

TFNL

The Track and Field Newsletter of MAWA



Season 16 Issue 3
December 2022



First - time Patron's Trophy entrant
Steve Barrie focusses on the next
lap in a recent event at ECAC

Patron's Trophy Update



Due to the closure of WAAS, this year's Patron's Trophy was set up with just one eligible date for each event. This is proving to have a detrimental effect on the competition as inevitably some athletes are missing their best events through no fault of their own. The committee has decided that this has to change. A second eligible date has been added for each event and:

- The new programme is below and on the MAWA website.
- As in previous years, athletes can do both eligible dates and their best score will be used.
- If an athlete who is currently not in the Trophy is now able to do it, that is fine.
- It means the Trophy extends to end January.
- As Barbara indicated at the time, the 400m trophy event on 10th November is null and void.
- Two further 400m dates have been identified.

2022-23 Track and Field Programme

The Patron's Trophy (highlighted events) commences on October 13. Athletes compete in a minimum of 9 events with the best 9 giving the total score.

Thursday at ECAC, Wharf St, 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 pay no visitor fee)

Thurs	event 1	event 2	event 3	event 4	event 5	Jump	throw 1	throw 2
13-Oct	60	800	200	5000		long/triple	discus	weight
20-Oct	100	1500	400	3000		long	weight	shot
27-Oct	200	800	60	5000		long/triple	javelin	weight
03-Nov	400	1 mile	s hurdles	100	3000	high	discus	shot
10-Nov	60	400	200	5000		long/triple	shot	javelin
17-Nov	200	1500	3000	100	steeple	high	discus	weight
24-Nov	100	1500	400	5000		long/triple	javelin	shot
01-Dec	60	800	200	3000		high	javelin	weight
08-Dec	100	400	60	5000		triple	weight	discus
15-Dec	100	1000	200	3000		high	shot	javelin
29-Dec	200	800	3000	100	steeple	long	hammer	shot
05-Jan	60	1 hurdles	1000	200	5000	high	discus	javelin
12-Jan	60	1 mile	400	3000		triple	hammer	weight
19-Jan	400	1500	100	5000		long/triple	discus	shot
26-Jan	200	800	3000	60	steeple	high	hammer	weight
02-Feb	1500	200	s hurdles	3000		high	hammer	shot
09-Feb	60	1000	400	5000	100	long/triple	discus	javelin
16-Feb	200	1500	100	1 hurdles	3000	high	hammer	weight
23-Feb	800	200	3000	60	steeple	long/triple	discus	shot
02-Mar	300	1500	60	10,000 State Champs		high	javelin	weight
09-Mar	100	1 mile	400	3000		long/triple	hammer	shot
16-Mar	100	800	200	5000		high	discus	weight
23-Mar	60	1500	100	steeple SC		long/triple	javelin	shot

Saturday 18 March State Champs Pentathlons, 5000m + High Jump

Saturday 25 March State Champs Day 1

Sunday 26 March State Champs Day 2

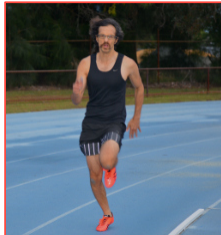
MAWA RECORDS

M90 David Carr 200m 42.60 sec 17/11/2022 -0.1 wind
AR (pending) ECAC





Andrew Ward warms up his shoulder with the shot



Last year's Men's Patron's Trophy winner, Jack Reid (ABOVE CENTRE) and Carol Bowman (ABOVE RIGHT) in their 200m heats

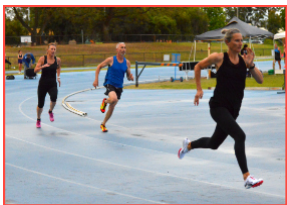


David Gardiner gives it his all as he approaches the finish line



The Pleasure and The Pain...

LEFT: David Adams and Emily Bailey enjoy a battle to the line in their 60m heat.



And they're off in the 400m -
L-R: Sue Coate, Daniel Smith, Sharon Davis



Bringing it home
- Jenn Parker and Mark Dawson



Dominic Lagat (LEFT) and Daniel Smith (RIGHT) show the strain in the last metres of the 400m

Patron's Trophy

Discus (1)

By John Dennehy

A warm, windless and humid evening gave athletes no assistance in the discus as the Patrons trophy competition rolled on at ECAC. The Bartlett pair, Glenn and Kyle ensured the event was run according to the established rules to maintain an equitable result.

There was no surprise to see Jenn Parker gain top score with 44.44 percentage points from her 26.00m throw. Jacinta Thompson showed potential with her best throw and pocketed 30.44 points in the process. The slightly built Gillian Young defied expectations using strength to impress collecting 34.29 points, with Naomi Lagat and Carol Bowman dismissing illness and injury to keep themselves in contention in their unfamiliar events.

Campbell Till displayed some muscle memory in his only throw to send the platter out to 22.76m (35.75%). Always a superb technician from long jump to hurdles to throws, he headed off to run the mile, no doubt in preparation for the upcoming 1500m discipline. Bruce McGeorge unleashed a fine throw to add 32.66 valuable percentage points, which becomes more significant considering the surprising 'no mark' by the Patron himself, David Carr, sending number cruncher Barbara Blurton and others back to revise their scores.

Steve Barrie, John Dennehy and David Adams completed the field with varying degrees of success amid an atmosphere of support that defines this unusual competition.



Spot the Flying Saucers



Discus

Nov 3 ECAC

Jenn Parker	W50	26.00	44.44%
Campbell Till	M65	22.76	35.75%
Dominic Lagat	M35	22.39	30.65%
Bruce McGeorge	M65	20.79	32.66%
Jacinta Thompson	W45	19.39	30.44%
John Dennehy	M60	14.79	21.22%
Naomi Lagat	W35	13.51	18.24%
Steve Barrie	M60	14.32	20.55%
Gillian Young	W75	12.22	34.29%
Carol Bowman	W45	10.86	25.35%
David Adams	M65	9.38	15.26%
David Carr	M90	NM	0.00%

Patron's Trophy

High Jump Nov 17 ECAC

Dominic Lagat	M35	1.50m	62.76%
Jenn Parker	W50	1.25m	73.10%
Sue Coate	W55	1.20m	74.53%
Jacinta Thompson	W45	1.15m	63.89%
Fiona Van Heerwaarden	W45	1.09m	60.56%
Naomi Lagat	W35	1.06m	53.27%
Steve Barrie	M60	1.03m	54.79%
John Dennehy	M60	1.03m	54.79%
Carol Bowman	W65	0.88m	61.97%
Gillian Young	W75	NH	0.00%

1500 m Nov 17 ECAC

Dominic Lagat	M35	4:57.45	69.86%
David Adams	M45	5:32.27	67.94%
Naomi Lagat	W35	6:18.72	62.18%
Jacinta Thompson	W45	7:13.83	59.26%
Gillian Young	W75	7:31.47	87.10%
Fiona Van Heerwaarden	W45	7:43.01	55.53%
Steve Barrie	M60	8:26.40	51.24%
John Dennehy	M60	9:13.37	46.89%

By John Dennehy

The battle for the Patron's Trophy suddenly got very interesting with the competition extensions announced by organiser Barbara Blurton, after realisation that the one eligible date for each event was having a detrimental effect on the competition. No wonder MAWA is growing, with the committee having its ear so close to the ground.

Dominic Lagat asserted his dominance in the 1500m with a typically aggressive and assertive run. Long of limb and wide of smile, he loped round recording the only sub five-minute performance of the evening collecting 69.86 points.

David Adams resisted the urge to follow the leader too closely and paced his metric mile well to score 67.94 points. Naomi Lagat produced a typically gutsy run gaining 62.18 points.

Recent recipient of club Life Membership, Gillian Young, continued her comeback from injury with a superb 7:31.47 gaining the highest points total of the event with 87.10; significantly it ties her for seventh in the World rankings in an event she does not favour. Jacinta Thompson, who appears to be enjoying her foray into masters, ran in 'No woman's land' for the distance and was suitably rewarded with 59.26 points.



1500m (1)

High Jump (1)



Despite a very wet evening there were impressive high jump performances, possibly because there were many 'non high jumpers' competing unaware of the dangers involved.

Dominic Lagat was not happy with his 1.50m best and may jump again in the 'second chance' opportunity as his usual jump is around the 1.60m mark. Friends, Jenn Parker and new entrant Sue Coate, cleared 1.25m (73.10 points) and 1.20m (74.53 points) respectively, enlivened the competition with an impressive display of jumping. Jacinta Thomson made several adjustments to her run up to eventually clear 1.15m. Who knew

over thirty years would affect your high jump run up? Fiona van Heerwaarden launched herself over 1.09m with Naomi Lagat scissoring over 1.06m. Steve Barrie and John Dennehy cheered each other on to both scrape over 1.03m grabbing 54.79 points with Carol Bowman (61.97 points) scoring well.

Discus

With an appreciative crowd of Patron's trophy throwers in the wings, the experienced Throwers show their finger-tip control as they send the Discus spinning.



Andrew Ward



Ingrid Wilcock



Maureen Keshwar

Maureen watches the flight of her discus.



Garry Parker



Jess Siviour



Daniel Cazangiu

Young guns, Jess and Daniel, put their backs into it

SILKE PEGLOW on Life

Running & Maltesers



I was born in Ravensburg, near the alps in southern Germany but my family settled in Killarney in County Kerry, Ireland, when I was ten. I am married to Barry. We have four kids, a cat, a dog and a goldfish! I used to teach music - guitar and piano, and still teach privately but I had a massive career change and now I'm halfway through a Bachelor's degree in nursing at the tender age of 54!



Irish Minstrels, Silke and Des, celebrating Patron David Carr's 90th birthday

Growing up in Ireland I spent a lot of the time hiking the hills and cycling but wasn't into competitive sports at all. After spending many years ferrying my children to and from sporting activities and watching them compete in athletics I decided to give it a go. My first ever run was the John Hughes Big Walk/run in 2009 which I completed in an old pair of crocs whilst pushing a baby buggy. From then on, I was hooked on long distance.

Whilst running around Perth I used to see Masters runners on their Sunday runs and thought to myself, I'm way too young for that but I will give it a go. I had to eat humble pie once I realised that they could run way faster than me! I also enjoy being part of this inclusive and friendly community. My favourite Sunday runs are anything in the trails, or cross country. I also enjoy triathlons. I love trail running but have a terrible sense of direction and an innate ability to get lost.



IMAGE: Graeme Dahl

My favourite track event has got to be the steeplechase. It is gruelling but fun and takes a special kind of crazy to compete in. I'd love to try the javelin but I'm afraid I may injure someone by accident. There should be a turbo jav. option.

The only time I ever enlisted a coach was when I trained for the Melbourne marathon. Without consistent coaching I would have sat on the couch and eaten Maltesers instead of going for my designated run. I need to be answerable to someone. I'm continually motivated by the veteran athletes in our club. Their fortitude, resilience and positive attitude is infectious and inspiring.

My current target is to return to pre-surgery pace. I had a full hamstring reconstruction early this year following long term proximal hamstring tendinopathy (literally, a pain in the arse) and have been struggling to regain my pre-surgery pace. I have completed three Melbourne marathons and would like to try a few more, injury permitting.

I really enjoyed competing at the 2019 Nationals in Melbourne and would like to go to Adelaide and other events in the coming years, health and wealth permitting.

I used to coach the little Athletics cross country runners with fellow Masters athlete Ross Keane. I was on the committee in Little Aths and I'm currently the MAWA vice President.

I am grateful to be able to get out and run every day irrespective of pace or distance. I run for my physical and mental wellbeing... I run to feel empowered and resilient... I run to connect to nature... I run to stay happy.....and I run to make room for wine and chocolate.

Patron's Trophy

1500m Nov 24 ECAC

Dominic Lagat	M35	4:56.86	70.00%
David Adams	M45	5:24.45	69.58%
Campbell Till	M65	6:07.74	74.40%
Naomi Lagat	W35	6:12.45	63.22%
Sue Coate	W55	6:27.91	72.98%
Jenn Parker	W50	6:32.40	68.67%
Tammi Doyle	W50	6:44.04	66.69%
Gillian Young	W76	7:29.69	87.44%
Carol Bowman	W65	7:54.01	67.72%
David Carr	M90	8:10.67	102.52%
John Dennehy	M60	9:16.74	46.61%



Campbell Till, Dayna & Naomi Lagat,
Stuart Manning and Mark Dawson



John Bailey, Jenn Parker, Sue
Coate



Jenn Parker is glad that is over;
Jackie Halberg commiserates



Dominic Lagat and Carol Bowman share
the track

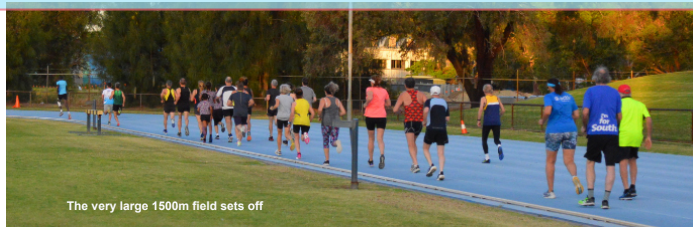


Mitch Cleasby goes it alone

The 'second chance' 1500m Patron's Trophy took place in rather more congenial conditions on November 24, just a week after the previous edition. Once again Dominic Lagat led throughout and eclipsed his previous time, gaining 70.00 points. David Adams improved on his last performance (67.94 to 69.58 points) despite recovering from the previous Sunday where he not only ran the Masters Gwelup 5km, ran the 2000m steeple, 1500m, 400m and 100m at Strive later in the morning. He will run the half marathon on the weekend... Campbell Till (74.40 points) continued a pleasing return to running with his usual well paced metric mile. Naomi Lagat focused on catching her two talented daughters bringing her a tidy collection of 63.22 points, an improvement of just over one point on last weeks run.

The indomitable Sue Coate charged round the track with her now familiar 'race face' to grab 72.98 points ahead of training mate Jenn Parker (68.67), both athletes displaying excellent efforts in an unfamiliar discipline. New Masters recruit, Tammi Doyle, (66.69 points) produced an eye catching performance, suggestive of a fine competitor in the making. Doyle was followed over the line by Gillian Young (87.44 points) who is showing a startling return to form. Carol Bowman seized the opportunity to gather 67.72 points with her long stride a striking feature of her running.

The brilliant David Carr, fresh from his Australian record breaking effort over the sprint distance of 200m from last week, executed his race plan to perfection and amassed 102.52 points with an 8:10.67 run. While well off his world record in the event of 7:32.95, it is a meritorious performance given he has changed his training markedly to accommodate the nature of the trophy competition.



The very large 1500m field sets off

Patron's Trophy



Possibly the two of the most diametrically opposed events of the patrons trophy were cruelly scheduled on the same night, with the skills, strategies, energy systems and training required for the 1500m in stark contrast to the shot put.

Sue Coate lit up the circle with a massive put of 9.76m and a haul of 59.12 points. For comparison, the state record is 10.40m presently owned by Kate Glass. A masterclass of technique combined with strength, speed and co-ordination, she still had time to give pointers to fellow 'throwers'. Her competitors would do well to note that Sue is the state record holder in the long jump and javelin (amongst others).

Jenn Parker, a fine technician herself, scored highly with 49.30 points despite not quite shaking off the effects of completing the cycling leg of the recent Blackwood Marathon Relay. Dominic Lagat putted the steel orb out to 8.18m managing to find time to complete several other events on the night. Tammi Doyle also scored well gaining 44.85 points and surprising other competitors, given her slight frame.

Campbell Till forged his way to the 'pointy' end of the field with an elegant put of 7.09m effort. Leaving other competitors who heaved the 5kg put in his wake: Dave Wilkie (6.25m) and John Dennehy (5.83m).

Naomi Lagat, relying on her weight to strength ratio, gained a handful of valuable points as did distance specialists Gillian Young and Carol Bowman. David Carr gained in confidence with every round scoring 38.60 points, with David Adams finally showing signs of fatigue with his effort in his least favoured discipline. He is one of several competitors expected to improve with the 'second chance' edition next month.

Shot Put Nov 24 ECAC

Sue Coate	W55	9.76m	59.12%
Jenn Parker	W50	8.85m	49.30%
Dominic Lagat	M35	8.18m	36.70%
Tammi Doyle	W50	8.05m	44.85%
Campbell Till	M65	7.09m	41.73%
Dave Wilke	M60	6.25m	33.75%
John Dennehy	M60	5.83m	31.48%
Naomi Lagat	W35	5.80m	26.57%
Gillian Young	W75	5.58m	45.18%
David Carr	M90	4.57m	38.60%
Carol Bowman	W65	4.37m	32.06%
David Adams	M45	3.76m	19.55%

ABOVE:

Naomi checks out husband Dominic's shot put form



RIGHT:

Is that the moon?
No, it's Sue's shot put lighting up the night sky

And Elsewhere...



Newcomer Tammi Doyle takes air



John McDonough 1500m walker



L-R: Silke Peglow, Colin Smith, Denise Cleasby, Karyn Tolardo -1500m

Strength Training

The Edge
with Marg Saunders



Strength development is very important for all athletes but extremely important for masters athletes, particularly in the older age groups. Decrease in muscle mass and strength occurs as we age and this change happens in both athletes and sedentary people. Muscle size peaks in females between the ages of 16 and 19 and in males between 18 and 24. A 5 -10% decline in muscle size occurs between the ages of 25 and 50. This decline continues with a further 15% loss until the age of 65 but accelerates after 65 years of age where there is a further loss of 25%. Therefore, the older we get greater emphasis must be placed on strength training.

As well as decreased muscle fibre size, there is a decrease in the number of muscle fibres, especially the strength and power fast twitch fibres. These changes are more marked in women than men. Therefore, it is essential to have a training program to ensure that strength is developed and then maintained as the loss of muscle mass does affect performance negatively.

Post-menopausal women have decreased oestrogen levels and this generally leads to bone density decrease. Effective strength training can increase bone density and hence prevent osteoporosis. As we age the risk of falling is increased but with increased muscle strength this risk is lowered.

There are many forms of strength training and it is important to find one or several which suit the needs of the individual. Hill training, deep water running and exercises such as lunges, sit ups and push ups are all forms of strength training. Core stability, activating and strengthening the muscles of the abdomen, glutes and lower back and plyometric exercises such as bounding, hopping, leaping and jumping may also be incorporated into your program. Incorporating fit balls into a gym program will aid in core stability. It is essential to use correct techniques when doing any exercises to ensure the correct muscle group/s are being activated.

Weight training is a popular form of strength training. To develop maximal strength heavy weights and a low number of repetitions are necessary. However for sprinters, rapid repetitions with lower weights would be suitable. Endurance athletes tend to use lighter weights and more repetitions. Correct technique is imperative so injuries do not occur. Progress is not instant; several weeks will generally pass before any significant progress is noted.

The general principles of progressive overload and specificity apply. Adequate rest and recovery must be planned around the strength training sessions. It is important to have someone who understands your needs and abilities in the planning of your personal strength training program if you wish to incorporate weights.

Another important consideration is when a masters athlete suffers from a major illness or injury. A key aspect of rehabilitation should be strength training. This type of training helps to minimize the risks of injury when returning to normal training. Start with a low weight and small number of repetitions and gradually increase. Ensure the technique is correct. You should initially only spend a maximum of twenty minutes twice a week doing this type of training. As you begin you may require longer rests between sets. Gradually increase the weights you are using, and the repetitions can be altered as you improve.

Runs & Hops

By Campbell Till

Who would have thought a sweaty singlet would have prompted old holiday memories and sparked a thirst?

After running the Mile at ECAC recently I realised I didn't know one of the runners (the fast guy upfront, visitor Ryan Kavanagh) and went to chat with him. Before I introduced myself, I spotted an unusual logo on his singlet then read the words 'Tadcaster Harriers'. The name immediately reminded me of a holiday to the British Isles many decades ago.

Tadcaster is a small town of about five thousand people in North Yorkshire. Ryan was very surprised that an Aussie knew of the place. The fact is, the small town has a great beer brewing tradition going back several centuries and I had sought the place out at the recommendation of a Yorkshire-born mate of mine, as I was keen to try the best of the British.

The friendly Ryan obliged with plenty of information about Samuel Smith Brewery and John Smith Brewery and... a little of his running club.

(see www.tadcasterharriers.org.uk)

Not surprisingly, when I got home I rehydrated with a beer.

ED: The Honour Roll within the website shows Ryan as a multiple Club Champion.



Coaching

Coach	Discipline	Venue	Time	
Tom Lenane 0414 970 514	sprints/hurdles	ECAC	5:00pm Mon. and Wed	
John Dennehy 0402 520 839	middle distance	McGillivray	Sat 8.30am	
Barbara Blurton 0434 287 757	sprints and middle distance	ECAC	Monday 7:30am	
Anne Masters 0407 470 949	jumps/sprints/hill work/general fitness	McGillivray	Mon 4:30- 6.30pm Tues 5.45 - 7pm Wed 5:30 - 6.30pm Thursday Dec 8 & 22 ECAC 6 - 6.45pm	Saturdays in Dec (excluding 10 th) 3.30pm Sun Nov 27 HJ ECAC 10am Timetable update when WAAS reopens
Keith Redpath 0401298532	endurance/sprints	Byford	call for details	
Karyn Tolardo 0402831915	race walk technique	Perth	call for details	



TOM LENANE



JOHN DENNEHY



BARBARA BLURTON



ANNE MASTERS



KEITH REDPATH



KARYN TOLARDO

Looking Ahead



WORLD ATHLETICS CROSS COUNTRY CHAMPIONSHIPS BATHURST 23

February 18 - 19, 2023

See MAWA website for details and worldathleticscrosscountry.com

MAWA STATE CHAMPIONSHIPS 2023

ERN CLARK ATHLETICS CENTRE

March 2 - 10000m

March 18 - Pentathlons, 5000, HJ

March 23 - Steeplechase

March 25/26 - Main weekend

AMA NATIONAL TRACK AND FIELD CHAMPIONSHIPS

Friday March 10 - Monday March 13, 2023

Sydney Olympic Park Athletic Centre, Edwin Flack Avenue,
Sydney Olympic Park.

website: www.sydney2023.com.au

WMA INDOOR CHAMPIONSHIPS, TORUN, POLAND

March 26 2023 - April 1 2023 website: <https://wmaci2023.com>

OMA CHAMPIONSHIPS 2023

June 22 - 26, 2023, To be held concurrently with Oceania Cup
in Oleai Stadium, Saipan, Northern Mariana Islands

Entry information and timetable to be published by end 2022

AUSTRALIAN MASTERS GAMES

October 7 - 14, 2023, Adelaide, South Australia australianmastersgames.com

Registrations now open

ALICE SPRINGS MASTERS GAMES have been deferred to October 12 - 19, 2024

As the sun sets, Mark Maslen is followed by Mitch Cleasby in the 5000m