

TFNL

The Track and Field Newsletter of MAWA



Season 15 Issue 1
October 2021

Sue Coate shows the style that resulted in a W50 State record of 1.95m at the masters pole vault competition at WA Athletics Stadium in September. Story – Page 4
Photo: CARMEL MEYER

Vaulters set records

Patron's Trophy to start – Page 3



Tuesday night reprieve



David Graieg powers off the line in a 200m at WA Athletics Stadium.

On the eve of the start of the Summer Track and Field Season VenuesWest announced that the resurfacing of WA Athletics Stadium would be postponed for a year.

The decision has been a reprieve for Tuesday night competition with a track and field programme at WAAS starting on October 12 at 6.30pm. The club is indebted to David Adams, Mike Anderson and Mark Dawson who will run the event.

A revised Summer Programme is on pages 14-15. Competitors should note that the throws programme at Ern Clark Athletic Centre has been substantially revised to reflect the fact that throws will also be on a Tuesday.

MAWA have been unable to arrange for anyone to officiate at jumps and throws on a Tuesday, so athletes wishing to do the field events will have to self-organise.

The Patron's Trophy requires a 'level playing field' at both venues with good timekeeping and judged field events. For this year the club cannot be sure this will be achieved at WAAS, therefore Patron's Trophy events will be on a Thursday at ECAC only.

Aussie Games

postponed

In light of the evolving COVID-19 situation, the 2021 Australian Masters Games which were due to be held in October will be postponed until April 23-30, 2022.

The organisers said it had been a difficult decision. However, the health and safety of competitors, officials and volunteers was their key priority.

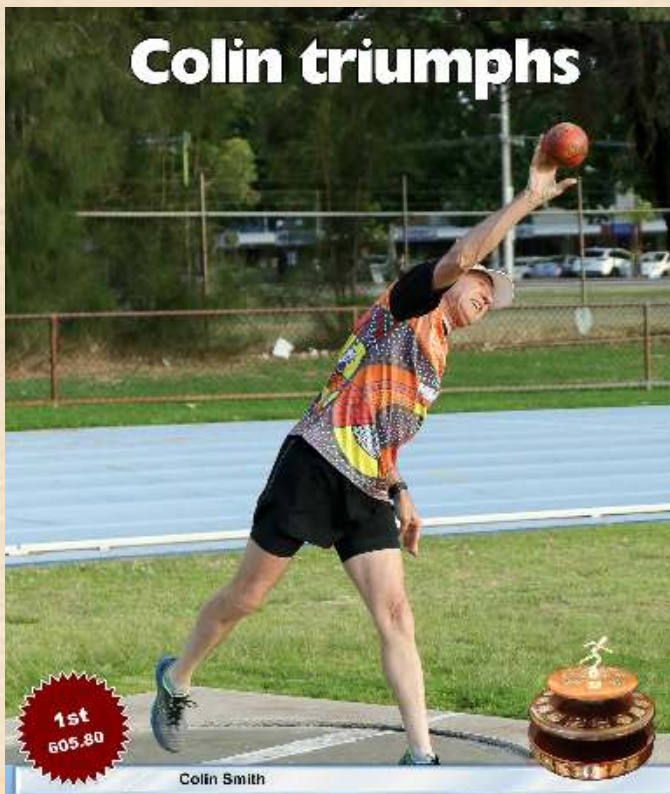
The decision to postpone has been made in consultation with key stakeholders including the Confederation of Australian Sport and the Western Australian State Government through Tourism Western Australia, and careful consideration has been given to how the organisers can deliver the best event possible to passionate Australian masters.

The 2021 Australian Masters Games team remains excited to bring the Games to Perth for the first time since 1993.

MAWA RECORDS

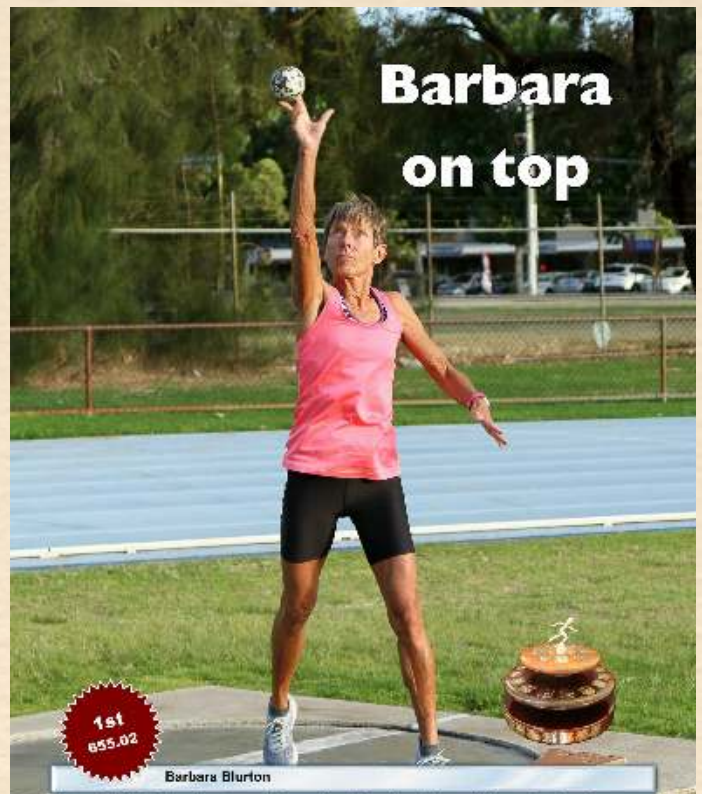
W40	Angie Ross	800m	2:11.16	01/04/21	SR	WAAS
W35	Michelle Krokosz	Pole vault	2.10m	01/04/21	SR	WAAS
M70	Dave Wyatt	High jump	1.31m	12/08/21	SR	ECAC
W55	Sue Coate	Long jump	4.12m	19/08/21	=SR	ECAC
W55	Sue Coate	80m Hurdles	17.42	2/09/21	SR	ECAC
W55	Sue Coate	Long jump	4.12m	2/09/21	SR	ECAC
M70	Dave Wyatt	High jump	1.32m	09/09/21	SR	ECAC
W65	Gay Wyatt	High jump	1.08m	09/09/21	SR	ECAC
W35	Michelle Krokosz	Pole vault	2.15m	19/09/21	SR	WAAS
W55	Sue Coate	Pole vault	1.95m	19/09/21	SR	WAAS
M70	Dave Wyatt	High jump	1.33m	23/09/21	SR	ECAC
W55	Sue Coate	Javelin Throw	26.69m	24/09/21	SR	WAAS
W75	Bev Hamilton	Super Weight	4.81m	26/09/21	SR	ECAC
W75	Bev Hamilton	56lb Weight	1.63m	26/09/21	SR	ECAC
M55	Todd Davey	Super Weight Throw	7.08m	26/09/21	SR	ECAC
M60	Andrew Ward	Super Weight Throw	4.59m	26/09/21	SR	ECAC
M55	Todd Davey	56lb Weight	7.08m	26/09/21	SR	ECAC
M70	Ossi Igel	100lb Weight	2.60m	26/09/21	SR	ECAC
M55	Todd Davey	Throws Pentathlon	3729	26/09/21	SR	ECAC
M55	Todd Davey	Wt Throw Pentathlon	3751	26/09/21	SR	ECAC
M55	Todd Davey	Heavy Weight Throw	15.99m	26/09/21	SR	ECAC
M55	Todd Davey	Shot Put	14.34m	26/09/21	*AR	ECAC
W55	Sue Coate	80m Hurdles	16.15	30/09/21	SR	ECAC
M30	Warren Button	Heavy Weight Throw	18.28m	30/09/21	*AR	ECAC
M55	Todd Davey	Heavy Weight Throw	17.15m	30/09/21	SR	ECAC
M55	Todd Davey	Shot Put	14.78m	30/09/21	*AR	ECAC
M55	Todd Davey	56lb Weight	7.56m	07/10/21	SR	ECAC

*Pending AR



Colin triumphs

Colin Smith



Barbara on top

Barbara Blurton

Patron's Trophy events to start



As mentioned on the previous page, this year's Patron's Trophy will only be held at Ern Clark Athletic Centre.

The prestigious event starts this season with a 5000m on October 14 and a high jump the following Thursday. Athletes compete in a minimum of nine events with the best nine giving the total score.

Competitors are challenged with a range of events from sprints, distance races and throws. 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. Consider entering the Patron's Trophy this year – it has a long tradition within MAWA ranks. All finishers receive a commemorative certificate.

The current trophy holders are first time winners Colin Smith and Barbara Blurton.

Pole vault records set

By Carmel Meyer and Geoff Brayshaw

In perfect September weather conditions, five pole vault athletes took part in what is probably the first pole vault competition organised from within MAWA for many years. Thanks to Dave and Gay Wyatt for giving up their Sunday morning to officiate, and to the helpers who made the morning so enjoyable and successful.

The four new poles purchased by MAWA have been put to good use. Congratulations to both Sue Coate and Michelle Krokosz on setting state records. Sue achieved an inaugural record of 1.95m for the W55 age group. Michelle improved on her W35 record, achieving 2.15m. Knowing the determination of both girls, and whilst acknowledging their respective achievements on the weekend, we know they will already be planning to improve their records.

M30 Oliver Berry, after getting off to a slow start during warm-up practice, ended up equaling his PB of 2.45m. M70 Geoff Brayshaw, was very satisfied with a final result of three competitive attempts at 2.65m, given he jumped with one little finger in a plaster cast following a serious tendon injury. He has a further four weeks before removal of the cast.

Our newest member in the pole vault M50 age group is Frik (Frederick) Jankowitz who is still refreshing his memory regarding his past pole vault exploits. Frik cleared 2.75m and was looking very good before getting a gentle reminder that the body and legs may not be quite what they use to be. Frik was brought up in Bloemfontein, South Africa. He represented South Africa in pole vault at the Africa games in Mauritius in the early 90s and has a PB of 5.25m.



Refreshing his pole vault muscle memory is Frik Jankowitz as he sails over the bar in MAWA pole vault competition at WAAS. *Photos: CARMEL MEYER*



Geoff Brayshaw gets set to release the pole.



Michelle Krokosz runs down the runway.



BEV HAMILTON



OSSI IGEL



ANDREW WARD



JOHN FETTUS



TODD DAVEY



OLIVER BERRY

Photos: CARMEL MEYER

Wet and wild throws

Todd Davey said it always rains on his birthday and true to form it was indeed a very wet start to the Throws competition on Sunday, September 26.

Despite the conditions, nine athletes arrived to test themselves in the Throws and Heavy Weight Pentathlons. Congratulations to all for that effort and especially to those who set new State and Australian records (listed on page 2)

The weather did improve in time for the afternoon's events and overall the throwers seemed happy with their efforts. Special thanks to chief official Glenn Bartlett who put in a long day and braved the conditions alongside the throwers.



Tampere's green light



It's been more than ten years since MAWA athletes competed at a world championships in Finland, but pending the relaxing of international travel restrictions that will be possible in 2022.

A strong group of Western Australian masters competed in the previous world championships in Lahti, Finland in 2009.

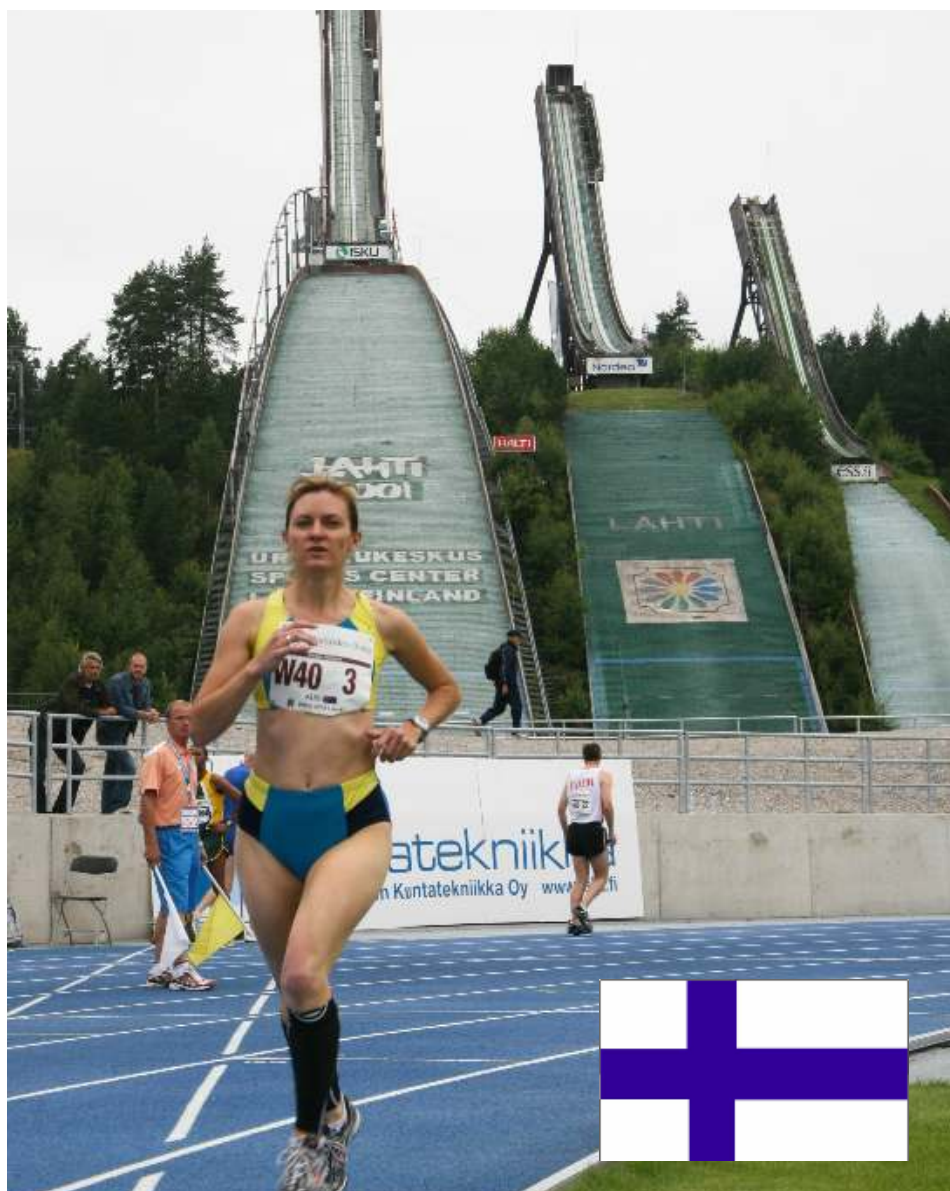
With the signing of a contract with World Masters Athletics the Local Organising Committee in Tampere are convinced that even if Covid is still present in the world they will be able to welcome athletes to the heart of the city in a secure setting. WMA hopes that the athletes from all over the world will be allowed to travel and come back to international masters' competition.

The Toronto World Masters Championships had been scheduled for 2020, but was cancelled due to the pandemic.

TOP: MAWA's Bert Carse leads South Australia's Peter Sandery in Lahti. Bert won bronze in the 2000m steeplechase and gold as a member of the Australian team in cross country.

RIGHT: Kerriann Bresser runs past the ski jumps that dwarfed the main stadium.

Photos: DOUG SMITH



Flashback to 2009 Lahti World Championships



BJORN DYBDAHL

LEFT: Peggy Macliver strides out on her way to gold in the 100m and 200m, silver in the 400m and 4 x 100m relay.

BELOW: Lynne Choate battles with Germany's Helga Schussler in the sprints. Lynne won silver in the 4 x 100m and 4 x 400m relays.

Photos: DOUG SMITH



LYNNE SCHICKERT



BOB SCHICKERT



I first became aware of Ossi Igel and Jo Peters as throws heavyweights at the 2019 Melbourne National Championships. Walking to the stadium area, we chatted to a few throwers who were warming up. (No easy task given the frigid weather Melbourne turned on for us!) A check of the results post-championships and it appeared to be the “M65 Jo and Ossi Show” as far as throws were concerned. They shared the top positions for individual throws and the Throws Pentathlon. (Not forgetting Geoffrey Gee of course, also in the mix – Athlete Profile, TFNL archive, December 2012). And Jo received his second Royce Foley Award in Melbourne for highest male points scorer in the Throws Pentathlon. Both champions tell us a little about themselves in the following profiles.

CARMEL MEYER



The Three Musketeers are all smiles on the Melbourne podium, (from left) Jo Peters, Ossi Igel and Geoff Gee.

Jo gives back to sport

Johannes (Jo) Peters was born in Ontario, Canada, growing up on a farm with a ‘bunch of siblings.’ Over his working life, he lived in several Canadian cities pursuing a career as a General Manager/Sales Manager for various multinational companies, overseeing regional plants in the dairy processing and printing industries. Jo has two sons and two daughters who all live in Canada. With his Australian wife, he moved to WA in 2010, settling in Busselton in 2012.

After participating in track and field events at high school, Jo didn't re-enter the athletics arena until the lead-up to the 2016 Perth WMA Championships. He had a strong desire to be part of a world standard competition and he hasn't looked back since. Throws are his forte – Discus, Hammer, Weight, etc, plus the Throws Pentathlon. Jo feels Javelin has always been his weakest event so his primary target for the coming season is to improve on his technique.

Jo says he has received many helpful coaching tips from fellow throwers at competitions. He has also made use of online videos with a view to emulating specific components of the throw. He believes in being open to trying out

various methods and techniques in the hope that distances improve consistently. He is happy to add that, other than the occasional strained knee, injuries have not troubled him.



In focus

With Carmel Meyer

Regarding his training regime, Jo comments wryly, "I need a purpose to work out and I have no wish to do 150 burpees just for fun!" Athletics is his motivation for working out and his training efforts keep him fit enough to do the other things in life. Jo believes in giving back to his sport and has been an active member of the Bunbury Regional Athletics club, as Treasurer for a season and President over the past two seasons, plus other committee roles.

Jo feels fortunate to have been able to compete both overseas and nationally. He has participated in the Americas Masters Games (Vancouver, British Columbia, 2016), the Canadian Nationals (2018) and Australian Nationals (Perth 2018, Melbourne 2019).

CONTINUED – next page



Wonderful Worlds



FROM – previous page

An impressive statistic to note – in recent times WA has had four throwers in the M60 group having top ten standing in the World Rankings; winning a state medal was not a given. Jo humbly admits to having had "some success" but my research uncovered excellent results at the Americas Masters Games – M60 gold for Discus and Shot, silver for Throws Pentathlon and Hammer, and bronze in Javelin. Following that he has gone from strength to strength with two Royce Foley Awards, National Record M65 in Discus, and top ten World ranking in several events. Jo is particularly proud of his 2019 second place in the World rankings for Throws Pentathlon.

Jo has some great insights to share.

"My experience at the Worlds in Perth was simply wonderful. The atmosphere was casual and warm amongst all the throwers. Having a beer after an event was the experience of the Games. My

expectation had been that as a competitor, winning was paramount. Winning is a driver, certainly but I did not understand that as a grey-haired master athlete, participation trumped all," he said.

"Strong friendships have been formed over the years. The most memorable moments of these competitions have been witnessing fellow competitors performing well, which included beating my ass at times. Watching fellow throwers achieve personal bests, state and national records, has been the big deal for me – Ossie Igel winning Shot Put gold in Melbourne, throwing several national records this past year, Geoffrey Gee slinging the weight out for state records and a medal in Throws Pentathlon at Worlds, Tom Gravestock smashing a discus throw out for a national title are all moments we as a group talk about.

"Other special moments have been at the international meets. There have been times where I have watched participants who in my

opinion had no reason to be out throwing or running due to health or injury reasons; but they are doing it. I saw sprinter Man Kaur aged 102 competing in Vancouver and throwers using walking canes to get to the throwing circle – WOW."

Jo is a highly skilled athlete who says his love for the sport has also been nurtured by members of the Bunbury Regional Club. He acknowledges the support of fellow thrower John Fettus.

"I think for most throwers it is a lonely journey. Having John along over the years has been a pleasure."

Jo's enjoyment of his sport is obvious and infectious, and he has a tremendous sense of humour...

"It's been a great experience here in Western Australia. People have been awesome. Canadians and Australians are very similar – very much like cousins. The weather here is wonderful, and I do not miss the snow except for a few days at Christmas... although Christmas lights on palm trees really does not work. Please stop doing that."

Ossi's commitment

Oswald (Ossi) Igel was born in 1950 in the West German city of Solingen. He moved to southern Germany at age 19 to study Engineering, specifically Surface Technology and Material Science. It was there that he met his wife, Karin. They have two daughters and a granddaughter.



In focus

With Carmel Meyer

From 1984 to 1993 Ossi says he had the pleasure of living in Japan, in both Tokyo and Yokohama. Following their time in Japan, the family spent 14 years in Berlin with a final posting of five years to Guangzhou, China. In 2011, Ossi and Karin retired to Mandurah where they live today. Travel back to Europe in July and August has been a yearly highlight for them and they very much hope Covid restrictions will be lifted by early 2022 so that they can see their family and friends again.

Ossi joined an athletics club at age 15 where everyone was trained as a multi-athlete. He participated in two German championships in Decathlon (5808 points). Later on, his favourite events were Long jump (6.82m) and Triple jump (14.65m) and competed in these at two German championships. During his years in Japan Ossi took to running, a sport he continued for 25 years. He took part in several 10km and 25km races and later competed in nine Berlin Marathons with a PB (M50) of 3:28.

Ossi joined MAWA in 2011. Hamstring and lower back issues have restricted his ability to comfortably sprint or jump. However, he manages both problems with regular rehab exercises. He usually trains three to four times per week, mixing strength training in the gym with throwing drills. "Occasionally I do some jogging and I do a bit of High jump. (Ossi won High jump silver at the 2018 Perth Nationals.) I try to achieve a mix of strength and flexibility. Older people like me tend to stiffen up!"

CONTINUED – next page

results in happiness

FROM – previous page

Ossi's commitment to maintaining his fitness has served him well, as in January 2014 he had surgery for prostate cancer. He recovered well, with his surgeon commenting that his body was as fit as that of a 45-year-old man. A compliment indeed! The Throws Pentathlon is Ossi's favourite event. He is happy with his form in most of the throws but would like to improve on his Javelin technique. He only took up Hammer and Weight throw at the age of 64 but says he now loves both disciplines. Keeping injury at bay is a number one target for the coming season and he says, "With a bit of luck I may improve my PBs and maybe achieve one or more state records." He very much hopes that the 2022 Nationals in Brisbane will go ahead and would like to make it onto the podium there.

Ossi has been training with another renowned thrower, Jim Davis (Athlete profile, TFNL archive, November 2019) for seven years. Jim and Ossi coach each other. "Jim teaches me the secrets of Hammer throwing," says Ossi with a twinkle in his blue eyes. "He is my friend and mentor." Another champion thrower, Bev Hamilton (Athlete profile, TFNL archive, February 2010) sometimes joins Ossi and Jim's training duo.

The 2016 Perth World Masters Championships tops Ossi's list of the most impressive competitions he has attended despite his earlier participation in Japan and Germany. Ossi enjoys the company of other athletes and where many people find their stress level increases during competition, Ossi finds his sport is a great way to reduce stress! He describes his happiest moment as a Masters athlete... "This was the unexpected win of the Shot put title at the 2019 Melbourne nationals against very strong competition – Jo Peters and Geoffrey Gee." Ossi has an impressive medal collection from his appearances at National competitions and a search through the records lists shows he currently holds the M70 Australian records for the Heavy Weight Pentathlon (4682 points) and the Super Weight Throw (25.4 kg, for a distance of 8.87m) and State



Ossi Igel runs through the city during the 2005 Berlin Marathon. Ossi ran nine Berlin Marathons with a PB of 3:28.

records for Weight throw, Discus, Shot Put and Throws pentathlon.

Ossi is a champion person in more ways than one. He is great company in the throwing arena, helpful to newcomers and ready to assist with officiating if required. Thoughts of his

family in Europe are never far from his mind.

"I'm missing my family in Europe. I could not see them for more than two years. I hope everybody gets the Covid-19 vaccinations as soon as possible. Only then, travelling will be relatively safe again."

Set realistic goals

Another year has passed and the next track and field season is about to begin. Looking back over the last twelve months shows that it has been a second year where many athletics events were cancelled – particularly at national and international levels. However, for open elite athletes the Olympic Games were held – but with no or very few spectators. This must have been a very different experience competing in these circumstances. The Olympic Games athletes produced many outstanding performances, and this was a testament to the resilience of the athletes and their coaching teams as many of their training sessions had been severely disrupted.

We have been so lucky to live in Perth where lockdowns have been minimal compared to the rest of Australia. Our local competitions continued with only limited disruptions and the state track and



the edge

With Margaret Saunders

field championships were held last season.

So, as athletes, what can we learn from these experiences – where so much preparation can lead to no competitions? It is not possible to change what is happening in our state, our nation or even the world – with regards to competitions and many other things such as travel. However, each individual has control over their reaction to any perceived problems. For example, if competitions are cancelled and your fitness level is high, then determine the best way to maintain your skill level so when the competitions begin again you are ready to compete at a good level. Look at what you have

learned about yourself and the training programmes you have been using. What have you done well? What may have been a better way to prepare? This training is the basis for the future sessions you will be undertaking.

Set realistic goals for this coming season – but be prepared to modify these when necessary. Be flexible in your approach as this resilience will ensure you maintain a more positive attitude to any modifications which must be undertaken. Ensure your self-talk regarding any issues remains positive. It is often so easy to view, and only think of, the negatives but there will always be some positives in any negative situation.

Help friends and training partners and always check that they are okay. We do not know what is around the corner – and sometimes myself and others would be very thankful for that!!

Families love winter

The 2021 winter season finished with many athletes taking advantage of the ECAC Thursday evening meets to retain their fitness and competitiveness.

Of note was the number of family groups taking part. The talented Lagat family were regular attendees with the impossibly long-striding Dominic effortlessly covering a wide range of distances in impressive times. Naomi has consistently dipped under the three-minute barrier in the 800m and shows potential over the one-lap distance too. Daughters, Dayna and Larissa continued the family legacy with improvements in a multitude of events.

Club stalwart, Jackie Halberg officiates some weeks and competes at others retaining fine form over shorter distances. The Schickerts, Bob and Lynne, have approached their eightieth birthdays with the same verve and vigour, competing when time and energy allow.

Nick Best has returned with renewed vigour and a focus on the 800m in particular, supported by his daughters, Charlotte and Abigail. Dave and Dean Wilkie are welcome additions to the MAWA family trying almost every event on the program.



Irish import, Tony Ward also engages in family competition in the sprints often leading home his children who appear to have inherited fast-twitch fibres. Drew Langford and son Kai continue an incredibly strong family tradition of tough runners. Roberto Busi has introduced his son, Bob, to track and he is showing a strong competitive streak.

Walkers Karyn Tolardo and Steve Travell walk most weeks with Karyn attempting to confuse 'the most organised' of organisers Richard and Barbara Blurton by frequently placing amongst the runners in the distance events.



Naomi Lagat strides out down the back straight at ECAC.

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



ABOVE: Paul Scott-Taylor shows his relaxed style in a distance race at WAAS.

LEFT: Norm Richards strides out in a sprint at WA Athletics Stadium.

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
12-Oct	60	1 mile	400	3000	long/triple	Javelin	Discus
19-Oct	100	1000	400	5000	high	Discus	Shot
26-Oct	200	60	1500	3000	long/triple	Javelin	Hammer
02-Nov	60	800	300	3000	high	Hammer	Shot
09-Nov	100	1500	200	5000	long/triple	Javelin	Shot
16-Nov	60	800	100	3000	high	Hammer	Discus
23-Nov	400	1 mile	200	5000	long/triple	Discus	Shot
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



Roberto Bussi and Ingrid Wilcock power around the bend at ECAC.



JENN PARKER

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
07-Oct	100	1 mile	400	5000		high	discus	weight
14-Oct	60	1500	200	5000		long/triple	hammer	shot
21-Oct	400	100	3000	200	steeple	high	javelin	weight
28-Oct	100	1500	800	3000		long/triple	discus	hammer
04-Nov	200	60	400	3000		high	javelin	weight
11-Nov	100	800	200	5000		long	discus	weight
18-Nov	60	1500	300	3000		high	discus	shot
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	l 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	l 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

Looking ahead

Oliver Berry equalled his PB of 2.45m at the pole vault competition held at WA Athletics Stadium in September.
Photo: CARMEL MEYER

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- April 3, 2023. WMA World Indoor Championships, Edmonton, Canada.