

TFNL



The Track and Field Newsletter of MAWA

Season 13 Issue 1
October 2019



Taking a "victory lap"
after the gruelling
heptathlon are (from
left) Sue Coate, Jess
Dux (rear), Marge
Allison, Vicki
Townsend and the
amazing Dash
Newington.

Mackay magic

Oceania Championships
– starts page 6

Summer season to start



This summer season begins with Tuesday night competition at WA Athletics Stadium (WAAS) followed by competition on the Thursday night at Ern Clark Athletic Centre (ECAC).

A revised Patron's Trophy was held last season and starts this season with a 400m on October 15 at WAAS and the same distance the following Thursday at ECAC. Last season the number of events was reduced to 11 so that there is no need for more than one per week in the October to December period. This achieved a better balance between track and field, achieved by reducing the running events. All you need to do is to complete nine events and the best nine count.

The events are: 100m, 400m, 800m, 1500m, 5000m, LJ, HJ, TJ, Shot Put, Discus, Javelin, so with nine to count everyone has to do at least one run, one jump and one throw. Athletes will still be able to compete in the same events at ECAC and WAAS but only the best result in each event will count.

Consider entering the Patron's Trophy this year – it has a long tradition within MAWA. All finishers receive a commemorative certificate.

The current trophy holders (pictured below) are Gillian Young and Campbell Till.



MAWA RECORDS

Sue Coate	W50	High jump	1.40m	Mackay	SR
Sue Coate	W50	Hepthathlon	4412 pts	Mackay	SR
Sue Coate	W50	Javelin (in hept)	31.65m	Mackay	SR
Sue Coate	W50	Pentathlon	3216 pts	Mackay	SR
Andrew Brooker	M50	Decathlon	5954 pts	Mackay	SR
Margaret Saunders	W65	2000m Steeple	9:29.52	Mackay	AR
Ruth Johnson	W75	High jump	1.00m	Mackay	=SR

Records set over winter

Cecil Walkley	M90	200m	2:19.0	May 16	SR
Cecil Walkley	M90	1 mile	21:07.4	June 6	SR
Cecil Walkley	M90	1000m	12:25.0	June 20	SR
Cecil Walkley	M90	1 mile	19:03.0	June 11	SR
Cecil Walkley	M90	200m	2:09.8	June 11	SR
Dee Roe	W50	Half marathon	1:30.58	August 4	SR
Warren Button	M30	Hammer	55.48m	August 18	SR

Prepare for summer

Once again, we are rapidly approaching the beginning of our summer season. Time seems to fly past so quickly - it feels like it was just yesterday when I was sitting watching the national championships in Melbourne. Since then winter has seen cool days and evenings which has sometimes made it difficult to be motivated to train. Now with sunny days, the self-motivation should be improved.



the edge

With Margaret Saunders

The winter season should have been the time to consolidate your strengths and work on improving weaker areas. It is essential to continually monitor your progress and make the necessary adjustments to training sessions. Your base fitness should be strong so that when your programme determines it, you are physically prepared for the harder training sessions.

All components of fitness should be considered, and then the priorities for your particular event determined. Technique work is important to maintain all year round. This is a key component of all events and is often the key to not becoming injured as the season progresses.

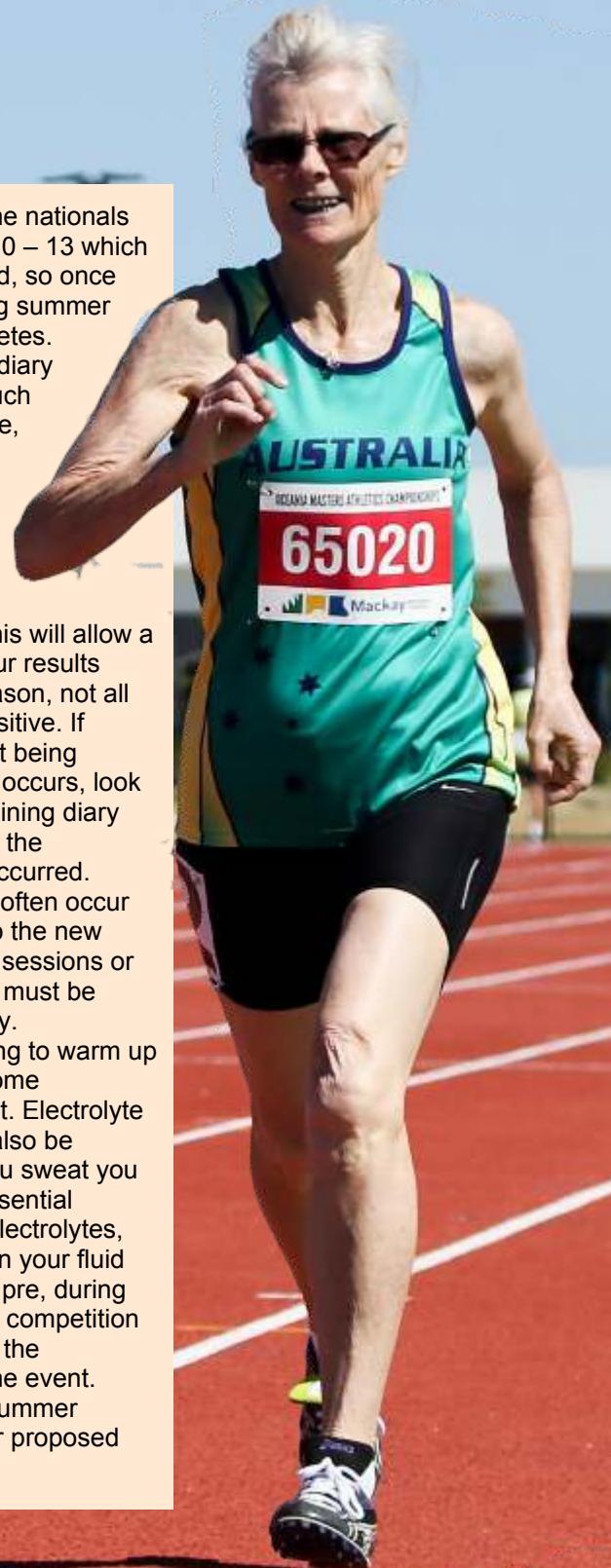
Plan your training and competition programmes to peak for your chosen major competition, which may be the state or national championships.

Brisbane is hosting the nationals next year from April 10 – 13 which is the Easter weekend, so once again it may be a long summer season for many athletes.

Maintain a training diary and keep notes on such things as performance, weather conditions, muscle soreness, injuries, illness or anything else that may have a negative or positive effect on your performance. This will allow a critical analysis of your results and, being a long season, not all outcomes may be positive. If improvements are not being achieved or an injury occurs, look back through your training diary and determine where the overload may have occurred. Muscle soreness will often occur as the body adapts to the new load, intense training sessions or competition, but care must be taken to prevent injury.

The days are starting to warm up so hydration will become increasingly important. Electrolyte replacement should also be considered. When you sweat you lose fluid and also essential minerals, known as electrolytes, which help to maintain your fluid balance. Nutrition for pre, during and post-training and competition should be relevant to the nutritional needs of the event.

Enjoy the coming summer season and may your proposed goals be achieved.



Margaret Saunders heads to a gold medal in the W65 800m at the Oceania Championships.

Barbara's back on track



Barbara Blurton received the 2018 AMA Administrator of the Year award and is well known as half of the dynamic duo whose contribution to Masters Athletics is world-renowned. A look at Barbara's history as an athlete is long overdue however. Her vast experience, extraordinary success interspersed with trials and tribulations, provides motivation for all athletes.

London born and raised, Barbara showed early promise as a runner, leaving male classmates in her wake. Athletics was not offered at the schools she attended so Barbara utilised her running skills playing hockey. Considerable success followed and while at Leeds University studying Mathematics, Barbara competed with the University First Eleven, eventually representing West Wales. Her enjoyment of hockey waned though,



In focus

With Carmel Meyer

following patella re-alignment surgery and the introduction of the all-weather surface. At this stage she met Richard and they went running together. Barbara joined the Southern Counties Vets and had some success as a sprinter, however in Richard's opinion she didn't really have the raw power required for sprinting. Barbara was horrified when he suggested 400m as her event, but that horror turned to interest when, with no prior training, she ran a 64sec 400m on the local cinder track!

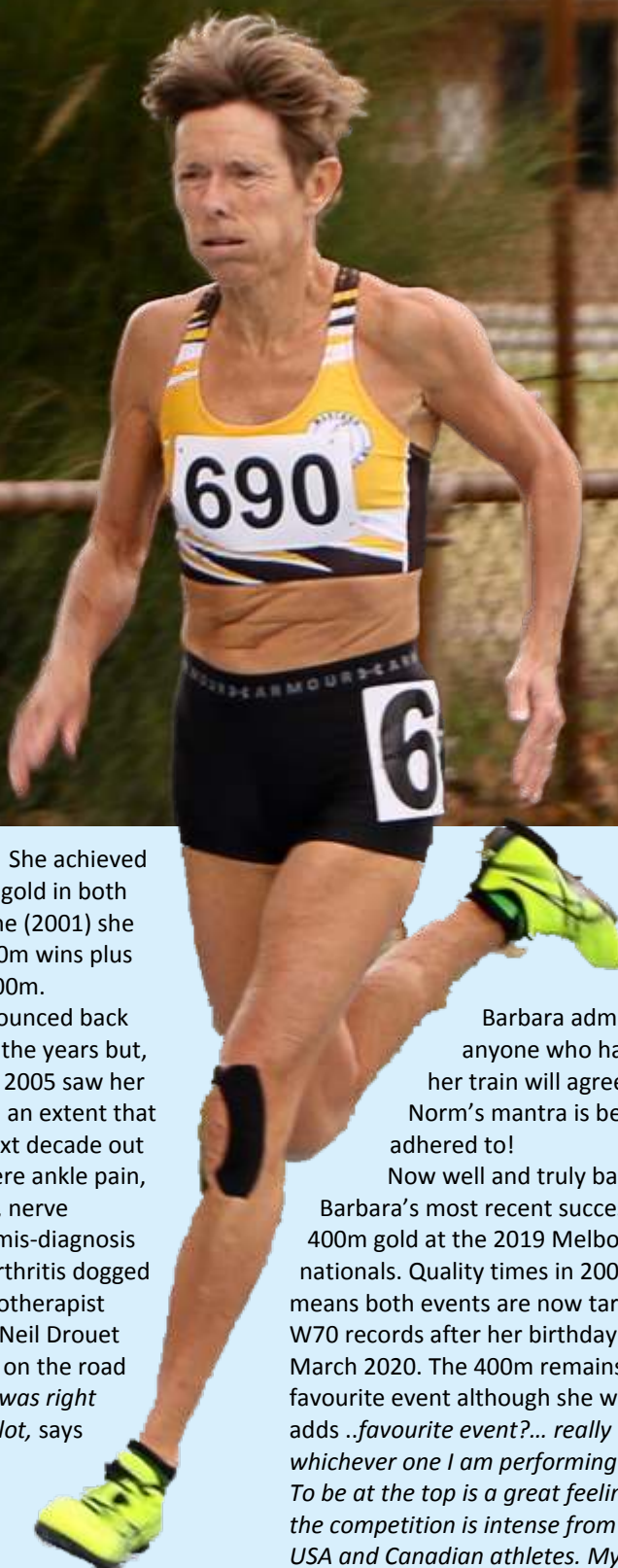
In 1989 the Blurtons combined a holiday with the Veterans World

Championships in Eugene, Oregon. Barbara came fifth in the W35 400m (PB of 60.79) and won gold in the 4 x 400m relay. She has always considered her Eugene performance a source of inspiration. Barbara then joined the South London Harriers (of Gordon Pirie fame), training with Olympic coach Mike Smith. Success continued when at Turku, Finland (1991) she won her first individual gold, W40 400m (58.38sec).

In 1992, a temporary stay in Australia became long term. Barbara missed the 1993 Japan Worlds due to achilles surgery but after moving to Melbourne in 1994 she started training for Buffalo with original AIS coach, Norm Osborne. The 1995 Buffalo WMA Championships produced what has been described as one of the all time best masters track races.

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with help from physio



FROM – previous page

Barbara came up against champion Americans Mary Libel and Phil Raschker. She was momentarily disappointed to finish third, despite achieving her 400m PB of 57.91sec, until Richard told her all three athletes had broken the existing World Record! Barbara's time was also a European Record, which she held for an extraordinary 23 years. It was finally broken in 2018 by Nina Anderson, also from Great Britain. Barbara is believed to be the first MAWA member to hold a European Record. She also ran for GBR in the 4 x 400m and has since found out that the Australian team spent time strategising how to overcome the 'Blurton Effect'; must have paid off as Australia won!

A pivotal moment in Barbara's career was unexpectedly winning the 800m gold in Buffalo as she then came to realise the W45 800m WR was achievable. She broke it twice in 1996, running in open competition at Olympic Park, Melbourne ...*magical nights...* she remembers. In Durban (1997) Barbara was the hot favourite for both 400m and 800m. It was a championship that she rates as her

most successful. She achieved the double, plus gold in both relays. In Brisbane (2001) she took the 400/800m wins plus W50 WR in 4x 400m.

Barbara had bounced back from injury over the years but, catastrophically, 2005 saw her succumb to such an extent that she spent the next decade out of athletics. Severe ankle pain, knee operations, nerve disorders and a mis-diagnosis of rheumatoid arthritis dogged her. It was physiotherapist and good friend Neil Drouet who set Barbara on the road to recovery. *He was right and I owe him a lot*, says Barbara.

My first Parkrun in July 2016 was a milestone and finishing the Perth x-country was a psychological boost.

Barbara now trains with a modified version of Norm Osborne's regime. She remembers Norm as a superb coach who was fond of saying, *Put in the hard work and the results will follow*; not very original

Barbara admits but anyone who has seen her train will agree that Norm's mantra is being adhered to!

Now well and truly back,

Barbara's most recent success was 400m gold at the 2019 Melbourne nationals. Quality times in 200m means both events are now targets for W70 records after her birthday in March 2020. The 400m remains her favourite event although she wryly adds *...favourite event?... really whichever one I am performing best in! To be at the top is a great feeling, but the competition is intense from UK, USA and Canadian athletes. My desire to win is still there as I showed in the Nationals 400m final.*

Barbara loves to travel and although she says she prefers the *easier* walks, she is a willing companion for Richard on his historical and pilgrimage hikes both locally and international.

Golden medal feast

By JANET NAYLON

The North Queensland city of Mackay turned on the heat to welcome over 450 athletes from 19 countries for the 20th Oceania Masters Athletics Championships from 31 August to 7 September 2019.

The most common comment from athletes was they had come to Mackay to escape cold winter temperatures. No one

left disappointed as we bathed in glorious sunshine every day, albeit windy in the afternoons, and this was conducive to great performances on the brand new track. Everyone had a spring in his or her step!

The first day was a little disconcerting though as we were greeted with a plume of 'smoke' from a nearby factory – we learnt quickly that this was one of many

sugar refineries in the area and were we inhaling carbs!

Heather Carr (Victoria) led the Australian charge through the record books with a world record (pending ratification) in the Women's 70 years 3000m race walk on the penultimate day of competition. Her time of 18:01.06 bettered the mark of 18:05.0 set by Britta Tibbling of Sweden in 1989.

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Heather Carr (70005) on her way to breaking the world 3000m record.

Check out www.mastersrankings.com for Oceania records list

Mackay's new track

The Oceania Masters Championships were held at the newly opened sports facility, the Mackay Aquatic and Recreation Complex with 450 athletes from 19 countries – 14 Oceanic Federations – Australia, New Caledonia, Vanuatu, Cook Islands, New Zealand, Fiji, Norfolk Island, French Polynesia (Tahiti), Northern Marianas Islands, Guam, Papua New Guinea, Nauru and Tonga along with visitors from Great Britain, United States of America, India, Mongolia and Czech Republic. The next edition of the championships will be held at Norfolk Island 17-23 January 2021

Margaret Saunders powers out of the water on her way to an Australian record in the W65 2000m steeplechase.



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Also making it into the Australia record books were:

Helen Searle (Qld) W80 Hammer 27.03m and W80 Shot Put 9.24m

Jim Sinclair (VIC) M95 60m 15.24s and M95 100m 25.39s

Gwen Gleeson (ACT) W90 60m 16.74s

June Lowe (NSW) W65 Throws Pentathlon with a total of 4361pts

Margaret Saunders (WA) W65 2000m Steeplechase 9:29.52

In addition, many athletes set local state and club records.

Australians dominated their events and it was no surprise to see several athletes winning multiple medals. The multi-event athletes, in particular, lead the way and stand-out performer was **Vicki Townsend** (NSW) who won the W55 Heptathlon, Pentathlon, 60m, 100m, 200m, 80m hurdles, High Jump, Long Jump, Triple Jump and Shot Put. To round out the week, Vicki collected silver in the Discus and Throws Pentathlon.

Some multiple gold medal highlights include:

Carol Davis (QLD) - W65 60m, 100m, 200m, 400m, Long Jump, Triple Jump, Javelin, Pentathlon, 4x100m

Lenore Lambert (NSW) - W45 60m, 100m, 200m, 400m, 80m Hurdles, 400m Hurdles, Long Jump, and High Jump in a Personal Best of 1.58m, 4x100m

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Carol Davis leads Rosemary Dean in the 200m.



Jess Dux (8.29) pips New Zealand's Ugen Iyer (8.36) in the 60m.



GARY PARKINSON

FROM – PREVIOUS PAGE

Karen Long (SA) - W40 60m, 100m, 200m, 400m, Shot Put, 4x100m, Medley Relay

Luke De Biasi (VIC) - M55 60m, 100m, Pentathlon, 4x100m, Medley Relay

Gary Parkinson (QLD) - M50 60m, 100m, 200m, 400m, 4x100m, Medley Relay

Craig Hookey (QLD) - M45 60m, 100m, 200m, 400m, 4x100m, Medley Relay

Mary Thomas (NSW) – W75 Javelin, Discus, Hammer, Shot Put and Throws Pentathlon

Jayne Hardy (ACT) – W55 Javelin, Discus, Hammer, Weight Throw and Throws Pentathlon

It's always exciting to see close rivalries develop and the W35 sprinters didn't disappoint with **Jess Dux** (AUS) taking the 60m win in 8.29s from New Zealand's **Ugen Iyer** 8.36s. Ugen turned the tables in the 100m with 12.92s to Jess 12.94s and in the 200m it was even closer, Ugen 26.76s, Jess 26.77s.

Local Mackay athlete, **Kevin Galea** (M50) re-started athletics three years ago when his son started competing at school and now the drive to beat personal bests is a family past-time. Kevin medalled in five of his six events, including gold in the

Javelin and Discus. He said, "Nothing beats the feeling of a perfect javelin throw".

On a personal note - Mackay was my first Oceania Championships and I was excited to win some medals, however, the event that stands out most for me was meeting **Sheril Buchanan** (QLD, W40). Sheril was a Year 7 student at the school where I taught PE when I was fresh out of university. We shared some memories from that time and it turned out I had some camp photos Sheril had never seen. It was exciting to hear of Sheril's journey, to see her results and hear she is a PDHPE teacher!:



JANET and SHERIL

Aussies lead medals

By JANET NAYLON

Australians dominated their events winning 867 of the 1,202 medals awarded and it was no surprise to see a number of athletes winning multiple medals. The combined events athletes, in particular, lead the way and stand-out performer was **Vicki Townsend** (AUS) who won the W55 Heptathlon, Pentathlon, 60m, 100m, 200m, 80m hurdles, High Jump, Long Jump, Triple Jump and Shot Put. To round out the week, Vicki collected silver in the Discus and Throws Pentathlon. **Dash Newington** (GBR) W35 earned the most medals by winning gold (8) in 2000 Steeplechase, 10000 Racewalk, 3000 Racewalk, 5000 Racewalk, Triple Jump, High Jump, Pole Vault and Hammer; silver (4) in Discus, Weight Throw, Throws Pentathlon, Heptathlon and bronze (2) in 100m Hurdles and 400m Hurdles. **Helena Dinnissen** (NZL) W30 competed in 60m, 100m, 200m, 400m, 100m Hurdles, 400m Hurdles, Long Jump, Triple Jump and High Jump and won each! Her nine gold medals earned was second only to Vicki.

Eight Gold Medals:

Jim Blair (NZL) M85 in Long Jump, High Jump, Shot Put, Discus, Javelin, Hammer, Weight Throw and Throws Pentathlon

Carol Davis (AUS) W65 in 60m, 100m, 200m, 400m, Long Jump, Triple Jump, Javelin and Pentathlon.

Lenore Lambert (AUS) W45 in 60m, 100m, 200m, 400m, 80m Hurdles, 400m Hurdles, Long Jump, and High Jump in a Personal Best of 1.58m.

Allan Wood (AUS) M80 in 60m, 100m, 200m, Long Jump, Triple Jump, High Jump, Javelin and Pentathlon

Eleven Medals:

Steven Cragg (AUS) M30 won gold (7) in 60m, 100m, Long Hurdles, High Jump, Triple Jump, Javelin and Shot Put, silver (4) in Discus, Hammer, Weight Throw and Decathlon.

Suzanne Coate (AUS) W55 won gold (7) in 60m, 100m, 400m Hurdles, Triple Jump, High Jump, Shot Put and Javelin; silver (3) in Discus, Hammer, Weight Throw and Decathlon.

June Lowe (AUS) W65 won gold (6) in High Jump, Shot Put, Discus, Hammer, Weight Throw and Throws Pentathlon; silver (3) in 80m Hurdles, Long Jump and Javelin; bronze (2) in 60m and 100m.



Vicki Townsend won 12 gold and two silver medals to lead the individual medal tally.

Oceania Top Medallists

(Courtesy of mastersrankings.com)

Complete Name	Gender	Country	Gold	Silver	Bronze	Total
Vicki Townsend	F	AUS	10	2	0	12
Helena Dinnissen	F	NZL	9	0	0	9
Dash Newington	F	GBR	8	4	2	14
Jim Blair	M	NZL	8	0	0	8
Carol Davis	F	AUS	8	0	0	8
Lenore Lambert	F	AUS	8	0	0	8
Allan Wood	M	AUS	8	0	0	8
Steven Cragg	M	AUS	7	4	0	11
Suzanne Coate	F	AUS	7	3	1	11
June Lowe	F	AUS	6	3	2	11
Dan Copeland	M	AUS	6	3	0	9
Miriam Cudmore	F	AUS	6	1	0	7
Heather Doherty	F	AUS	6	0	0	6
Michael Juckes	M	AUS	6	0	0	6



SIMON WATSON



COLIN CLARSON



Impressions

Suzie Gaynor (ACT, W50) - What an eye-opener the Oceania Masters Championships were for me, as a relative newbie to athletics, and my first international meet. I have toddled around the track on Thursday nights with my local club, and tossed the odd piece of equipment, not realising the calibre of the people beside me who can hold their own on the world stage! At Mackay, I realised the absolute champions that we have in our club, and was humbled to know I had been competing alongside and receiving help from cracking international champions! Their world rankings easily go unnoticed at a club meet, as you only know they are exceedingly better than yourself (which wasn't hard as a newbie), but to see them throw, jump and run far better than all others in their age groups in the international arena was a total eye-opener and made me extremely proud! Congratulations to all and thank you for your kindness and support in my first international meet for which I proudly have a shiny new bronze medal to remind me.

Check out www.mastersrankings.com for Oceania records list



Impressions

Lenore Lambert (NSW, W45) - For me, Oceania Champs was about getting back on the horse. I've been struggling with the Ross River Virus for more than a year now, and it reactivated again six weeks before Oceania... read: no lactic training for six weeks! Not good when the 400m hurdles is your main event! With a little fear and uncertainty in my heart, I lined up. A headwind on the second bend... but no viral fatigue (where the energy in your legs drains in two seconds!). YES!!! Ran a 66 flat and finished feeling like I could have pushed harder. YES!!! Then ran my second best 100m time ever (YES!!!), my best 400m in more than two years (YES!!!), and did a LIFETIME PB (and NSW record) in the High Jump (YES!!!!!!). After so many setbacks in the last year, it was just wonderful to be back on the horse, feeling the joy of the body moving well. Love it!!




Lisa Attenborough (AUS Team Manager) – I had a great time meeting all the athletes, and it was fantastic to be able to support and encourage everyone as they achieved personal bests, state and Oceania records. It was a wonderful atmosphere and experience sitting and talking with people from other countries in our region. As a first-time team

Impressions

manager at this level, I learnt lots and gained valuable experience for when I tackle the role again in the future. The Aussie team were a fantastic bunch of people that supported each other during the week of competition.

Karen shines in sun



The Oceania Games held in Mackay, Queensland was the perfect opportunity to escape the cold Adelaide weather and have a week of sun and running. I run my own online business which allows me to travel to competitions and run my business at the same time. Being in the personal development sector is ideal for

running a personal best and setting a new SA state record for the W40.

On the Friday warming up for the 400m, I started to get blurry vision in my left eye and knew a migraine was coming on. I rarely get a headache let alone a migraine and didn't know if there was anything I could do to make it better. I tried eating a date I had in my backpack and some nuts to no avail. I drank my whole bottle of water in an attempt to make myself feel better but again it made no difference. I wanted to run a cracking time in the 400m. Not feeling well, I put this goal to the side. It was a combined race with the younger age groups so I changed my goal to just winning the race.

My Oceanias

by KAREN LONG

working on my mindset and achieving my goals. It was also a chance for me to see how my new training programme was going as I'm now coaching myself.

The competition was spread out over the week so I ran all sprints from the 60m to 400m plus the shot put. I loved shot put as a kid. I don't practise it now. I usually compete once a year at the Nationals and win bronze or silver. I am yet to win gold so I decided in

Mackay that one of my goals was gold in the shot put. I'm tall and light and not the physique of a typical shot putter. I have been laughed at before when I've rocked up to shot put competitions until I have my first shot and then the laughter stops. We were running late getting to the track and I ended up at the wrong shot put circle. I had to do a quick jog to the other end of the track, just making it to the competition in time for one practise shot. My second shot was a personal best by 5cm which put me comfortably in first place.

My next goal was a personal best in the 200m. The weather was lovely on Thursday morning and despite running into a headwind, I achieved my goal of

Waiting at the start line, the W55 were setting up their blocks so I thought I had plenty of time to duck to the toilet after all the water I'd been drinking. On the way back from the toilet, I hear my name being called out to come and set up my blocks. I didn't realise the W30-50 were all running together in the next race. This was now my fourth time using the blocks so it was a quick set up. I ran conservatively down the back straight. At the 200m, I'd made up the stagger on the W35 and W30 who were in the lanes outside of me. Lenore Lambert from the W45 came up on my shoulder at the 300m and I managed to find some extra legs to just stay in front of her. I ended up running my second quickest 400m as a Master's athlete.

We had strong teams in both the 4 x 100m and medley relays to win gold in both.

Many thanks to my partner Simon for all his support and making phone calls for our business while I was competing. Also, thanks to many others, too many to list, who have helped out in numerous ways with my training over the past 12 months.

A big thank you to all officials and volunteers who did a great job. Everything ran smoothly and it was a lot of fun competing at the Oceania Games. I came away with seven gold medals, two personal bests and one state record which is a great start to the season.

2019 Oceania Masters Championships – Mackay



Middle distance

Elsie Norbury won the W45 800m and 1500m.

Joanna Bailey leads Suzanne Wilson.

KATHY SIMS

PETER RICHARDS and ANDREW STARK

DENIS COUTURE and JASON SMITH

MORLAND SMITH

Kiwis can fly

My Oceanias

by HELENA DINNISSSEN

Earlier this year I had no intentions of coming to the Oceanias. With it being held just before my 35th birthday and with many of my favourite friends and competitors having moved into the W35 category I wasn't that keen. I'd also never been away from my three children (nine, six and three) for this long before. But with the encouragement of my awesome friends and fellow Kiwi sprinters, Faith Firestone, Ugen Iyer, Joeline Jones and Effie Milne who were all making the trip I decided to join in!

I'm so grateful that I did. It was great having the focus of a competition like this one at the end of our hard winter training season, and it's become a great platform to launch the domestic season off.

I have been training to compete in the Heptathlon at the World Championships in Toronto next year, so this was a great chance to test myself in my sprints, hurdles and jumps! (My throws still need plenty of work) I competed in the 60m, 100m, 200, 400m, 400m Hurdles, 100m Hurdles, long jump, high jump and triple jump.

With lovely warm weather (compared to our Christchurch winter) and the encouraging and competitive atmosphere created by all the awesome athletes across the ages, I was blown away with my successful results!

I did nine events over six days:

Nine Gold medals

Nine Personal bests

Five Oceania Meet Records (W30)

Two New Zealand Masters Records (W30)

Competition highlights were for sure my jumps and hurdles!!

High Jump 1.71m (16cm PB)

Long Jump 5.78m (54cm PB) (Oceania and NZ record)

Triple Jump 11.85cm (47cm PB) (Oceania and NZ record)

100m Hurdles 15.15s (1.65s PB) (Oceania Record)

400m Hurdles 64.28s (5.64s PB) (Oceania Record)

These performances put me into the top 10 and above in the NZ open women's standings! So fair to say, I'm pretty excited about the upcoming athletics season that starts in October and also turning 35 at the same time! I can't wait to try to break some W35 NZ records this summer and hopefully beat a few younger athletes while I'm at it!

I also got PB's in my sprints:

60m 8.15s (Oceania Record)

100m 12.65s

200m 26.22s

400m 60.9s

Oceania's were such a positive experience, I absolutely love competing alongside such an inspiring group of people. There are many world-class athletes who I know I can learn so much from. The friendly, support yet competitive atmosphere, really does credit to the sport of Athletics, and I hope to see Master's athletics keep growing so more people can experience this too.

Looking forward to seeing so many of my fellow athletes again in Toronto 2020 as we take on the world together!



Trevor digs deep



My Oceanias
by TREVOR SCOTT

I know you call this section hero story but I think we as a whole living in Australia have the opportunity that others less fortunate do not have. I'm honest with my performances and I know there would be 100 Kenyans my age who given the opportunity and training facilities we have would cover me pretty easily. I arrived late Friday afternoon and in a bit of a mess after having that killer flu that has circulated in Perth and having to roll up at the track on the Saturday.

The track was new and very comfortable to run on. In the 5000m my main opposition probably made a tactical blunder which enabled me to paddle my way through to just get the win in a very slow time by my standards. I did the triple jump straight after for a bit of a lark and jumped just more than 7m. I haven't done triple since high school so I wasn't expecting too much. I was still coughing very badly having some major reflux coming up from my lungs and surprised I got through it. I couldn't breathe properly at all. Anyway the next day, I had improved and then on the Monday had the 800m. I was a little sore (upper thigh) from doing triple jump so had to take off a little gingerly (old age setting in). So my performance was well below average!

I went back to my accommodation and gave my thigh a good massage to loosen up to run well in 8km cross country the following morning. It was an early start being just after sunrise and it was freezing with a heavy dew on the course. Held on a golf course it had a good mixture of swales, sand, grass and a steep incline at the end of the lap (four-lap course) After two inglorious performances my breathing was nearly back to full capacity. So I gunned it from the start to lead the first lap. A pack of five runners formed at the front with four Aussies.

I wanted to win my age group as the Kiwi in my age category beat me easily in the 800m the day before. I did run well being able to hold down third place overall which was okay since the team category is 30-69. The main competition (for third place) was from a good runner from Brisbane who is 24 years younger than me and I managed to scramble in ahead of him. Anyway, I met some great people from other states and had a good yarn with them. The runner who won the event, (Dave Spence) has become a good friend and I might do nationals next year finance permitting.

After the run, I was very tired and pulled up quite sore. So on the rest day, I went to the beach north of the town for a swim. I ran in the steeple and crawled around in more than eight minutes and I need to work on water jump if I'm going to do it seriously. Well done to Roscoe for winning!

I took the Friday off to run the Half Marathon the next day. I wasn't training up for the distance and struggled to run out the 21km on the road at a reasonable pace. Anyway still was third overall so picked up a couple of golds (more by default) then was on the plane back to Perth later in the morning. In defence, I did break a rib in a fall about seven weeks before the games and had a few issues as a result, but I don't like making excuses. If you put yourself out there then don't get the result that's just life. Anyway, I met some top people, caught up with some others I haven't seen in years and had a ripper time. I'm a bit of a glass half full person (not empty) which gives you a good perspective on life and its challenges.

2019 Oceania Masters Championships – Mackay



Hurdles

Sue Coate clears the hurdle on her way to seven gold medals.

JANET NAYLON

MAUREEN
KESHWAR

ANDREW WATTS

DASH
NEWINGTON

HAROLD MEMBREY

Sue strikes gold

Ian and I arrived at Mackay a couple of days early so we could settle in and see the sights. The weather was fantastic. After a busy day of sightseeing, I registered for my events: Heptathlon, 300m hurdles, 80m hurdles, shot put, long jump, discus, 100m, 200m, Javelin, High Jump, Pentathlon and also put down for the two relays (I like to get my money's worth).

My first event was the Heptathlon – two days of pure fun. Heps are a great way to meet the other athletes and I enjoyed having my old nemesis there, Vicki Townsend from NSW. Vicki and I are now in different age groups but that didn't stop us competing against each other.

Due to the Heptathlon running over two days, it clashed with my 300m hurdles and 80m hurdles. However, the volunteers and organising staff were fantastic and accommodated for those clashes.

Shot put: The field was suddenly open for gold when Gabbi Watts pulled out due to injury. Brenda Davis for New Zealand beat me by 7cm on her last throw, but what a fun time we had with a great lot of competitors.

The next day was Javelin: I had thrown over 31m in the Hep so was hoping for more than 30m. Alas, just under with 29.81m; however, this was an Oceania Games record so I was pretty happy with that. Next event, discus: Not my strongest event. Leanne Hilton from Australia came out and did a massive PB to get Gold, then Brenda Davis from NZ and I surprisingly received a bronze.

Over to the track for the 100m: Another event which I didn't think I would medal. But then I was told Julie Brims was injured and Mandy Mason was also out. I was very happy with my run. I came a surprising second behind Phillipa Green from New Zealand.

The last event for Day 2 was Long Jump: The winds were bad and none of us could get our run-ups correct. It was really close with me, Janet Naylor, Maree Ashcroft and Vicki Townsend only centimetres apart. The competition was now on. The laughter and ribbing were so loud we attracted a crowd. It all came down to the very last jump – Vicki was in front with 4.04m. Then, on my last jump, I did 4.05m – soooo sweet. It was a fun competition that really captured the spirit of athletics: doing your best and having a great time. Day three was 200m: Although we were meant to have a heat, we ended up going straight to finals. I was again beaten by Phillipa

from NZ, however, I did a PB, so I was very happy with my silver.

Then one of my highlights of the competition – High Jump: I jumped an amazing 1.40m. I haven't jumped that since I was

in high school. Added to that, seeing Lenore Lambert jump an amazing 1.58m – what an inspiration.

Last day of my competition was the Pentathlon: Again a favourite event and I had Vicki to drive me on both physically and verbally.

Lastly, I put down for relays: I never get nervous before events, I just go out and try to do my best; however, in relays, you can let down others – so I found myself getting a bit anxious. Before the race, Marlene Reid and Lenore Lambert relaxed me and ran through what needed to be done. I was going to start and I'm not a good starter. Fortunately, Carol Davis wanted to start so they put me second. We did a great race and got the gold in the relay – phew!

I came home with nine gold, three silver, one bronze, four state records and a games record. I did a PB in nearly every event. But more importantly are the memories of a fantastic time with great friends and athletes. Thanks to all of the organisers and volunteers for making it such a great and fun games.

On a final note, I did so well at the Oceania Games because of the amazing support I received back in Perth. Thank you, Dave and Gay Wyatt and Lisa Limonas, who did extra Tuesday training sessions with me. Also, my Saturday morning group: Lynne, Cathy, Fran and Norm. And of course my wonderful husband and bag-carrier: Ian.

My Oceanias
by SUE COATE

Relays



Lee-Anne chances it

So... A week out from Oceanias, I tear my soleus. But.. the physio thought I could still run on my toes at a moderate pace and not too painful. Decisions, decisions! So, like so many of us, I decided to come and chance it. Reality check on likely performances. (We also had vouchers for a Whitehaven beach experience on the rest day so I really, really wanted to go!) Plus, ambassadoring everyone to come to Brisbane2020 and cheering on my friends' awesome performances. Lots of people in the same boat, like my injury buddy Julie Forster and Sheril Buchanan, held together by tape.

I feel just getting to the start line is an achievement in masters! Sooo glad I came. Came away with six shiny blings in the 45-49 age group. I am a speech pathologist with people with severe disabilities and I pass my medals on to my clients for their achievements. Funnily enough most of them only "like the yellow ones" (me too guys!!) And I am the queen of silvers usually. Awesome brand new track in Mackay and shout out to the organisers, volunteers, Lisa Attenborough and Graeme's awesome photography. I love catching up with interstate friends and meeting new ones. Loved the track apart from the massive winds against us and chewing on some roadworks dirt in

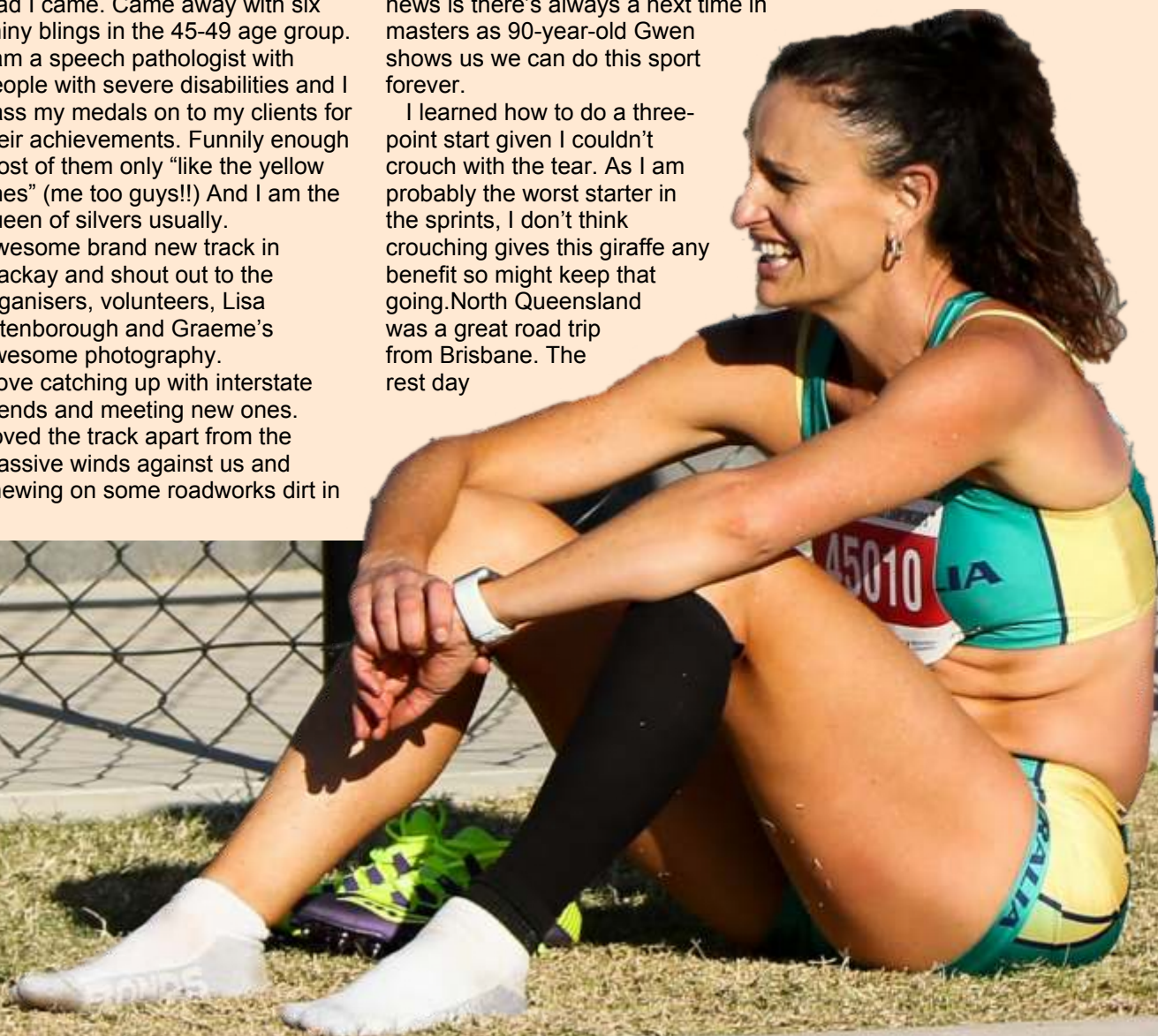
My Oceanias

by LEE-ANNE NELSON

my pentathlon events. I find people's stories so inspirational, like Gwen who's 90! Loooved the relays, how fun are they! My favourite was Jo Bailey giving me a huge lead in the medley via her awesome 800 and me passing to speedy Jess Dux who then passed to Karen Long to storm home. Managed a PB in the javelin thanks to youtube videos for an eight step run-up. (And big winds!!) Getting excitedly close to Marie Kay's record. My highlight was the pentathlon where I came sooo close to the record I was chasing. Good news is there's always a next time in masters as 90-year-old Gwen shows us we can do this sport forever.

I learned how to do a three-point start given I couldn't crouch with the tear. As I am probably the worst starter in the sprints, I don't think crouching gives this giraffe any benefit so might keep that going. North Queensland was a great road trip from Brisbane. The rest day

was great to explore the area. We headed up to the Whitsundays. I can see why Whitehaven beach is Number one in Australia. Simply stunning. Whales, turtles, stunning snorkelling was just awesome. Shout out to my roomies Travis, Gary and Steve with great running, records and a heap of medals between them. Look forward to catching up with everyone in Norfolk in two years! In the meantime Brisbane2020 Nationals promising to be another great Queensland comp. April will be magnificent temperatures to compete and stay and play on our coasts. Being a Surfers paradise clubbie I'm team Gold Coast when you book!



2019 Oceania Masters Championships – Mackay



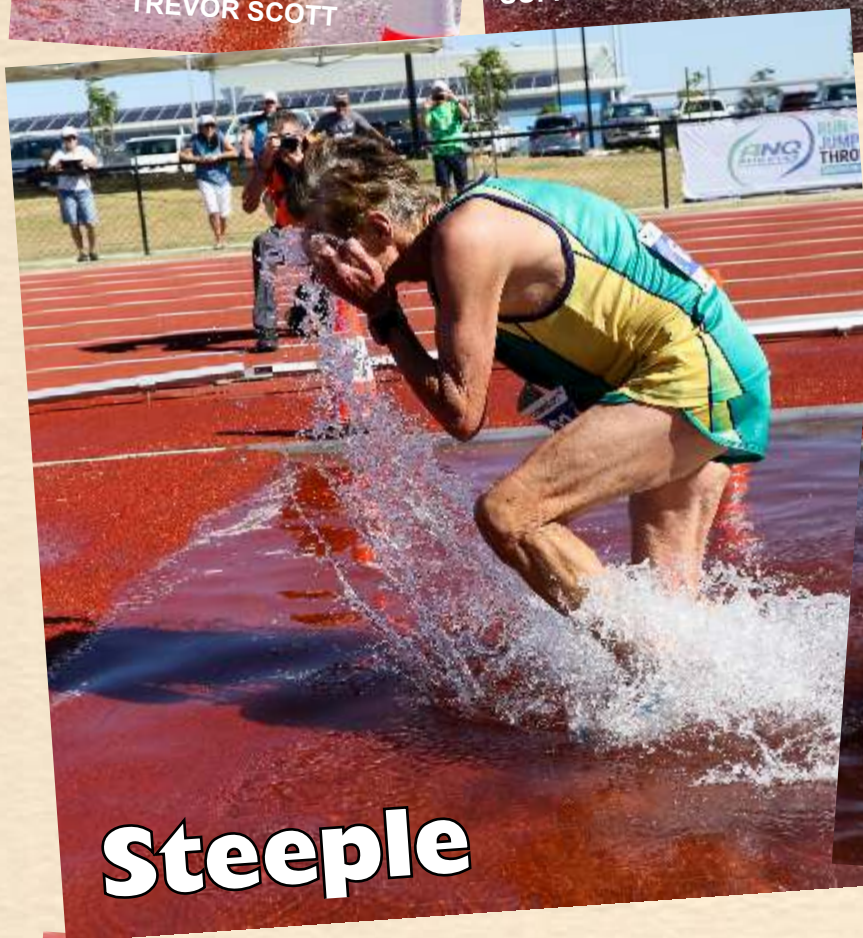
TREVOR SCOTT



CRISTINE
SUFFOLK



ROSCOE
McDONNELL



Steeple

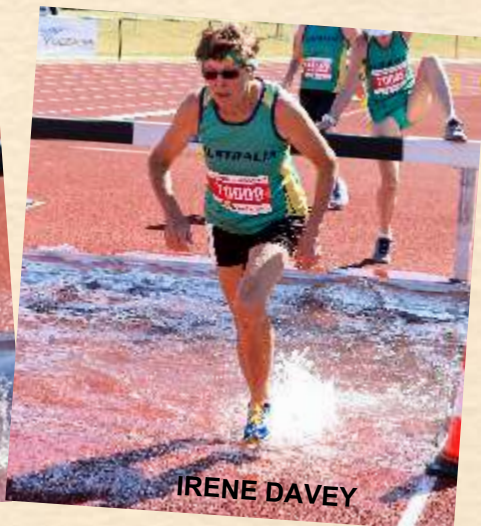
LEFT: Ron Schwebel cools down as
(below right) Nikki Miller-Pickering
follows suit.



HEATHER CARR



DASH NEWINGTON



IRENE DAVEY

Decathlon revenge

My last two Decathlon attempts had ended in disappointment. No heighting the Pole Vault five years ago and then busting my knee before I'd even started at the Perth World Champs. So my primary goal was to make it through with points in every event and no more injuries. After that, winning was an option and the state record on the line, so I was certainly going to give it good crack. As it turned out, I had two other solid

competitors in my age group to provide a great competition.

Having spent most of my athletics life running middle distance the 100m is a mystery to me and I felt slow and then faded over the last 30m in a pretty disappointing way. Third out of three, that makes me last, not that I was counting.

So I was happy to move on to the long jump. Probably my favourite childhood event but arrived short of the board on my first two attempts and was 40cm below what I was hoping for. On my final attempt nailed the board and leaped 20cm beyond my target and my best jump since 2015. Back on track. On to the Shot Put and the weakest of my throws but managed second of us three to be satisfied enough. The great thing about Multi's is the feedback and tips from other competitors and I was competing alongside all in ages 50-65 so there was plenty about. I always welcome the advice but don't always take it mid-competition.

I'd chosen to work on my weaknesses in the lead-up and avoid any activities that aggravated the Achilles troubles that had plagued my summer season. So I'd had

neglected high jump completely and lacked rhythm in my run-up as a result.

The 400m is always hard and this was the case. Did the best I could, given the training I'd done, so really couldn't expect better. It still hurts not to break 60sec though and tough to bleed 100pts to my main rival and fall further behind but in second place at the end of Day 1. At least my body felt good and still in striking distance of the lead if I could take some opportunities on Day 2.

My most feared event in the Decathlon is the 100m Hurdles and I came to the line having not gone over a hurdle since Melbourne. One bad hurdle and I could spiral out of contention, not to mention hit the deck. Despite this, I warmed up well and my legs felt good. I've introduced pilates into my training since the start of the year and really felt it's helping me get to hold my form for longer. My second PB but, despite this, lost another 50 points and now 75pts behind.

I found three different ways to foul my discus throw in Melbourne pentathlon this year so I was hugely relieved to land my first throw in the sector and walk calmly out the back of the circle.

A second attempt PB was just the icing on the cake and a third, almost as far, proved it wasn't a fluke.

On to the pole vault and I was quietly confident I could improve on my meager PB after a few coached sessions with the decathlon crew down at WAAS in the previous month. After several misfires, I scraped over my PB height and very pleased to have taken the lead in my age group.

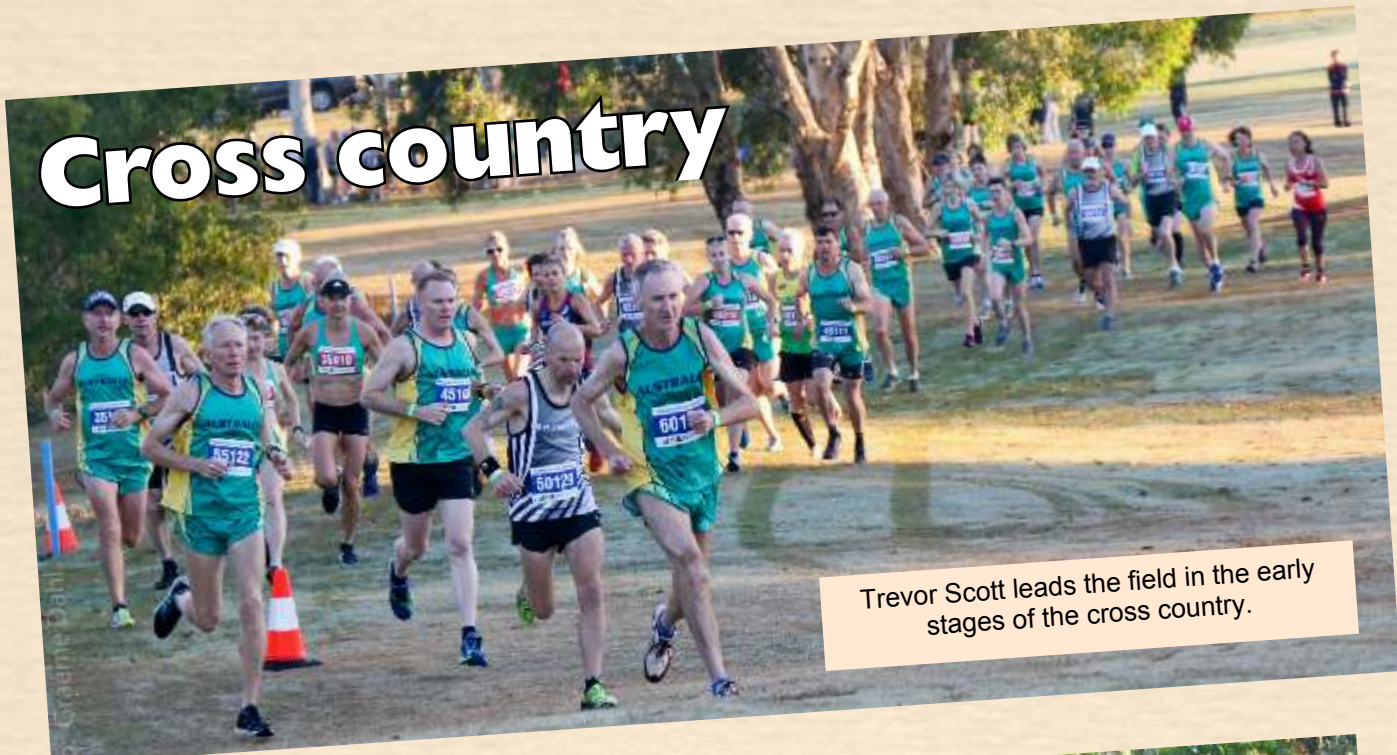
The decathlon was spread out from 9 am to 5 pm each day which meant some long breaks but every second was used before the Javelin as my body was starting to suffer. Eat drink, massage, coffee, stretch repeat. The result was a solid throw and retained my lead now with a comfortable margin and huge relief that I didn't have to run a hard 1500m as my hamstrings didn't have much left.

As much I wanted to go for 6000 points my hamstrings felt like cramping but very satisfied to cruise around the 1500m. Having given up on Decathlon several times in the five years since my last one I was ecstatic just to make it through and lots of things to improve next time around.

My Oceanias

by ANDREW BROOKER

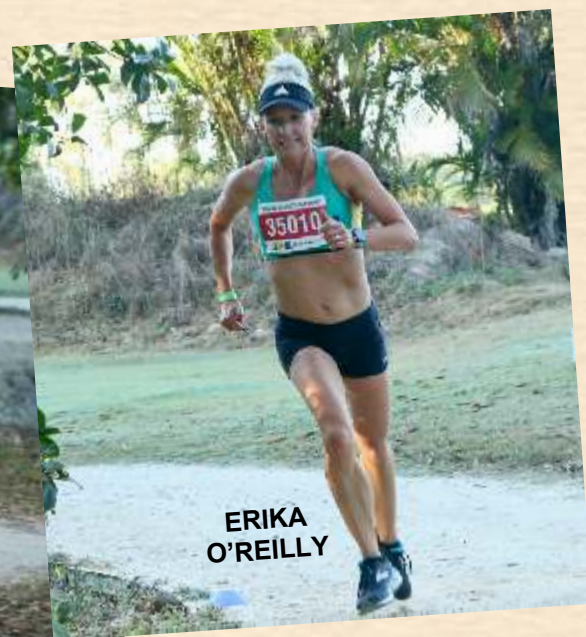
Cross country



Trevor Scott leads the field in the early stages of the cross country.



John Sheer (70129) and John Walton (70132) in the 6km race.



ERIKA O'REILLY



COLIN PAGE and ERIKA BEDYN

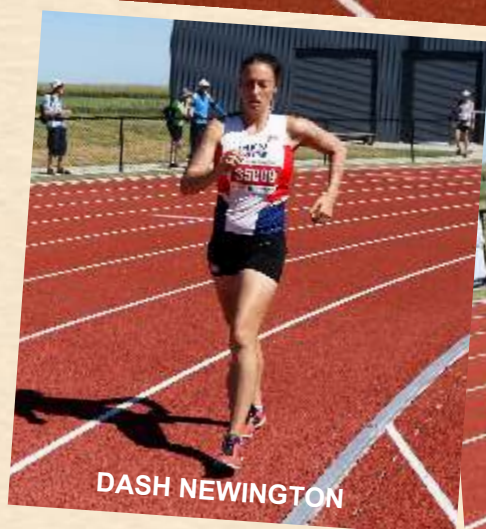


JIM LANGFORD



CAROL BOWMAN

2019 Oceania Masters Championships – Mackay



2019 Oceania Masters Championships – Mackay

Jumps



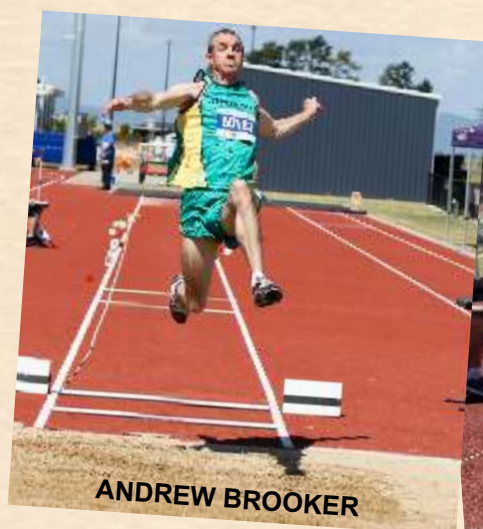
Sue Coate sails over the bar.



Vicki Townsend gets airborne.



KATE JENNER



ANDREW BROOKER



ANTHONY HOWLETT



JANET NAYLON

Photo: STUART PATERSON

2019 Oceania Masters Championships – Mackay



5 Peter Hollenbeck waited until the bar was at 4m before his first jump. This series of photos shows his class.



2019 Oceania Masters Championships – Mackay

Javelin

Andrew Brooker prepares to launch the javelin.

Barry Gibbs steps down the runway.

MIRIAM CUDMORE

CASSIE NEUBAUER

PEGGY MACLIVER

JAN BANENS

Mary aims for gold

I had been looking forward to these Championships as I had just gone into the W75 age group at the end of May. Last October I had a L/Hip replacement and a Tendon Release which did not go as planned. It was not until mid-February this year that I could try and compete, but only standing, so nearly up to these Championships, I would try to turn and glide but found I could throw further standing. Turning 75 gave me a bit more incentive as I was throwing lighter weighted implements.

My Oceanias

by MARY THOMAS

At the Oceania Championships in Mackay, I was throwing with a group of very competitive women from Australia and New Zealand. On Saturday, August 31 on the first day of competition I had the Weight Throw and came up against Jan Banens and others from NZ. I tried a turn but reverted back to standing, I came away with second place 10.84m to Jan. The next day was the Hammer and I thought it would be Jan Banens who would be winning this one also as these two events are her main ones, in the warm-ups I tried turning and found that they were going well so my first throw was more than 30m and went on to win the event with 31.62m, 44cm less than the Oceania record. The next morning we had Shot Put. I am not an early person and never train in the morning but went out there and broke the Oceania Record on four out of my six throws with the best 8.82m. On the Tuesday morning I had Discus and broke another Oceania Record with 22.75m. Later that day we had Javelin. This is one event that I can only stand and throw, over the last few years because of all my operations, two hip and two knee replacements. This has been my best event since I started 61 years ago and have never been beaten at Oceania or National Championships.

I won again with 19.54m, 20cm short of the Oceania record.

With Wednesday being a rest day my roommates Jill, Arda and friend Bev Hamilton went on a car trip to Eungella National Park through the Pioneer Valley and the Finch Hatton Gorge. We travelled through many miles of sugar cane fields and Brahman cattle. It was nice and relaxing and we took a packed lunch.

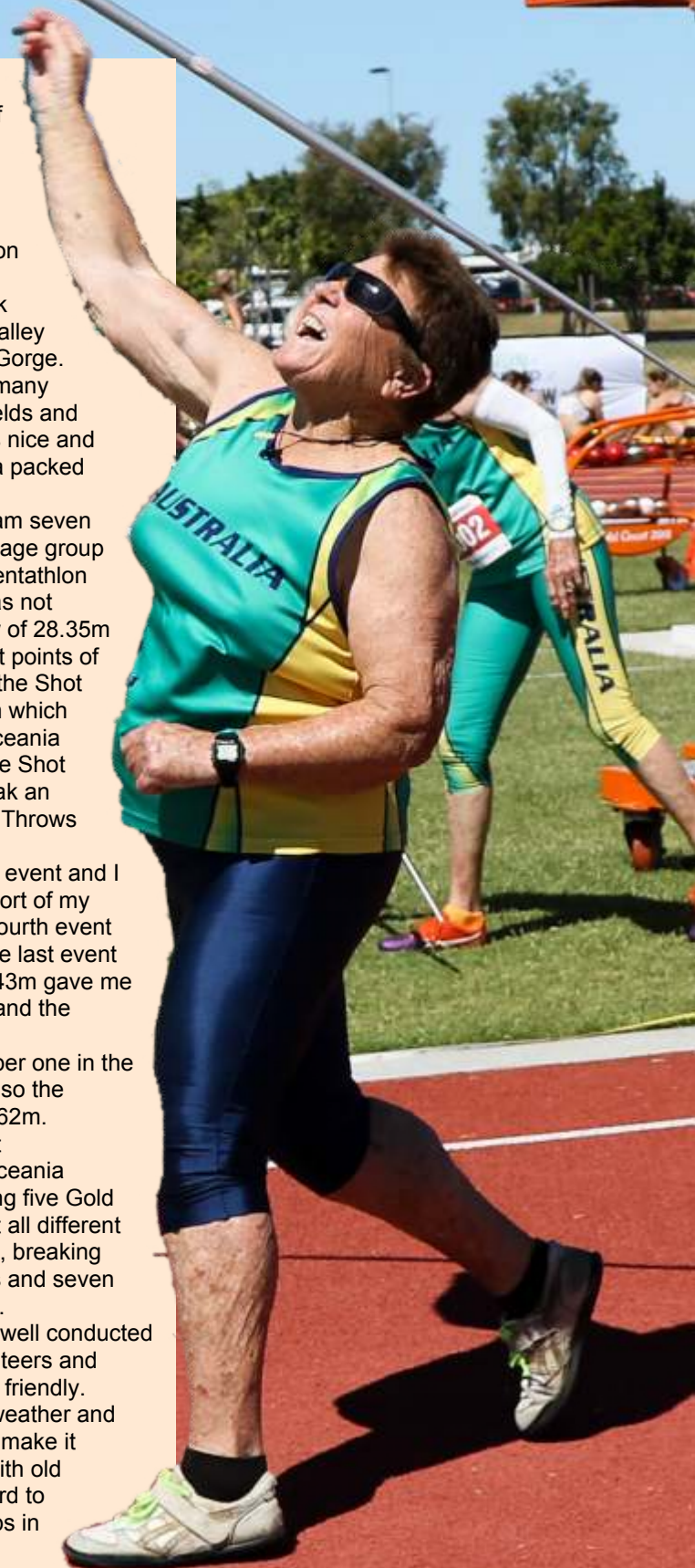
On Thursday at 11 am seven women in the 75 year age group began their Throws Pentathlon with the Hammer. I was not pleased with my throw of 28.35m but it gave me my best points of 1013. The next event the Shot in which I threw 8.94m which was better than my Oceania record. However, in the Shot Comp you cannot break an Oceania record In the Throws Pentathlon.

Discus was the next event and I threw 22.70m, 5cm short of my Oceania record. The fourth event Javelin 19.27m and the last event the Weight Throw 10.43m gave me a total of 4312 points and the Oceania record.

That ranks me number one in the WMA Rankings and also the Hammer Throw of 31.62m.

These were my best performances at an Oceania Championships winning five Gold and one Silver against all different women on the podium, breaking three Oceania records and seven NSW masters records.

The event was very well conducted and the officials, volunteers and competitors were very friendly. Mackay put on great weather and these Championships make it possible to catch up with old friends, Looking forward to the next championships in Norfolk Island.



Andrew works out



My Oceanias

by ANDREW WARD

I hadn't intended to go to Mackay 2019 because events were spread over a full week, making it a significant time commitment. In the end, my hunger to start my 2019/20 season won the day and I made a last-minute decision to venture East. To minimise the time commitment, I took my laptop and worked remotely from Mackay when not competing.

I went into this competition with modest expectations. I was feeling strong after a solid block of winter training but expected to be technically rusty, having not touched Weight, Hammer or Shot since April. I did, however, feel confident I would be competitive in Discus, which has received much of my training focus in recent months.

My championships got off to a great start with a Silver medal in Weight Throw. My technique was surprisingly tidy after a five-month break and my recent strength gains enabled me to add more than half a metre to my personal best.

On the second day, my Discus flew well, resulting in a second Silver medal. Gold was within reach in that event but I couldn't quite do it on the day. My consistently solid throwing did, however, give me confidence for the Throws Pentathlon later in the week.

Javelin and Shot, on the third day, were not realistic medal chances for me at this time of the season so I treated them as opportunities to rehearse technique in preparation

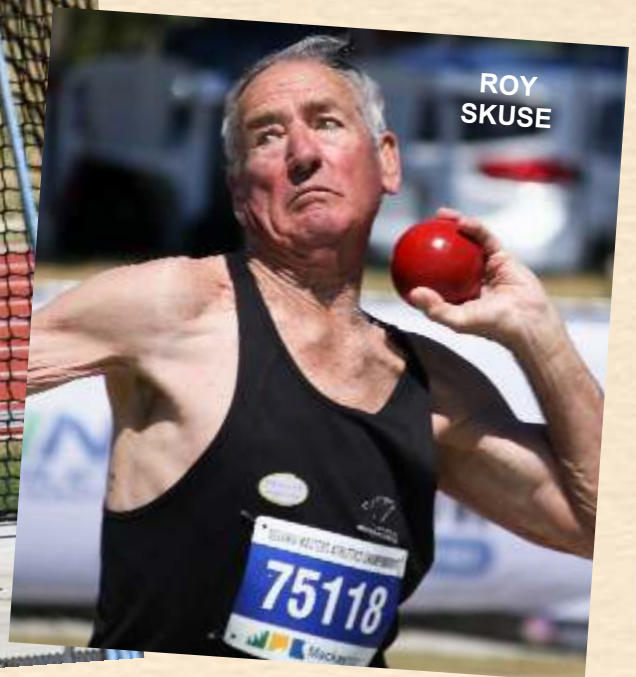
for the Throws Pentathlon. My Javelin, throwing off a couple of steps, was solid for a season-opener. The shot was pretty ordinary, as expected.

Going into the Throws Pentathlon, I was confident of getting on the podium provided I didn't lose too much ground in the first two disciplines.

Unfortunately, I made a mess of Hammer, fouling my first two throws and having to throw conservatively in the third round. I followed that with a poor Shot, leaving me well behind after two events. After that slow start, I made a good recovery with strong performances in Discus and Javelin to sneak into the second spot with one discipline to go. Saving the best till last, I further improved my Weight Throw personal best to consolidate second place and secure my third Silver medal. The final score wasn't my best but I was very happy with the way I recovered from the poor start.

On balance, it was an enjoyable week. As is always the case in the throwing world, the time spent with my fellow athletes was both fun and uplifting. In particular, it was great to catch up with a few athletes I knew but hadn't met in person. From a competition perspective, it was great to test where I am in my preparation for the coming season and a bonus to get on the podium a few times (three Silver and one Bronze). My Discus and Javelin were good for this time of year and my personal best form in Weight Throw was very encouraging. It's onwards and upwards from here. Bring on the summer season.

2019 Oceania Masters Championships – Mackay



Mackay tempts Bev



I arrived at Perth Airport on Thursday for my 6.30am flight to find four other members of the team on the same flight, Maureen, Carol, Ruth and Brenda, so that was a nice surprise. In Mackay, I reached my motel around 6.00 pm, very happy with the accommodation, with friendly staff. On Friday I went for a walk through the Botanic gardens and then out to the track to register which was absolute bedlam, waiting in line for one and a half hours in the hot sun, very poor organisation.

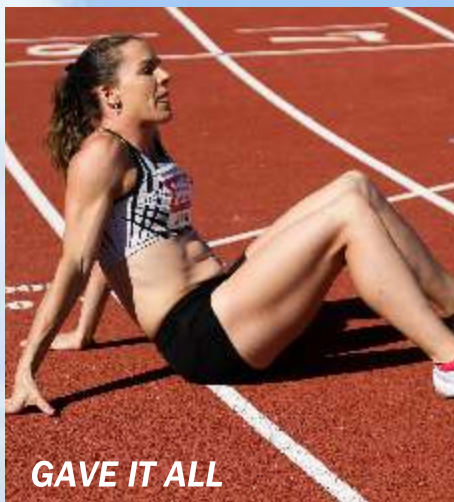
My Oceanias

by BEV HAMILTON

My first event was Weight throw on Saturday and finished equal third, but relegated to fourth on the countback. My next event on Sunday was Hammer with a fourth with three No Throws. On Monday I placed fifth in Shotput. I was performing well below my best and feeling a little alienated as I was the only Aussie up against up to seven Kiwis and a Tahitian. On Tuesday, my first event was Discus and I was hoping for a headwind to help me towards an Oceania Record, no such luck but I won well with 20.75m giving me my first Gold medal. That afternoon I had Javelin, (say no more) although I did manage a fourth. My final event was the Throws Pentathlon on Thursday which took 4.5hrs in 33 degree. heat, I always enjoy this event and took out the silver medal although everyone was very tired by the last throw.

On Monday afternoon I travelled with NSW friends Mary, Jill and Adriana, to the Northern beaches, a very enjoyable afternoon, the scenery was great. Wednesday was a rest day so we travelled up thru the Pioneer Valley to Eungella then up to Finch Hatton Gorge in the Rain Forrest. The scenery was stunning.

On Friday night I caught up with ex Wyndhamites who have settled in the Mackay area and had a great night before catching the early flight on Saturday to return home. I really enjoyed Mackay with its great scenery and friendly people and hope to return one day for a longer stay.



GAVE IT ALL



KEEPING SCORE



HIPSTERS



KEEP IT STRAIGHT



SUGAR CITY



**LEAVING IT ON
THE TRACK**

MAWA Results from Mackay

W50	Suzanne Coate		
Silver	100m	14.66 (+1.4)	
Silver	200m	30.36 (-1.5)	
Gold	80m Hurdles	16.48 (+1.6)	
Gold	300m Hurdles	65.02	
Gold	Long Jump	4.05m (+0.0)	
Gold	High Jump	1.40m	SR
Bronze	Discus	24.19m	
Gold	Javelin	29.81m	
Silver	Shot	10.23m	
Gold	Heptathlon	4412	SR
	Javelin in Hept	31.65m	SR
Gold	Pentathlon	3216	SR

M50	Andrew Brooker		
Gold	Decathlon	5954	SR

M50	Greg Brennan		
Silver	60m	8.19 (-1.0)	
	100m	12.91Q (-0.2)	
4 th		12.98 (+1.6)	

M55	Hans Venter		
Silver	High Jump	1.55m	

M55	Andrew Ward		
Bronze	Hammer	26.57m	
Silver	Discus	31.48m	
5 th	Javelin	31.17m	
4 th	Shot	8.59m	
Silver	Weight	11.35m	
Silver	Throws Pent	2503	

W60	Carol Bowman		
Silver	8km Cross Country	43:55	



M60	Roscoe McDonnell		
Gold	2000m Steeplechase	8:09.88	

M60	Trevor Scott		
4 th	800m	2:39.95	
Gold	5000m	19:03.22	
Silver	2000m Steeplechase	8:34.71	
Bronze	Triple Jump	7.00m (+0.0)	
Gold	8km Cross Country	29:55	
Gold	Half Marathon	1:30:17	

W65	Maureen Keshwar		
Silver	60m	9.90 (+0.4)	
Silver	100m	15.89 (+0.7)	
Gold	80m Hurdles	18.19 (-0.2)	
Gold	300m Hurdles	81.14	
Silver	Triple Jump	7.11m (+0.0)	
Silver	Shot	7.73m	
Silver	Discus	19.09m	
Silver	Pentathlon	2508	

W65	Margaret Saunders		
Silver	400m	77.02	
Gold	800m	2:54.52	
Gold	2000m Steeple	9:29.52	AR

M65	Desmond Walsh		
Bronze	60m	9.10 (+0.7)	
Bronze	100m	14.56 (+1.9)	
Silver	200m	29.66 (+1.0)	
Bronze	400m	69.44	
Gold	Long Jump	3.43m (NWI)	
5 th	Javelin	20.89m	
5 th	Discus	26.32m	
Gold	Pentathlon	2088	



MAWA Results from Mackay

M65 Harold Membrey

4th	60m	9.93 (+0.7)
4th	100m	15.85 (+1.9)
4th	200m	33.97 (+1.0)
5th	400m	84.25
Gold	300m Hurdles	76.43
5th	Weight	9.24m
4th	Pentathlon	1712

W70 Beverley Hamilton

4th	Hammer	21.82m
Gold	Discus	20.78m
4th	Javelin	13.62m
6th	Shot	6.68m
Bronze	Weight	9.75m
Silver	Throws Pent	3320

W70 Peggy Macliver

Bronze	3000m walk	23:36.87
4th	5000m walk	39:16.56
5th	Javelin	13.91m

W70 Brenda Painter

5th	60m	12.12 (-1.7)
6th	100m	19.12 (+2.9)
Bronze	Long Jump	2.50m (+0.1)
Bronze	Triple Jump	5.47m (+0.0)
Silver	High Jump	0.95m
4th	Pentathlon	1673



M70 Greg Kennedy

4th	60m	9.60 (-0.7)
Bronze	100m	16.00 (+1.2)
Gold	80m Hurdles	16.00 (-0.4)
Bronze	300m Hurdles	59.82
5th	Long Jump	3.24m (+0.0)
Silver	High Jump	1.25m

W75 Ruth Johnson

Silver	60m	11.42 (-1.4)
Silver	100m	17.93 (+3.1))
Silver	200m	38.31 (-0.9)
Bronze	400m	1:33.41
Bronze	800m	3:54.45
Gold	Long Jump	2.78m (-0.1)
Gold	Triple Jump	6.16m (+0.0)
Gold	High Jump	1.00m =SR
Gold	Pentathlon	2878

M75 Jim Langford

Gold	6km Cross Country	27:01
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M75 Bob Schickert

5th	5000m	34:40.58
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M80 Morland Smith

Silver	800m	3:55.23
Silver	1500m	7:52.77
Silver	5000m	29:56.42
Silver	Steeplechase	12:36.49
Bronze	6km Cross Country	41:46

Looking ahead



Steven Cragg caught in mid air after throwing the javelin.

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

2021 - Oceania - Norfolk Island - January 17-23

2021 - WMA Indoors - Edmonton, Canada - April 6-12.

www.wma2021.com

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