

TFNL



The Track and Field
Newsletter of MAWA

Season 13 Issue 2
November 2019



**Patron's
Trophy
starts**

Wayne Bariolo steps
around the circle in the
Patron's Trophy discus at
WA Athletics Stadium.

Bruce honoured

Bruce Wilson (pictured) began his involvement in athletics in Western Australia in 1980 and has been a devoted servant of the sport ever since both at state and national level. He continues his involvement in myriad ways – not the least as an enthusiastic masters' athlete.

The geographic isolation of his state from the rest of the national activity in athletics meant that the sport nationally relied heavily on committed individuals based in WA for several key reasons. Almost from the beginning of his involvement Bruce was prepared to take on such roles.

Bruce quickly came to understand the requirements for valid recognition of all competitions and what was expected in the staging of national and international competitions. He also made sure this applied to state competitions.

Bruce was key to the conduct of the National Grand Prix Circuit throughout the 1990s. Whether or not he was formally



a member of the local organising committee for each grand prix meet or national championships, Bruce was always available to make a significant contribution.

It was not only in event management that Bruce has made his mark – also being a highly qualified and committed technical official who was more often than

not the go-to man to verify high level performances in Perth. The respect for Bruce was such that if he ticked it off, there was no further question to be asked.

Despite the considerable personal cost, Bruce has been a regular attendee as a technical official at many competitions interstate for more than 25 years. He served as a field judge for the 2000 Paralympics and as a track umpire for the IAAF Grand Prix Final in Melbourne in 2001.

Bruce's contribution to athletics has been acknowledged through the AA Gold Service Award (in 2010) recognising 30 years of quality commitment and with life membership of Athletics WA.

Bruce Wilson's unassuming manner often understates his wide range of expertise and knowledge but is characterised well by his willingness to undertake any officiating role to which he is assigned.

(Athletics Australia website)

Master coach

Margaret Saunders has hit a purple patch breaking three W65 records in four weeks at Tuesday night competition at WA Athletic Stadium. She broke the mile record with a 6:25.8 run followed by the 1000m the following week in 3:42.6. Then in windy conditions in early November, Margaret broke the 1500m record in 5:58.2

The record run may be the result of her Thursday coaching sessions which are open to all masters held at McGillivray Oval each Thursday at 4pm.

Records

Jenn Parker	W50	56lb weight	2.73m	30/9/2019	ECAC	SR
Jenn Parker	W50	100lb weight	1.28m	30/9/2019	ECAC	SR
Andrea Penny	W40	100lb weight	1.01m	30/9/2019	ECAC	SR
Margaret Saunders	W65	Mile	6:25.8	8/10/2019	WAAS	SR
Jo Peters	M65	Discus	47.28m	12/10/2019	Bunbury	*AR
Margaret Saunders	W65	1000m	3:42.6	15/10/2019	WAAS	SR
Warren Button	M30	Hammer	57.44m	22/10/2019	WAAS	SR
Paul Jeffery	M45	Javelin	53.26m	25/10/2019	WAAS	SR
Margaret Saunders	W65	1500m	5:58.2	5/11/2019	WAAS	SR
Paul Jeffery	M45	110m Hurd	16.56	8/11/2019	WAAS	SR
Warren Button	M30	Hammer	58.36m	12/11/19	WAAS	SR
John Fettus	M45	Hammer	42.67m	12/11/19	Bunbury	SR

**Pending Australian record*

Margaret Saunders sets a 1000m record at WA Athletics Stadium.



Björn Dybdahl



Photo: CARMEL MEYER

Björn and Barbara Blurton celebrate with David Carr when David broke the M85 800m word record. BELOW LEFT: Björn leads David. BELOW RIGHT: Powering out of the water jump at the Perth World Championships.

Club stalwart and prolific medallist on every level, Björn Arne Dybdahl crossed life's finish line on Saturday, October 12, with the dignity and integrity he raced with. Björn was a long time member of Masters, often completing the short run followed by the long run in handicapped days when time permitted, while partner Deb Wolfenden competed in the walk.

Proudly Norwegian born, Björn was competitive on the world stage for Australia across a range of events, being a valuable team member in cross country teams on many occasions. His natural speed was combined with sheer hard work, building his endurance to a level where in 2001 he placed third in the open Sri Chinmoy 100km road event in 9:10.43. A fine steeplechaser, a finalist at world level over 800m and one of the finishers in the marathon where the stadium was to witness distressed finishers in the severe heat. There was one certainty, Björn would finish and he did.

Björn was a great pacemaker, and always David's number one choice to help him achieve his World Records.

Björn was able to converse on a myriad of subjects with depth and knowledge, despite a hearing loss and English being his second language. Passionate, but never loud, intellectual, but never condescending he was a popular man, a fierce competitor and a much loved grandfather, father and partner. He will be missed....



Photo: CARMEL MEYER



Peter Crombie retires

By Amanda Coombe

After 60 years as an athlete and 30 years as a coach, Peter Crombie OAM, 'spirit' of master's athletics, has retired from sprinting. His body, in particular his knees, have severely hampered him for more than 10 years and curtailed both his training and racing.

Osteoarthritis and persistent bone bruising have been the main culprits, even after three major knee operations, Synvisc and PRP treatments.

Peter has made an outstanding contribution to our sport as an athlete, coach and administrator and this has been recognised with his recent Order of Australia medal.

There are many highlights of Peter's illustrious career with some of the major ones being:

- 2010 World Male Masters Athlete of the Year
 - 2013 AMA Hall of Fame Inductee
 - 2017 NSW Community Coach of the Year and Distinguished Service Award
 - Won 74 Australian track titles
 - Three times Australian Masters Sprinter of the Year
 - Finalist in every World Title event in which he has competed.
 - 65 World Championship track medals, more than any other male master's sprinter in the world.
 - Best times as a master 100m 11.21, 200m 22.96, 400m 51.30
- Peter has certainly left his mark in both the NSW and Australian record books, with performances that have alluded many aspiring sprinters.

MAIN PHOTO: Peter Crombie competes at the World Champs in Lyon. INSET: Peter poses for the camera in France.



Early Trophy action



Annmarie O'Donovan glances at the clock as she crosses the finish line in the Patron's Trophy 400m at WA Athletics Stadium.

Jenn makes mark

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

By JOHN DENNEHY

The undisputed star of the Patron's Trophy in the discus was Jenn Parker – her 28.33m mark adding a massive 48.43 percentage points to her total. This was a superb score in the traditionally low scoring throwing events, with no other participant scoring in the forties. Des Walsh backed up his fine sprinting form, using his speed in the circle to score in the high thirties, his winter training paying obvious benefits.

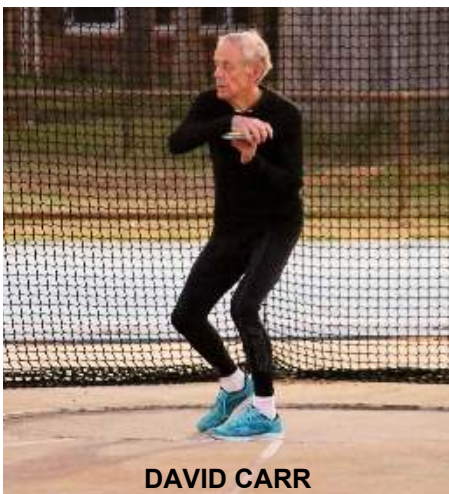
Wayne Bariolo is proving himself a worthy all-rounder with his best effort to balance out his less favoured longer distance events. Sue Coate lost just under

ten points to Jenn to make the women's contest more interesting. Vanessa Carson bravely tackled an unfamiliar event for her with great determination and impressed many with her focus and emerging technique. As usual David Carr performed well under intense scrutiny from the men's field more than one opponent seen calculating the worth of his distance in one of his weaker events.

Jason Kell and David Adams entered the competition with little fanfare but competed with great humour mixed with apprehension and their runner's competitive instincts to provide a sizeable field of competitors.



DES WALSH



DAVID CARR



JASON KELL

Discus

ECAC October 24

			% pts
Jenn Parker	W50	28.33m	48.43
Wayne Bariolo	M50	26.16m	36.08
Sue Coate	W50	22.53m	38.51
Des Walsh	M65	22.18m	34.84
Nick Best	M40	20.88m	31.04
David Adams	M40	13.48m	20.04
Vanessa Carson	W40	12.78m	18.55
Delia Baldock	W55	11.10m	20.82
David Carr	M85	10.74m	28.29

WAAS November 19

Des Walsh	M65	24.93m	39.16
Wayne Bariolo	M50	23.25m	32.07
Jason Kell	M40	16.64m	24.74
David Adams	M40	14.98m	22.27

Determination

Juliana Kelly gets airborne at the start of the 400m.

By JOHN DENNEHY

Eric Liddell, Olympic 400m Champion and immortalised in the film Chariots of Fire, would have been proud of the efforts of the Patron's Trophy competitors as they showed various mixes of determination, focus, fitness, speed and endurance.

David Carr stole a march on the pretenders to his title with a 88.95% run, firmly putting him nine valuable points ahead of Des Walsh's result. David Graeig produced a slick sub sixty lap but he still lost points to Carr. Hans Venter is proving a worthy competitor with consistent efforts over a range of events while

looking towards his stronger suits. marathoner, David Adams rounded the lap briskly as did distance runner Bruce Wilson.

Jenn Parker, primarily known as a thrower, produced a stunning display recording 72.5 (76.57%) and surprise her opponents. Behind her, Sue Coate claimed just over 70% with Annmarie O'Donovan, running on tired legs scored just under 70%. Juliana Kelly, powered her way to a fine 81.0 lap with Delia Baldock content to await her favoured events. Liz Gomez used her speed well to complete her lap and add to her tally.



HANS VENTER



SUE COATE



DES WALSH

400m WAAS October 15

			% pts
Hans Venter	M55	68.7	74.35
Des Walsh	M65	69.3	79.51
David Adams	M40	74.9	61.63
Annmarie O Donovan	W45	76.8	69.00
David Graeig	M35	57.8	77.39
Sue Coate	W50	78.5	70.71
Juliana Kelly	W50	81.0	68.53
Bruce Wilson	M70	86.6	66.84
Delia Baldock	W55	91.2	63.90

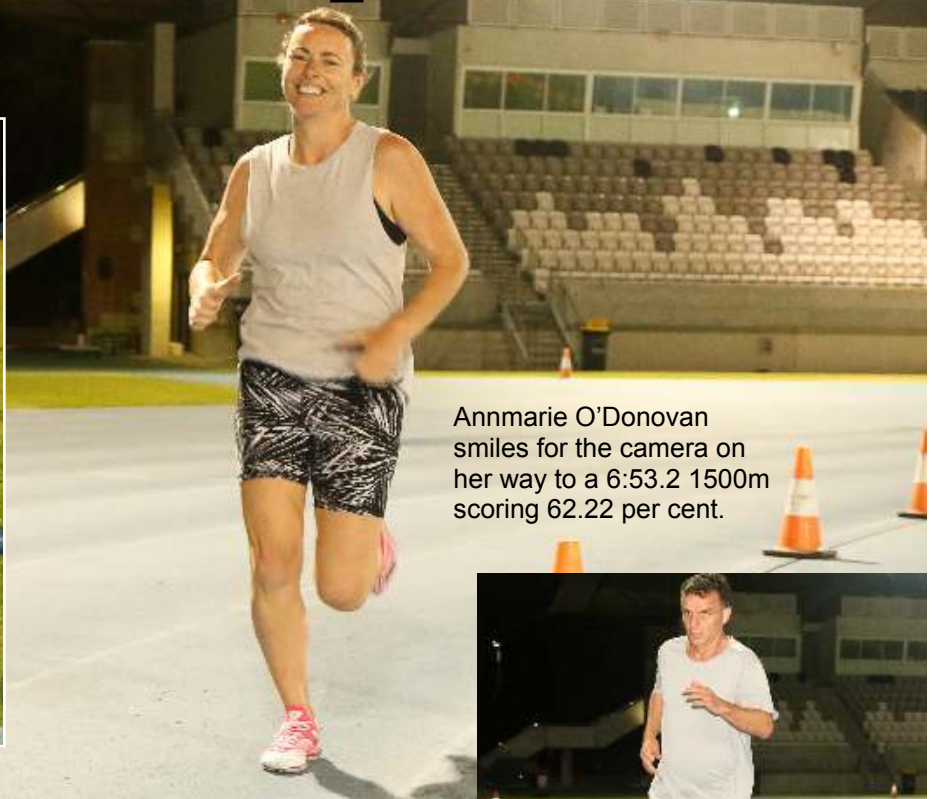
ECAC October 31

Jason Kell	M40	66.5	69.41
Jenn Parker	W50	72.5	76.57
David Adams	M40	73.2	63.06
Liz Gomez	W40	80.1	63.28
Des Walsh	M65	81.2	67.86
David Carr	M85	87.5	88.95
Delia Baldock	W55	1:30.3	64.54

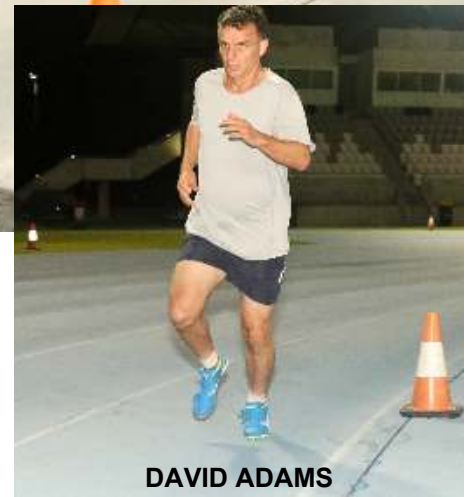
David stamps claim



DAVID CARR



Annmarie O'Donovan smiles for the camera on her way to a 6:53.2 1500m scoring 62.22 per cent.



DAVID ADAMS

By JOHN DENNEHY

World record holder, David Carr, removed any doubt about his form by stamping his authority by scoring over 90% in the metric mile, despite extensive dental work stalling his start in 'the trophy'. His effort would have his competitors reassessing their chances or steeling their resolve in lifting the prize from him.

Bert Carse was left trailing by ten points, but the gaps further back were startling. Des Walsh and Nick Best both scored in the 60% range with David Adams just a few points behind. Wayne

Bariolo and Hans Venter surprised many with their determined efforts.

Vanessa Carson strode around the track imperiously to record a valuable score in the high seventies to show her credentials as a serious contender. Jenn Parker scored well with a gutsy effort as did the ever-smiling Annmarie O'Donovan. Jenn has a strong throwing background and will expect to dominate these events over the next few weeks. Liz Gomez showed an impressive turn of speed and strength with her run suggesting that the event is hardly 'done and dusted' for the women.



LIZ GOMEZ



JASON KELL

1500m

ECAC October 17

			% pts
Nick Best	M40	5:20.7	67.48
Vanessa Carson	W40	5:23.2	76.06
David Adams	M40	6:01.5	59.86
Bert Carse	M75	6:25.6	81.49
Des Walsh	M65	6:45.4	67.49
Jenn Parker	W50	6:46.2	66.34
Delia Baldock	W55	8:46.3	53.79

WAAS October 22

David Graieg	M35	5:29.6	63.05
Jason Kell	M40	5:48.3	62.13
David Adams	M40	5:51.2	61.62
Liz Gomez	W40	6:13.3	65.85
Wayne Bariolo	M50	6:18.3	62.37
Hans Venter	M55	6:23.9	64.36
Annmarie O Donovan	W45	6:53.2	62.22
David Carr	M85	7:17.5	91.95
Delia Baldock	W55	7:54.9	59.61

Patron's Trophy

Wayne takes honours



WAYNE BARIOLO

Delia Baldock
prepares for
landing.

SUE COATE

By JOHN DENNEHY

Powerfully built Wayne Bariolo used his undoubted speed to take the honours in the Patron's Trophy long jump, scoring 70.19% with the slightly built David Graieg jumping an impressive 5.94m (68.43%) for distance honours. Darkhorse contender, Hans Venter, who runs a good 5000m and is a state record holder in the high jump, kept in touch with the leaders with his best effort and Des Walsh also scored well. Perennial winner, David Carr remains in the chase for the trophy by surviving a weak event uninjured. Nick Best, who has been running middle distances very well also came through

unscathed, setting up an intriguing competition.

Jenn Parker established herself as a threat to former titleholder Sue Coate with a six-point lead in the women's event. Both women are impressive over a variety of events and appear to be early favourites for the trophy, barring injury. Delia Baldock returned to form in one of her strongest events with Annmarie O'Donovan also scoring well.

Runners, Vanessa Carson and Liz Gomez both looked surprisingly comfortable in unfamiliar territory, scoring valuable points, biding their time before their stronger events.



VANESSA CARSON



DES WALSH

Long jump

ECAC October 24

			% pts
Wayne Bariolo	M50	5.11m	70.19
Nick Best	M40	4.22m	51.40
Jenn Parker	W50	4.15m	69.17
Sue Coate	W50	3.75m	62.50
Des Walsh	M65	3.53m	59.93
David Adams	M40	3.49m	42.51
Delia Baldock	W55	3.22m	57.40
Vanessa Carson	W40	2.60m	38.40
David Carr	M85	1.76m	43.56

WAAS October 29

David Graieg	M35	5.94m	68.43
Wayne Bariolo	M50	4.79m	65.80
Hans Venter	M55	4.49m	65.84
Jason Kell	M40	4.03m	49.09
Sue Coate	W50	3.93m	65.50
Annmarie O Donovan	W45	3.88m	60.72
David Adams	M40	3.61m	43.97
Delia Baldock	W55	3.45m	61.50
Des Walsh	M65	3.37m	57.22
Liz Gomez	W40	2.45m	36.19

Athletics captivates

Champion thrower James (Jim) Davis was born in Leicester, England in 1934. Shortly after, his family moved to South East London. In 1943, seven-year-old Jim found himself evacuated to the relative safety of Somerset. It was very traumatic leaving his mother, who was a nurse and his father who was already away serving in the RAF. There was a bright moment though. The sports carnival was held the day after he started school in Somerset. Jim was captivated as this was the first time he had seen athletics. He remembers a few events - 100-yard dash, long jump and cricket ball throw. When he returned to London after the war his mother enrolled him in the local athletics club, South London Harriers. And so began a love affair with athletics that has lasted some 79 years.



In focus

With Carmel Meyer

Sadly his dad was killed in action so Jim joined the workforce early, becoming an apprentice printer at thirteen. The National Service call-up saw Jim follow in his father's footsteps and enter the RAF. He was in the airforce for eight years, working as a Physical Training Instructor. He recalls this time fondly, especially the very first camp he went to, where he saw someone throw the hammer in competition. He remembers his eighteen-year-old self-thinking, *'Woah! that's good, I'd love to learn to do that!'* Learn it he did. He later finished second in the RAF championships hammer event. He also developed considerable skill in soccer and basketball. Jim's advice to novice throwers is don't try to throw too hard until you have mastered technique; force and distance will follow once technique is solid.

Jim left the airforce in 1960 and with sponsorship from a Melbourne soccer club he emigrated to Australia with his first wife Jackie. They have three adopted children, who all live on the East coast. Jim worked as a Phys. Ed teacher; first with the Education department and then for fifteen years in private schools. He also coached (Level 2 - athletics) with the NSW Academy of Sport for about six years and over time has used this coaching background to develop his throwing skills. Jim tells the delightful story of how, whilst teaching in Victoria, he looked over a line-up of schoolboy hammer throw hopefuls. The small guy on the end was Gus Puopolo. Jim had his doubts about him but Gus proved him wrong by becoming a Commonwealth Games thrower and is now *'...one of the best coaches in Australia.'* Gus and Jim remain friends and Jim recently *'...twisted Gus' arm...* and got him to come out of retirement and throw again.

CONTINUED – next page



Jim at a young age



FROM – previous page

Australia Jim maintained his Harriers connection, joining St. Stephen's Harriers, which he remembers was the top athletics club in Victoria in those days. In the early 1970s, Jim joined the newly formed Veterans Athletics following two chance encounters with thrower John White who encouraged him to sign up. After retirement, Jim and Jackie moved to Port Macquarie. Jim stayed on thereafter Jackie passed away, keeping himself fit and busy. He even joined a local dance club.

Jim developed Ischaemic Optical Neuropathy in his seventies. This debilitating visual impairment, caused by insufficient blood supply to the optic nerves, means Jim has minimal sight in his left eye and about 15% in his right eye. In a testament to his character Jim has made the best of a difficult situation and has not let his vision issues prevent him from enjoying life. He is very grateful to his second wife Carol, and his training buddy Ossi Igel for the essential support they provide.

In a roundabout way, Jim has Masters Athletics to thank both for his move to WA and for his second wife Carol! He intended to participate in the 2010 Perth AMA Championships. However, his friends were concerned it would be difficult for Jim to get around in Perth given his disability so they decided to find him a lady friend via the internet who could care for him while he was here. Jim chuckles as he recounts how five ladies rose to the challenge. He left it to his friends to make the final choice for him, citing his lack of clear vision! He met Carol, and they hit it off straight away. Their relationship thrived despite the difficulties of a long-distance romance and they have now been married for nine years and live in Mandurah.

Jim is still throwing well despite having had a hip and a shoulder joint replacement. When asked about other injuries he ruefully recalls the time he was awaiting his turn to throw at the British Championships. The thrower in the cage was off-balance, his hammer flew and landed on Jim's foot, crushing it. Jim says his foot was

'...reassembled using staples and, eventually, I got over it'.

Hammer is Jim's favourite event. He recently threw 32.62 m, breaking the M85 Australian record. He is now looking to competition later in the year where he hopes to make the Throws Pentathlon record his as well. Jim knows that as he approaches eighty-six, maintaining good physical health is essential *'...I've been lucky so far...I'm looking forward to getting on with it and to still be competing at ninety!'* He feels his greatest achievement is his Hammer bronze medal at the 2001 Brisbane World Championships. A continuing pleasure is catching up with fellow competitors from other states. He mentions Victorian athlete Tommy Hancock - *'Tom and I have been competing against each other for something like sixty years! I've met some wonderful people in athletics, absolutely wonderful.'*

Protein needs

Protein is in every living cell in the body and has many functions. Proteins are organic compounds and supply amino acids to build and maintain healthy body tissue. There are twenty essential amino acids the body requires in order to function efficiently. Eight of these amino acids must be provided by the foods eaten, whilst the others are manufactured in the body. Production of enzymes, hormones and antibodies, carrying of important nutrients, and maintaining an effective immune system depend on protein in the body to be maintained correctly. Hair and nail are mostly made of protein.

From an athletic viewpoint, protein is vital due to its importance in repairing damage to tissue, such as muscles, bones and cartilage, that have occurred during training sessions. Normal wear and tear, or injuries, also require protein for repair.

Nutritional considerations relating to the amount of protein required will differ from younger to older masters athletes. The importance of protein in the diet appears to increase as we age. Being protein deficient makes you more prone to infections and can



the edge

With Margaret Saunders

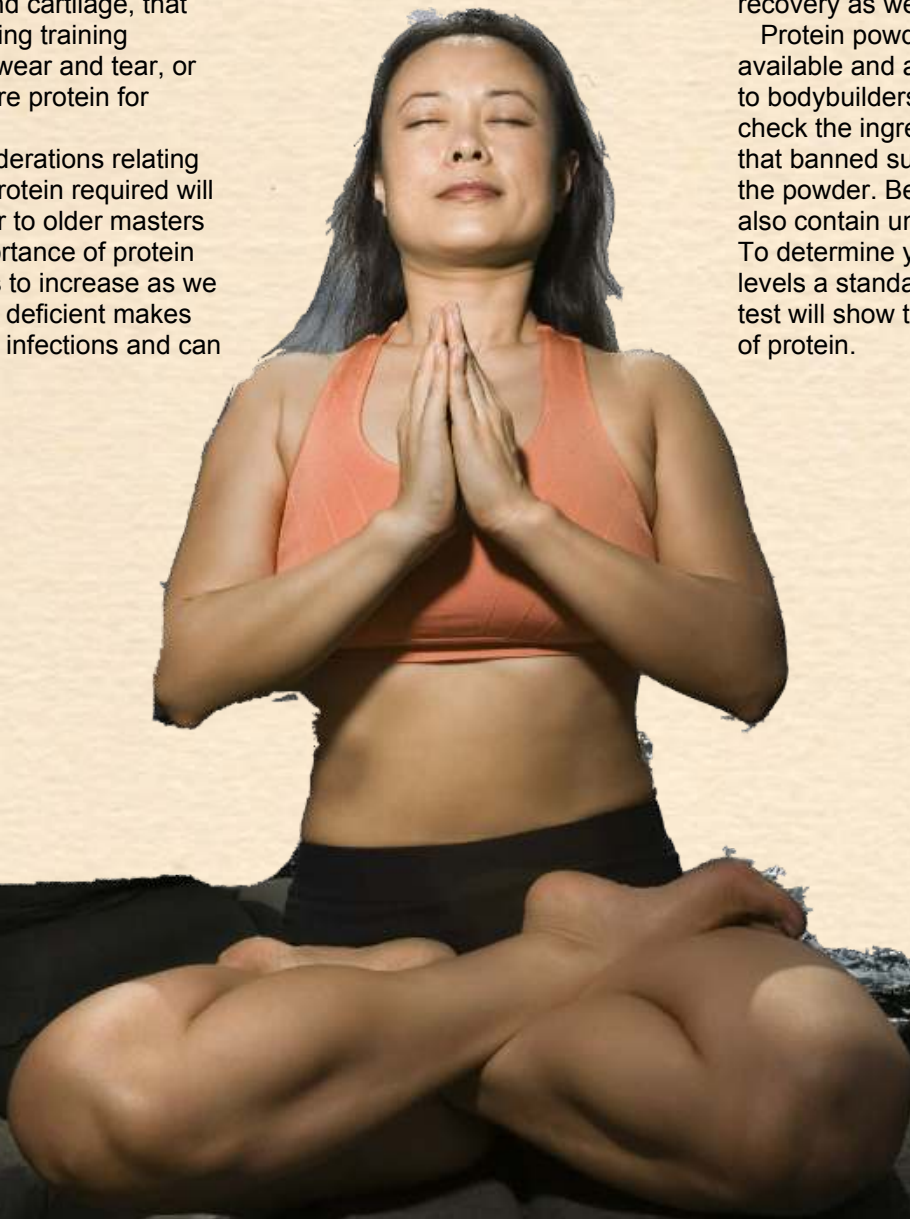
be related to a decrease in muscle mass as we age.

Protein is available in meats such as lean beef, pork, lamb, skinless chicken, shellfish; dairy products such as yoghurt or cheese and other sources such as eggs, nuts or seeds, baked beans or tofu. Proteins from meat and other animal products are considered complete proteins, whereas most plant proteins are considered incomplete – different

types of plant proteins must be taken together to get all essential amino acids. Soybeans and quinoa are complete proteins. Some plant foods which contain good sources of protein are lentils, tofu, chickpeas, kale, almonds or peanuts.

The body does not store protein, therefore, it must be part of the daily diet. It may be a good idea to evenly distribute the protein over the day. However soon after completing a hard training session, particularly interval type sessions or competition, protein should be eaten. There are protein bars that may be suitable for post-competition or training. When returning from injury protein intake should be monitored, as masters athletes often show a slower rate of recovery as we age.

Protein powders are readily available and are generally marketed to bodybuilders. It is essential to check the ingredient list to ensure that banned substances are not in the powder. Beware that some may also contain undisclosed ingredients. To determine your individual protein levels a standard total protein blood test will show the results of two types of protein.





LEFT: Vicky Cobby returns to competition in Perth in a heat of the 100m at WA Athletics Stadium.

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

12-Nov	60	800	100	5000	long/triple	Hammer	Discus
19-Nov	400	1 mile	200	3000	long/triple	Discus	Shot
26-Nov	60	200	800	5000	high	Javelin	Hammer
03-Dec	100	1500	400	3000	triple	Hammer	Discus
10-Dec	60	1000	200	5000	long/triple	Javelin	Shot
17-Dec	100	1500	300	3000	high	Discus	Shot
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



ABOVE: John Dennehy shows off his Kenyan heritage.

LEFT: Vanessa Carson and Campbell Till run the main straight:

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)

07-Nov	60	1 mile	200	3000		long	Discus	Hammer
14-Nov	60	1500	300	s hurdles	5000	high	Shot	Weight
21-Nov	100	1000	400	3000		triple	Hammer	Weight
28-Nov	60	1500	200	5000		long	Discus	Shot
05-Dec	100	800	200	3000		high	Javelin	Weight
12-Dec	60	200	800	5000		long	Hammer	Weight
19-Dec	1500	400	3000	100	steeple	high	Javelin	Shot
02-Jan	Open for training							
09-Jan	200	800	3000	100	steeple	long	Hammer	Shot
16-Jan	l 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	l 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



Juliana Kelly (left) and Barrie Kernaghan both recorded 15.8 secs in a heat of the 100m at WA Athletics Stadium. Fran Cherry (partially obscured) ran 16.4 secs.

Track action hots up

By **JOHN DENNEHY**

While the Patron's trophy has been the focus for many Masters, there has been a plethora of top-class performances at both venues. Wayne Bariolo (M50) has managed to combine both events like a true multi eventer with scintillating sprint times of 7.9 in the 60m, 13.61 in the 100m. Des Walsh (M65) is also showing good form running a 300m in 49.3, throwing the discus 24.05m, recording a 7.25m shot and closing in on the sub 30 second barrier in the 200m.

Lisa Limonas (W50), looked impressive running the 100m in 14.1 before joining the FIFO brigade but has managed to keep up a consistent training regime despite this lifestyle change, with gym sessions while away at mine sites up north. Lenz Keel (M75) is showing excellent speed for a primarily 800m runner with times of 9.4 in the 60m and 15.5 in the 100m. It will be interesting to see his results as he extends his racing to the longer distances.

Barrie Kernaghan, in the same age group, is also dropping fast times in the sprints as he prepares for his new age group next year. The consummate professional, Barrie will be amongst the medals in Toronto given this early form.

Chris Schelfhout (W50) is consistently over the 30m mark in the hammer throw, with Andrew Ward (M55) and Norman

Stanger (M80) also performing well in all throws. Michelle Krokosz (W30) spreads her talent and energy over many events with equal aplomb. Geoff Gee (M65) is another thrower in great shape, combining competing and coaching some of the newer members who are always welcomed in the throwing arena.



IAN HANNABY

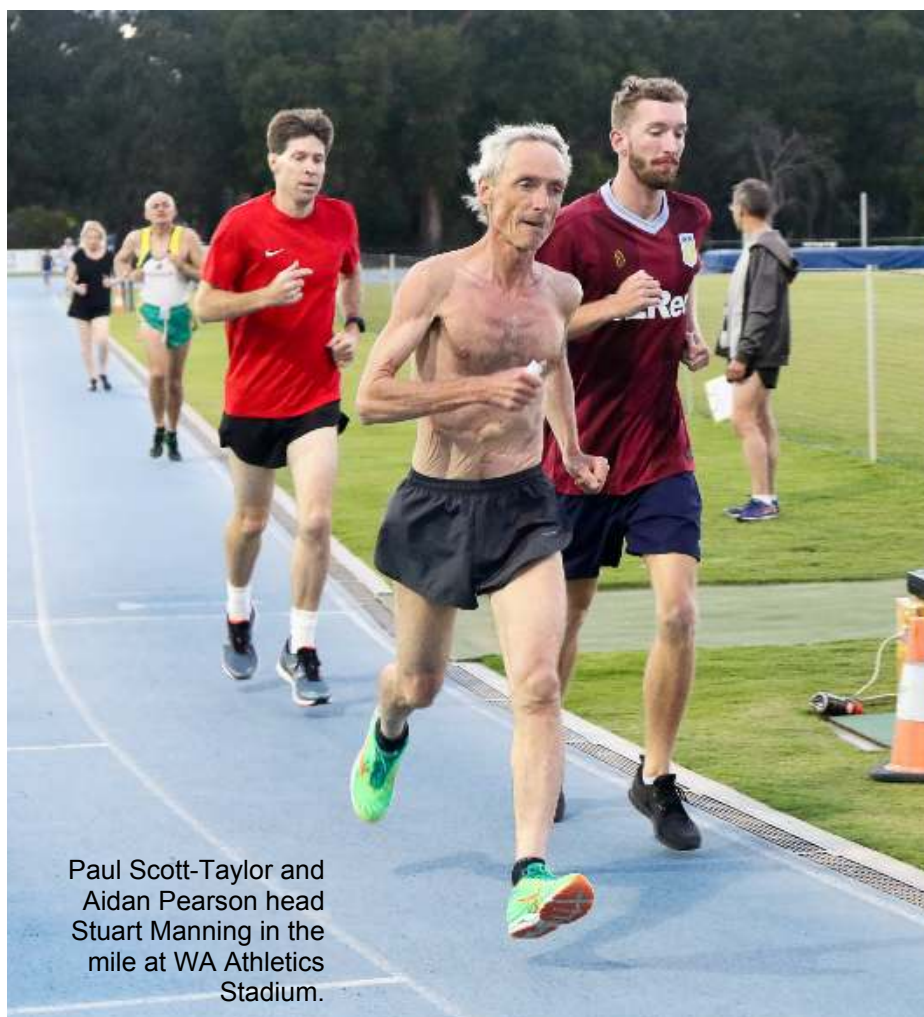


MICHELLE KROKOSZ

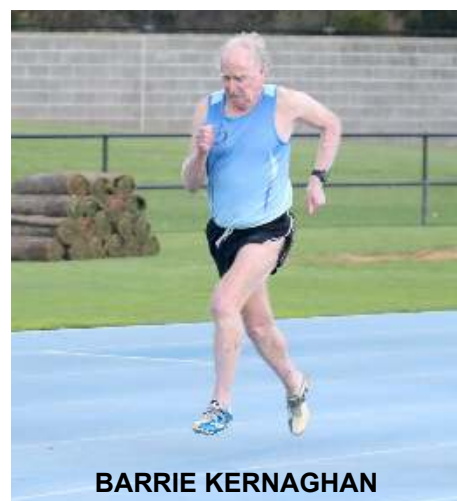


Campbell Till floats across the track in the early stages of a 400m to stop the clock at 63.8 secs. Ivan Brown follows.

Campbell strides out



Paul Scott-Taylor and Aidan Pearson head Stuart Manning in the mile at WA Athletics Stadium.




BARRIE KERNAGHAN



NICK BEST



Looking ahead



Renae Szostak powers off the board to record 4.43m in the long jump at Ern Clark Athletic Centre.

MAWA 10,000m Championships, Thursday, March 12
MAWA Steeple Championships, Thursday, March 26
MAWA Pentathlons, 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

2020 - WMA Champs - Toronto, Canada - July 20 to August 1. www.wmatoronto2020.com
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