

T F N L



The Track and Field
Newsletter of MAWA

Season 13 Issue 4
February 2020



State entries
close
February
25

John McShane, Chris
Groom and Andy Abbey
stride out in a 1500m at
Ern Clark Athletic Centre.

Race in and enter

Heather honoured

Australia's Heather Carr won the women's Race Walk category in the recently announced 2019 WMA Best Athlete Awards.

The overall category winners were Neringa Jakstiene (USA) and Earl Fee (CAN).

For the complete list of category winners and stories log on to John Seto's excellent website mastersrankings.com.



Photo: ROB NEROME

NERINGA JAKSTIENE



EARL FEE



Heather Carr competes at the Oceania Championships in Mackay.

**State champs
entries close
Tuesday,
February 25**

Records

Sharon Davis	W45	1000m	3:03.62	16/01/2020	ECAC	SR
Warren Button	M30	Weight	15.88m	16/01/2020	ECAC	SR
David Graieg	M35	Decathlon	5048 pts	18-19/01/2020	WAAS	SR
Warren Button	M30	Hammer	59.60m	04/02/2020	WAAS	SR

Bob to join Hall of Fame

Masters stalwart Bob Schickert will be inducted into the AMA's Hall of Fame at the Brisbane Nationals in April.

Bob's wife Lynne was inducted into the Hall of Fame at last year's Nationals in Melbourne.

Three other MAWA athletes have been honoured in this way with Lyn Ventris (2016) David Carr (2015) and John Gilmour (2009) joining the prestigious list.

Bob's untiring commitment to master's athletics was recognised in 2003 when he won the AMA administrator/official award. On the world stage, WMA awarded Bob the WMA Honorary Bronze Pin in 2015.

Over the years Bob has contributed his time in many areas of our sport:

Local Government committee member Nunawading (Vic) rebuilding of East Burwood track. Arranged and managed weekly WMA competition 1983-87.

MAWA President five years (two plus three), Secretary eight consecutive years, Treasurer one year. Life Membership 1988.

AMA Board seven years - AMA handbook and website. Produced eight yearly handbooks.

AMA Team Manager four WMA Championships. AMA delegate to WMA GA 2003.

OMA Secretary 11 years 2008-19

WMA General Assembly Minutes Scrutineer from 2005 except for 2018 when he represented WMA at the World Ultra Championships in Croatia.

WMA Member of two Committees – Competition, Law and Legislation for several years and currently.

WMAC Perth 2015/16 Bid Committee from 2010 and then LOC with responsibility for competition arrangements.

WMAC medals won – Gold two, Silver two, Bronze two. Attended every WMAC outdoor 1999 on.

AWA Official for 20 years. AWA Life Member 2019.

AWA Board 2003-2009.



Lynne Schickert receives her award from Stan Perkins in Melbourne.

AMA Hall of Fame

- 2019 Lynne Schickert, Mary Thomas
- 2018 Lavinia Petrie, Wilma Perkins, Stanley Perkins
- 2017 Andrew Jamieson
- 2016 Marge Allison, Lyn Ventris
- 2015 David Carr, Heather Carr, Heather Doherty, Wal Sheppard
- 2013 Peter Crombie, Jack Pennington
- 2010 Reg Austin, Shirley Brasher
- 2009 Alan Bradford, John Gilmour, Ann Cooper

Club builds on success

Last year's championships were a great success and a milestone for the club as we used our own photo finish system, with our own operators for the first time. This year we have further added to our equipment with the purchase of high jump gear and a victory dais.

In terms of the programme, we are including heptathlon and decathlon for the first time. Those members who competed in the Open Championships in January will be awarded medals during the main weekend.

The change of 5000m to the morning of the pentathlon proved to be very popular and will be repeated this year. Also last year we moved the Long Jump to the pentathlon day to help athletes do all their events. Whether we do that this year will depend on entry numbers.

A further change this year will see the 10,000m a week earlier to ensure full recovery for athletes ahead of the 5000m.

As always please read the information sheet very carefully.



The field set off in one of the men's 200m in last years champs.

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 vetrunkers@iinet.net.au

Barbara Blurton,
Competition Director

Events at WA Athletics Stadium

Friday, March 7
Evening (time tba) Pole Vault

Entry is by online application only and closes on Tuesday, February 25 – no late entries.

The final timetable will be on the website soon after February 25. 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, March 12

7.00pm 10,000m

Saturday, March 21

7.30am 5000m

8.00am Outdoor Pentathlon

11.30am Throws Pentathlon

1.00pm Long Jump*

Thursday, March 26

7.00pm 3000m steeplechase

7.20pm 2000m steeplechase

**Long jump depending on number of entries – could be moved to the main weekend.*

Main weekend events at Ern Clark Athletic Centre, Cannington

Saturday, March 28

TRACK

60m

200m

800m

1500m walk

5000m walk

200/300/400m hurdles

Sunday, March 29

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.

Target champs

Ossi Igel prepares to throw the javelin in last year's State Championships.

**Entries
close
February
25**

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 21 March 2020.

Events prior to that will be age on the day.

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

Athletes master decathlon

David Graieg broke the M35 decathlon record with a score of 5048 points at the State Combined Events Competition at WA Athletics Stadium in January.

Oliver Berry, Ryan Davies, David Adams and Andrew Brooker competed in the decathlon and Sue Coate scored 4110 points in the heptathlon.

It's all smiles for these five masters (from left back row), Ryan Davis and Oliver Berry (front row) David Adams, David Graieg and Andrew Brooker.

Heptathlon

W50	Sue Coate	4110
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Decathlon

M30	Oliver Berry	3112
M35	David Graieg	*5048
	Ryan Davies	4744
M40	David Adams	1725
M50	Andrew Brooker	5861

* State record



Trophy trio reunited



These three have all tasted success in the Patron's Trophy. (From left) Keith Martin, Campbell Till and David Carr with the prized trophy which Campbell returned for engraving. This year's winners Jenn Parker and David Carr will receive their trophies at the MAWA State Championships.

AMA award nominations

The MAWA nominees for this year's AMA awards have been announced. The awards are to be presented at the Awards function to be held at the 2020 Australian Masters Championships, Brisbane in April.

With his recent world record in the decathlon now validated, Paul Jeffery (pictured) has been nominated for Best Performance. See next page for full list.



File Photo: JOHN FORBES/METROPHOTO

MAWA nominations for AMA Awards

Sprints



Ruth Johnson: 3 golds at Melbourne Nationals

Middle distance



Margaret Saunders: 1 Aus and 4 state records, 2 gold Mackay

Distance



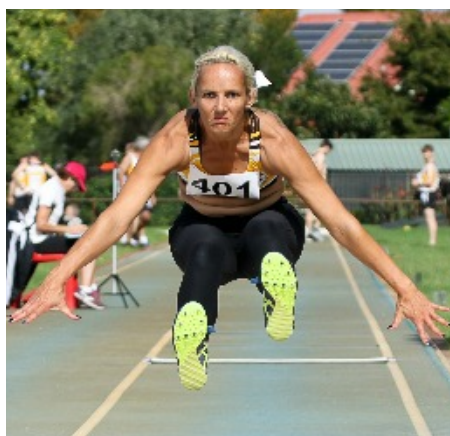
Dee Roe: Gold and Bronze at Nationals, 1 state record

Walks



Andrew Duncan: 4 gold at Nationals, Aus Champs record in 10k walk

Jumps



Melissa Foster: Gold and Aus records in Torun. 2 gold at Nationals

Throws



Jo Peters: 5 gold at Nationals. 1 Aus and 2 state records

Multi-events

Best performance



Paul Jeffery: World record decathlon

Best female



Melissa Foster

Best male



Andrew Brooker: Gold and state record Mackay. 7 other state records

The beauty of Masters



Although Wendy Farrow is a diminutive lady she is a race-walking powerhouse with great skill and efficiency of movement. She credits mentors over the years for helping develop her technique; in the first instance, Colin van Blommestein, then the South African 50km road walking champion.

Born in Cape Town, South Africa, Wendy lived there until her late twenties. When international work and travel beckoned, she moved to England for three years and, on return to South Africa in 1999, lived in Johannesburg before the move to Perth with her husband Danny in 2013. Wendy has a Bachelor of Commerce degree and works as a corporate accountant.

Having never had exposure to athletics at school, other

than the annual sports day, Wendy played tennis and hockey. She continued with hockey for a time after leaving school also adding rowing to her sporting repertoire. In her twenties, she began road running to increase her fitness. She competed in her first 10km run full of trepidation but finished "...near the back with some stragglers, and was so pleased with my achievement." Wendy set her sights on training towards an eventual half-marathon but injury intervened. Severe Ilio-tibial band syndrome brought her road running to an abrupt end. In 2001, in search of improved fitness, Wendy joined a Johannesburg branch of Run Walk for Life (RWFL), a walk/run exercise program three times per week. She was surprised to learn that walkers competed in the road running races held around Joburg, completing distances up to 30km. She was keen to join them and by the end of the first year had race-walked her first half marathon. In 2003 Wendy took on a 30km event and has since completed three 32km races. Walking has provided a base fitness for the hiking and backpacking that she also enjoys. Wendy has only suffered minor niggles since taking up race-walking. She recalls having to pull out of a 15km road race and hopping into the support vehicle thinking she would be transported back straight away. "Had I known they would remain on the course following the entire race at 20kmph I would have ambled slowly back!"

To build Wendy's technique and speed, RWFL manager Nichola Humphreys helped her put Colin van Blommestein's tips into practice. *"I was fascinated. It appeared difficult and I thought, 'I'll never be able to do this. Nichola was excellent in the way she encouraged and motivated me. She provided training programs and promoted the importance of recovery in one's training regime."*

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In focus

With Carmel Meyer

... it's for everyone

FROM – previous page

Wendy's race-walking resume is now long and varied although she prefers distance events from 10-20km. In 2010 she competed on the track for the first time in a 5000m race. It wasn't until Wendy and Danny emigrated to Australia that she next competed on the track. In 2012 she was excited and nervous about the 10km race in her first road walking championship event; the South African Road Walking Championships in Cape Town. Wendy also recalls races with unpleasantly memorable weather conditions - *"It rained heavily from start to finish in the 2014 Masters state 10km road walk. Athletes, judges and officials were drenched from cap to shoes!"*

The Perth2016 WMA Championships was a special moment for Wendy. *"I recall Bob Schickert saying to me one Sunday, Will you be competing for Australia in the Champs? Up until then, I had not considered it as an event for me. It was only for the top athletes, surely? I was wrong. That's the beauty of Masters, it's for everyone."* Wendy competed in the 5000m track walk plus 10km (achieving a PB) and 20km road walks. Another memorable PB was achieved in the 2016 Open State Championships 20km walk.

The WA Race Walking club provided training for Perth2016. Wendy also credits fellow MAWA walker Cheryl-Lee Dean; both ladies trained on Saturdays between Scarborough Beach and Hillarys Boat Harbour, through winter and summer, on a course that Wendy describes as very scenic but undulating. *"It was great training together and it helped me improve my times."* Nowadays Wendy aims to average 25-30kms a week. Some of her training is done as part of her daily commute home. *"It is a great way to de-stress after sitting in an office all day; also cheaper than travelling home by bus!"*

Wendy has been a volunteer track official and is grateful to Bob Schickert for making her welcome and mentoring the novice official. With her great sense of humour, Wendy recalls officiating for a national event that was being live-streamed nationally. *"We were told to be on guard all the time due to the live-streaming. Whilst walking out across the track to take up position I duly tripped over the metal edging on the inside of the track, in full view of the spectators!"*

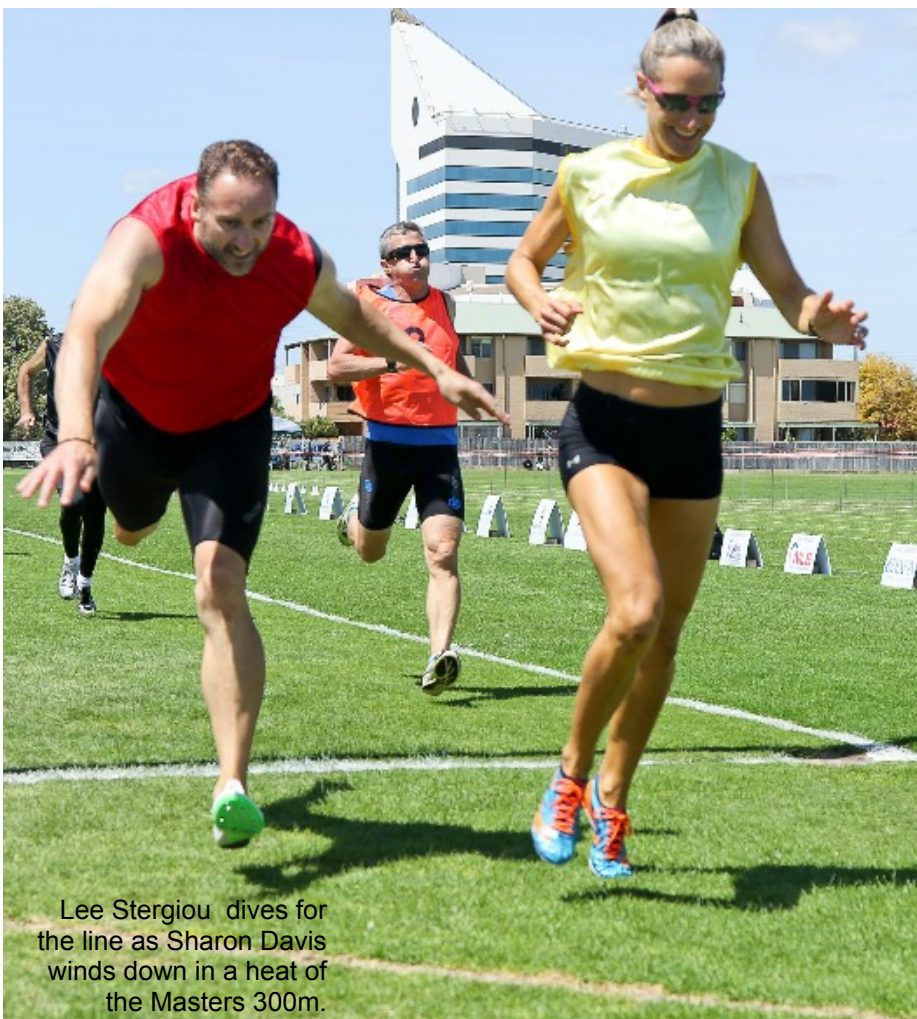
"Fitness and heightened well-being motivate my walking" says Wendy. "Walking invigorates and energises me and it is a great way to get to know a new city." After all the years she has walked, mainly for the joy of it, competing at WMA Perth 2016 as a race walker was 'the cherry on top. *"I was fortunate to be in Perth at the right time. It made all the effort over the years so worthwhile."*



Bunbury gift



Colin Smith wins from Glenn Ross and Ken Telfer in the Masters 100m final.



Lee Stergiou dives for the line as Sharon Davis winds down in a heat of the Masters 300m.

Several masters athletes competed in last year's Bunbury Geographe Gift with Colin Smith increasing his bank balance with victory in the Masters 100m final and a third place in the Male 70m final. Another MAWA athlete who featured was Sharon Davis with a second in the Masters 300m final.

The event based on the Stalwell Gift is well worth the drive to Bunbury to support the Masters and Open athletes.

The 2020 WesTrac Bunbury Geographe Gift will be held at the Bunbury Recreation Ground from Saturday, February 29 to Sunday, March 1.



COLIN SMITH

Meniscus tears

The knee is a hinge joint and allows the two actions of bending (flexing) and straightening (extension). A meniscus is a C shaped disc made of cartilage that cushions the knee and helps protect the bones from wear and tear. It is positioned on the top surface of the tibia between the tibia and the femur. There are two menisci within each knee, one medial and one lateral and they help to disperse the forces across the knee and absorb some of the shocks at the knee joint.

There are many ways in which the meniscus may be torn. One of the most common traumas is suddenly and rapidly changing direction. Deep squatting and heavy lifting may cause damage. Degeneration of the meniscus occurs with age therefore older masters athletes should monitor some of their gym exercises. Osteoarthritis may increase your risk of tearing the meniscus.

Pain when bending, straightening or twisting may be signs of a torn



the edge

With Margaret Saunders

meniscus. If

the tear is minor the meniscus stays attached, but with a larger tear, there may only a small part still attached. This torn section may catch on the surface of the tibia or femur bone, or prevent full extension of the knee.

There may be swelling in the area and the knee may "lock-up" or you may have a feeling that your knee is going to give way. If the cause is degenerative then the symptoms may appear more slowly over time.

To help prevent damage to the meniscus, warm-up and cool down correctly. The training program should gradually increase in intensity and duration and recovery scheduled between competitions and hard training sessions. If there is pain, then training should be immediately stopped or modified.

When pain is noted, you should rest, apply compression and elevate the affected area for a couple of days. It is essential to have the correct diagnosis. A visit to a sports doctor will allow the knee to be examined and the range of movement to be assessed. These tests help determine the actual injury and possible treatment. Xrays may be taken to ensure any other damage is discovered. An MRI will confirm if the meniscus is torn.

If the damage is minor, strengthening the surrounding muscles will be a major component of the rehabilitation. Taping the area may help. An arthroscopy may be used for examination or surgery. If surgery is required, the torn fragment may be removed or the tear may be stitched. The tear may take between six and eight weeks to heal.



A runner's knees take a pounding and the two menisci within each knee help to disperse the shock.

Photo by Maarten van den Heuvel on Unsplash.

Ivan strives to keep



Ivan Brown was born in Melbourne in 1944. His birth was six weeks premature which in those days meant you needed extra strength to survive. That inner strength has remained and helped him in both athletics and his working life. Growing up in Bendigo Ivan played footy, cricket and tennis. After finishing school he worked in Melbourne for six years and then in Port Moresby (1968-1973). During this time he took up the challenge of a four day Kokoda trail hike with friends. Ivan was in Aussie rules premiership teams in Melbourne and Port Moresby, switching to hockey and tennis when re-settled in Perth. He married Penny in 1970 and their children are Matthew, Marcus and Sarah.

Ivan was admitted as a Barrister and Solicitor in 1979, aged 35. He worked for the Commonwealth Department of Public Prosecutions until age 43, when he was appointed a Magistrate. Ivan said he would often run around the bridges during his lunch break;

"Running always helps to clarify your thoughts." After 17 years of dealing with mining matters, civil claims, coronial inquests, restraining orders and offenders as varied as Alan Bond, Brian Burke and John Kizon, he chose to retire in 2006.

While living on a bush block in Wanneroo Ivan discovered his sons could beat him over 3 km around the block. They all joined the Marathon Club in 1990 and Marcus joined coach Margaret Saunders at Swan Districts Athletics. Initially a spectator at training, Ivan eventually jumped the fence and joined the squad. Marg has coached Ivan for 25 years. He joined Masters (no. 194) in 1993 – the same day as Milt Maverick. With Marg's help, Ivan set new targets – at age 50 he ran his first marathon in 3hrs30 and after nine attempts got down to 3hrs20. He also aimed to break 40 mins for 10 km and eventually ran a couple of sub 40min track races at Coker Park (ECAC), aged 54. Ivan said it was thanks to Marg and her training group that at M50 his 10km time dropped from 46 mins to a PB of 39.48.

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

A tip from Ivan – *"400-500m reps are the best way to increase your leg speed."* Doing the Pentathlon at State and National level has also given Ivan much pleasure – *"... a few medals, lots of laughs and good companionship."*

In April 2000 Ivan joined one hundred other runners from WA who travelled to Sydney to run a marathon on the Sydney Olympic course – again he ran 3hrs30 despite having an emergency pit stop. He won't elaborate on this misadventure and said it is a story only known by his closest friends!

CONTINUED – next page



In focus

With Carmel Meyer

up his enthusiasm

FROM – previous page

Ivan considers David Carr to be the most inspiring 'vet' he has known and he is grateful for the encouragement he has received from fellow masters such as Bob Schickert and Brian Foley, who encouraged him to enter the Brisbane World Championships in 2001. Ivan competed in every M55 event from 800m to the marathon. His marathon time was again 3hrs30! *"Thanks to Robin King who dragged me over the line!"*. Also, not the first time Robin has been an inspiration – *"I will never forget the John Gilmour 10,000m at Coker on November 26, in 1998, when Robin and I splashed our way around 25 laps in heavy rain to both go under 40 mins."*

For his 60th birthday, Ivan's mates presented him with a pair of runners with a handful of six-inch nails poking through the soles!

"They went straight to the pool room for display". In 2005 Ivan and Penny travelled to San Sebastian in Spain for the WMA Championships. In the M60 cohort, Ivan competed in all track events from 800m to 10 km, usually ranked midfield. Then at the 2016 Perth Worlds, Ivan was thrilled to make the final of the M70 1500m, running 6 min 7 secs to finish eleventh out of fifteen finalists.

Not only is Ivan a generous helper at weekly track competitions, but he was also MAWA club President in 2006/07 and was director of the Cliff Bould run for twenty years. The proud grandad has brought grandchildren Georgia and Harrison to compete with him at WAAS. He recalls being *"thrashed"* over 800m by 11-year-old Harrison who finished in 2.38.

Throughout his athletics career, Ivan has kept performance goals and achievements diary which helps him maintain focus and enthusiasm. He joins a gym for six months every summer to avoid the heat but admits, *"I have given up any ambitions to develop muscles like Nick Miletic!"* Ivan wrote a very interesting article in TFNL (April 2019). In it, he acknowledges that his diaries show the inevitable decline in performance over the years, but he urges all athletes to invest in their longevity by having a heart stress test as he was encouraged to do by Marg Saunders. This can detect any potential issues. Then, with a clean bill of health, the athlete can continue striving to maximise their potential whatever their age.

2020 Brisbane Nationals are Ivan's immediate target as he enters a new age group, M75. After that, it seems clear that he isn't intending to slow down. What's in his sights?

"...more golf, tennis and maybe bowls," Ivan said.





Stuart Manning (right) edges out Campbell Till in a 200m at WAAS.



ROB NICHOLS



**FRAN CHERRY and
LYNNE CHOATE**



Carmel Meyer (left) pips Norm Richards for second in a heat of the 200m.

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

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



David Adams (right) leads Barbara Blurton (centre) and Carmel Meyer.



COLIN SMITH and NICK MOORE



RADIKA LUCAS



TRACY GALLAGHER

Photo: PAUL VAN DER MEY

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)

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

Throws and Jumps



GARRY PARKER





Looking ahead

Andrew Ward posted a 27.58m throw in the hammer 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

2021 - Oceania - Norfolk Island - January 17-23

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

www.wma2021.com

2022 - WMA Champs - Gothenburg, Sweden - August 16-28. www.masters2022.com