to pass the 6-metre barrier.

Wayne Bariolo jumped the furthest on the night with a dynamic 9.32m effort, but was outscored by Hans Venter who has managed to stun observers on several

occasions this season with his mastery of events as he was formerly considered a high jumper. Jason Kell put in his usual honest performance, showing excellent speed and solid technique.

David Graieg appeared to have recovered from his decathlon exploits with his 11.35m jump at WAAS on December 3. Wayne Bariolo added 7cm to his ECAC best, with David Adams and Des Walsh also exceeding his ECAC result. Nick Best sandwiched his triple amongst other events with a fine series of jumps. Hans Venter won plaudits for his consistency by somehow managing to jump the exact distance at both venues.



**HANS VENTER**



**DELIA BALDOCK**



**VANESSA CARSON**

### Triple jump

#### ECAC November 21

|                |     |       | % pts |
|----------------|-----|-------|-------|
| Wayne Bariolo  | M50 | 9.32m | 61.07 |
| Hans Venter    | M55 | 9.26m | 64.80 |
| Jenn Parker    | W50 | 8.74m | 68.82 |
| Jason Kell     | M40 | 7.57m | 44.01 |
| Delia Baldock  | W55 | 7.08m | 59.70 |
| David Adams    | M40 | 6.52m | 37.91 |
| Des Walsh      | M65 | 6.39m | 51.70 |
| Vanessa Carson | W40 | 6.06m | 42.14 |
| David Carr     | M85 | 4.38m | 52.64 |

#### WAAS December 3

|                |     |        |       |
|----------------|-----|--------|-------|
| David Graieg   | M35 | 11.35m | 62.50 |
| Nick Best      | M40 | 9.71m  | 56.45 |
| Wayne Bariolo  | M50 | 9.39m  | 61.53 |
| Hans Venter    | M55 | 9.26m  | 64.80 |
| Charlotte Best | Vis | 9.04m  | n/a   |
| Geoff Brayshaw | M70 | 8.71m  | n/a   |
| David Adams    | M40 | 7.31m  | 42.50 |
| Delia Baldock  | W55 | 7.13m  | 60.12 |
| Isaiah Manning | Vis | 6.58m  | n/a   |
| Des Walsh      | M65 | 6.44m  | 52.10 |



## Patron's Trophy

# Vanessa shines

Vanessa Carson ran 20:09.5 to record the second highest percentage of 73.14 in the 5000m at Ern Clark Athletic Centre.

### By JOHN DENNEHY

The 5000m provided the opportunity for the slighter built endurance participants to flex their imaginary muscles in the Patron Trophy. Nick Best showed excellent pacing to lead the competitors at WAAS where conditions were fairly warm but not too windy.

Hans Venter, in contrast, appeared to muscle his way through the event, displaying determination and focus to outscore all athletes on the night. Jason Kell summoned up all his courage, as did Des Walsh, to complete the event in discomfort.

The larger field at ECAC fifteen days later was strung out by Vanessa Carson early on as she metronomically lapped to run 20:09. David Adams scored well with his run, followed by Jason Kell who cut a few minutes off his previous time. Jenn Parker put herself in the 'hurt zone' and produced a worthy performance to keep her in the hunt for the trophy.

Delia Baldock and Des Walsh always compete well, but it was David Carr who 'produced the goods' when it mattered, running consistent laps to record an excellent run scoring 84.15 age-graded points.



**DAVID CARR**



**HANS VENTER**



**NICK BEST**

### 5000m WAAS November 13

|               |     |         | % pts |
|---------------|-----|---------|-------|
| Aidan Pearson | Vis | 21:52.5 | n/a   |
| Nick Best     | M40 | 22:13.5 | 58.82 |
| Hans Venter   | M55 | 23:42.8 | 61.84 |
| Jason Kell    | M40 | 27:16.2 | 47.94 |
| Des Walsh     | M65 | 31:06.2 | 51.40 |

### ECAC November 28

|                |     |         |       |
|----------------|-----|---------|-------|
| Vanessa Carson | W40 | 20:09.5 | 73.14 |
| Andy Abbey     | M50 | 20:58.5 | n/a   |
| Rolf Slump     | Vis | 21:03.7 | n/a   |
| Ian Hannaby    | M50 | 22:27.0 | n/a   |
| David Adams    | M40 | 23:51.0 | 54.81 |
| Jason Kell     | M40 | 24:42.2 | 52.92 |
| Jenn Parker    | W50 | 26:14.8 | 62.93 |
| Rose Hordyk    | Vis | 26:57.3 | n/a   |
| David Carr     | M85 | 27:14.1 | 84.15 |
| Delia Baldock  | W55 | 29:12.2 | 59.46 |
| Des Walsh      | M65 | 31:21.6 | 50.98 |



# High flyers in action



Sue Coate jumped 1.30m to score 76.02 per cent at WA Athletics Centre.

By **JOHN DENNEHY**

David Graieg soared over 1.60m looking every centimetre of an accomplished high jumper – which he isn't! Possessing more talent than he realises David produced a fine series of clearances. Hans Venter yet again showed exceptional versatility in going over 1.55m and gathering 77.50 points. Jenn Parker combines throwing with jumping very well to top score with a fine display of jumping comfortably going over 1.35m.

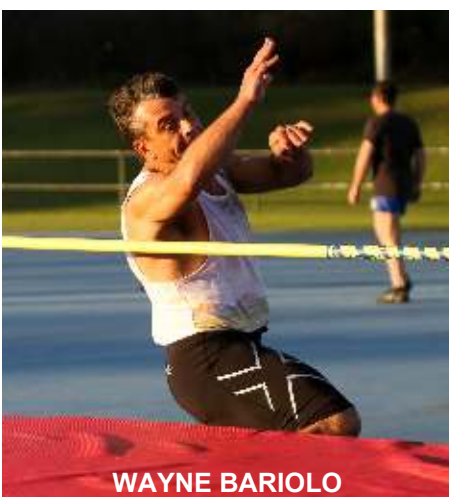
Sue Coate and Wayne Bariolo finished on 1.30m with scores of 76.02 and 61.61 respectively, relishing the competition. Distance runner, Liz Gomez impressed all

with her concentration and determination in completing a very unfamiliar event.

In the twilight at ECAC Hans Venter again cleared 1.55m relying on great strength and coordination. Jason Kell collected 51.28 points for clearing 1.20m and securing bragging rights in the Kell/Gomez household. David Adams relished the opportunity to jump again and added ten centimetres to his previous best effort, mainly through a faster run-up. Des Walsh gained a few more points from his second high jump competition and the most experienced Patrons Trophy campaigner in the arena, David Carr, kept his name amongst the leaders with his performance.



**JENN PARKER**



**WAYNE BARIOLO**



**JASON KELL**

## High jump WAAS November 5

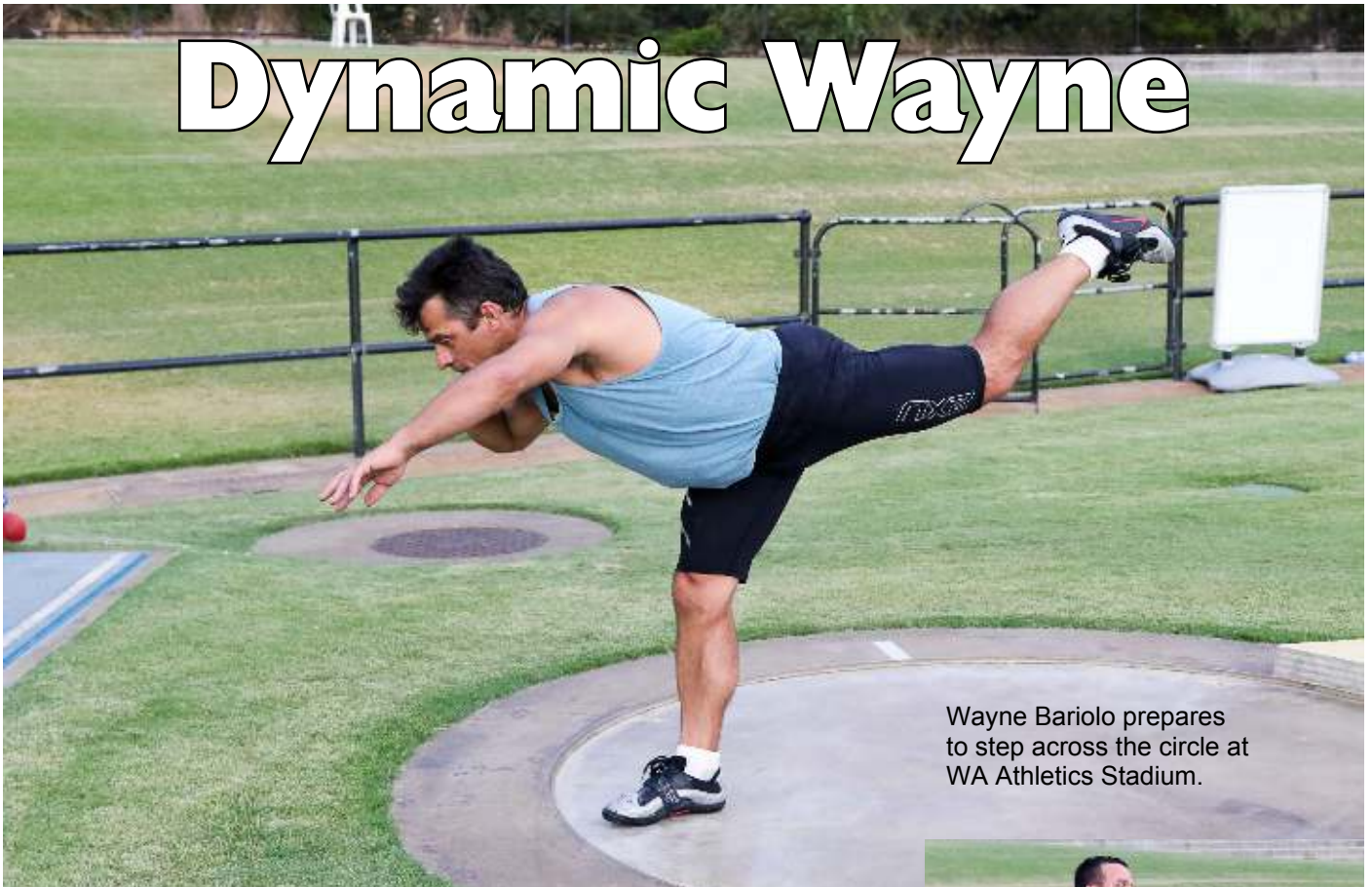
|                    |     |       | % pts |
|--------------------|-----|-------|-------|
| David Graieg       | M35 | 1.60m | 66.95 |
| Hans Venter        | M55 | 1.55m | 77.50 |
| Jenn Parker        | W50 | 1.35m | 78.95 |
| Sue Coate          | W50 | 1.30m | 76.02 |
| Wayne Bariolo      | M50 | 1.30m | 61.61 |
| Annmarie O Donovan | W45 | 1.20m | 66.67 |
| Jason Kell         | M40 | 1.20m | 51.28 |
| Delia Baldock      | W55 | 1.10m | 68.32 |
| David Adams        | M40 | 1.05m | 44.87 |
| Des Walsh          | M65 | 1.05m | 59.32 |
| Liz Gomez          | W40 | 1.00m | 52.91 |

## ECAC December 5

|                  |     |       |       |
|------------------|-----|-------|-------|
| Andrew Brooker   | M50 | 1.55m | n/a   |
| Hans Venter      | M55 | 1.55m | 77.50 |
| Michelle Krokosz | W30 | 1.40m | n/a   |
| Jason Kell       | M40 | 1.20m | 51.28 |
| David Adams      | M40 | 1.15m | 49.15 |
| Des Walsh        | M65 | 1.10m | 62.15 |
| David Carr       | M85 | 0.85m | 65.38 |



## Dynamic Wayne



Wayne Bariolo prepares to step across the circle at WA Athletics Stadium.

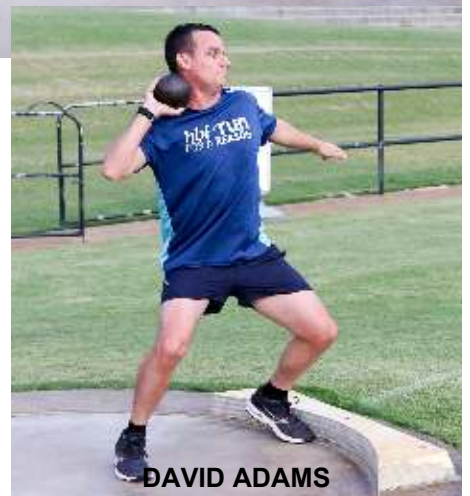
By **JOHN DENNEHY**

Sue Coate edged out Jenn Parker in the ECAC shot put edition of the Patrons Trophy in mid-November scoring 59.16% to her rival's 57.66% each one spurred on by the other in a quality competition. Technique wise, Wayne Bariolo would probably take top honours with a dynamic, speed-driven action to propel the sphere out into the night sky. These three athletes separated themselves from the field early on but provided examples for those unfamiliar with the shot circle.

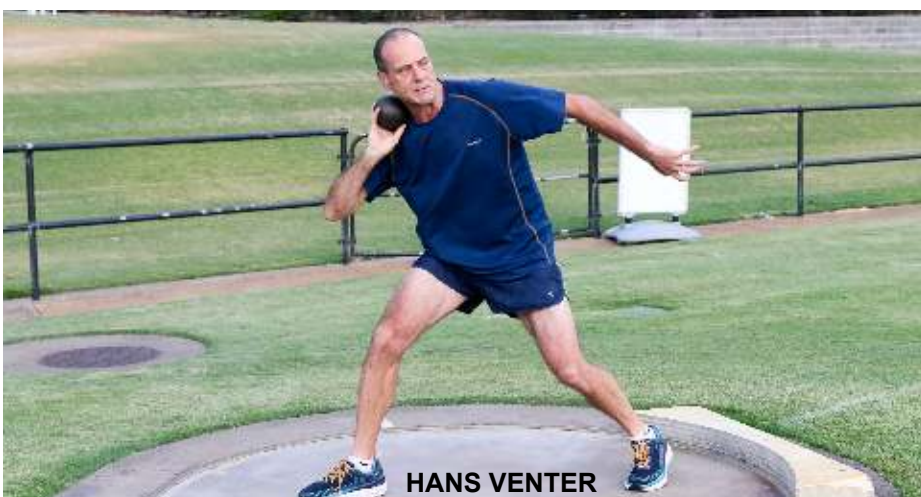
David Carr showed his vulnerability in the field events, but as always presented a

very honest effort. Vanessa Carson would have been pleased scoring a valuable 29.48 points in an event where even the very best technicians traditionally score lower than the best in the track events.

In mid-December, the WAAS event took place, providing another opportunity for competitors to add to their tally. Wayne Bariolo took advantage and gained almost three more points which could prove essential in the long run. Hans Venter relied more on brute strength rather than technique collecting very good points with his best effort. David Adams somehow found time to compete in his new event.



**DAVID ADAMS**



**HANS VENTER**

### Shot

#### ECAC November 14

|                |     |        | % pts |
|----------------|-----|--------|-------|
| Sue Coate      | W50 | 10.62m | 59.16 |
| Jenn Parker    | W50 | 10.35m | 57.66 |
| Wayne Bariolo  | M50 | 10.11m | 51.24 |
| Des Walsh      | M65 | 7.18m  | 42.26 |
| Jason Kell     | M40 | 6.33m  | 30.49 |
| Vanessa Carson | W40 | 6.01m  | 29.48 |
| Liz Gomez      | W40 | 4.57m  | 22.41 |
| David Carr     | M85 | 4.53m  | 33.04 |

#### WAAS December 17

|               |     |        | % pts |
|---------------|-----|--------|-------|
| Wayne Bariolo | M50 | 10.70m | 54.23 |
| Hans Venter   | M55 | 9.38m  | 51.54 |
| David Adams   | M40 | 5.06m  | 24.37 |



# Greg's enthusiasm for



The 100m is Greg Brennan's favourite sprint, however as the father of four sons who are all up-and-coming athletes, he is finding his ranking is slipping a little; right now he is third in the family over 100m!

*"One of my most treasured moments was to be able to compete against my eldest son James in the 100m at Strive. He beat me and it signalled a changing of the Athletics guard in my family. That night Chris Neale lost to his son Shannon in the 400m which made me feel a bit better!"*

Born in Mount Lawley in 1968, Greg grew up in Dianella. He attended Mount Lawley Senior High and later gained his Bachelor of Commerce degree at UWA. He is a fellow of Chartered Accountants Australia and New Zealand and is a director and founder of the chartered accounting firm Brennan Sloan. Greg married fellow Chartered Accountant, Monica, in 1994 and their four boys are James, Thomas, Samuel and Lachlan.

Greg started competing in athletics at age 17, joining the Morley Swans



## In focus

With Carmel Meyer

Athletics Club; Ray Boyd and John Paini are two high profile Morley Swans alumni. He was coached by Ron and Greg Taylor in the late 80s and early 90s and considers they were "way ahead of their contemporaries in my humble opinion." Greg is grateful for the opportunities he had to train with elite athletes such as John Paini, Rob Colling and Russell Mathanda. In 1987 he finished third in both the State U20 100m and 200m and had great success as a member of numerous relay teams.

Greg reminisces on what a great era of his life it was – *"We had some great tussles with the Curtin sprinters, one of whom was our own Mark Howard. And, I have very vivid memories of Barrie Kernaghan competing in his late forties."* Greg also ran in the Stawell Gift in 1989, '90 and '91 but athletics

took a backseat when he married and his accounting career became a priority. Greg says he missed competing and after seriously contemplating a return for about five years he took the plunge and joined Masters in 2011.

Greg's sporting prowess is not limited to athletics. He was selected in the 1983 State Schoolboys Football team alongside Chris Lewis, Chris Waterman, Allen Jakovich, Paul Peos and Andrew McGovern. He has remained an avid member of the West Coast Eagles since 1987. Baseball also figures strongly in his sporting resume – he played 12 seasons of State League Baseball with and against several Olympians.

Greg thrives on working out and says he loves going to training at the Stadium or McGillivray. His favourite track sessions consist of repetitions of 60m and 80m sprints at close to top pace. Also a keen weight-lifter, Greg considers this an important part of his training regime.

**CONTINUED – next page**



# athletics is infectious

## FROM – previous page

He loved to run the 200m in his younger years but says he finds it "...a bit of a chore these days." He hopes to regain form in the 200m this season, aiming for a low 25sec. Another goal is to go under 12.5sec electronically in the 100m.

A long history of participation in championships in Australia and abroad stands out on Greg's resume — three Oceania Games, two World Outdoors, one World Indoors, one Pan Pacs and seven Nationals. He has won three individual medals at Oceania Games but considers his Masters highlights to be in relay teams, in particular breaking the M45 State 4 x 100m record in 48.25sec at the 2019 Melbourne Nationals with teammates Colin Smith, Lee Stergiou and Adrian McKenzie.

There is a high risk of injury with sprinting but Greg maintains it is worth the risk. He has had several injuries over the years, most commonly hamstring tears, but as his worst injury kept him out of action for only six weeks, he considers himself lucky. It is not only sprinting that has resulted in damage. Greg wryly remembers 'having a go' at the long jump about five years ago. He jumped 5.50m but the following week when he tried again he tore his hammy.

Greg has set an example to his sons not only on the track but also by giving back to the sport as an administrator, coach and official. He was treasurer of Morley Swans Athletics at age 19. He has been heavily involved in Little Athletics for the past eight years, officiating on most weekends. He was the specialist sprint coach at UWALAC for a couple of seasons and will be the key official at the short track for the coming season.

Greg's enthusiasm for athletics is infectious and his sons must be rightfully proud of their dad. *"I love the competition and, in particular, testing myself. You can always set goals no matter what age you are. I always leave the track feeling great and looking forward to my next session. It is wonderful for the body and the mind and I want to keep doing it for as long as I physically can."*





# Plantar Fasciitis

Plantar fasciitis is the inflammation of the thick band of tissue, known as fascia, which runs along the sole of your foot from your heel to your toe. The fascia may become inflamed or possibly develop micro-tears. The plantar fascia has a key role in keeping the bones and joints in position and allows you to push off from the ground. Years ago, it was generally called a heel spur, as it is frequently associated with this issue. However, with more research, it has been discovered that plantar fasciitis may progress to the development of spurs that may not cause pain.

There are many and varied symptoms with this injury. Pain is usually felt at the base of the heel, but tenderness may be felt at other points along the fascia. The most severe and frequently sharp pain is commonly associated with the first step when getting out of bed. After standing for a long time, or making a sudden change in weight-bearing, pain may be felt.

At the beginning of a run, you may be aware of pain which may settle down whilst in the early stages of the injury. Sitting for an extended period of time will generally exacerbate the pain when you stand or weight bear. Climbing stairs or standing on tiptoes may cause pain. You may have swelling in the heel area.

Frequently poor foot biomechanics may be a cause of the problem, so it is important to get professional advice with regards diagnosis and treatment. However, there are many possible causes including:

- high arches
- flat feet
- rigid feet
- overtraining
- incorrect or worn shoes
- stress on the plantar fascia
- overpronation
- inflexible calf muscles or Achilles tendon
- overstretched plantar fascia
- spending hours standing each day
- often wearing high heel shoes
- a sudden change of activity – eg start training on the track surface
- change from flat shoes to racing spikes
- landing on a sharp object



## the edge

With Margaret Saunders

The treatment will vary from person to person depending on the cause and the speed of recovery. Initially, ice the affected area, use anti-inflammatory drugs for a few days and reduce the training load or have total rest. Physical therapies such as calf muscle and Achilles tendon stretching, rolling of the foot with a small ball and massage may aid recovery. Foot taping has proved

beneficial for many athletes. There are many types of orthotics and insoles available - rigid, semi-rigid or cushioned. Professional therapists should suggest the one most suitable for you. Arch supports may alleviate the pain. Night splints may be suggested as these will stretch the calf muscles and Achilles tendon.

Once you have experienced plantar fasciitis, any future occurrence must be dealt with immediately so the injury does not become chronic. Endeavour to determine the cause and see if it is similar to previous issues. If so, it is imperative to modify future training programs. Sometimes the trigger for the injury may be difficult to pinpoint. Training diaries may help determine the cause.

Treat immediately with previously successful strategies. Continue stretching and rolling of the plantar fasciitis even when the injury appears to have been healed.







Des Walsh pips David Adams in a sprint race at WA Athletics Stadium.



TIM KARAJAS



JULIANA KELLY

## 2019-2020 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**

|        |     |        |     |      |             |         |        |
|--------|-----|--------|-----|------|-------------|---------|--------|
| 07-Jan | 100 | 800    | 60  | 5000 | long/triple | Javelin | Discus |
| 14-Jan | 200 | 1500   | 100 | 3000 | long/triple | Hammer  | Shot   |
| 21-Jan | 60  | 400    | 200 | 5000 | high        | Javelin | Hammer |
| 28-Jan | 100 | 800    | 60  | 3000 | long/triple | Discus  | Shot   |
|        |     |        |     |      |             |         |        |
| 04-Feb | 200 | 1500   | 400 | 5000 | long/triple | Javelin | Hammer |
| 11-Feb | 60  | 800    | 300 | 3000 | high        | Discus  | Shot   |
| 18-Feb | 100 | 1000   | 200 | 5000 | long/triple | Javelin | Discus |
| 25-Feb | 60  | 1 mile | 400 | 3000 | long/triple | Hammer  | Shot   |
|        |     |        |     |      |             |         |        |
| 03-Mar | 100 | 1500   | 200 | 5000 | high        | Javelin | Shot   |
| 10-Mar | 60  | 800    | 300 | 3000 | long/triple | Hammer  | Discus |
| 17-Mar | 400 | 1500   | 100 | 5000 | long/triple | Javelin | Hammer |
| 24-Mar | 200 | 1000   | 100 | 3000 | high        | Discus  | Shot   |
| 31-Mar | 60  | 1 mile | 200 | 3000 | long/triple | Hammer  | Shot   |





Andy Abbey and Chris Neale keep each other honest in a 3000m at Ern Clark Athletic Centre. Andy ran 12:11.71 to Chris' 12:17.04.



JANNE WELLS



BRUCE  
McGEORGE

## 2019-2020 Summer Track and Field Programme

**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)**

|        |                   |        |      |                      |         |        |         |        |
|--------|-------------------|--------|------|----------------------|---------|--------|---------|--------|
| 02-Jan | Open for training |        |      |                      |         |        |         |        |
| 09-Jan | 200               | 800    | 3000 | 100                  | steeple | long   | Hammer  | Shot   |
| 16-Jan | 1 hurdles         | 60     | 1000 | 200                  | 5000    | high   | Discus  | Weight |
| 23-Jan | 60                | 1 mile | 400  | 3000                 |         | triple | Javelin | Shot   |
| 30-Jan | 400               | 1500   | 100  | 5000                 |         | long   | Hammer  | Weight |
| 06-Feb | 200               | 800    | 3000 | 60                   | steeple | high   | Discus  | Shot   |
| 13-Feb | 100               | 1500   | 200  | s hurdles            | 3000    | long   | Hammer  | Weight |
| 20-Feb | 60                | 1000   | 400  | 5000                 |         | high   | Javelin | Discus |
| 27-Feb | 200               | 1500   | 100  | 1 hurdles            | 3000    | triple | Javelin | Weight |
| 05-Mar | 800               | 200    | 3000 | 60                   | steeple | long   | Hammer  | Weight |
| 12-Mar | 300               | 1500   | 60   | 10,000 State Champs  |         | high   | Javelin | Shot   |
| 19-Mar | 100               | 1 mile | 400  | 3000                 |         | long   | Weight  | Discus |
| 26-Mar | 60                | 800    | 100  | Steeple State Champs |         | high   | Javelin | Weight |
| 02-Apr | 100               | 1500   | 200  | 5000                 |         | long   | Hammer  | Shot   |

ECAC is open every Monday for training from 8 to 9am.



## WA Athletics Stadium



Mark Dawson and Tim Karajas lead Bill Hayes..



DAVID GRAIEG and CHRIS GOULD



FIONA LEONARD



Johann Hagedoorn leads Peggy Macliver and Glenys Duncan.



GARRY RALSTON



ALLAN BILLINGTON



## Ern Clark Athletic Centre



Carl Heslop (left) and Colin Smith fought out a heat of the 200m. Carl ran 28.06 to edge out Colin who ran 28.19.



**JACKIE HALBERG**



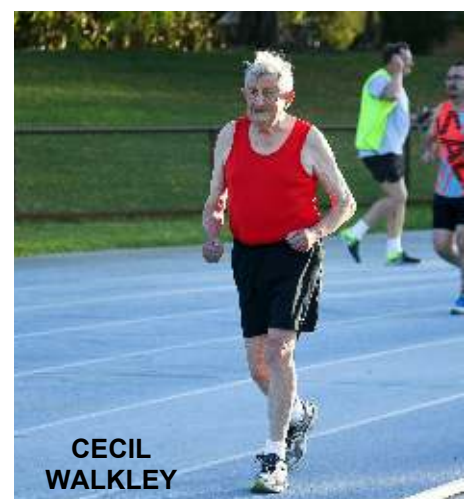
**CARMEL MEYER**



**JOHN DENNEHY**



**BOB HULL**



**CECIL WALKLEY**



## Throws



Todd Davey dances across the circle at WA Athletics Stadium.



**MICHELLE KROKOSZ**



**CHRIS SCHELFHOUT**



**MAL CLARKE**



**MAUREEN KESHWAR**



**NORMAN STANGER**



**ANDREW WARD**



# Looking ahead



Jasmine Heslop strides out in a 50m heat at Ern Clark Athletic Centre. Jasmine and Carl are from Denmark and compete when in Perth.

MAWA 10,000m Championships, Thursday, March 12  
MAWA Steeple Championships, Thursday, March 26  
MAWA Pentathlons, 5000m, March 21, ECAC  
MAWA State Championships, March 28-29, ECAC  
2020 AMA Track and Field Championships - Brisbane, April 10-13 (Easter).  
[www.brisbane2020nationals.com.au](http://www.brisbane2020nationals.com.au)

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)