

# TFNL

The Track and Field Newsletter of MAWA



Season 16 Issue 1  
October 2022



Club Patron David Carr, focusses on the approaching finish line and his new M90 10000m WR

## David Carr

Still Leading by Example

Patron's Trophy news inside



## MAWA RECORDS

M30	Kyle Ennis	60m	6.90	23/04/2022	AR	Au Masters Games
W55	Sue Coate	300m hurdles	59.79	23/04/2022	SR	Au Masters Games
W50	Vicki Cobby	80m short hurdles	14.89	25/04/2022	SR	Au Masters Games
W80	Lynne Schickert	1500m	11:24.80	26/05/2022	SR	ECAC
W50	Mandy Mason	200m	27.02	06 & 07 2022	SR	Tampere WM
M90	David Carr	400m	1:35.47	06 & 07 2022	AR	Tampere WM
M90	David Carr	800m	3:41.55	06 & 07 2022	AR	Tampere WM
M90	David Carr	1500m	7:38.62	06 & 07 2022	AR	Tampere WM
M90	David Carr	5000m	29:47.83	06 & 07 2022	<b>WR</b>	Tampere WM
M90	David Carr	2000m Steeple	12:50.43	06 & 07 2022	<b>WR</b>	Tampere WM
W70	Maureen Keshwar	200m Hurdles	44.99	06 & 07 2022	SR	Tampere WM
W40	Melissa Foster	Long Jump	5.73m	06 & 07 2022	SR	Tampere WM
W40	Melissa Foster	Triple Jump	12.04m	06 & 07 2022	AR	Tampere WM
M90	David Carr	1500m	7:48.89	16/06/2022	AR	ECAC
M90	David Carr	3000m	16:20.96	23/07/2022	<b>WR</b>	ECAC
M90	David Carr	1 mile	8:21.34	28/07/2022	<b>WR</b>	ECAC
M90	David Carr	10000m	62:48.93	11/08/2022	WR	ECAC
M90	David Carr	200m	43.51	25/08/2022	SR	ECAC
W55	Sue Coate	Long Jump	4.17m	25/08/2022	SR	ECAC
M90	David Carr	1500m	7:32.95	01/09/2022	AR	ECAC
M90	David Carr	800m	3:36.30	08/09/2022	AR	ECAC
M90	David Carr	2000m Steeple	12:26.57	15/09/2022	<b>WR</b>	ECAC
W55	Sue Coate	Long Jump	4.33m	15/09/2022	SR	ECAC
W55	Sue Coate	Pole Vault	2.35m	19/09/2022	SR	WAAS
W55	Sue Coate	300m hurdles	57.42	22/09/2022	SR	ECAC
M65	Campbell Till	300m hurdles	50.59	22/09/2022	SR	ECAC
W60	Sharon Moloney	Hvy Weight Pent.	2530	25/09/2022	SR	Bunbury
W75	Bev Hamilton	Hvy Weight Pent.	2877	25/09/2022	SR	Bunbury
W80	Luella Jenkins	Hvy Weight Pent.	3760	25/09/2022	SR	Bunbury
W80	Luella Jenkins	Throws Pent - Weight	9.76m	25/09/2022	SR	Bunbury
W55	Paula Kennedy	100lb weight	1.07m	25/09/2022	SR	Bunbury
W60	Sharon Moloney	100lb weight	1.00m	25/09/2022	SR	Bunbury
W80	Luella Jenkins	100lb weight	0.51m	25/09/2022	SR	Bunbury
M45	John Fettus	100lb weight	4.05m	25/09/2022	SR	Bunbury
W60	Sharon Moloney	Super Weight	5.97m	25/09/2022	SR	Bunbury
W80	Luella Jenkins	Super Weight	6.61m	25/09/2022	AR (pending)	Bunbury

## UPDATE ON WAAS CLOSURE

The planned resurface of WAAS starting in October 2021 was postponed for a year. Prior to this decision we had tried hard to find an alternative northern suburbs Tuesday venue but without success. In the end we re-established the WAAS programme with thanks to Mark Dawson, David Adams and Mike Anderson for managing the venue. It is unlikely anything has changed on alternative venues, so members should expect that there will be no Tuesday competition until around January 2023.

A Tuesday programme covering January to March 2023 will be published when the re-opening date is definite.



A large field sets off in the 1500m at WAAS last season

# Patron's Trophy events to Start

As mentioned on the previous page the closure of WAAS means that all this year's Patron's Trophy events will again be held at ECAC.

The prestigious event starts with the 5000m on Thursday 13<sup>th</sup> October.

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, throws and jumps. The events are 100m, 400m, 800m, 1500m, 5000m, LJ, HK, TJ, Shot Put, Discus and Javelin, so with nine to count everyone has to do at least one run, one jump and one throw.

Last year's Patron's Trophy was particularly exciting as newer members entered the mens' competition for the first time, leading to a battle Royale between Jack Reid, Andy Abbey and Alan Stabler. Women's winner Sue Coate carried off the trophy for the second time despite the best efforts of her rivals Carmel Meyer and Lynne Schickert.

Consider entering the Patron's Trophy this year - it has a long tradition within MAWA ranks.

All participants receive a commemorative certificate and all will tell you the trophy competition is great fun and a chance to try your hand at events you might not normally tackle. No one is expected to be an expert at every discipline, just willing to have a go.



Last year's winners JACK REID and SUE COATE pictured, also took part in the Australian Masters Games early this year

IMAGES: Graeme Dahl



## 2022-2023 Summer Track and Field Programme

The Patron's trophy (highlighted events) commences on Thursday 13 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
13-Oct	60	800	200	5000		long/triple	discus	weight
20-Oct	100	1500	400	3000		long	hammer	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	hammer	javelin
17-Nov	200	1500	300	100	steeple	high	discus	weight
24-Nov	100	1500	400	5000		long/triple	hammer	shot
01-Dec	60	800	200	3000		high	javelin	weight
08-Dec	100	400	60	5000		triple	hammer	discus
15-Dec	100	1000	200	3000		high	shot	javelin
29-Dec	200	800	3000	100	steeple	long/triple	hammer	shot
05-Jan	60	l hurdles	1000	200	5000	high	discus	javelin
12-Jan	60	1 mile	400	3000		long/triple	hammer	weight
19-Jan	400	1500	100	5000		high	discus	shot
26-Jan	200	800	3000	60	steeple	long/triple	javelin	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	l 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

Saturday 25 March

Sunday 26 March

State Champs Pentathlons and 5000+high jump

State Champs Day 1

State Champs Day 2

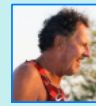


Jenn Parker is ready to leap into the summer season under the watchful eye of coach Dave Wyatt



Campbell Till was too fast for the photographer as he set a new M65 300m hurdle State record.

# Winter Wrap with John Dennehy



The winter season at ECAC saw the emergence of Sue Coate as a major force in several events as befits a true multi-eventer. Her Patron's Trophy exploits have been well documented but her training regime under Barbara Blurton has seen her develop her speed endurance and run a superbly judged 800m in 2:52.6 and a 400m in 69.45. Sue has extended her long jump state record out to an impressive distance of 4.33m (after the 400m!) Slight technique adjustments after Dave Wyatt's return have enabled her to consolidate her strength and speed. Campbell Till celebrated his new age group (M65) with a 300m state record over the sticks... with Sue Coate adding to her resume also improving on her long hurdles state record.



Jack Reid is benefitting from consistent training with smart times on the track, as is Bruce McGeorge, and David Adams is putting together a string of very fast 5000m times as he masters the pacing required to maximise effort. Drew Langford and Mark Maslen (left) showcase their respective talents over the same distance regularly and are a welcome addition to the program.



Karyn Tolardo has mixed up her walking, often participating in the shorter distances as does Dave Gardiner with Fiona van Heerwarden, Steve Travell (right) and recent world medallist Lynne Schickert producing fast times over the longer journey.

The Lagat family en masse has brought many a smile to those gathered with their performances. Dominic (below right) is a force in any event from the 60m to the 3000m and occasional visits to the long jump pit have shown a glimpse of serious potential.



Naomi (above left) has show vast improvement in every event she participates in, now easily going under the three minute barrier in the 800m, which was once her main aim. Onlookers have not seen 'the younger sister beating the older sister' scenario just yet but it is joy to see the family dynamics and obvious pleasure they all get from participating.

Carol Bowman (left, with Keith Redpath), Carmel Meyer and Jenn Parker of the Blurton training squad, are all running better than ever and displaying a comraderie that comes from hard training sessions together, with efforts over the middle distance events. Sharon Davis has led the female times in her specialist events after adding to the legacy of 800m world champions from Perth in Finland. She joins Peggy MacLiver

and Barbara Blurton as title holders in their respective age groups as she attacks their records.

David Carr backed up his gold medal performances from Worlds with a plethora of world records which energised those fortunate enough to witness him as he cut a swathe through the record books. David presently holds the world records in the M90 division of 7:32.95 (1500), 8:21.34 (mile) 12:50.43 (2000m steeplechase) , 16:20.96 (3000m), 29:47.83 (5000m) 62:48.93 (10000m). As always David has been quick to applaud and thank Barbara and Richard Blurton and Gillian Young, Jackie Halberg and Bob Schickert for their officiating and organisational skills in enabling him to perform at this level. David Adams (right) and David Baird have willingly sacrificed their own racing to set pacing times in several of these record attempts.





**Club Patron David Carr hit the ground running when his 90<sup>th</sup> birthday ticked over and has cut a swathe through the M90 World Records category. He now holds the newly ratified M90 WR for 1500m, 1 mile, 2000m Steeplechase, 3000m, 5000m, and 10000m. As we all limber up for another season of Track and Field it seems opportune to hear directly from David. Who better to inspire and inform, no matter what our athletic discipline?**



## Early Days

The early sporting days saw me running the bases as captain of the school baseball team, playing baseball with Perth Baseball, and battling on Leederville Oval athletics track. I had placings in Army vs Navy vs Airforce events, went beach running down south in Denmark, paced a marathoner on Nauru, and lead the Kiribati Blue Athletic team. I presided over the Eastern Highlands Athletics Association in Papua New Guinea. It was at Perry Lakes that I became serious about middle distance running.

## Support

You cannot achieve much without friends, family, clubmates, officials and helpers. Our family was involved with Little Athletics. My daughter Therese was the fourth woman in WA to complete a marathon (People's Marathon 1979 - 3h:33m) and daughter Peta won the City to Surf (1975). My wife Patricia upstaged me in Melbourne (1987), with gold and a World record in the W55 triple jump. They all understand the joys and grind of the sport.

MAWA has always provided the structure, organisation, venues, events and competitions for athletes of all disciplines.

## Influencers

-Frank McCaffrey (Royal Australian Navy) who recruited sixty naval airmen and formed the Albatross Athletics Club. In a year or so he established an athletics track, a full set of equipment and membership of NSW Athletics Association. We had weekly cross country or track events and a B-grade team in Sydney. He even produced an Olympian – Percy Cerutti. Some of his words of wisdom – 'Do not eat something just because it is served to you. Seek fresh food or a bag of oats, and nuts.' 'Ignore the smokers and get on with your life.'

## You Always Remember the First Time

My first World medal came at age 55 in Melbourne (1987) in the 800m. There were six heats. Winners of each heat and two others were in the final. At the 600m I was second and heard the coach call 'One to beat Tony'. Thirty seconds later the silver was mine. Ecstasy.

## Impressions From Around the World

- Don Chambers singing our national anthem at my medal presentation at Porto Alegre, Brazil. (2013)
- The marathon in Myazaki, Japan (1993) with 5000 marathoners.
- The anti-apartheid protest mid-race in Christchurch, New Zealand. (1981)
- Armed soldiers in the stadium in San Juan, Puerto Rico. (1983)
- 150 sprinters grid-locked in the call room in Durban, South Africa. (1997)
- Mike Powell jumping in Tampere, Finland. (2022)
- Tampere's scooters, lakes, hill trails, trams, and the proximity of the track to the CBD.
- English tourists sunbaking and eating fish and chips in Malaga, Spain. (2018)
- The pomp at the opening ceremony in Rome. (1985)
- Roy Scuse's tours.

## Memorable Events

Richard Hughes (NSW) phoned me regarding an attack on the World 4 x 400m record. He needed another three runners over 80 years old, a venue, a date, a sanctioned meeting, photo-finish facilities, and good weather. He persisted, and four runners from four states met at the Gold Coast to run a 5min 32sec M80 WR.



David Baird M70 leads David Carr in the 1500m on a beautiful winter's evening at ECAC

## Training

I do about nine sessions a week. The type of training depends on the event. For 10000m I run up to two hours, mostly very slow. Middle distance events need interval work, a stopwatch and preferably, team-mates.

An example:

Warm up, stretch. One set = 10 x 140m, resting 40 seconds in between each 140m. Do this set twice more. Rest five minutes between sets. Then 10 x 25m steep incline.

Gym work is mostly upper body strengthening, including on a rowing machine.

## Injuries

We stress our bodies and collect strains and pains. Most of mine go away with rest or with the help of a physio. I have not had any joint trouble. A recent melanoma meant surgery, hospitalisation, and a ride in a wheelchair. Two (of many) falls induced mild concussion; however, a brain scan showed no cause for alarm.

## Keeping Grounded

- Sitting on the kerb watching me, a neighbour's infant said, 'Do you have to run all the time?'

- From a casual acquaintance: 'Where did you finish in that 1500m you were excited about?' 'Last, but....' (Last position in a mixed field, David broke his own M90 1500m AR -ed.)

John Gilmour summed it up: 'It's luck David. Luck.'



Irish Minstrels Silke Peglow and Des Walsh entertained the crowd with a song, penned by Des, at David's 90<sup>th</sup> birthday track meet in June.



The gang's all here..to help David celebrate.





After her recent campaign in Finland, Sharon Davis gives us an insight into the research, planning and execution of a successful championship run.

My experience in Finland felt different to previous Championships. I guess this was to be expected at the first major competition since the pandemic.

I had no intention to race this year given all the Covid disruptions, however after travelling to the UK for a funeral with no travel issues and knowing I'd run the second fastest 800m W45 time eight weeks prior, I decided to go. With a five-hour delay in Doha, my daughter Jordan and I arrived in Finland in the middle of Wednesday night .... in daylight! This had a weird effect on the body clock, especially with the time difference!

The 800m was on Friday. We started the day with a walk and brunch, then rested. I had a race plan and had done my research. I knew if I stuck to the plan, I could do well, although we all know you can never underestimate everyone else. The sun was shining but not hot, perfect. My warmup went well, but I was still a bit worried; everyone looked very fit and fast. Once in the call room I was overcome with a wave of calm. I felt good, I was ready.



IMAGE: Jordan Davis



IMAGE: Mark Purvis

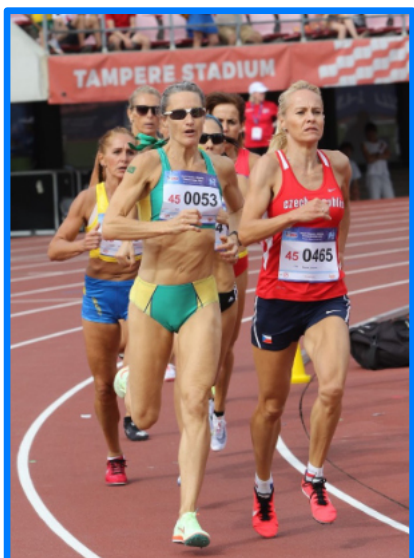


IMAGE: Doug 'Shaggy' Smith

We took up our places ...the gun goes! I don't remember the first 200m. I got into position, preferring the outside of the lane to avoid getting boxed in. The lady next to me was elbowing me the whole way to the bell, when I shifted up a gear and left her. I know I need to 'kick' at 300m-200m to go because the Spanish lady could outsprint me if I leave it too late. I panic slightly - what if I go at 300m and die in the last 100m? I've missed my chance, there's only 200m to go. I can hear 'Eye of the Tiger' blaring out and the commentator saying, 'We are waiting for Sharon Davis to make her move'. What?? I can hear John Dennehy shouting from Perth to 'Go!' Ok, let's do this! Finally, I make my break. I've got this!





IMAGE: Mark Purvis

I sprint past the lady in front with everything I have. This time I make it there first! In Malaga, the race played out the same way, except I broke too late. The Canadian lady was faster and pipped me on the line. This time I had my redemption! I won Gold! Looking at the replay, I can see it was super close again. I did leave it too late. I should have kicked earlier. The Spanish lady was chasing me down, but I managed to hold her off! What a feeling of relief and excitement.

Thursday was the 1500m; not my favourite event. I get a bit bored in the middle of the race and can't focus, but when I do, I can run them well. Not as confident for this one, and other competitors had faster times. So again, I did my research and had my race plan. I was racing a different Spanish lady - a 5km and 10kms competitor and winner of the cross country.



IMAGE: Doug 'Shaggy' Smith

We walk from the call room down onto the track. Again, a wave of calm sweeps over me. My legs feel light and amazing, they just want to run! The gun goes, I get my position and sit there. After the first 300m the lead changes. I sit. Another 400m and the lead changes again. Now two laps to go. The Spanish lady takes the lead as expected. I can't go with her, but I need to keep her close. We hit the bell, now it's my turn. I'm sitting second. I change up a gear to chase her down, 300m, another gear change, I've closed in on her. 200m to go and I go! I hit my maximum speed, fly past her and keep it going to the finish line! I did it! Another Gold! Another Silver from Malaga turning to Gold in Finland!



IMAGE: Jordan Davis

For the relays, I was lucky enough to be selected for the 4x400m running with the super-fast 50+ ladies. Lenore went out hard, I took over for the second leg, passing to Mandy and then Janelle. With each leg our winning gap increased. Another Gold for Australia! It's such an honour to be part of a relay team and you find energy to not let anyone down. So that was Finland. I can't complain about three gold medals. I'm so glad I decided to go.

## *Pole Vault competition September 18, 2022 WAAS*



The small but dedicated pole vault crew have toiled over winter to both have fun and where possible improve their technique. New members have included Dave Wilkie, who has come on in leaps and bounds, and Jenn Parker who has shown some great potential. With the impending closure of WAAS for maintenance and renewal we decided to have our own more informal competition before the Strive season moves indoor to WAIS. Thanks to the support of Gay and Dave Wyatt who officiate the event we are able to gain recognition within MAWA for our results.

On Sunday 18 September in almost perfect conditions at WAAS 5 of our regulars competed and some pretty handy results were achieved.

Sue Coate again bettered her W55 record to now register 2.35 metres. Geoff Brayshaw jumped 2.65m but failed in his attempt at a record of 2.75m. For the record the results were as follows:

Sue Coate 2.35m SR

Dave Wilkie 2.35m

Phil Smyth 2.55m

Geoff Brayshaw 2.65m

Frik Jankowitz 2.75m.

The group are eagerly anticipating the first Strive event at WAIS and try out the indoor pole vault facilities.

*IMAGES: Geoff Brayshaw and Carlize Jankowitz*



*Dave Wilkie*



*Sue Coate*



*Geoff Brayshaw*



*Frik Jankowitz*



*Phil Smyth*





# Throws Report with Ossi Igel



## Marvellous Throwing in Bunbury, September 25<sup>th</sup>.

### Luella Jenkins improves the Australian record

Thanks to Bunbury Regional Athletics Centre for putting on our Masters season opener with the Throws Pentathlon, Super Weight, 100 pounder and Heavy Weight Pentathlon. Some athletes were still a bit rusty, other are already in great shape. BRAC welcomed the athletes again after a significant renovation. The track has been renewed, the markings for the jumps and throws have been prepared and a shelter for the equipment has been added. The nice environment together with the friendly and supportive team of BRAC made everybody feel welcome. Luckily the forecast rain stayed away.

There were 17 BRAC records, 10 State records and one Australian record (pending) set. Luella Jenkins (W80) had a 'day out' and threw brilliantly with the icing on the cake being an AUSTRALIAN RECORD in the Super Weight. Luella threw 6.61m breaking the previous AR of 6.48m. Ratification is on it's way.

Superb effort from everyone, with Luella the stand out. Sharon Moloney, Paula Kennedy and Bev Hamilton all broke State records. John Fettus rocked up 'a la casual' to watch and assist, decided on the spot to have a throw with the 100 pounder, with no training, and subsequently broke his SR with a throw of 4.05m (welcome to the 4m club John). Young An-ne Pelser joined the Masters for the Throws Pentathlon and showed she is going to be a very good thrower in all disciplines. An-ne's Weight Throw, having never done the event before, was simply terrific. Well done young lady.

Big thanks goes to Todd Davey for getting the meeting on it's way and for carrying the heavy implements down to Bunbury. Thanks also to Glenn and Kyle Barlett for their excellent officiating and one or two tips.

Please put the dates for next Bunbury throwing days in your calendar.

17 Dec 2022	Throws Pentathlon
07 Jan 2023	Heavy weight and Throws Pentathlon
11 Feb 2023	Heavy weight and Throws Pentathlon

Ossi and Todd



# Shot Action



LEFT: Luella Jenkins



RIGHT: Sharon Moloney



LEFT: Paula Kennedy



ABOVE: Bev Hamilton



ABOVE: Jo Peters

*IMAGES: Ossi Igel*



# COACHING

Coach	Discipline	Venue	Time	N/A Dates
<b>Tom Lenane</b> 0414 970 514	sprints/hurdles	ECAC	5:00pm Mon. and Wed	
<b>John Dennehy</b> 0402 520 839	middle distance	McGillvray	Sat 8.30am	
<b>Barbara Blurton</b> 0434 287 757	sprints and middle distance	ECAC	Monday 7:30am	
<b>Anne Masters</b> 0407 470 949	jumps/sprints	McGillivray	Mon 4:30 pm Wed 5:30pm	Coaching times post-WAAS closure TBA
<b>Keith Redpath</b> 0401298532 for details	endurance/ sprints	Byford		
<b>Karyn Tolardo</b> Call 0402831915 to discuss	Race walk technique	Perth		



**TOM LENANE**



**JOHN DENNEHY**



**BARBARA BLURTON**



**ANNE MASTERS**



**KEITH REDPATH**



**KARYN TOLARDO**



# Looking Ahead



Xander van Rijn

IMAGE: Vic Waters

## **MAWA STATE CHAMPIONSHIPS 2023**

### **ERN CLARK ATHLETICS CENTRE**

**Dates :March 2 – 10000m**

**March 18– Pentathlons, 5000, HJ**

**March 23 – steeplechase**

**March 25/26 – Main weekend**

## **AMA NATIONAL TRACK AND FIELD CHAMPIONSHIPS**

**Date: Friday March 10- Monday March 13, 2023,**

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

**[www.sydney2023.com.au](http://www.sydney2023.com.au)**

## **WMA INDOOR CHAMPIONSHIPS, TORUN POLAND**

**Date: March 26 2023 - April 1 2023**

## **OMA CHAMPIONSHIPS 2023**

**Date: June 26, 2023 - July 1, 2023 To be held in conjunction with OAA Regional Championships in Fiji**

**Further details as they come to hand**

## **AUSTRALIAN MASTERS GAMES**

**Date:October 7-14, 2023, Adelaide South Australia**