

# TFNL

The Track and Field Newsletter of Masters Athletics WA



Season 17 Issue 2  
November 2023



L-R: Anthony Grendon, Xander van Rijen, Andrew Brooker and Sharon Davis...their faces show the second lap pain of a hard-fought 800 metre. (January 2023)

## Athletes Dig Deep

# Summer Programme

## Patrons' Trophy events at ECAC only

The Patron's Trophy (highlighted events) commences on Thursday October 14

Athletes compete in a minimum of 9 events with the best 9 giving the total score

Thursday at ECAC, Wharf Street, Cannington - at 6pm

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

In addition - visitor fee:\$5 (\$2 for under 18, members' children pay not visitor fee)

Thurs	Event 1	Event 2	Event 3	Event 4	Event 5	Jump	Field 1	Field 2
05 - Oct	200	3000	100	800	steeple	long/triple	discus	weight
12 - Oct	60	1500	400	5000		long/triple	javelin	shot
19 - Oct	200	800	60	3000		long	hammer	weight
26 - Oct	100	1 mile	200	5000		long/triple	discus	shot
02 - Nov	100	1500	400	3000		high	javelin	hammer
09 - Nov	60	800	200	5000		long/triple	discus	weight
16 - Nov	100	400	60	3000		high	weight	shot
23 - Nov	300	1500	100	5000		long/triple	javelin	weight
30 - Nov	400	1000	60	3000		high	hammer	discus
07 - Dec	100	800	200	5000		triple	javelin	shot
14 - Dec	100	1500	400	3000		high	hammer	discus
21 - Dec	60	1 mile	200	5000		long/triple	javelin	shot
28 - Dec	60	1500	400	5000		long/triple	shot	discus
04 - Jan	200	800	3000	100	steeple	high	hammer	weight
11 - Jan	60	1500	100	S hurdles	3000	long/triple	discus	shot
18 - Jan	200	1000	400	5000		high	javelin	hammer
25 - Jan	800	L hurdles	200	3000	100	long/triple	discus	weight
01 - Feb	100	1500	60	5000		high	hammer	javelin
08 - Feb	400	1 mile	200	L hurdles	3000	long/triple	discus	weight
15 - Feb	200	800	60	5000		high	hammer	shot
22 - Feb	60	400	3000	100	steeple	long/triple	javelin	weight
29 - Feb	300	1500	100	10,000m	State Champs	high	discus	shot
07 - Mar	200	S hurdles	800	60	3000	long/triple	javelin	weight
14 - Mar	100	1500	300	Steeple	State Champs	long/triple	hammer	weight
21 - Ma	60	400	200	5000		high	javelin	shot

Tuesday at WA Athletics Stadium, Mount Claremont at 6.30pm

\$8.40 (\$4.20 for seniors card holder) entry to WAAS

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

- pay at sign-in table

Tues	Event 1	Event 2	Event 3	Event 4	Event 5	Jump	Field 1	Field 2
03 - Oct	60	1 mile	400	3000	long/triple	hammer	shot	
10 - Oct	200	800	100	5000	High	javelin	discus	
17 - Oct	400	600	1500	3000	long/triple	discus	shot	
24 - Oct	100	1000	400	5000	High	javelin	hammer	
31 - Oct	200	800	60	3000	long/triple	discus	shot	
07 - Nov	300	1500	200	5000	High	javelin	shot	
14 - Nov	100	800	400	3000	long/triple	hammer	discus	
21 - Nov	100	1500	200	5000	High	discus	shot	
28 - Nov	60	800	200	3000	long/triple	javelin	hammer	
05 - Dec	400	1500	100	3000	High	hammer	discus	
12 - Dec	200	1 mile	400	5000	long/triple	javelin	shot	
19 - Dec	100	60	800	5000	High	hammer	discus	
09 - Jan	100	800	60	3000	long/triple	javelin	discus	
16 - Jan	200	1500	100	5000	High	hammer	shot	
23 - Jan	600	400	200	3000	long/triple	javelin	hammer	
30 - Jan	100	800	60	5000	High	discus	shot	
06 - Feb	200	1000	100	3000	long/triple	javelin	hammer	
13 - Feb	60	800	300	5000	High	discus	shot	
20 - Feb	100	1000	200	3000	long/triple	javelin	discus	
27 - Feb	60	1 mile	400	5000	High	hammer	shot	
05 - Mar	100	1500	200	3000	long/triple	javelin	shot	
12 - Mar	200	1000	60	5000	High	hammer	discus	
19 - Mar	400	1500	100	3000	long/triple	javelin	hammer	

**Saturday March 9**

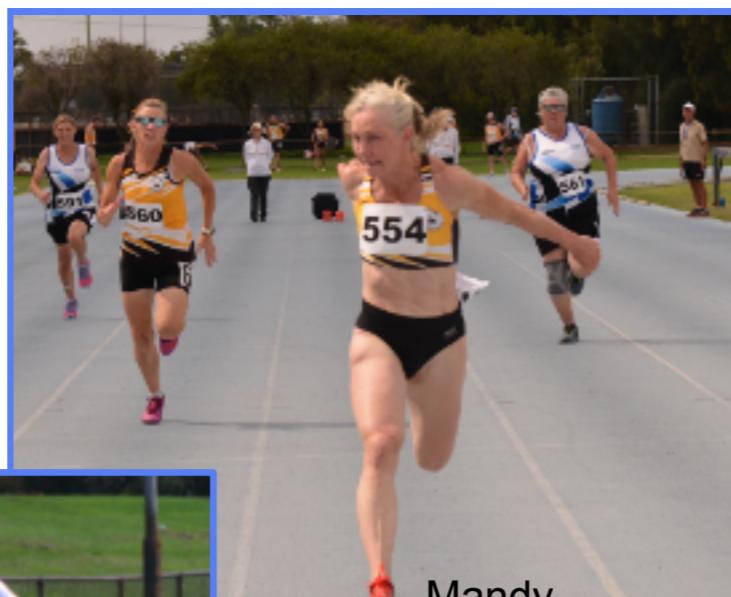
**State Champs Pentathlons and 5000m + high jump**

**Saturday March 16**

**State Champs Day 1**

**Sunday March 17**

**State Champs Day 2**



## MAWA RECORDS

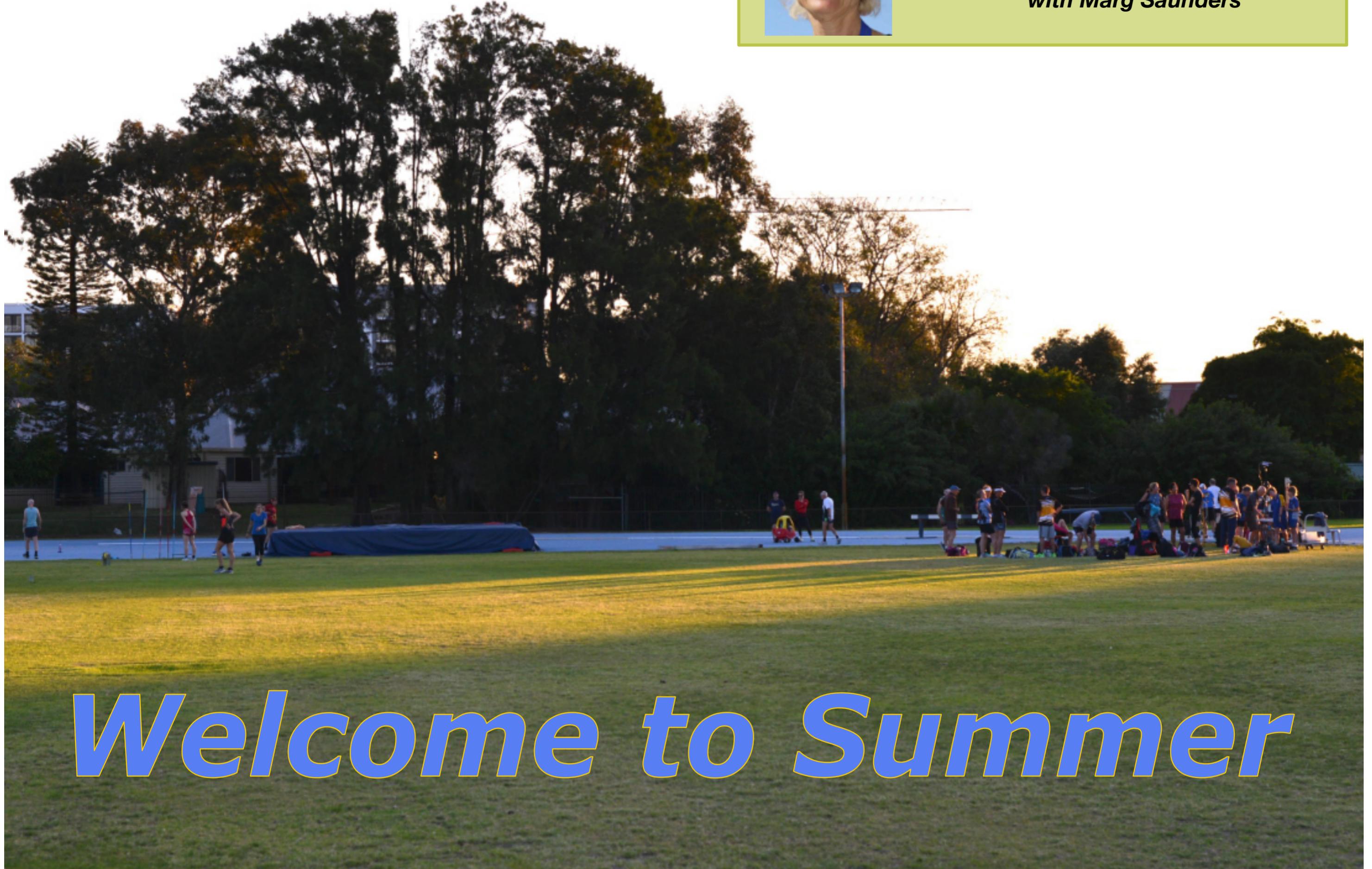
W55	Paula Kennedy	07/10/2023	Super Weight	6.91m	SR	Bunbury, BRAC
W80	Luella Jenkin	07/10/2023	100 lb Weight	0.61m	SR	Bunbury, BRAC
W35	Michelle Krokosz	07/10/2023	100 lb Weight	1.57m	SR	Bunbury, BRAC
M80	Arthur Twiss	08/10/2023	Marathon	4:46.58	SR	Perth
M80	John Oldfield	08/10/2023	Marathon	5:29.49	MAWA club record	Perth
W55	Sue Coate	10/10/2023	Pole Vault	2.40m	SR	Adelaide Masters Games
W55	Sue Coate	21/10/2023	Pole Vault	2.40m	=SR	Strive WAAS
W50	Mandy Mason	21/10/2023	60m	7.78	AR	Strive WAAS

## Congratulations to Dave Wilkie



Congratulations to MAWA all-round athlete Dave Wilkie, who was named Most Improved Track and Field athlete at the recent MAWA AGM. Dave, pictured above at WAAS earlier this season, sends the javelin into the evening sky...and the birds take flight

At left, Dave is on his toes as he rounds the bend in a 200m at ECAC



## Welcome to Summer

Welcome to another summer season. Looking back over the last twelve months, it has been wonderful that the national and international masters athletics competitions have been held. Western Australian athletes once again produced excellent results in these competitions. These members can be so inspirational as many have overcome obstacles which have occurred in their lives. They have then found ways in which their athletic goals can still be achieved.

You should set goals for the season which are realistic for your age group and the training which you have completed over the winter months. But, be prepared to modify these if you get sore or injured. If you achieve your goals early in the season they will also need to be modified.

The Patrons trophy has just commenced, and this trophy encompasses all events. Frequently members compete in events they may not have contested since their school days. Beware of injuring yourself as it so easy to forget that our more mature body deals with stressors differently from a teenage body. Do some practice prior to the event appearing on the program. Most importantly is to have fun doing the different events.

Some members may be returning to the track after several years. Or some athletes may have never run on a track previously. Again, be gentle on yourself and do not overload too quickly as injuries can occur.

If possible, join a group of friends who are interested in trying the events in which you are interested. There are many coaches who would be very willing to help you learn an event or aid with technical issues you may be having. Being technically correct can help improve both your performance and reduce the risk of injury.

Enjoy the fun and friendship of the summer track season.

# ECAC



Athletes are enjoying the opportunity to test the legs and throwing arms now that the summer athletics season has arrived. Thanks to Tom Lenane for taking over the role of starter while Andrew Cuthbertson is away. Tom is in familiar territory having been the Thursday night starter for many years. It is great to see John Oldfield back amongst us as he holidays here from the UK. John and late wife Christine were heavily involved with MAWA as officials and athletes. John, M80, has made the records list this month with a club record in the recent Perth Marathon.

The Patron's Trophy got off to a good start with a large group of participants lining up for the 5000m in perfect conditions. Gillian Young topped the age-graded performance score overall with 78.62%. Week two saw officials Dave and Gay Wyatt busy managing a contingent of twelve Patron's athletes at the Long Jump pit. W45 Amanda Collins was the stand-out jumper with a leap of 3.89m giving her a score of 60.85%. Week Three and the Patron's contenders fronted up for the discus throw. Numbers were down slightly, some athletes preferring to try their hand at one of the other throws on the schedule. Tammi Doyle was not fazed and earned top percentage points of 38.33% by spinning the disc out to 21.00m.

Best wishes to Richard Blurton as he recovers from back surgery. Even when in extreme discomfort in the weeks preceding his surgery Richard came to the track to officiate, such is his commitment to MAWA. Thankyou Richard.



# WAAS

By Campbell Till



Gin Ang speeds away from the field in the 100m

The track and field season at WAAS is well underway, although at this stage, attended by only a modest number of athletes. Notable re-appearances after some time away have been sprinter Suresh Siva, and distance exponents Paul Scott and Glenn Rogers. Standout performances have been headlined by Anthony Grendon who blazed a 5:13.7 Mile. He could, with competition and good weather, threaten John Gilmour's long standing M60 Australian Record. Ryan Satinover flew effortlessly (or it sure appears that way) over 1.65m in the High Jump. M65 Dave Wilkie is still on the improve with a 1.35m leap; in better conditions I'm sure he will be attempting the State Record. Gin Ang looked classy with a swift 8.3 second pass in the 60 metres. Wendy Farrow was versatile, warming up with a 1000m run followed by a 5000m race walk. Juliana Kelly not only takes to the track but shares starter duties with David Adams.

**STRIVE** - On October 21, a large contingent of thirteen Masters athletes mixed it with the Open athletes for the season opener of the Strive competition. The clear standout was W55 Mandy Mason, who has continued her lightning form from the last State Championships. She bettered her own Australian Record in the 60 metres with a super quick 7.78 seconds. This time is superior to the World Indoor record but the rules don't allow for it to be recognised as a new World mark. In addition to that run she sprinted a slightly windy 200 metres in 25.13 (2.2), to be tantalisingly close to the extraordinary Julie Brims' World Record of 25.07. Six days later Mandy broke the W55 100m WR in a time of 12.13 seconds but was unfortunately denied by the wind reading (3.1). Watch this space for later in the season. The irrepressible Sue Coate equalled her recently set W55 Pole Vault State Record with a height of 2.40 metres. Other performances of note were in the 3000 metres, where both Roberto Busi and Sharon Davis were only a few seconds outside high standard state records. Rounding out was the ever smiling Nick Best, setting his Masters 800m best with an eye-catching 2:08.22 run.



Best of Three



Juliana set for 400m



Athletics Australia Vice President, Brian Miller, happily shows he still makes use of his Perth2016 merchandise. He enjoyed his Hammer training session in perfect conditions.



Glenn Rogers



Wendy Farrow & Mark Dawson

# GAMES WRAP

By Jenn Parker

IMAGES: Garry Parker

The 2023 Australian Masters Games was held in Adelaide, with the athletics discipline held between October 7-11. The atmosphere was a really fun and relaxed vibe, but the event was held in a professional and punctual manner. I was proud to go over with my peers, representing team WA.



L-R: Sue, Jenn and Vicki Townsend with their medal haul

I got to witness wonderful comradeship, encouragement, and fabulous results amongst the team. Looking through the results I can see the suitcases were carrying extra weight on their return with all the medals – Sue even had hers inspected at the airport.



W55 Pole Vault SR for Sue Coate

My own highlights at the event, besides having a lot of fun with fellow competitors, were my High Jump – I jumped beyond my expectations, then threw over the 10m mark again in my shot put and over 31m for my Discus – I haven't reached these distances for a couple of years. I didn't quite get the results I wanted in the hurdles or triple jump, due mainly to my exhausted legs, but I was still happy and I'm looking forward meeting my goals in the near future. I was very excited to run 2.53.41 in the 800m, a PB since my return to athletics a few years ago. This took me from a silver position to taking out the gold in the Outdoor pentathlon. A good way to end my own competition. Thank you Coach.



Champion Thrower Bev Hamilton



Pentathletes are all Smiles

A big highlight for me was watching Sue Coate take out the State record in the Pole Vault. Sue narrowly missed the 2.50m height so we are looking forward to seeing her break the SR W55 mark of 2.40m. A highlight of Sue's competition was throwing over 10m in the shot in the outdoor pentathlon, in which she also took home gold; funny enough throwing the same distance as her good friend and rival from NSW, Vicki Townsend. I am sure Sue's plane had to refuel in Kalgoorlie to make it home with her extra medal weight. Well done Sue - you are an inspiration to us all.



Jenn Parker sails over the bar

Bev Hamilton, our legend WA women's thrower, not only bagged herself many medals with her fabulous throws, but was also running around coaching us. Thank you, Bev, we appreciate you.



Unfortunately I didn't get to watch a lot of the athletes compete due to my own heavy track and field schedule; not as many events as Sue though, lol. I did get to see Susan and Peter Sanders from WA run the Steeple Chase. After speaking to Susan, I learned this was her very first Steeple; a fabulous run from them both.

Susan (LEFT) looks on while experienced campaigner Sue (RIGHT) uses her 'make the athletes laugh' pre-race technique to calm everyone's nerves



It was lovely to meet some other WA Athletes that I hadn't met prior, one of them being Tiffany who has recently joined MAWA, and some others who are members or looking to join. I did get to watch some of the fabulous men run – great results.

*Susan Sanders (LEFT) won her age division in her first ever Steeple Chase*



*Peter Sanders (RIGHT) receives congratulations from a fellow Steeple Chase medallist*

The weather was wonderful, although we all got a bit sunburnt. I did hear that, as I flew back to WA, the weather changed and the road and cross country runners may have gotten a bit wet.

Thankyou Team WA and all the other competitors for the competition, lots of laughs and inspiration and friendships. I am still exhausted whilst writing this, but smiling, as I had such a wonderful time. I would like to thank our coaches, official and fellow training peers for pushing us on in training and local competition to help us reach our goals. Thank you to Garry Parker for the photos whilst supporting me. Well done Team WA.



*Leslie Waterhouse wears her Discus silver*



*New MAWA member Tiffany Allen with Sue and Jenn*



*Ted Miller wears his 100m bronze*

#### **Saturday**

##### **Long Jump**

Jenn Parker	W50	4.46m	1st
Sue Coate	W55	4.07m	1st
Kieran Johnson	M40	5.45m	2nd
Jacques Maniacara	M60	3.32m	4th

##### **Shot Put**

Jenn Parker	W50	10.09m	2nd
Sue Coate	W55	9.83m	2nd
Lesley Waterhouse	W60	7.84m	1st
Bev Hamilton	W75	7.39m	2nd
Craig Shiel	M65	8.16m	2nd

##### **60m**

Tiffany Allen	W45	9.57	4th
Jenn Parker	W50	9.01	1st
Sue Coate	W55	9.17	1st
Kieran Johnson	M40	8.06	3rd
Michael Byrne	M70	9.33	2nd

##### **Hammer**

Jenn Parker	W50	33.98m	3rd
Bev Hamilton	W75	25.40m	1st

##### **800M**

Sue Coate	W55	3:00.38	2nd
Kieran Johnson	M40	2:31.44	1st
Stewart Craig	M50	3:16.75	3rd
Jacques Maniacara	M60	2:56.43.	2nd
Michael Byrne	M70	2:48.69	1st

##### **100m**

Jenn Parker	W50	14.67	1st
Sue Coate	W55	14.66	1st
Tiffany Allen	W45	15.63	4th
Kieran Johnson	M40	12.70	3rd
Michael Byrne	M70	15.17	2nd
Ted Miller	M75	17.23	3rd

#### **Sunday**

##### **Discus**

Jenn Parker	W50	31.44	1st
Sue Coate	W55	24.71	2nd
Leslie Waterhouse	W60	16.73	2nd
Bev Hamilton	W75	19.92	1st

##### **Steeple Chase**

Sue Coate	W55	10:04.48	1st
Susan Sanders	W70	14:30.76	1st
Peter Sanders	M75	12:08.03	1st

##### **High Jump**

Jenn Parker	W50	1.37m	1st
Sue Coate	W55	1.25m	1st

##### **Javelin**

Jenn Parker	W55	19.28m	4th
Sue Coate	W55	27.30m	1st
Janine Page	W55	16.55m	4th
Leslie Waterhouse	W60	15.30m	1st
Bev Hamilton	W75	12.22m	3rd
Craig Shiel	M65	18.00m	3rd

##### **80m Hurdles**

Jenn Parker	W50	15.07	1st
Sue Coate	W55	16.47	1st

##### **1500m**

Susan Sanders	W70	8:53.06	3rd
Kieran Johnson	M40	5:12.17	1st
Stewart Craig	M50	6:31.70	3rd
Peter Sanders	M75	7:01.65	1st

##### **200m**

Jenn Parker	W50	30.72	1st
Sue Coate	W55	31.70	1st
Kieran Johnson	M40	26.27	2nd
Michael Byrne	M70	31.39	1st

#### **Monday**

##### **Throws Pentathlon**

Bev Hamilton	W75	2638	1st
Susan Sanders	W70	30:01.45	1st
Kieran Johnson	M40	23:53.17	2nd

##### **5000m**

Susan Sanders	W70	30:01.45	1st
Kieran Johnson	M40	23:53.17	2nd
Peter Sanders	M75	24:55.44	3rd

##### **Pole Vault**

Sue Coate	W55	2.40m SR	1st
Jenn Parker	W50	56.18	1st

##### **Triple Jump**

Jenn Parker	W50	8.94m	1st
Sue Coate	W55	8.12m	1st
Jenn Parker	W50	56.18	1st

##### **400m**

Sue Coate	W55	1:29.29	3rd


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# Schickerts Honoured

Lynne proudly models her East Burwood jersey



## Celebrating 40 Years of Masters Athletics at East Burwood

Lynne leads the crowd rendition of “Oh What a Night! 6<sup>th</sup> October 1983” – sung to the tune of Frankie Valli’s 1963 hit.

Visiting family in Melbourne in early October, Bob and Lynne Schickert also celebrated the 40<sup>th</sup> anniversary of the East Burwood Masters Athletics club with long time athletics colleagues. When living in Melbourne at that time, having a new track near their home inspired Bob and Lynne to set up a Masters venue to encourage local athletes to join and keep fit.

Reporting on their night celebrating the start of their involvement with Masters athletics, they said:



“Melbourne put on a very cold and wintery night, but we were warmly welcomed at the weekly track meet and two races were named in our honour – the Bob Schickert 3,000m handicap run and the Lynne Schickert 1,000m handicap walk.

It was a very special occasion for us both, sharing memories of the inaugural night 40 years ago. We enjoyed supper and a celebratory cake after the events with current members, one of whom was just a couple of months old when we started the club. There were no lights in those early days, just the dim glow from Burwood Highway. Bob would bring a torch for the finish line. The only distances run were 400m or multiple laps, as it was very gloomy along the back straight and we needed to follow the white inside curbing. As one of the early club members reminisced, Bob often started the race, dropped the gun, ran, and then when finished, recorded the results which Lynne typed up later.

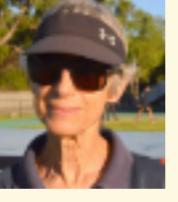
The club is producing a record of the first 40 years celebrating the club’s long history and we were very pleased to be given a copy, together with a 40<sup>th</sup> anniversary souvenir top. It was a great night.”

*Bob and Lynne*



# 2023/24 Coaching

M50 Suresh Sivacolundhu speeds past  
in a 60m at WAAS  
and catches the photographer napping

<b>Coach</b>	<b>Discipline</b>	<b>Venue</b>	<b>Time</b>
Tom Lenane 0414 970 514	 Sprints/Hurdles	ECAC	Monday and Wednesday 5.00pm
John Dennehy 0402 520 839	 Middle Distance	WAAS	Saturday 8.30am
Barbara Blurton 0434 287 757	 Sprints and Middle Distance	ECAC	Monday 7.15am (summer) 7.30am (winter)
Ann Masters 0407 470 949	 Jumps/Sprints Jumps/Sprints	McGillvray WAAS	Mon. 4.30pm Wed. 5.30pm Sat. 3.30pm Tues. 5.15pm Sun. 10.30am
Keith Redpath	 Endurance/ Sprints	Byford	0401 298 532 for details
Karyn Tolardo	 Race walk technique	Perth	Call 0402 831 915 to discuss
Geoff Brayshaw	 Pole Vault	WAAS	Call 0412 387 233 to discuss

# Looking Ahead



Synchronized good sports  
Janne Wells and Silke Peglow  
warm up with smiles and  
laughter before tackling the  
Patron's trophy 5000m

## MAWA State Championships 2024

Ern Clark Athletics Centre, Cannington  
Feb 29 - 10000m  
Mar 9 - Pentathlons, 5000m and High Jump  
Mar 14 - Steeplechase  
March 16/17 - Main Weekend

## Australian Masters Athletics Championships

Domain Athletic Centre, Hobart Tasmania, March 29 - April 1, 2024 [amahobart2024.com.au](http://amahobart2024.com.au)  
Registrations open Nov 17 2023

## WMA Championships

Gothenburg, Sweden August 13-25, 2024

Registrations open January 2024 [2024wmac.com](http://2024wmac.com)