

TFNL



The Track and Field Newsletter of MAWA

Season 15 Issue 4, February 2022

Champion thrower and Little Athletics throws coach, BEV HAMILTON, is all focus as she sends the hammer on its way.

Get Well Soon Graeme



Graeme Dahl, long time athlete, photographer and editor of our wonderful Track and Field Newsletter is unwell at the moment. With the help of the regular TFNL contributors I am endeavouring to produce the magazine until Graeme is able to return to the helm. We wish Graeme all the best for a speedy recovery.

As Graeme is always happiest BEHIND the camera, I have taken the opportunity to create a page dedicated to this great Masters athlete and all round brilliant guy. With the support of his partner Peggy MacIver I'm sure he will be roving around with his camera again soon.

Carmel



ABOVE: And they're off... 1500m heat at Perth World's 2016. Graeme, third from left in the starting scrum.

RIGHT: Graeme strides out and overtakes a Great Britain competitor.



LEFT: The race is over and Graeme chats to friend and fellow photographer Doug "Shaggy" Smith.

'Did you get my good side Shaggy?'

PHOTOS: Carmel Meyer





MAWA RECORDS

W50	Mandy Mason	60m	8.21	17/12/21	ECAC
M55	Todd Davey	Shot	14.97m*	30/12/21	ECAC
W75	Bev Hamilton	Hammer	30.17m	06/01/22	ECAC
M30	Courtney Heinze	Shot	16.44m	07/01/22	Perth
W40	Melissa Foster	Heptathlon	4550	09/01/22	Melb.
M70	Ossi Igel	Discus	39.3m	13/01/22	ECAC
M75	Phil Smyth	Pole Vault	2.60m	14/01/22	WAAS
M30	Warren Button	Hammer	60.92m	20/01/22	ECAC
W55	Sue Coate	Heptathlon	4685	23/01/22	WAAS
W55	Sue Coate	300m Hurdles	61.62	27/01/22	ECAC
M45	John Fettus	Hammer	43.49m	30/01/22	ECAC
M55	Todd Davey	Hammer	48.08m	30/01/22	ECAC
M60	Andrew Ward	Super Weight	5.30m	30/01/22	ECAC
M45	John Fettus	100lb Weight	3.74m	30/01/22	ECAC
M55	Todd Davey	Shot	15.01m*	30/01/22	ECAC
M55	Todd Davey	Throws Pentathlon	4070	30/01/22	ECAC
W75	Bev Hamilton	Weight	11.01m	30/01/22	ECAC
W35	Michelle Krokosz	Super Weight	4.80m	30/01/22	ECAC
W55	Sue Coate	Super Weight	5.83m	30/01/22	ECAC
W75	Bev Hamilton	Super Weight	7.13m	30/01/22	ECAC
W55	Sue Coate	56lb Weight	2.66m	30/01/22	ECAC
W75	Bev Hamilton	56lb Weight	1.73m	30/01/22	ECAC
W35	Michelle Krokosz	100lb Weight	1.34m	30/01/22	ECAC
W45	Andrea Penny	100lb Weight	1.14m	30/01/22	ECAC
W55	Sue Coate	100lb Weight	1.05m	30/01/22	ECAC
W75	Bev Hamilton	100lb Weight	0.75m	30/01/22	ECAC
W55	Sue Coate	Heavy Weight Pentathlon	2847	30/01/22	ECAC

*Pending AR

MAWA RECORDS



LEFT: Todd Davey hardly lets the ink dry on his record certificates before he sets a new benchmark. His latest effort with the 6kg shot, to break his own Australian record, was 15.01m. (pending)



RIGHT: All eyes on the indefatigable Lynne Schickert as she uses her strength and skill to fly over the bar and set a (pending) W80 High Jump Australian record of 0.95m.



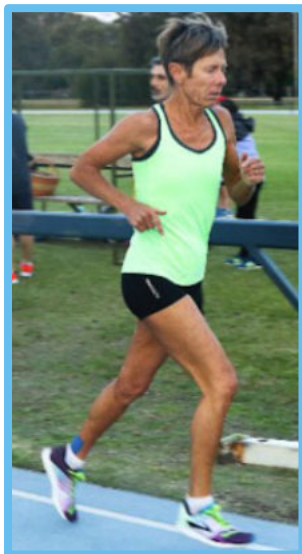
ABOVE FROM LEFT: Donna Abbey, Sue Coate, Maureen Keshwar, Jack Reid, David Adams, Des Walsh and visitor power off the line in the 60m. Maureen has her eyes on the prize. She set a (pending) W70 60m Australian record time of 9.67 seconds.

AMA AWARDS - MAWA NOMINEES

Our Track and Field Athletes have had another stellar year despite the lack of National and International competition. We had a record entry at the State Championships and good attendance at our weekly meets throughout the year. The selections were made by a panel consisting of four MAWA members all of whom have considerable experience in Masters Athletics.

Congratulations to the following for being nominated for AMA Awards:

By Richard Blurton

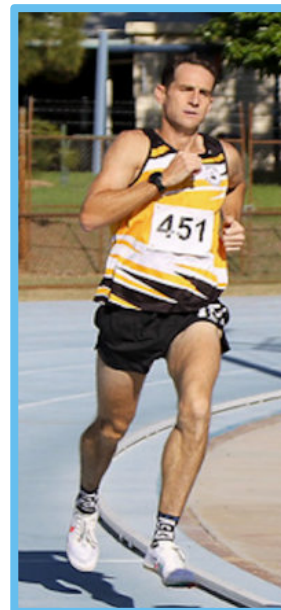


SPRINTS -
Barbara Blurton

Breaking AMA Hall of Fame Athlete Ann Cooper's Australian records is no mean feat. Barbara achieved that not once but twice in the W70 100m and 200m.

MIDDLE DISTANCE -
Chris Gould

State records in the 1000m and 3000m and running only just outside 2 minutes for 800m at 45 years old.

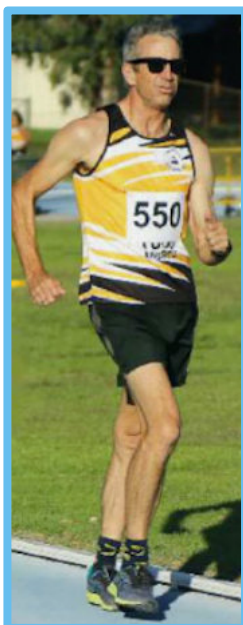


DISTANCE -
Roberto Busi

Many great runs from Roberto, the highlight being a 10,000m State records, missing the Australian record by just 6 seconds.

JUMPS -
Ruth Johnson

Ruth celebrated moving into W80 in style with an Australian high jump record plus State records in the long and triple jump.



WALKS -
Andrew Duncan

Continuing in our great record in the walks, Andrew scored four State records with age-grades in the high 80s and low 90s

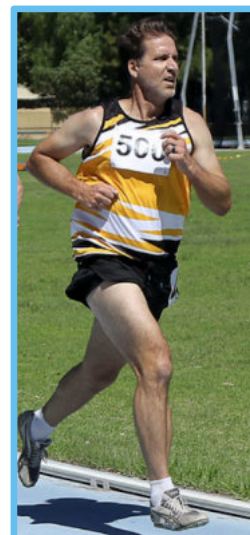


THROWS -
Todd Davey

Todd hit great form last year with Australian records in the shot put, super weight and 56lb weight.

MULTI-EVENTS -
Mark Jeffrey

Australian record in the Pentathlon at our State Championships with a magnificent 3577 points.



AMA AWARDS - MAWA NOMINEES

FEMALE ATHLETE OF THE YEAR

Ruth Johnson -

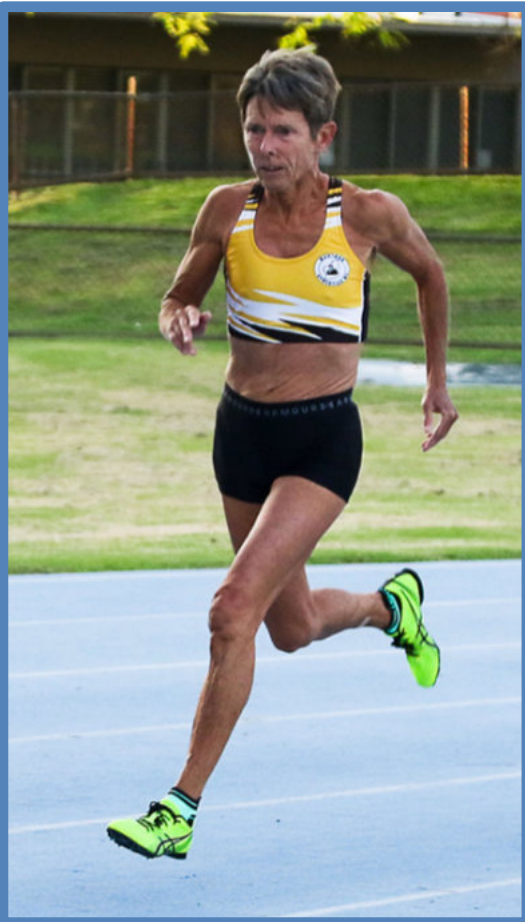
What a year for Ruth with numerous records in runs, jumps and throws.



MALE ATHLETE OF THE YEAR

Todd Davey -

Nominated for his three Australian records in the throws.



BEST PERFORMANCE OF THE YEAR

Barbara Blurton -

High 90% for Barbara's 200m Australian record.

Leap into Champs



VINCENT SEW HEE eyes the next hurdle in the 110m event.

2022 State Championship dates

Saturday/Sunday January 22-23: Decathlon/Heptathlon

Sunday, February 27: Pentathlons, 5000m and high jump

Thursday, March 3: 10,000m

Thursday, March 10: Steeplechase

Saturday/Sunday, March 12-13: Main Weekend

All events will be held at Ern Clark Athletic Centre with the exception of the Decathlon and Heptathlon and Pole Vault.



JULIANA KELLY raking, plus recorder and wind gauge operator

New System for Helpers

This year MAWA has a new system for helper registration. If you are able to help on any of the State Championship dates, please sign up using the 'Helper Registration' link on the MAWA website.

What would we do without our Helpers?



ALAN GRAY on wind gauge

TIMETABLE OF EVENTS

Previous Events: MAWA would like to thank Athletics West for facilitating the Decathlon, Heptathlon and Pole Vault.

Day 1, Sunday 27 February

5000m

7:45am	W30+	5000m
7:45am	M80+	5000m
8:40am	M60-79	5000m
9:20am	M30-59	5000m

Pentathlon

M30+	
8:00am	Long Jump
9:15am	Javelin
10:10am	200m
10:30am	Discus
11:30am	1500m
W40+	
8:30am	100m
9:10am	Shot
9:30am	Long Jump
10:15am	Javelin
11:00am	800m

Day 1, Sunday 27 February

High Jump

1:30pm	M30+	High Jump
2:30pm	W50+	High Jump

Throws Pentathlon

W35+	
12:00pm	
12:45pm	Hammer
1:30pm	Shot
2:15pm	Discus
3:00pm	Javelin
	Weight
M30+	
12:45pm	Hammer
1:30pm	Shot
2:15pm	Discus
3:00pm	Javelin
3:45pm	Weight

Day 2, Thursday 3 March

6:30pm	M35-59	10000m
7:30pm	W40+	10000m
7:30pm	M60+	10000m

Day 3, Thursday 10 March

7:00pm	M30-54	3000m
	Steeplechase	
7:30pm	M60+	2000m
	Steeplechase	
8:00pm	W50+	2000m
	Steeplechase	

DAY 4, SATURDAY, MARCH 12, ERN CLARK ATHLETICS CENTRE

8:00am	W30+ 5000m Race Walk	10:00am	W35+ Long Jump	12:00pm	M60+ Long Jump
8:00am	M45+ 5000m Race Walk	10:00am	M65+ Javelin	12:10pm	W35+ Shot
8:15am	W35+ Hammer	10:05am	M35 200m	12:15pm	W30+ 1500m Race Walk
8:15am	M65+ Shot	10:30am	W35+ 800m	12:45pm	M45+ 1500m Race Walk
8:15am	M30-59 Long Jump	10:40am	M70+ 800m	1:15pm	M30-64 Shot
9:15am	M30-64 Hammer	10:50am	M50-64 800m	1:25pm	W70+ 60m
9:20am	W60+ 200m	11:00am	M30-49 800m	1:30pm	W55-69 60m
9:25am	W45-59 200m	11:15am	W45 400m Hurdles	1:35pm	W35+ Discus
9:30am	W35-44 200m	11:15am	M50-59 400m Hurdles	1:35pm	W30-54 60m
9:35am	M80+ 200m	11:20am	M30-39 400m Hurdles	1:45pm	M75+ 60m
9:40am	M75 200m	11:30am	W50-64 300m Hurdles	1:50pm	M65-74 60m
9:45am	M70 200m	11:30am	M65+ Hammer	1:55pm	M55-64 60m
9:50am	M55-69 200m	11:35am	M70-79 300m Hurdles	2:00pm	M50 60m
9:55am	M50 200m	11:40am	M60-69 300m Hurdles	2:05pm	M45 60m
10:00am	M45 200m	11:50am	W70 200m Hurdles	2:10pm	M30-39 60m
10:00am	M30 200m				

DAY 5, SUNDAY, MARCH 13, ERN CLARK ATHLETICS CENTRE

8:00am	W40+ 1500m	10:00am	W55+ 400m	11:00am	W30+ 3000m Race Walk
8:00am	M75+ 1500m	10:05am	W35-54 400m	11:00am	M45+ 3000m Race Walk
8:00am	M30-64 Javelin	10:10am	M80+ 400m	11:10am	M30-64 Triple Jump
8:00am	M65+ Discus	10:15am	M70-79 400m	11:30am	M30-64 Weight
8:20am	M55-74 1500m	10:20am	M55-69 400m	12:05pm	W55+ 100m
8:40am	M30-54 1500m	10:20am	W40+ Triple Jump	12:10pm	W35-54 100m
9:10am	M30-39 110m Hurdles	10:25am	M50 400m	12:15pm	M80+ 100m
9:15am	M50 100m Hurdles	10:30am	M45 400m	12:15pm	W30+ Javelin
9:20am	M55-69 100m Hurdles	10:30am	M65+ Weight	12:20pm	M70-79 100m
9:20am	M65+ Triple Jump	10:35am	M30-39 400m	12:25pm	M60-69 100m
9:30am	W45-59 80m Hurdles			12:30pm	M50-59 100m
9:30am	M30-64 Discus			12:35pm	M45 100m
9:40am	W35+ Weight			12:40pm	M30-39 100m
9:40am	W60 80m Hurdles				
9:40am	M70 80m Hurdles				

Mid-Season Review

by Campbell Till

WAAS

From the outset I need to acknowledge Mark Dawson and David Adams for taking the mantle of managing the Tuesday night events at WA Athletics Stadium for the first half of this season. Your efforts are genuinely appreciated. The season continues, with its abridged format, comprising a small core of regular attendees - Andrew Ward, Mike Anderson, Karyn Tolardo, Norm Richards, Glenys Duncan, Des Walsh, Rob Cattrall, Barrie Kernaghan and Adam Fiala. In addition, the Father-Daughter combos - Rob and Rachel Nicholls, and Stuart and Kalani Manning add colour and fun to the proceedings.

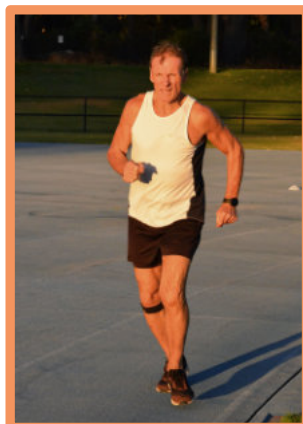
In recent weeks the return of other familiar faces -

Clare Wardle, David Baird, Kim Thomas, Paul Highway, Geish Mori, Glenn Rogers, Hans Venter, Sylvia Byers and Juliana Kelly have been noted. One can surmise they have their eyes on the up-coming State Championships and want exposure to race practise. Yes, the Champs will be here before we know it. A message for everyone - don't hesitate in entering and/or volunteering.

Of particular note, a recent sighting of Mike Anderson and Johan Hagedoorn, both running the 400m, had tongues wagging - are these two seasoned athletes contemplating a late career change to the demanding one lap sprint? Stay tuned... Good luck to all and, dare I wish it, a milder end to our heatwave summer.



A big field sets off in the 1500m run/walk



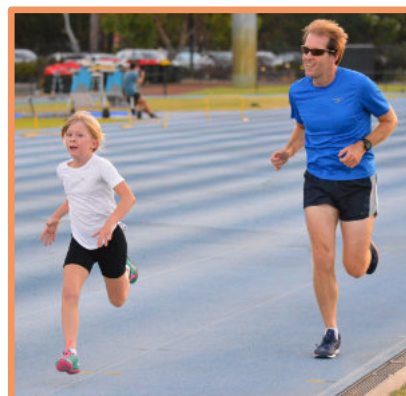
DAVID BAIRD



DAVID ADAMS, MARK DAWSON



MIKE ANDERSON



RACHEL and ROB NICHOLLS

2021-2022 Summer Track and Field Programme

TUESDAY at WA ATHLETICS STADIUM, MOUNT CLAREMONT at 6.30pm
\$8 (\$4 for seniors card holder) entry to WAAS

Tues	event 1	event 2	event 3	event 4	jump	throw 1	throw 2
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

Sunday 27 February	State Champs Pentathlons and 5000m + high jump
Saturday 12 March	State Champs Day 1
Sunday 13 March	State Champs Day 2



GLENN ROGERS, PAT MASLEN head the pack



Relaxed MIKE HAEDERLE



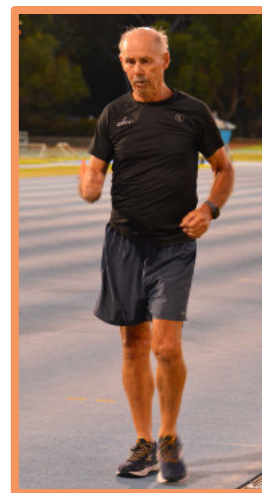
NORMAN STANGER



TIM KARAJAS strides out in the 1500m



DELIA BALDOCK impresses **DREW LANGFORD** with her determined test-run



Walker JOHAN HAGEDOORN



DREW and KAI LANGFORD



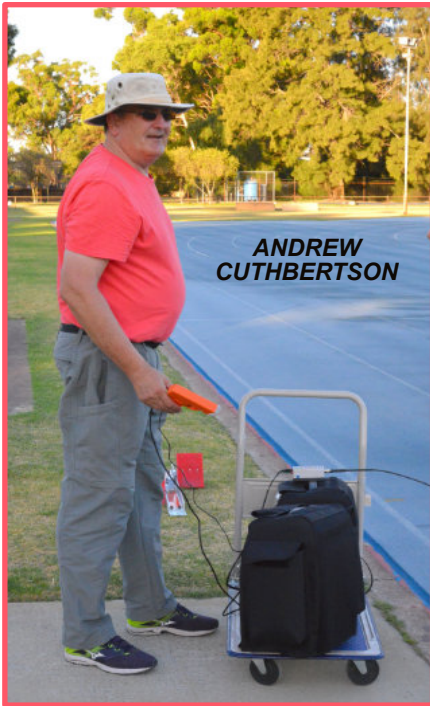
Walker GLENYS DUNCAN



MARK DAWSON, leads visitor **MARCUS NICHOLLS**



BARRIE KERNAGHAN and **NORM RICHARDS**



**ANDREW
CUTHBERTSON**

Now that the busy Patron's Trophy program is over for another year, the focus at Ern Clark Athletic Centre on Thursday evenings is preparation for the approaching State Championships.

Weekly numbers at ECAC are always good but a few athletes who have been absent for a while are being warmly welcomed back. It was great to see Delia Baldock arriving with her trolley full of MAWA uniforms and getting on the track to compete as well. Also, Lynne and Clive Choate. Clive kindly operated the wind gauge for Maureen Keshwar's 60m record attempt. There have been some very hot evenings to contend with, often with an unpleasantly strong breeze, but occasionally the wind dies down and sprinters in particular take advantage of the warm still conditions. Liz Gomez and Jason Kell have managed a couple of visits to the track despite being busy with their new baby. The witty and effervescent John Dennehy hasn't been seen for a couple of weeks. Hopefully he will be back soon to jolly us out of our pre-event nerves. It is great to see Gillian Young have some time away from the electronic timing post to take part in her favoured distance events.

The hurdles have been popular lately as have the throws arenas and the throwers seem to be peaking at just the right time, with records falling. Diminutive thrower, Andrea Penny is learning from the best and even tackled the Super Weight recently. Despite an enticingly full water jump only three competitors, David Adams, with Sandra and Rod Siviour, took part in the January Steeple event and the opportunity for a cool off.

Andrew Cuthbertson, ever reliable, sets the track participants on their way and uses his parade ground vocal skills when required.



DAVE WYATT



INGRID WILCOCK

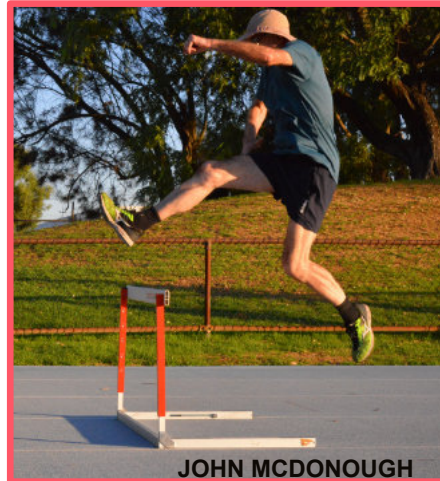
ECAC



**HAROLD
MEMBREY**



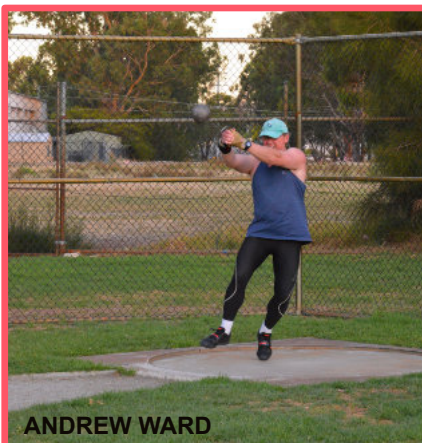
OSSI IGEL



JOHN MCDONOUGH



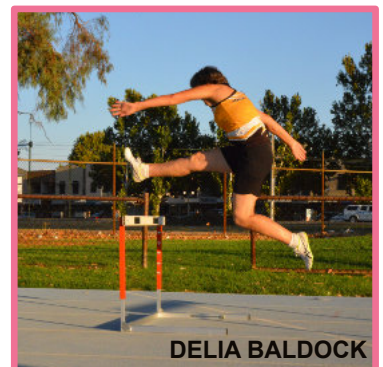
JACK REID



ANDREW WARD



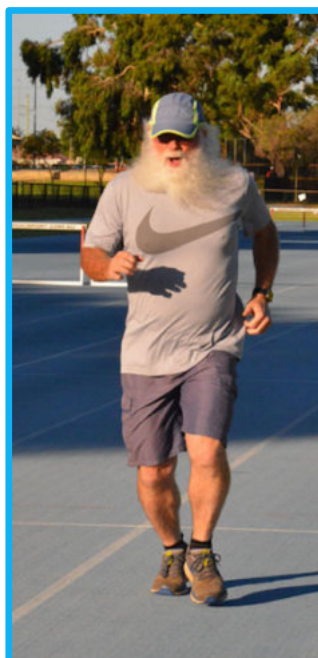
SUE COATE, CAMPBELL TILL



DELIA BALDOCK



PHILLIPPA BENNETT, LYNNE SCHICKERT, and
STEVE TRAVELL



STEVE BARRIE



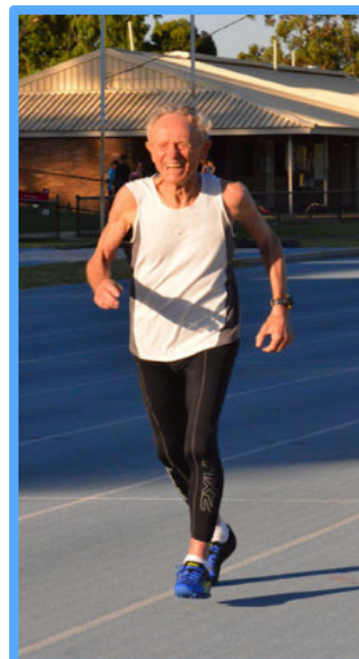
MIKE MEREDITH



BOB SCHICKERT



NAOMI LAGAT



DAVID CARR

2021-2022 Summer Track and Field Programme

THURSDAY at ECAC Wharf Street, Cannington - 6 pm
EVERYONE, INCLUDING CHILDREN MUST PAY THE \$3 ENTRY FEE AT THE SIGN IN TABLE

Thurs	event 1	event 2	event 3	event 4	event 5	jump	throw 1	throw 2
03-Feb	100	1500	60	5000		high	hammer	javelin
10-Feb	400	1 mile	200	L hurdles	3000m	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	10000m SC	high	discus	shot
10-Mar	100	1500	300	Steeple -	State Champs	Long/triple	javelin	weight
17-Mar	60	400	100	5000		high	hammer	weight
24-Mar	200	800	100	3000		long/triple	javelin	shot

Sunday 27 February	State Champs Pentathlons and 5000m + high jump
Saturday 12 March	State Champs Day 1
Sunday 13 March	State Champs Day 2

Throws

Throws Pentathlons Report

BY JENN PARKER

The last weekend of January saw some outstanding performances in a well-run throws Pentathlon, Weight Pentathlon, and some individual throws. Unlike our previous meet where rain and wind threatened any type of result, we were met with a very warm day, allowing for some records to tumble.

Australian record tumbles - Todd Davey M55, set the day off to a super start, setting a State record in the Hammer throw with a flying throw of 48.08m. This was then followed by an outstanding throw in the Shotput. Todd sent the shotput past his old Australian record, to set a new State record and pending Australian record of 15.01m. Todd also set a new benchmark, extending his Throws Pentathlon state record to 4070pts.

John Fettus who travelled up from Bunbury, and although their track and field is undergoing maintenance, showed his class in improving his M45 Hammer SR to a distance of 43.49m. John also showed the rest of the field how to throw the 100lb, setting the new SR at 3.74m. Andrew Ward, who has been putting in the hard yards in training, broke the M60 Super Weight SR with 5.30m. Our determined superstar Bev Hamilton continues her path of breaking State records. Bev, W75, broke no less than four records - Hammer - 30.17m, Weight - 11.01m Super Weight - 7.13m and the 100lb - 0.75m. Records were also broken by Andrea Penny W45 with her 100lb - 1.14m, Sue Coate W55 setting the bar in her age group with State records in the Super weight 25lb - 5.83m, 100lb - 1.05m and the Heavy weight throw, 56lb, with a distance of 2.66m. Michelle Krokosz also set an age group SR in the 100lb with a 1.34m throw and the Super Weight 35lb - 4.80m. Garry Parker, Ossi Igel, Jenn Parker, Tim Lyons and Mike Anderson also threw well.

Our Nationally Accredited officials - Glenn Bartlett and Kyle Bartlett, donated their time and experience to allow this event to go ahead. We cannot thank them enough especially in 40-degree heat. A huge thank you also to Todd Davey who instigated, organised, and collated the results for us. Without Todd's drive this successful event would not have occurred. A huge Thank you also to MAWA for your support.

FILE PHOTO



OFFICIAL GLENN BARTLETT



Just in case any of the competitors or officials in January's Throws Pentathlons were wishing for cooler weather, these photos are a reminder of the previous Throws Pentathlon held on a wet and wild day in September 2021.



OFFICIAL KYLE BARTLETT



TIM LYONS



JENN PARKER



ANDREW WARD



PAUL SHEPHERD



JOHN FETTUS



OSSI IGEL

Decathlon/Heptathlon

BY SUE COATE



Sue, Rachel and Carmen enjoy the shade while they can.

PHOTO: OLIVIA WILLIAMS

This year, four of us were the only ones crazy enough to battle it out in 40-degree heat for two days in the State Championships Decathlon and Heptathlon. We had new-comer Carmen Goodridge, who signed up at the last minute convinced by her friend, Rachel Williams, who had done this all before. Oliver Berry was the only Masters competitor in the Decathlon, but was well prepared. Sadly, there were a few athletes who couldn't compete this year due to injury – Jenn Parker and Geoff Brayshaw.

On the first day, the Masters women were lucky enough to compete with the U16 Senior girls, which included both Rachel and Carmen's daughters, Olivia and Jasmin. This made it all the more special with a bit of competition. For Carmen, just starting athletics, it was more about getting out and doing her best and having fun (which I think is what it is all about). For someone who hadn't done hurdles before, Carmen did well to finish. The high jump saw Rachel scoring a PB with a great jump of 1.31m. We all did well in the shot, with another PB for Rachel. We then finished in the heat with the 200m.



The girls with their only male Masters compatriot Oliver Berry



Rachel Williams shows great long jump form.

PHOTO: DIANE HEWITT

The Decathlon started first thing in the morning with the 100m, then the long jump, with Oliver scoring well. There were then hours to wait for the shotput and high jump. At the end of the day, Oliver finished with the 400m, just missing out on getting under 60 seconds.

Day Two saw us at the long jump pit, unfortunately with a head wind. Surprisingly our results weren't as bad as we expected. Javelin next, and the day was heating up. All our throws were good and helped get points on the board. Our 800m was in the middle of the day – the hottest part. We just had to get around and finish to complete our Hep. Carmen and Rachel did very well with some PBs throughout the competition. I finished with the State record for the W55. Oliver had another long day, with some great results. His pole vault was just 5 cm off his PB with a great jump of 2.95m. Doing all ten events over two days in 40-degree heat can be exhausting, especially with the long waits he had to endure.

Overall, it was a great couple of days, with a few of the ladies in the stands and officials asking if they could do it next year.

A very big thankyou to all the officials who didn't have the shade that we did. They did a great job for two very long and tiring days.



Flexibility

IMAGE: Pexels

Flexibility can be defined as the range of motion in a joint or group of joints, or the ability to move joints effectively and pain free through a complete range of motion. This is an important component for all Masters athletes. In speed and power events in particular, loss of flexibility may result in a drop in performance.

Flexibility will vary greatly from person to person, but there is a minimum range which is considered essential for joint and body health. Each athletic event will require different levels of flexibility. For example, running requires a good stride length with hip flexibility essential. Throwers require flexibility in shoulders and hips.

There are many variables or factors which will affect flexibility. Typically, women appear to be more flexible than men and this may be due to the muscle mass of women being lower than that of men. Being physically active should increase flexibility, whereas an injury will frequently lower the flexibility due to the range of motion being affected by the mobility of the joint capsule, tendons and ligaments around the joint. Ageing will affect the structure of muscle and connective tissue and the result is that the fibres decrease in elasticity. Damage to joints or arthritis may limit flexibility.

Inflexibility may cause muscles to work harder, causing muscle fatigue which may then lead to injury. This injury may occur at the site of the inflexibility or may be at a distance from the cause. If a joint is inflamed, be cautious when stretching.

Stretching is an important component of a training program. Ensure correct technique is used for each stretch. If unsure how to establish your stretching program, seek the advice of a sports physiotherapist. Increasing flexibility takes time, but improvement should be noticed after several weeks. The initial stretching program should target the larger joints and then move to the joints which are specific to your event. A short warm up should be done before stretching is commenced. This increases the blood flow and temperature of the muscles, tendons and ligaments and thus the elasticity is greater. Static stretches are the best stretches for most Masters athletes. Start the stretch slowly and gently and only stretch to the point where you feel the tightness or tension. Do not bounce during stretching. Stop the stretch if you feel any pain. Stretching at the end of a training session appears to be more effective.

There are many benefits from regular stretching programs. The performance of the athlete should be improved with a reduced risk of injury. An increased blood supply will be available to the joints and muscular tightness should be reduced. The stretch reflex can be reset to allow a longer muscle length.

Oliver is still

I was born in Perth in 1989, grew up in Thornlie and moved to Madora Bay with my family after finishing high school. I started my career at the Australian Bureau of Statistics (ABS) and now work in data analytics for the Federal Government, currently at the Department of Education Skills and Employment. I've been with my partner Bronwyn since meeting at the ABS in 2012. We have a one-year-old daughter, Matilda. She is my favourite thing ever but does take me away from the track.

I never did Little Athletics in my youth, instead playing cricket, however I always loved school and inter-school athletics and did pretty well on the track (I was Champion Boy in Years 11 and 12).

I played Ultimate Frisbee for seven years, with some highlights being captaining a South West WA team at the Mixed National Championships and competing internationally for a team from Guam.

I moved on from ultimate frisbee after niggling injuries made it more of a chore than fun. Harking back to all the fun of doing athletics, in early 2018 I decided to give it a go and went about trying lots of different events.

I loved them all, so decided to compete in decathlon. I started training with Canning Districts, where I am now a committee member, enjoyed the challenge of learning so many events and being able to measure my performance against myself. I had found my new sport!

Decathlon takes me back to the spirit of ultimate frisbee tournaments, which would be 3-4 hour long games over a few days with parties in the evenings. In decathlon the athletes help each other out as they go. There is no ego. Everyone is competing against the ten events, not each other. Wes Salisbury, Sasha Zhoya (who has since gone on to win World U20 gold and set the U20 110m Hurdles World record) and Jacob Schelfhout have all gone out of their way to give me advice during the competition. Sasha's comments on how nice the multi-eventers are, compared to the death stares given in the call room of individual events, will stick with me forever.

I honestly joined Masters to escape the 106cm hurdles in Open comps! They are terrifyingly high. I don't really have a desire to compete at Open level and I find the camaraderie and atmosphere of Masters meshes with my outlook on athletics, which is giving everything a go and supporting everyone. I will happily assist organising teams and spruiking multis to other members as a fun and rewarding event.



Oliver in Ultimate Frisbee

Masters are so helpful - Dave and Gay Wyatt with my jumps, Toni Phillips with hurdles, Glenn Bartlett and Warren Button with throws, Karyn Tolardo with walks and Geoff Brayshaw with pole vault. All constantly provide fantastic advice and support. Graeme Watson, Lindsey Glass and Paul Sheppard have also helped me get up to speed, however as they will attest, I am still a pretty big work in progress.

My favourite sessions are technical ones where I can improve on a facet of an event or solidify the cues I go through in my head.

My favourite events are pole vault and hammer throw. I'm all aboard the 'spin to win' train, plus I'm addicted to feeling like I'm flying for the short time I'm in the air with pole vault.

The event I'm most excited about is the Icosathlon (double decathlon) and I hope to compete in the Icosathlon world championships in a few years. I need to become a lot fitter for that event though. Sometimes even my 27m long jump run up seems too far!

Competing in pretty much every event means having a lot of targets. They include improving my hurdling confidence, and my Fosbury technique. I have already ticked off a major improvement to my pole vault, with increased confidence enabling a longer run up. I finally cleared 3m after seasons of being stuck with a PB of 2.45m.

My biggest motivation is improving my performances and skills. There's so much that I still have to learn, and it will come eventually.

CONTINUED--next page



a high flyer

FROM --previous page

In my first season I had a neck injury and a torn hamstring. Since then, just the odd incidence of shin splints. In general, with the right amount of stretching and load management, injuries have been mostly kept at bay.

My favourite results would be each of the six decathlons I have completed. Whilst I normally end up disappointed in one or two events, I always come out with a great feeling of accomplishment and a desire to improve something next time. The individual result I'm proudest of is clearing 3m in pole vault. It came out of nowhere and was a 30cm improvement of my PB. I hope to compete in every State decathlon for as long as my body allows me to.

Unfortunately, I've only been Masters eligible during peak-Covid and missed out on competing at a number of national events, however I'm excited to put on the Mawa colours in the future. I've proudly won a few open age medals (silver in decathlon, bronze medals in 400m hurdles and field relays with Canning Districts). The other thing I'm really proud of is winning 21 medals across last year's MAWA's Track and Field championships. I loved going out and competing in so many different events with a number of friends and talented athletes. Though, needless to say, I was exhausted afterwards!

One of the worst events I've competed in was my second ever race-walk. It was a 20k walk on Shelley Foreshore, on a cold, miserable and wet winter's morning. I took 3 hours; my clothes were soaked through and I had terrible blisters. The only warmth I had was from the pain radiating from a tight groin. I proudly finished without a single warning from the judges... must have been so slow they took pity on me!

However, those difficult times are balanced out by great experiences - running in the same race as Barbara Blurton when she set a 400m World record and competing alongside Paul Jeffrey when he broke the Decathlon World record were just fantastic achievements and to be a tiny part of it makes me feel very special.



in focus
with Carmel Meyer

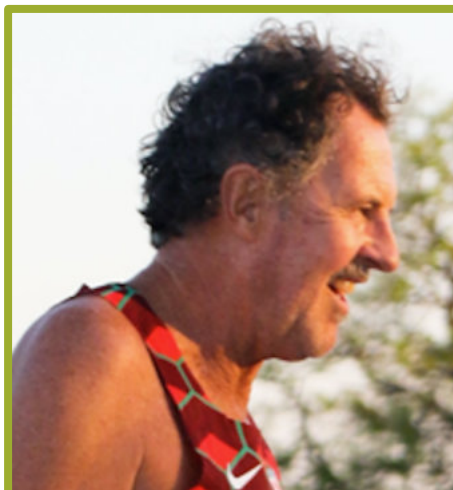


2021-22 Coaching Schedule

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	McGillvray	Mon. 4.30pm, Wed. 5.30pm. Sat. 3.30pm
Ann Masters 0407 470 949	jumps/sprints	WAAS	Tues 5.15pm, Sun.10.30am
Keith Redpath	endurance/sprints	Byford	0401 298 532 for details



TOM



JOHN



BARBARA



ANN



KEITH

Looking Ahead



GEOFF BRAYSHAW

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

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

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

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

Sunday, March 13: Day Two MAWA State Championships, Ern Clark Athletics 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