

# TFNL



Season 12 Issue 5  
March 2019

The Track and Field  
Newsletter of MAWA



With the State Championships in April, athletes are making the most of Tuesday and Thursday night track meets, here Bert Carse strides out in a 3000m at Ern Clark Athletic Centre.





# Simply the best



LYN VENTRIS

Western Australian masters have done the country proud providing the only two Australians to feature in the 2018 Best Athlete Awards announced recently.

Lyn Ventris won the women's race walk category and David Carr was runner-up in the middle distance division.

Both Lyn and David returned from the 2018 World Championships at Malaga with three gold medals each.

Lyn is a dual winner of the WMA Athlete of the Year Awards and David was nominated for the WMA Athlete of the Year Award in 2011.

TFNL has produced a photographic feature on all winners and runners-up which can be found in the virtual bookcase.

<https://www.flipsnack.com/A95BC9BA9F7/>



DAVID CARR

State  
Championships  
entries close  
March 7

## ROLL OF HONOUR

|                |     |                    |          |      |            |    |
|----------------|-----|--------------------|----------|------|------------|----|
| Sarah Edmiston | W40 | Discus             | 37.98m   | WAAS | 12/01/2019 | SR |
| Hans Venter    | M55 | High jump          | 1.53m    | WAAS | 15/01/2019 | SR |
| Melissa Lewis  | W30 | 10,000m track walk | 59:14.15 | WAAS | 23/01/2019 | SR |
| Andrew Duncan  | M50 | 10,000m track walk | 50:18.43 | WAAS | 23/01/2019 | SR |
| Jenn Parker    | W50 | Discus             | 31.88m   | ECAC | 07/02/2019 | SR |
| Melissa Lewis  | W30 | 3000m track walk   | 16:41.4  | WAAS | 08/02/2019 | SR |



# Byrony shows class

By JOHN DENNEHY

Aspiring athletes were provided with MAWA role models at the 2019 State Open Championships at WAAS (February 15-17). Multiple world record and title holder, the much respected doyenne of hammer throwing, Byrony Glass, won her 26<sup>th</sup> consecutive women's hammer throw title, despite a foot injury. The consummate professional, Byrony produced a season's best of 49.74m to grab the win. Matt Staunton was no less impressive taking out the corresponding men's title with a very good effort of 42.55m.

Chris Gould ran two superb races in the middle distance events with a 4:12.83 (1500m) for sixth place and 2:04.56 (800m) showing great nous and restraint to avoid the fast early pace and run his own race.

Melissa Foster overcame her disappointment in her triple jump result and put the event aside to jump a brilliant 5.64m and a silver medal, accounting for higher credentialed athletes in the process.



MELISSA FOSTER

Coached by the knowledgeable Anne Masters, she displayed her competitive nature and overcame the bane of jumpers, changing wind conditions.

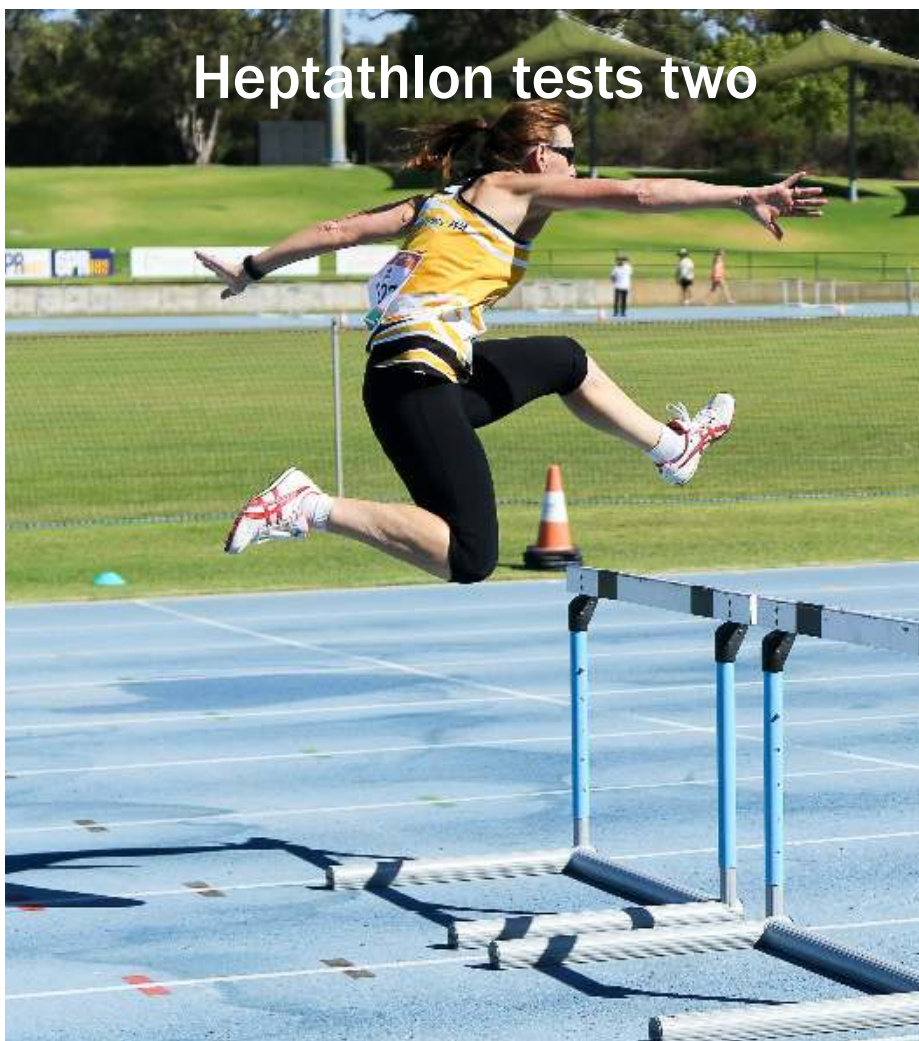
Andrew Duncan never troubled the judges to win the 5000m walk in 24:35.47 to add to the silver medal (50:18.43) in the 10,000m event. Melissa Lewis took the women's event in a fine 59:14.15.

Paul Jeffrey gained sixth in long jump (5.60m) and a fourth in the discus (36.64m) despite very recently returning from an overseas month-long holiday.



BYRONY GLASS

## Heptathlon tests two



Jenn Parker and Sue Coate competed in the State Combined Events Heptathlon at WA Athletics Stadium in January.

Jenn recorded 2590 points for the event. Unfortunately injury forced Sue to abandon the heptathlon.

Sue (main photo) ran 16.94s for the 80m hurdles with Jenn running 15.93s.

INSET: Jenn Parker (left) and Sue between hurdles.

# Event changes on trial

A number of changes have been made to our Championships since we last held them as a stand-alone event in 2017.

As a club, we have become even more self-sufficient in our ability to host major championships at ECAC. We have purchased a FinishLynx electronic timing system which we are now using every Thursday evening, and will use in full Meet Manager link mode for this event. The only event we cannot do at ECAC is the pole vault, so we have again agreed with AWA that this will be part of a Strive meet.

We are trialling two important timetable changes this year, both aimed at unconstraining the main weekend, so that athletes will be more able to compete in their full range of desired events. The biggest problem is always the number who wish to do the long jump in addition to either sprints or throws. We pay for the entire track on the pentathlon Saturday, much of which is under-utilised. We will, therefore, hold the long jump and 5000m on Saturday, April 6 with the pentathlons. In order to allow sufficient time between the 10,000m and 5000m, we need to swap



The recently purchased FinishLynx electronic timing system will be used at this year's State Championships.

the two Thursday evening events from previous years.

As always please read the information sheet very carefully.

MAWA entrants must wear the MAWA uniform which can be purchased from the online MAWA shop accessed from the

website. Bunbury entrants must wear the Bunbury uniform.

If you are not competing please consider helping – as always contact me at [vetrunners@iinet.net.au](mailto:vetrunners@iinet.net.au)

**Barbara Blurton,**  
Competition Director

## Events at WA Athletics Stadium

**Friday, March 22**  
Evening (time tba) Pole Vault

Entry is by online application only and closes on Thursday, March 7 – no late entries.

The final timetable will be on the website soon after March 7. Please check times of individual events then.

*Start times may vary but will not be before those shown.*

## Events at Ern Clark Athletic Centre

**Thursday, April 4**  
7.00pm 3000m steeplechase  
7.20pm 2000m steeplechase

**Saturday, April 6**  
7.30am 5000m  
8.00am Outdoor Pentathlon  
11.30am Throws Pentathlon  
1.00pm Long Jump

**Thursday, April 11**  
7.00pm 10,000m

## Main weekend events at Ern Clark Athletic Centre, Cannington

**Saturday, April 13**

### TRACK

60m  
200m  
800m  
1500m walk  
5000m walk  
200/300/400m hurdles

**Sunday, April 14**

### TRACK

100m  
400m  
1500m  
3000m walk  
80/100/110m hurdles



*Times and order of track events will be decided after entries close.*

### FIELD EVENTS

Days and times for each field event will be decided after entries close and will be announced on the website and via email as soon as possible. Anyone without internet access will be contacted.



# Prepare for champs

Annmarie  
O'Donovan  
competes in the  
Perth 2018  
Nationals and State  
Championships.



## Competition Rules

Competition will be conducted under IAAF and WMA rules subject to any special rules laid down by the local organising committee. Entry signifies that each competitor will abide by the rules.

## Entry Rules

The relevant club uniform is to be worn according to entry. Entry is \$10 per event (\$15 per pentathlon) plus \$10 registration. Visitors must pay an additional \$20. Events may be added online **prior to closing date** (no extra registration fee). No refunds other than in exceptional medical circumstances.

## Age Groups

Competition will be conducted in the following five-year age groups for men and women:  
30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95+

The age group for each competitor is determined by his/her age on the first day of the championships: ie on 4 April 2019, except for pole vault which is determined by age on 22 March 2019.

## Awards and Results

Medals will be presented to the first three competitors in each event. Results will be published on the website and in a Track & Field Newsletter special edition.





**LYN VENTRIS**



**SHARON DAVIS**



**MELISSA FOSTER**



**MANDY MASON**

# MAWA athletes set for Polish winter

Despite the World Masters Indoor Championships being held in the northern hemisphere, Australian entries have held up with 71, slightly down on the record 84 entries at the previous indoor championships at Daegu in South Korea.

Ten MAWA athletes have entered, only one less than Daegu.

Once again New South Wales dominates with 26 (35 previously). Victoria and Queensland equal previous numbers with 16 and nine entries respectively.

Australia leads the Southern Hemisphere countries with thirteenth position in country numbers three places ahead of our Commonwealth cousin, Canada.

The championships are being held in Torun, Poland from March 24-30.



**BOB SCHICKERT**



**LYNNE SCHICKERT**

## ENTRY NUMBERS

|                              | W         | M         |           |
|------------------------------|-----------|-----------|-----------|
| New South Wales              | 12        | 14        | 26        |
| Victoria                     | 3         | 13        | 16        |
| Western Australia            | 5         | 5         | 10        |
| Australian Capital Territory | -         | 2         | 2         |
| Queensland                   | 5         | 4         | 9         |
| South Australia              | 3         | 3         | 6         |
| Tasmania                     | -         | 2         | 2         |
| Northern Territory           | -         | -         | 0         |
| <b>TOTAL</b>                 | <b>28</b> | <b>43</b> | <b>71</b> |



**ROScoe McDONNELL**



**COLIN SMITH**



**GREG BRENNAN**



**ANDREW BROOKER**



## Sprints



**David Carr** – Australian record 400m and State records 60/100/200

# AMA award nominations

The MAWA nominees for this year's AMA awards to be presented at the Awards Dinner to be held at the Australian Masters Championships, Melbourne in April.

**Best male athlete:** David Carr

**Best female athlete:** Lynne Ventris.

**Best overall performance:** Lyn Ventris – 10km walk world record.

## Middle distance/Steeple



**Gillian Young** – world record steeple.

## Distance



**Rochelle Rodgers** – Australian record half marathon.

## Walks



**Lyn Ventris** for her two world records.

## Jumps



**Melissa Foster** – state records in both long jump and triple jump.

## Throws



**Byrony Glass** – Australian records in hammer and weight.

## Multi-events



**Byrony Glass** – gold medals in throws pentathlon in Malaga and Perth

## Administrator of the year



**Barbara Blurton** – Set up and manages registration system. Club statistician. Competition manager for Nationals and States. Helped developed Perth 2016 programme.



# Injury leads to move



Thrower Andrew Ward is a man with the qualities of resilience and adaptability that are essential prerequisites for a Masters athlete. Chronic plantar fascia issues led Andrew to rethink his direction in athletics and switch from sprinting to throws; no mean feat (no pun intended!) and one he has embraced. *"I've thoroughly enjoyed making the transition from sprinter to thrower", says Andrew. Sure, it can be challenging but that is part of the attraction. If anything, I relish the challenge. It makes success so much sweeter. "*

Andrew is Perth born and bred. He married Mary, whom he lovingly describes as his soul mate, 23 years ago and they have a 16-year-old son Declan. Despite a busy career as a manager with Telstra and Directorships on two not-for-profit Boards, Andrew still finds time to coach Declan's soccer team and holds the position of Treasurer of the soccer club.

Andrew's first involvement in athletics, apart from school carnivals, was when he joined Northern Districts Athletics Club at the age of 17. He was a keen all-rounder, running 100-200-400m

and sometimes the 800m. There was also an occasional foray into long jump and triple jump. *"I tackled the throwing events in inter-club points competitions too, but didn't really know what I was doing."*

Andrew has fond memories of Saturday afternoon competitions at Perry Lakes throughout the 80s.



## In focus

With Carmel Meyer

He describes those days as *'great athletics, great people, great atmosphere.'* At that time, says Andrew, *"I declared I was going to be a life-long athlete, inspired by the example of masters athletes like Peter Gare, Roy Fearnell and Barrie Kernaghan who regularly produced age-defying performances."*

Unfortunately, chronic plantar fasciitis brought Andrew's sprinting career to a halt in his mid-30s. His feet just couldn't handle sprinting anymore so he reluctantly hung up his spikes and put athletics behind him. However, Andrew and athletics were not done. *"It was always my intention to get back into the sport at some stage. I kept in shape and tried various approaches to manage my plantar fasciitis. Through the use of orthotics, stretching and plenty of ice, I eventually reached a point where I felt I could manage a return to the track."*

Andrew returned to athletics at the age of 48 but says his feet very quickly reminded him they weren't up to sprinting.

**CONTINUED – next page**



# to life as thrower

## FROM – previous page

Rather than walk away again, Andrew thought about how important athletics was to him and the potential solutions that would enable him to stay in the sport. Recognising that throws had similar requirements for power/explosive speed, he challenged himself to make the transition from sprinter to thrower. This is obviously a significant undertaking but Andrew has been up for the challenge; measured and methodical in his approach.

I asked Andrew to outline his training regime, especially in regard to managing a chronic condition; something many Masters athletes have to deal with. *"A key ingredient for good throwing is explosive drive from the legs, so much of my training is explosive and emphasises the legs. That necessitates thorough warm-ups and recovery/stretching. My plantar fasciitis requires ongoing management, as do my knees."*

*"My throwing training is a combination of throwing, weights, sprint work, plyometrics and technical drills. Javelin is particularly tough on the body so I tend to drill different components of the throw and only do a small number of full throws in training"*

Eight years down the track, Andrew feels he has made some progress in his quest to become a thrower and has collected a few medals along the way but contends there is still much more he needs to learn. *"The throwing events are very technical so it takes time and persistence to master them, particularly when you are trying to learn the five throwing disciplines at the same time. Thankfully, we have a strong local throwing community that is always supportive and generous with their knowledge."* Andrew enjoys the camaraderie shared with other participants during throws pentathlon events and says it would be great to have more multi-event competitions throughout the season. *"I enjoy the challenge of stringing together all five throws in the throws pentathlon and chucking heavy stuff in the heavyweight pentathlon!"*

A highlight of Andrew's masters journey so far was the 2015 Oceania Championships in the Cook Islands. *"It was my first time in Australian colours, I threw well (2 silver, 3 bronze) and, best of all, we had a fantastic family holiday in a part of the world I had not even thought of visiting"*

For the 2018/19 season, Andrew intends to continue working on specific technical improvements in each event, with the expectation improved performances will flow from that. He says the great thing about becoming a thrower at a relatively late age is that there is plenty of scope for improvement!

Andrew's favourite throwing events are javelin and discus. I have no doubt he has successfully made the transition from sprinter to thrower; just listen to him as he paints this wonderful picture... *"It is an exhilarating feeling launching those implements at speed and very satisfying to stand and admire your work as they fly aerodynamically away..."*





# Stress less



With championships in the very near future, all athletes will be looking at ensuring that they achieve their best possible performance. However, there are so many ways in which athletic performance can be compromised. Of course, the most obvious is overtraining or using poor technique. An injury or a stress reaction may then be sustained due to overloading one part of the body. Rehabilitation follows but if the injury occurs close to the competition the athlete may not achieve the result for which they were hoping. Another possibility may be not believing you are fit enough to compete in your chosen event or events, or the fear that if you compete you will cause more injury.

However, there are many other situations which may cause some stress to the athlete. Every person will have experiences outside of athletics which will potentially influence their training and competition schedules. It is imperative for each athlete to acknowledge what is occurring in their personal life and make considerations for training loads with this knowledge.



## the edge

With Margaret Saunders

The list of what may cause stress on the body appears to be endless. These may include:

- major illness of a relative or friend
- death of a relative or friend
- waiting for own diagnosis or test results
- breaking down of a major relationship
- potential threats of any situation
- traumatic experience
- the marriage of family members
- family member giving birth
- retiring from work

When dealing with one of these events a positive or negative stress reaction may be invoked. However, a combination of these may create an overwhelming situation for the individual and trigger the overloading of the body. If this occurs, adjustments to the training schedule should be made. Research has shown that some of these traumatic experiences may

cause an increase in the risk of injury both in the very short term and perhaps even at a later time.

Each person is an individual so will have an individual response to each situation. However, if necessary, seek guidance from a health professional as there are various forms of treatment available. Reduce your training load in the first instance and allow your body to recover. Surround yourself with positive and supportive people as this will help if the stressors have had a negative effect on your health. I have previously written about rest. This training session becomes even more important when your body is under the influence of a stressful situation.

Be gentle on yourself when you experience any negative or traumatic event. It is better to keep training at a very low level rather than get injured and not be able to train for several weeks or months. I have seen the Masters community support many members in times of need. Personally, I can thank those friends who have helped me immensely. Sometimes, just asking if I was okay was enough to show they cared.





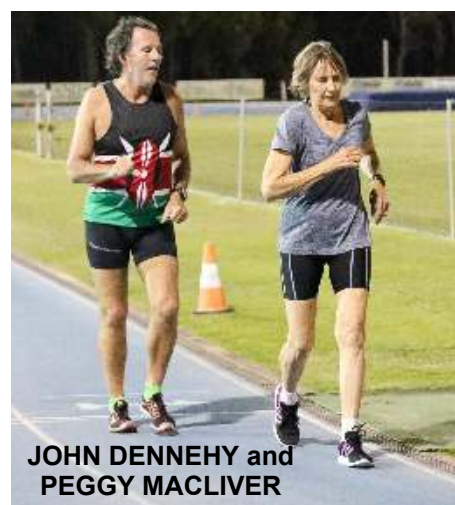
CAITLIN GALLAGHER



Clare Wardle caught in full flight on her way to run 3:27.3 for the 1000m race at WA Athletics Stadium.



TYSON GENT and  
MELISSA FOSTER



JOHN DENNEHY and  
PEGGY MACLIVER

## 2018-2019 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**

| <i>Jan-19</i> |     |        |     |        |       |         |        |
|---------------|-----|--------|-----|--------|-------|---------|--------|
| 8th           | 100 | 800    | 60  | 5k r/w | LJ/TJ | javelin | discus |
| 15th          | 200 | 1500   | 100 | 3k r/w | HJ    | hammer  | shot   |
| 22nd          | 60  | 400    | 200 | 5k r/w | LJ/TJ | javelin | hammer |
| 29th          | 100 | 800    | 60  | 3k r/w | HJ    | discus  | shot   |
| <i>Feb-19</i> |     |        |     |        |       |         |        |
| 5th           | 200 | 1500   | 100 | 5k r/w | LJ/TJ | javelin | hammer |
| 12th          | 60  | 800    | 300 | 3k r/w | HJ    | discus  | shot   |
| 19th          | 100 | 1000   | 200 | 5k r/w | LJ/TJ | javelin | discus |
| 26th          | 60  | 1 mile | 400 | 3k r/w | HJ    | hammer  | shot   |
| <i>Mar-19</i> |     |        |     |        |       |         |        |
| 5th           | 100 | 1500   | 200 | 5k r/w | LJ/TJ | javelin | shot   |
| 12th          | 60  | 800    | 300 | 3k r/w | HJ    | hammer  | discus |
| 19th          | 400 | 1500   | 100 | 5k r/w | LJ/TJ | javelin | hammer |
| 26th          | 200 | 1000   | 60  | 3k r/w | HJ    | discus  | shot   |





**LEFT:** Colin Smith, Mark Howard, Michelle Krokosz and Des Walsh power up the straight in a 60m.



**JENN PARKER and ANDREA PENNY**



Chris Groom leads (from left) Rod Hamilton, Alan Gray, Mike Meredith and Andy Abbey in the mile.

## 2018-2019 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)**

| <b>Jan-19</b> |              |        |        |               |             |    |         |        |
|---------------|--------------|--------|--------|---------------|-------------|----|---------|--------|
| <b>10th</b>   | long hurdles | 60     | 1000   | 200           | 3k r/w      | U  | hammer  | shot   |
| <b>17th</b>   | 400          | 1500   | 100    | 5k r/w        |             | U  | discus  | weight |
| <b>24th</b>   | 200          | 800    | 3k r/w | 100           | 2k steeples | TJ | javelin | shot   |
| <b>31st</b>   | 100          | 1500   | 200    | short hurdles | 5k r/w      | U  | hammer  | weight |
| <b>Feb-19</b> |              |        |        |               |             |    |         |        |
| <b>7th</b>    | 60           | 1 mile | 400    | 3k r/w        |             | U  | discus  | shot   |
| <b>14th</b>   | 100          | 1000   | 200    | 5k r/w        |             | TJ | hammer  | weight |
| <b>21st</b>   | 800          | 300    | 3k r/w | 60            | 2k steeples | U  | javelin | discus |
| <b>28th</b>   | 60           | 1500   | 200    | short hurdles | 5k r/w      | U  | javelin | weight |
| <b>Mar-19</b> |              |        |        |               |             |    |         |        |
| <b>7th</b>    | 100          | 1 mile | 400    | 3k r/w        |             | TJ | hammer  | weight |
| <b>14th</b>   | 300          | 800    | 100    | 5k r/w        |             | U  | javelin | shot   |
| <b>21st</b>   | 200          | 1500   | 3k r/w | 400           | 2k steeples | U  | weight  | discus |
| <b>28th</b>   | long hurdles | 1000   | 60     | 5k r/w        | 200         | TJ | javelin | weight |



## Track and Field – throws





# 2019 OCEANIA MASTERS ATHLETICS CHAMPIONSHIPS MACKAY

**REVISED**

## EVENT GUIDE

**Saturday 31 August 2019 to  
Saturday 7 September 2019**

*(Information as at 17 January 2019)*

Mackay is one of Australia's fastest growing, yet most idyllic regions, where lifestyle and prosperity are the daily currency and the world is increasingly gathering to meet, work and play. A fresh new event destination, Mackay boasts affordable world-class facilities and services with small town hospitality and excellence in customer service.

- Rainforests with Platypus viewing
- Spectacular salt and freshwater fishing
- The sparkling blue of the Pioneer River
- Spot migrating whales
- An impressive marina village with alfresco dining
- Admire Queensland's best collection of art deco architecture (20 lovingly restored heritage listed buildings)
- Southern Hemisphere's largest Coal Export Facility and largest bulk sugar terminal
- The gateway to the mining trail
- 120km from Airlie Beach – the gateway to the Great Barrier Reef

### Climate

| MONTH     | MEAN TEMP (C) | HUMIDITY (%) | RAINFALL (MM) |
|-----------|---------------|--------------|---------------|
| August    | 22            | 14           | 30            |
| September | 25            | 16           | 15            |
| October   | 27            | 20           | 38            |



### Accessibility & Airport

Mackay is one of Queensland's most accessible regional destinations by air, road or rail.

Affordable and frequent air services into Mackay Airport with more than 110 flights to the region each from Brisbane, Rockhampton, Townsville and Cairns - serviced by Virgin Australia, QantasLink and Jetstar airlines. Mackay Airport is located 5km kilometres from the Mackay CBD. Rail access is also available via Queensland Railways "Spirit of Queensland" train service which travels the state's coastline from Cairns to Brisbane and all regions in between.

### Accommodation Options

The Mackay Tourism Information link on the event website has a list of accommodation options and contacts

### Looking for more information?

- [facebook.com/oceaniamastersathleticschampionships2019](https://facebook.com/oceaniamastersathleticschampionships2019)
- [athleticsnorthqld.org.au/Oceania-Masters-Athletics-Championships-2019](http://athleticsnorthqld.org.au/Oceania-Masters-Athletics-Championships-2019)
- [oceaniamastersathletics2019@gmail.com](mailto:oceaniamastersathletics2019@gmail.com)
- (+61) 0419 66 11 91





# 2019 OCEANIA MASTERS ATHLETICS CHAMPIONSHIPS MACKAY

**REVISED**

## EVENT GUIDE

Saturday 31 August 2019 to

Saturday 7 September 2019

(Information as at 17 January 2019)

### Mackay Aquatic, Sport & Recreational Centre

The new \$24 million dollar Mackay Aquatic, Sport & Recreational Centre commenced development at CQUniversity Mackay's Ooralea Campus in Mackay, Queensland, Australia and is located 7km from the Mackay CBD. The precinct is due for completion in February 2019.



#### IAAF Class 2 Athletics Facility consisting of:

- a synthetic surface running track consisting of an eight lane x 400 metre track, a nine lane 113 metre main sprint straight and an eight lane 103 metre secondary sprint straight;
- four long jump pits and two triple jump options;
- a steeplechase water jump;
- one discus circle; •one discus/hammer circle;
- three shot put circles; •two javelin runways;
- two high jump fans;
- one dual pole vaulting runway



#### Aquatic Centre consisting of:

- one 50 metre, 10 lane outdoor heated competition pool;
- one 25 metre, 6 lane covered heated warm-up program pool;
- one 15 metre, 5 lane covered heated pool

### Program / Dates

Events in Red indicate update in program.

#### Day 1—Saturday 31 August

Registration  
5000m  
Weight Throw (Men & Women)  
Triple Jump (Men & Women)  
OMA Annual General Meeting

#### Day 2—Sunday 1 September

Opening Ceremony  
10km Road Walk  
Heptathlon—Day 1  
Decathlon—Day 1  
60m Heats & Finals  
800m Heats  
Long Hurdles  
Hammer (Women)  
Discus (Men)

#### Day 3—Monday 2 September

Heptathlon—Day 2  
Decathlon—Day 2  
800m Finals  
Sprint Hurdles  
Shot Put (Women)  
Hammer (Men)

#### Day 4—Tuesday 3 September

6/8km Cross Country  
100m Heats & Finals  
200m Heats  
5000m Track Walk  
Long Jump (Women)  
High Jump (Men)  
Javelin (Men & Women)  
**Discus (Women)**  
Shot Put (Men)  
Formal Dinner

#### Day 5—Wednesday 4 September

Rest Day—No Scheduled Events

#### Day 6—Thursday 5 September

Pentathlon (Men)  
**Throws Pentathlon (Women)**  
200m Finals  
400m Heats  
Steeplechase  
Long Jump (Men)  
High Jump (Women)

#### Day 7—Friday 6 September

**Pentathlon (Women)**  
Throws Pentathlon (Men)  
400m Finals  
3000m Race Walk  
1500m  
4 x 100m Relays  
Medley Relays (800/400/200/200)  
Pole Vault (Men and Women)  
Closing Ceremony

#### Day 8—Saturday 7 September

Half Marathon

These events have been timetabled on these days but may change due to the number of entries received in events.

### Event Registration & Fees

Registrations are taken online on the event website. Refer to the website for closing dates.

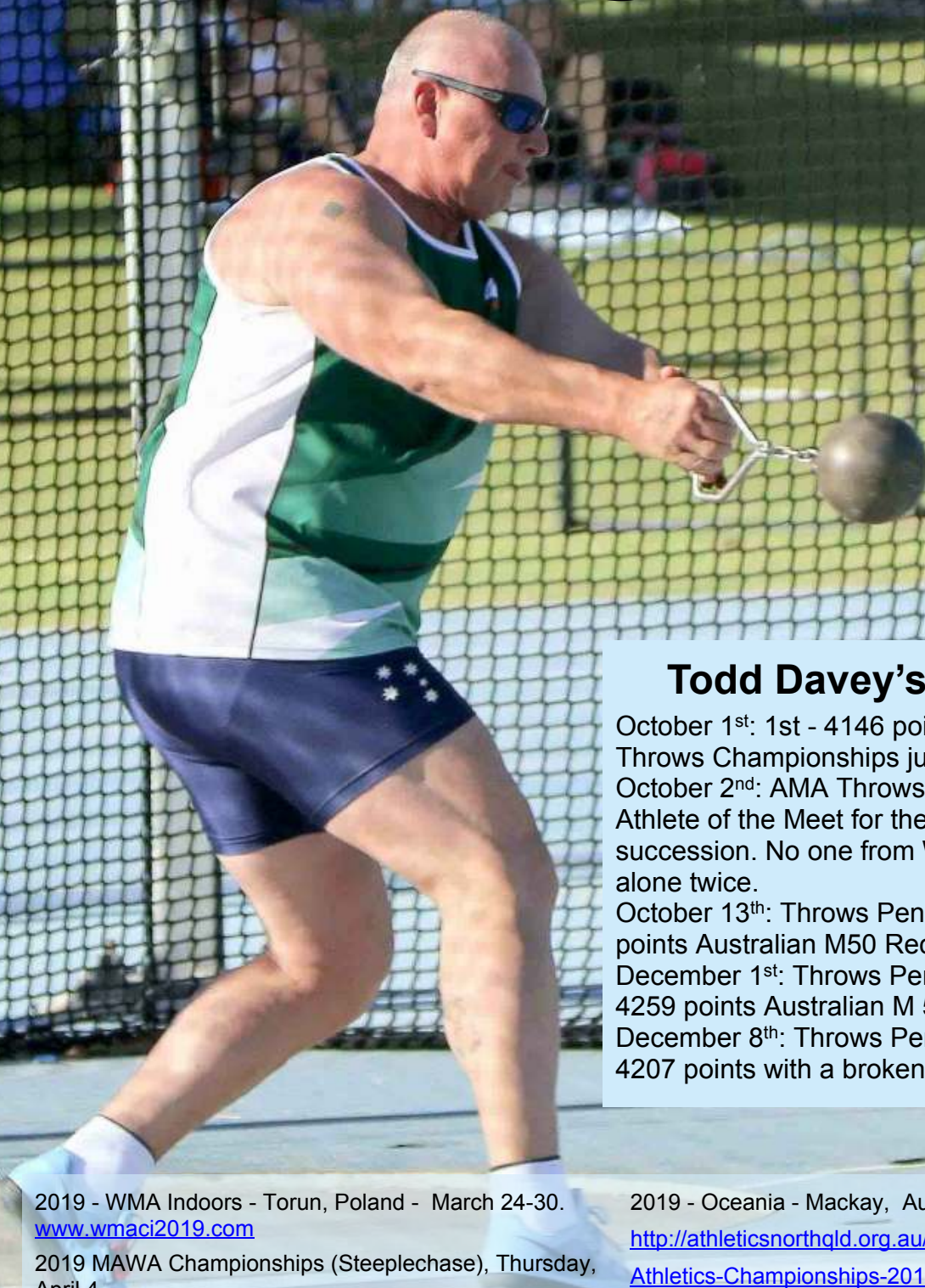
|                               |                  |
|-------------------------------|------------------|
| OMA Registration Fee          | AU\$40.00        |
| Administration Fee            | AU\$50.00        |
| <b>Total Registration Fee</b> | <b>AU\$90.00</b> |

Entry Fee per Event AU\$10.00

Entry Fee per Combined Event AU\$20.00  
(Heptathlon, Decathlon, Pentathlon, Throw Pentathlon)



# Looking ahead



## Todd Davey's record run

October 1<sup>st</sup>: 1st - 4146 points in The AMA Throws Championships just shy of the AR.  
October 2<sup>nd</sup>: AMA Throws Championship Male Athlete of the Meet for the second year in succession. No one from WA has ever won it let alone twice.  
October 13<sup>th</sup>: Throws Pentathlon at ECAC 4251 points Australian M50 Record.  
December 1<sup>st</sup>: Throws Pentathlon at ECAC 4259 points Australian M 50 Record again.  
December 8<sup>th</sup>: Throws Pentathlon in Bunbury 4207 points with a broken leg (Stress fracture).

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

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](http://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](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)