

# TFNL

The Track and  
Field Newsletter  
of MAWA



Season 15 Issue 2  
December 2021

Carol Bowman lifts off  
in the Patron's Trophy  
long jump at Ern Clark  
Athletic Centre. Midway  
review pages 3 to 9.

## PT action heats up

# Funds to boost athletics

The generosity of MAWA's Geoff Brayshaw is behind a newly formed scholarship for regional Aboriginal athletes. Athletics West announced the \$10,000 investment in the following online post by David Smith.

The Brayshaw Aboriginal Regional Scholarship Program has been developed to provide \$10,000 in funding per year to assist ten regional Aboriginal Athletes in competing at State Events.

Focusing on development opportunities, the Scholarship will cover out-of-pocket travel and accommodation expenses to help progress regional Aboriginal athletes through the Athletics pathway.

While Geoff is a well known WA Masters Athlete with several age records, Brayshaw's childhood experience growing up in the Eastern Wheatbelt first highlighted the barriers regional athletes



face in getting to Perth for sport and education opportunities.

Geoff's experience as Chair of the Aboriginal Trust for the Gumala Aboriginal Corporation further impressed upon him how vital supporting regional Aboriginal athletes is in developing opportunities for their future.

"If I can play a small part in assisting a group of young indigenous outback community members in achieving their dream by combining education, sports



participation and career opportunities while always maintaining and respecting their cultural heritage, I will be very satisfied." Brayshaw said.

## MAWA RECORDS



M55	Todd Davey	56lb Weight	7.56m	7/10/21	SR	ECAC
M55	Todd Davey	Super Weight	7.56m	7/10/21	SR	ECAC
M45	Roberto Busi	10,000m	31:48.53	8/10/21	SR	WAAS
W55	Sue Coate	Pole Vault	2.10m	10/10/21	SR	WAAS
W35	Michelle Krokosz	Pole Vault	2.25m	10/10/21	SR	WAAS
W40	Angie Ross	3000m	10:07.46	22/10/21	SR	WAAS
W55	Sue Coate	Javelin	29.18m	5/11/21	SR	WAAS
W75	Bev Hamilton	Discus	21.02m	18/11/21	SR	ECAC
W80	Lynne Schickert	Mile	13:18.0	23/11/21	SR	WAAS
M55	Todd Davey	56lb Weight	9.85m	25/11/21	*AR	ECAC
M55	Todd Davey	Super Weight	9.85m	25/11/21	*AR	ECAC

*\* Pending Australian record*



# Half term report



**SUE COATE**



**CARMEL MEYER**



**LYNNE SCHICKERT**



**CAROL BOWMAN**



**JACQUI O'NEILL**

## Scores after six events

#			
6	W55	Sue Coate	412.21
6	W60	Carmel Meyer	375.69
5	W80	Lynne Schickert	300.30
5	W65	Carol Bowman	282.16
5	W40	Jacqui O'Neill	266.99
4	W40	Ingrid Wilcock	212.16
# No of events			



**JACK REID**



**BRUCE McGEORGE**



**ALAN STABLER**



**DAVID CARR**



**BOB SCHICKERT**

## Scores after six events

#			
6	M45	Jack Reid	336.70
6	M65	Bruce McGeorge	304.10
5	M45	Alan Stabler	300.30
6	M85	David Carr	299.04
6	M75	Bob Schickert	295.26
5	M50	Andy Abbey	295.17
5	M65	Des Walsh	265.12
4	M60	John Dennehy	163.18
# No of events			

## Patron's Trophy



### By JOHN DENNEHY

The metric mile gave David Carr the forum to display his prowess on the track with a measured, assertive race. As always David went into the event with 'a plan' and stuck to his splits to gain just over 80 points and easily scoring the highest tally for the evening. No less impressive were the performances of Alan Stabler and Andy Abbey who led the field home in fine style finishing close to the five-minute barrier.

Jack Reid forged his own path running solo for the distance and scoring well despite favouring the shorter distances. Bruce McGeorge made David Carr his pacemaker and followed him the whole distance to boost his points tally by 55.74 points. John Dennehy, Bob Schickert and

Des Walsh finished in that order after changing positions throughout the race and were rewarded with points commensurate with their respective age groups.

Sue Coate and Carmel Meyer continued to impress with their fitness, race preparation and talent. Despite little experience over the 1500m they ran superb tactical races with Sue asserting herself early on and Carmel delivering their coaches, Barbara Blurton and Dave Wyatt, a well-deserved result.

Jackie O'Neill and Ingrid Wilcock also showed little fear for the event with confident running and finishing the journey with good form. Lynne Schickert brought her walk endurance to the fore with a stylish display to add to her tally.



### 1500m ECAC November 18

			% pts
Alan Stabler	M45	5:06.84	73.57
Andy Abbey	M50	5:09.97	76.12
Jack Reid	M45	5:34.12	67.57
Sue Coate	W55	6:34.11	71.83
Jacqui O'Neill	W40	6:35.31	62.18
Carmel Meyer	W60	7:07.64	70.06
Ingrid Wilcock	W40	7:12.36	56.86
David Carr	M85	8:05.11	82.92
Bruce McGeorge	M65	8:10.90	55.74
John Dennehy	M60	9:09.65	47.21
Bob Schickert	M80	9:23.06	61.80
Des Walsh	M65	10:35.32	43.07
Lynne Schickert	W80	12:29.08	61.49

## Ingrid tops points

By JOHN DENNEHY

The Patron's Trophy long jump showcased the undoubted talent of Sue Coate who is approaching the state record. She outscored her opponents by a wide margin of six points in a fine technical display of horizontal jumping. Ingrid Wilcock was the only other jumper to score in the 60% category with the longest jump of the evening (4.15m) and showed her prowess to the field. Lynne Schickert kept herself in the trophy hunt with her effort just eclipsing Carmel Meyers' points.

Alan Stabler was the top scorer amongst the men with his best effort scaping into the 50% category. Jack Reid and Andy Abbey looked comfortable in a very unfamiliar event, also scoring well with their distances improving as the competition went on.

Bob Schickert and David Carr appeared to be playing the "long game" by taking a jump and retiring from the event. Their strengths lie in the upcoming middle distance events and they are saving their efforts for them.

Carmel Meyer, Carol Bowman and Bruce McGeorge all added to their respective totals with valuable points significantly higher than their throwing events scores. Jacqui O'Neill revealed a somewhat hidden talent as a jumper and John Dennehy completed his jumps with a minimum of effort in the benign conditions.



Ingrid Wilcock runs down the runway on her way to scoring the highest points tally with a jump of 4.15m.



JOHN DENNEHY



SUE COATE

### Long jump ECAC November 11

			% pts
Ingrid Wilcock	W40	4.15m	61.30
Alan Stabler	M45	3.90m	50.32
Sue Coate	W55	3.81m	67.91
Jack Reid	M45	3.70m	47.74
Jacqui O'Neill	W40	3.36m	49.63
Andy Abbey	M50	3.32m	45.60
Des Walsh	M65	3.12m	52.97
Carmel Meyer	W60	2.78m	53.26
John Dennehy	M60	2.68m	42.14
Bruce McGeorge	M65	2.48m	42.11
Carol Bowman	W65	2.40m	49.69
Lynne Schickert	W80	1.91m	55.04
Bob Schickert	M80	1.57m	34.89
David Carr	M85	1.55m	38.37

## Patron's Trophy

# One-lap dash



Heading into the final bend of the first heat of the 400m are (from left) Jack Reid, Alan Stabler, Andy Abbey, Campbell Till and Nick Best.



**SUE COATE**

**By JOHN DENNEHY**

Patron's trophy competitors faced a strong headwind in the home straight requiring a reassessment of tactics as the competition continued. Andy Abbey produced the fastest time of the night with a PB which will serve him well in his usual distance events. The "Verry Elleegant" athlete copied his less well-known equine equivalent from the Melbourne Cup, to storm home to secure victory. More significantly David Carr set a season's best to top score in the event picking up places in the straight and also places in the scoring tables too.

Sue Coate showed superb pacing to score over 80% racing the men, while resisting the urge to push too hard in the early stages. Carmel Meyer ran with confidence and adhered to the race plan by coach Barbara Blurton. Stablemate Carol Bowman, fought well into the wind, with Jack Reid and Alan Stabler also scoring valuable points, although it remains to be seen what their strong events actually are.

Ingrid Wilcock, Jacqui O'Neill, Des Walsh and John Dennehy displayed much-needed "intestinal fortitude" to add to their respective totals, all finding the challenge of the trophy invigorating.



**INGRID WILCOCK**



**CARMEL MEYER**

### 400m

#### ECAC November 4

			% points
Andy Abbey	M50	62.54	78.88
Jack Reid	M45	65.08	73.28
Alan Stabler	M45	65.59	72.71
Sue Coate	W55	72.27	80.64
Ingrid Wilcock	W40	75.94	66.75
Carmel Meyer	W60	78.18	78.92
Jacqui O'Neill	W40	85.86	59.01
Carol Bowman	W65	88.26	74.89
Bruce McGeorge	M65	1:38.18	56.12
Bob Schickert	M80	1:50.66	61.32
Lynne Schickert	W80	2:27.16	64.36
Des Walsh	M65	79.24	69.54
David Carr	M85	1:35.09	81.85
John Dennehy	M60	1:40.47	52.71

## Discus throws impress

By JOHN DENNEHY

The patron's trophy discus had a favourable wind, according to "those in the know" and scores were generally quite high, with field events traditionally scoring significantly lower than the running events. Sue Coate impressed even the specialist throwers with her technique while producing the top percentage and longest throw amongst the trophy contenders. She sent the platter out over 24m edging out Des Walsh for top honours.

Bruce McGeorge and Adam Stabler were also over the 20m mark with their respective implements to shake up the men's competition. Jacqui O'Neill and Ingrid Wilcock appeared to enjoy the competitive atmosphere and showed talent in the event. Andy Abbey indicated potential with his long limbs used to their advantage and will represent a danger in the middle distance components over the next few weeks, as will Carol Bowman.

David Carr showed restraint and discipline with his 'counter' throw and disappeared quickly to have a practice run over the 800m distance, pre-empting a tough competition ahead. Dark horse, Jack Reid did his title hopes no harm with his effort with Lynne and Bob Schickert celebrating their entry into the 80-85 age group.

David Carr keeps his eye on the discus as he releases it.



**DES WALSH**



**CAROL BOWMAN**

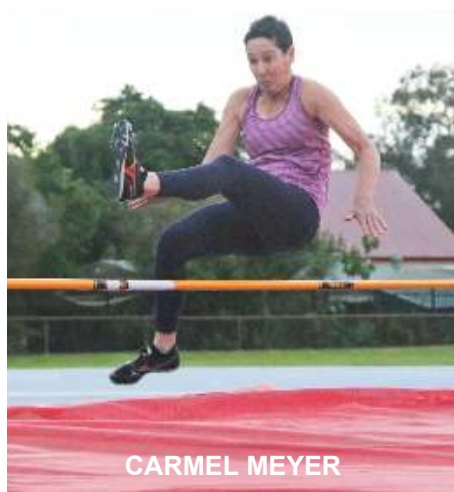
### Discus ECAC October 28

			% pts
Sue Coate	W55	24.12m	45.24
Des Walsh	M65	23.80m	37.39
Bruce McGeorge	M65	21.56m	33.87
Alan Stabler	M45	20.63m	33.56
Jacqui O'Neill	W40	19.07m	27.69
Ingrid Wilcock	W40	18.77m	27.25
Andy Abbey	M50	18.60m	25.66
Carmel Meyer	W60	15.66m	32.54
Jack Reid	M45	15.14m	24.63
Bob Schickert	M80	13.15m	29.18
Lynne Schickert	W80	11.89m	39.05
Carol Bowman	W65	9.79m	22.85
David Carr	M85	9.20m	24.23

## Patron's Trophy

Lynne Schickert leaps to the top of the high jump points score table with a height of .90m scoring 80.36 points.

# Lynne tops points score



CARMEL MEYER

### By JOHN DENNEHY

The first 80% of the Patron's Trophy was scored in the high jump competition by specialist walker Lynne Schickert, who may want to change her training to accommodate this unearthed talent. This crowned her return to sport following a significant time away from illness.

Both Jack Reid and Oliver Berry impressed with their techniques to head the competition height-wise with 1.55m and 1.40m respectively. Sue Coate demonstrated her multi-event credentials with a solid performance with seemingly no weak events ahead of her. She has

separated herself from her main competitor, Carmel Meyer, at this early stage, but both are fierce competitors and it would be remiss to count anyone out. Carol Bowman surprised many with her effort, especially coming from an essentially distance background.

Des Walsh used his speed well to soar over the bar, being rewarded with over 62%. Bruce McGeorge ventured into the infield to unfamiliar territory scoring well in the jump. Bob Schickert added valuable points to his total with club patron, David Carr failing to score with a no height to add real spice to his title aspirations.



BRUCE McGEORGE



DES WALSH

### High Jump ECAC October 21

			% pts
Oliver Berry	M30	1.55m	63.27
Jack Reid	M45	1.40m	63.06
Jessica Smith	Vis	1.40m	n/a
Jacqui O'Neill	W40	1.30m	68.48
Kirsty Woods	Vis	1.30m	n/a
Sue Coate	W55	1.25m	77.64
Des Walsh	M65	1.10m	62.15
Carmel Meyer	W60	1.10m	72.37
Bruce McGeorge	M65	1.05m	59.32
Kevin Collins	M50	1.00m	n/a
Carol Bowman	W60	0.93m	65.49
Lynne Schickert	W80	0.90m	80.36
Bob Schickert	M75	0.87m	56.49
David Carr	M85	NH	0.00

## Patron's Trophy

Carol Bowman leads Gillian Young on the first lap. Gillian took an early lead in the Trophy race with 73.28 points.



# Gillian sets early pace



**ALAN STABLER**

**By JOHN DENNEHY**

The Patron's Trophy edition 2021 kicked off in fine style at ECAC on October 14 with contestants battling it out over twelve and a half laps which would feel like a marathon for the sprint-based athletes.

The redoubtable Gillian Young put her recent injury worries behind her with an impressive run that featured her amazing sense of pacing. She settled in early on and gradually moved through the field to top score for the evening. Her coach, the legendary David Carr, was no less impressive with a typically determined effort to declare his intention to once again inscribe his name on the trophy.

Carol Bowman showed good endurance and fitness with her performance having had a good few months of training with Barbara Blurton with fellow squad members Sue Coate and Carmel Meyer displaying the results of the top-class programme set out for them.

No stranger to the rigours of the trophy contest, Bob Schickert, put in his full effort, showing newcomers and dark horses, Alan Stabler, Jack Reid and Silke Peglow just how much intestinal fortitude will be needed to complete the event. Andy Abbey and Bruce McGeorge looked very comfortable and scored well in their prime event which has set up what appears to be a very interesting contest.



**SUE COATE**



**CARMEL MEYER**

### 5000m

#### ECAC October 14

			% pts
Alan Stabler	M45	19:20.19	70.14
Andy Abbey	M50	20:27.02	68.91
Jack Reid	M45	22:26.97	60.42
Sue Coate	W55	25:10.82	68.95
Carmel Meyer	W60	26:47.52	68.54
Bruce McGeorge	M65	28:04.57	56.94
Carol Bowman	W65	28:18.29	69.24
Gillian Young	W70	28:56.11	73.28
Silke Peglow	W50	30:48.78	53.61
David Carr	M85	31:58.61	71.67
Bob Schickert	M75	35:03.31	51.58

# Ruth's barefoot start



The current holder of the Anne Shaw trophy for Performance of the Meet (2021 State Championships), Ruth Johnson was born in Narrogin in 1941. She was educated there and became a secretary/switchboard operator for the WA government railways. In 1964, following her marriage to Alan, they moved to a farm east of Wagin near the famous Dumbleyung Lake (site of the world water speed record set by Donald Campbell, also in 1964). In 1985 they moved to Bunbury and have lived there ever since. Ruth and Alan have four daughters and a son, and nine grandchildren.



## In focus

With Carmel Meyer

Not having done any sport since her school days, Ruth's first venture into athletics was in 1991 when she saw a local paper advertisement regarding Senior Athletics. Ruth says, "I decided to go and see what went on. I enjoyed it so I returned the following week and have continued my involvement in Bunbury athletics for 30 years." Ruth paints a great picture of her 'new adventure.'

"The track was grass, so I ran barefoot. The high jump had mats to land on and not just sand like at high school. Also, the long jump had a proper run-up lane. My husband was watching me jump and reminded me not to slow down at the take-off mat. It has taken me many years to break the habit and I still do slow down sometimes. Up until my start with Bunbury athletics, I had never run more than 200m, but I soon learned to participate in all events. I had never thrown so I learned that too, and while I don't consider myself a good thrower, I do enjoy the hammer throw. I can still recall my first 400m. I took off and got about halfway when the legs decided they weren't going any further...so I walked! At the end of the season, I was rewarded for my efforts with a box of chocolates."

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# leads to life of athletics

## FROM – previous page

Ruth says it is never about just showing up and taking part. Everyone works as a team getting the equipment ready, marking and timing.

Ruth joined MAWA in the 1992/93 season, taking part in the State Championships for the first time and receiving the first of her many certificates. She intended to run barefoot but was advised against it as her feet would suffer so she put her shoes back on! Her knowledge and skill level have gone a long way since then and as she has no real health problems she hopes to continue for as long as possible.

Participating at a State level encouraged Ruth to try and improve her times, so she joined the Bunbury Runners club and began regularly running 5km on a Thursday. As her fitness developed, Ruth started running 5km most days around the Bunbury estuary – her training regime for many years. “I am a bit of a loner so running on my own was what I did. When we got a synthetic track, I would go down by myself, especially before States or the Nationals. Now Luella Jenkin, Sharon Moloney and I train together, each doing our own thing. When we ran on the grass track it was always lovely to go to the State Championships and run on the synthetic surface and our times were usually better too.”

Ruth has tried most athletic events, except for Pole Vault and Steeplechase. She would have loved to try her hand at Steeple but says the idea of hurdling or jumping over the water put her off. “Jumping into water and running in wet shoes wasn't my idea of a race!” Ruth also comments that

while she hasn't run a track 10,000m she has done many on the road and has finished no less than twelve half-marathons in Bunbury.

“The Perth World Masters in 2016 was a great event, particularly running with women

from other nations. I received two gold, one silver and three bronze. Those games pushed me to achieve better results. Sometimes one does and at other times you go backwards but that makes it more interesting, and you want to achieve more.”

Despite her outstanding performance at the World's in Perth and the many trophies won in Bunbury, Ruth describes the 2021 State Championships as the highlight of her athletics career. She came away with ten State records and two Australian records. “At the end of the meet to win the Anne Shaw trophy was a great surprise. That made my weekend.”

The camaraderie and team spirit of Bunbury Athletics is well known, and Ruth has certainly done her best to foster that, having been on the committee and treasurer for many years. Being a small club, everyone learns to step up and help and the old hands encourage and teach younger members.

Ruth says she has had her share of injuries (hamstrings, knees, shoulders) but accepts that injuries are to be expected when taking part in sport.

“People often ask me, ‘do you still run?’. One doesn't stop because you reach a certain age. Athletics has been part of my life for thirty years and the friendships with other athletes, whether younger or older, keep one going. Sometimes I feel tired and can't be bothered going for a run but once I get motivated, I come back feeling I have achieved something. A big thank you to those who have been with me over the years.”

W80 Ruth signs off with “...to be continued.” There is certainly no doubt about that!



# Shockwave therapy

Extracorporeal shockwave therapy is a form of treatment that is becoming more common in the treatment of musculoskeletal injuries. Since 2000 this form of treatment has been used for a wide variety of soft tissue and bone injuries. The treatment appears to minimize the pain of these injuries or eliminate it completely.

The treatment has shown to be successful for the following:

- plantar fasciitis
- tendinopathy
- bone spurs
- shin splints
- shoulder pain

The medical practitioner or physiotherapist will conduct an assessment of the injury before undergoing any treatment. The recommendation is that anti-inflammatory drugs are not taken in the two weeks leading up to the treatment. Mild pain killers such as paracetamol may be taken just before the treatment.

For conditions such as plantar fasciitis, the treatment appears to work well when the tendinopathy has



**the edge**

With Margaret Saunders

become chronic (has persisted for more than six weeks) and the condition has not responded to other types of treatment.

Extracorporeal shockwave therapy is a non-invasive technique where ultrasound gel is applied to the affected area and then low-frequency acoustic shock waves are generated by a hand-held device. The treatment has some discomfort and takes little time. The shock waves stimulate a response in the body where the scar tissue is broken down. This helps the body increase the blood flow to the area and this will increase the healing. Pain messages may be blocked when the analgesic reaction is induced in the area.

Do not take any anti-inflammatory medication after the treatment as the shockwave treatment promotes an

inflammatory response within the body, which is the body healing itself. Taking the anti-inflammatories would slow the healing process. Rest after the treatment to allow the body to heal. Ice therapy should not be used immediately after the treatment.

There are very few side effects to this treatment. However, you may experience some redness, bruising, swelling or numbness in the area. The healing effect may take several days to be felt, but the treatment might continue for several months.

This type of therapy should not, or may not, be used in the following conditions:

- an infection in the area
- if you have a cardiac device
- if steroid injections have been given in that area in the last 12 weeks
- if athletes have circulation or nerve disorders
- bone cancer patients
- pregnant women

# Last minute reprieve

By **MARK DAWSON**

The season got off to an inauspicious start on October 12, as to all intents and purposes, the WAAS track was planned to be closed for re-surfacing, and the season cancelled – until six days prior, when those plans were put on ice for a year and the MAWA programme was then drawn up on Saturday, October 9. Track athletes did not turn up, but the “power men” arrived for the throws - Paul Foley (M55) and Andrew Ward (M60) in the Javelin were then joined by Todd Davey (M55) in the Discus – Todd leading the way with 39.5m, followed by Andrew and Paul at 37.81m and 37.11m respectively.

The following Tuesday was thoroughly rained out, and all events were cancelled. Come Tuesday, October 26, the weather was again foreboding, but four athletes ventured out – Juliana Kelly (W55) leading out in the 200m (38.2 sec) from David Brook (M55); in the 60m, Gin Ang (M55) flashed over the track in 7.9 sec, with Juliana crossing the line in 10.3. David Brook brushed off his middle-distance cobwebs, leading the way in the 1500m in 7:06.8 minutes, followed by Juliana, whilst Johann Hagedorn (M75) race-walked the distance in 9:59.5. The 3000m was cancelled, again due to safety issues when the storm arrived.

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Juliana Kelly returns to competition following a layoff.

## 2021-22 Coaching Schedule

Coach	Discipline	Venue	Time
Tom Lenane 0414 970 514	sprints/hurdles	ECAC	Monday and Wednesday 5:00pm
John Dennehy 0402 520 839	middle distance	WAAS	Saturday 8:00am
Barbara Blurton 0434 287 757	sprints and middle distance	ECAC	Monday 7:30am
Ann Masters 0407 470 949	jumps/sprints	McGillivray	Mon 4:30, Wed 5:30, Sat 3:30
Ann Masters 0407 470 949	jumps/sprints	WAAS	Tue 5:15, Sun 10:30
Keith Redpath	endurance/sprints	Byford	0401298532 for details

# Newcomer joins club

## FROM – previous page

November began with clear weather, and both the track and field contingents arrived to play, including new visitor Michaela Huston (soon thereafter, a new member – W30). Gin Ang cruised over the 60m in 8.0 sec, with Juliana Kelly following in 10.1. In the 800m, David Adams (M45) opened his season with an impressive 2:37.9min, as did Michaela in 3.30.1 and David Brook in 3.32.0.

Meanwhile, Johann Hagedorn walked the distance in 5:51.5, followed by Glenys Duncan (W80) in 7:07 minutes. Juliana and Michaela duelled in the 300m, with their times of 62.1 and 69.1 sec respectively. The 3000m was run solo by David Adams in a gritty time of 11:24.1 minutes; however, he did have Johann to keep him company of sorts, as he race-walked the same distance in 22:18 minutes. The throwers displayed their forces in the Shot put and Hammer throw, with Todd Davey showing the way with distances of 14.48m and 43.48m respectively.

**CONTINUED – next page**



Michaela Huston strides out at the start of a 400m at Tuesday night competition.

## 2021-2022 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**

Tues	event 1	event 2	event 3	event 4	Jump	throw 1	throw 2
30-Nov	60	200	800	3000	high	Javelin	Hammer
07-Dec	100	1500	400	5000	long/triple	Hammer	Discus
14-Dec	60	1000	200	3000	high	Javelin	Shot
21-Dec	100	1500	300	5000	long/triple	Discus	Shot
11-Jan	100	800	60	5000	high	Javelin	Discus
18-Jan	200	1500	100	3000	long/triple	Hammer	Shot
25-Jan	60	400	200	5000	high	Javelin	Hammer
01-Feb	100	800	60	3000	long/triple	Discus	Shot
08-Feb	200	1500	400	5000	high	Javelin	Hammer
15-Feb	60	800	300	3000	long/triple	Discus	Shot
22-Feb	100	1000	200	5000	high	Javelin	Discus
01-Mar	60	1 mile	400	3000	long/triple	Hammer	Shot
08-Mar	100	1500	200	5000	high	Javelin	Shot
15-Mar	60	800	300	3000	long/triple	Hammer	Discus
22-Mar	400	1500	100	5000	high	Javelin	Hammer
29-Mar	200	1000	100	3000	long/triple	Discus	Shot

# Numbers pick up

## FROM – previous page

By Tuesday, November 9, numbers had picked up, with nine athletes in the arena. In the sprint events, Juliana Kelly (100m in 17.0s) and Xinhuan Yan (M45 – 200m in 34.6s) showed the way. David Adams added to his bow, winning the 1500m in 5:13.4 minutes and not long after, won the 3000m in 11:35.8. Meanwhile, the 5000m was won by visitor David Cummings in a respectable time of 25:03. This race was also highlighted by Silke Peglow, (W50) a keen Sunday Roadrunner, clocking a time of 30:13min.



**LYNNE SCHICKERT**

On November 16, we welcomed back more MAWA 'regulars' to the track – the sprint exponents Sue Coate (W55), Norm Richards (M80), Fran Cherry (W55), and Mal Clarke (M50) plus his son Solomon; along with the middle/long distance exponents Chris Gould (M45) and Grahak Cunningham (M40). Highlights included Chris blitzing the field in the 800m in 2:10.1min; and Grahak taking out the 3000m in 11:50.3 min. Numbers improved in the field events as well, with seven throwers in the fray – notably, Mal Clarke taking out the Discus at 43.64m, whilst Todd Davey took out the Hammer throw with 42.91m.

The highlight of the night on Tuesday, November 23 occurred in the Mile race with Lynne Schickert aiming for the W80 State Record, which she achieved in a time of 13:18.0min (pending ratification). Rob Catrall lead the way in this race, winning in 6:23.9min. In the 400m, Michaela Huston pulled away from Juliana, with a time of 1:22.4 min; whilst in the 200m, Cathy McCloskey impressed in 32.4sec. In the long distances, Rob Catrall ran the 3000m in 12:40min, whilst David Adams raced away in the 5000m in 20:15min

Looking ahead, the trend of increasing numbers of athletes is a promising sign for exciting and notable competition.



Rob Catrall runs the bend on his way to winning the mile at WAAS.



**DAVID BROOK**



**SYLVIA BYERS**



**NORM RICHARDS**



DAVE WYATT



SHARON DAVIS

## 2021-2022 Summer Track and Field Programme

### Patron's Trophy –at ECAC ONLY

The Patron's trophy (highlighted events) commences on Thursday 14 October.  
Athletes compete in a minimum of 9 events with the best 9 giving the total score.

Thursday at ECAC Wharf Street, Cannington - 6pm

**EVERYONE, INCLUDING CHILDREN MUST PAY THE \$3 ENTRY FEE AT THE SIGN IN TABLE**

**In addition - visitor fee: \$5 (\$2 under 18, members' children no visitor fee)**

Thurs	event 1	event 2	event 3	event 4	event 5	Jump	throw 1	throw 2
25-Nov	200	800	100	5000		triple	hammer	weight
02-Dec	100	400	60	3000		high	javelin	shot
09-Dec	100	800	300	5000		long/triple	hammer	weight
16-Dec	60	1500	200	3000	steeple	high	javelin	shot
30-Dec	60	1500	400	5000		long/triple	shot	discus
06-Jan	200	800	3000	100	steeple	high	hammer	weight
13-Jan	60	1500	100	1 hurdles	3000	long/triple	discus	shot
20-Jan	200	1000	400	5000		high	javelin	hammer
27-Jan	800	s hurdles	200	3000	100	long/triple	discus	weight
03-Feb	100	1500	60	5000		high	hammer	javelin
10-Feb	400	1 mile	200	1 hurdles	3000	long/triple	discus	weight
17-Feb	200	800	60	5000		high	hammer	shot
24-Feb	60	400	3000	100	steeple	long/triple	javelin	weight
03-Mar	200	s hurdles	800	60	10,000 State Champs		discus	shot
10-Mar	100	1500	300	steeple State Champs			javelin	weight
17-Mar	60	400	100	5000		high	hammer	weight
24-Mar	200	800	100	3000		long/triple	javelin	shot

Sunday 27 February  
Saturday 12 March  
Sunday 13 March

State Champs Pentathlons and 5000 + high jump  
State Champs Day 1  
State Champs Day 2

# Super Todd's record

One of the highlights at ECAC Thursday night competition was Todd Davey upgrading his super heavy weight and 56lb weight records to 9.85m. They are now pending Australian records.



OSSI IGEL



JENN PARKER



BEV HAMILTON



ANDREW WARD

# Looking ahead



Jessica Smith  
looks relaxed  
during the Patron's  
Trophy 1500m at  
Ern Clark Athletic  
Centre.

Sunday, February 27: MAWA State Championships, Pentathlons, 5000m and high jump. Ern Clark Athletic Centre.

Thursday, March 3: MAWA 10,000m State Championships, Ern Clark Athletic Centre.

Thursday, March 10: MAWA Steeplechase State Championships, Ern Clark Athletic Centre.

Saturday, March 12: Day One MAWA State Championships, Ern Clark Athletic Centre.

Sunday, March 13: Day Two MAWA State Championships, Ern Clark Athletic Centre.

April 1-4, 2022 Australian Masters Championships, Brisbane.

June 29 to July 10, 2022: WMA Championships, Tampere, Finland.

March 27 to April 3, 2023. WMA World Indoor Championships, Edmonton, Canada.