

TFNL



The Track and Field Magazine of Masters Athletics Western Australia

Season 17 Issue 4
January 2024

Patron's Trophy Winners



*Tammi Doyle
&
Bruce McGeorge*

Patron's Trophy results

Congratulations to Tammi Doyle and Bruce McGeorge for their efforts in winning this season's Patron's Trophy. There are a lot of events to get through and all competitors need to extend themselves well beyond their preferred events which often leads to a high attrition rate. The trophies will be presented at the MAWA State Championships by club Patron Bob Schickert.

PATRON'S TROPHY 2023

Women

W50 Tammi Doyle 564.26

W55 Janne Wells 460.90

Men

M65 Bruce McGeorge 429.92

M45 David Adams 411.77

M60 Steve Barrie 367.31



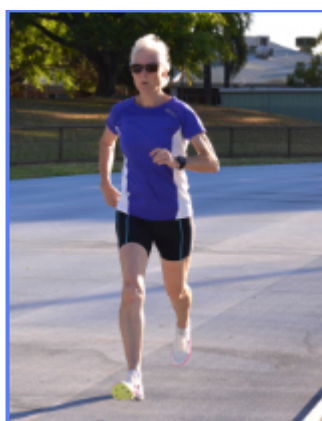
Janne



David



Steve



Marg Saunders

MAWA Records

Mike Anderson



M75	Michael Anderson	Super weight	3.07m	9/11/2023	ECAC	Inaugural SR
M75	Michael Anderson	Super weight	3.60m	23/11/2023	ECAC	SR
W70	Margaret Saunders	800m	3:00.71	04/01/2024	ECAC	AR
W45	Melissa Foster	Triple Jump	11.46m	06/01/2024	Melbourne	SR
M50	Andrew Collins	1500m	4:27.18	12/01/2024	WAAS	SR
W45	Melissa Foster	Long Jump	5.34m	13/01/2024	Melbourne	SR
W70	Margaret Saunders	1000m	3:52.65	18/01/2024	ECAC	AR
W45	Melissa Foster	Long Jump	5.56m	26/01/2024	Canberra	AR (pending)
W45	Melissa Foster	Long Jump	5.66m	27/01/2024	Canberra	AR (pending)



Lynne Schickert, AM

The club is proud and delighted that Lynne Schickert has been made a Member of the Order of Australia in the 2024 Australia Day honours. Lynne's service to the community and athletics in particular is unparalleled. Additionally, Lynne is a champion athlete and despite being in her 80s, is still setting an example for younger athletes to follow.



2022 State Champs 10000m - Lynne presented medals to husband Bob and good friend Bert Carse



Lynne in official WMA capacity at the African Masters Games



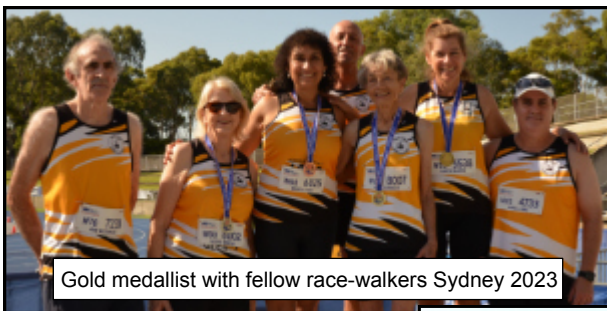
Lynne, WMA Executive Vice-President with David Carr in Torun



Supporting Bob at the Sydney nationals 2023



Officiating at Sydney 2023



Gold medallist with fellow race-walkers Sydney 2023



high jumper



race-walker



long jumper



steeple-chaser

AMA Awards Nominees

We have many outstanding athletes in MAWA and deciding our nominations for AMA Awards is always difficult. They are decided by a 4 person panel – Steve Weller, John Dennehy, Barbara Blurton and Richard Blurton. Here is a brief outline of the nominees, their achievements and some second placers. We wish them well – awards will be made at the AMA function in Hobart.

IMAGES: Carmel Meyer unless otherwise credited



SPRINTS: **Mandy Mason** takes the nomination with her outstanding 100m and 200m World records, ahead of **Adrian McKenzie's** two M50 Australian sprint records. We have also nominated Adrian (RIGHT).

IMAGES: Graeme Dahl



MIDDLE DISTANCE/STEEPLECHASE: This nomination goes to **Gillian Young** for her World steeplechase record and an Australian record in the 1000m. Sharon Davis (RIGHT) was second, for once again achieving great 800m/1500m championships performances and an 800m State Record.



DISTANCE: Nomination to **Astrid Roberts** for her marathon PB in New York setting a State Record.

IMAGE: Astrid Roberts Instagram

Followed by Bob Lane (RIGHT) with his outstanding age-graded performances.

IMAGE: Graeme Dahl



WALKS: **Karyn Tolardo** won W55 gold medals both in State and National Championships.

IMAGE: Graeme Dahl

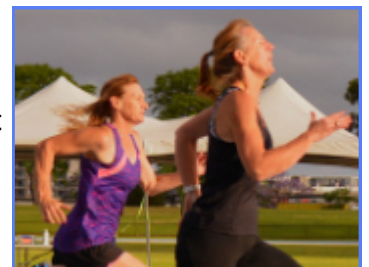
JUMPS: **Melissa Foster** (RIGHT) with two Australian W40 records in Torun followed by an outdoor State Triple Jump record in the W45 category.

IMAGE: AMA website



THROWS: **Luella Jenkins** who is re-writing the State W80 throws records.

MULTI EVENTS: **Sue Coate** (FAR RIGHT) with an Australian record in the pentathlon, closely followed by Jenn Parker (RIGHT) who set a State heptathlon record



OFFICIAL'S AWARD: **Dave Wyatt**. He is there in rain or shine to coach members in jumps and officiate our jumps events. Dave is the key reason we have so many good jumpers in the club.



BEST FEMALE: **Mandy Mason**

BEST MALE: **Hans Venter** – multi talented Hans went to Torun and set 1 Australian + 5 State Indoor Records

BEST PERFORMANCE: **Mandy Mason**



Summer Programme



'I'll have a crack at the Steeple...' said Richard



M70 Harold Membrey digs deep for the last two hurdles in 300m H



Superb athlete Jenn Parker came so close to breaking the W50 300m hurdle SR just days before her 55th birthday



Enjoying the contest, M40 Matt Walker and visitor Elliot Wardrobe give it their all as they lean for the 100m finish line. Elliot triumphed by just 0.01sec.

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 no visitor fee)

Thurs	Event 1	Event 2	Event 3	Event 4	Event 5	Jump	Field 1	Field 2
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	Jump	Field 1	Field 2
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

Saturday March 16

Sunday March 17

State Champs Pentathlons and 5000m + high jump

State Champs Day 1

State Champs Day 2



W65 Gay Wyatt (R) officiates with husband and coach Dave, then sails over the high jump bar

Mike Meredith

ATHLETE PROFILE

I grew up in the United States. I was born in Michigan in 1960 and lived there until I finished High School. I moved to Missouri to go to uni and lived there for twelve years before moving to Australia in 1990. I have been married to Debbie for 40 years and we have three children. I started a church in Australind before moving to Mandurah in 2003 to start Berean Baptist church which I still pastor.

I began running in middle school but got more serious while in high school. I ran both cross country and track at uni as well. I also started running road races (fun runs) while in high school and even ran my first marathon while still in high school - something I would not recommend to others as I was too young.

When we moved to the Bunbury area, I contacted Brian Kennedy and began running with the Bunbury Runners Club on Thursday nights. To be honest I am not sure when I first ran with Masters, but guess it just eventuated with running as I got older! After moving to Mandurah, I was about as close to Perth as Bunbury and found I enjoyed the camaraderie at ECAC in Perth so have continued to run with the club.

Not being a sprinter, my favourite event is the 5000m. I usually only run the 3000m on Thursday at ECAC in a vain attempt to improve my speed. In terms of trying different events; I have never run a steeple in my life but am 'toying' with the idea of attempting one.

I had coaching in high school and uni, but none since. I SHOULD be running track sessions (repeat 400 metres etc.) but seldom do. I am mainly a fun runner and will go 8-12 kms most mornings.

My main aim this season is to try and drop some weight! I would also like to get my 3000m time back under 14 minutes.

I haven't competed in the State championships. Sadly, I am only a so-so runner now, but I am enjoying the fact that I am still able to run when many of my running friends from years gone by are now retired for health reasons. With that in mind, I hope to keep going as long as possible.

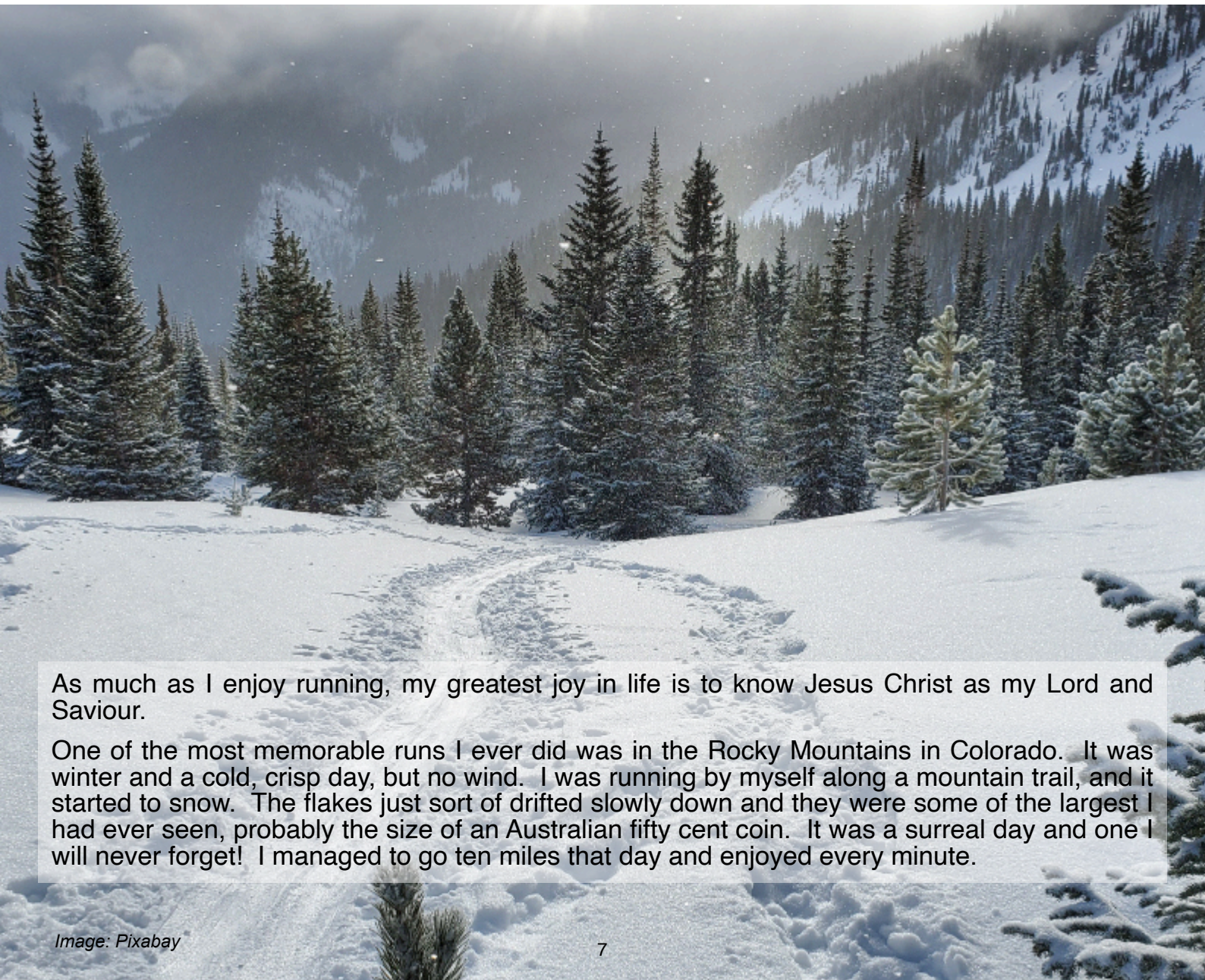
I severely banged my shin in a freak accident one year. I knew I should take some time off but was leading in the Bunbury Runners Club Championship series, so I pushed on. I managed to win the championship that year (I still have the medal) but did damage to my legs and went from running 17 minutes for 5000m to not being able to break 20 minutes. I ended up having to take over a year off which I could have avoided if I had taken two weeks off when it first happened! Thankfully, other than that, nothing major has happened on the injury front.



Mike is part of a colourful group as the field sets off in the 3000m



Enjoying the camaraderie of running with all ages at ECAC, Mike rounds the bend with fellow runners



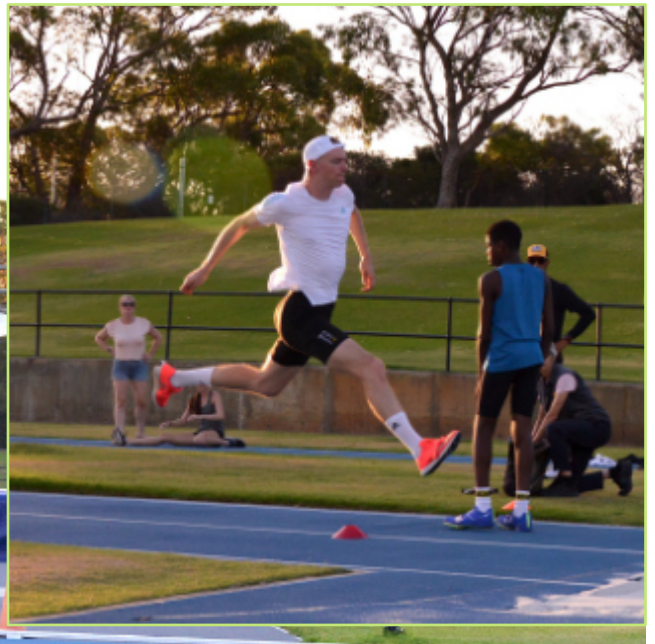
As much as I enjoy running, my greatest joy in life is to know Jesus Christ as my Lord and Saviour.

One of the most memorable runs I ever did was in the Rocky Mountains in Colorado. It was winter and a cold, crisp day, but no wind. I was running by myself along a mountain trail, and it started to snow. The flakes just sort of drifted slowly down and they were some of the largest I had ever seen, probably the size of an Australian fifty cent coin. It was a surreal day and one I will never forget! I managed to go ten miles that day and enjoyed every minute.

WAAS



Eyes down at the 100m start



Stephen Edwards trains with Coach Anne Masters



Mark Dawson and Sue Coate round the bend in the 200m



1500m with starter David Adams

L-R Glenn Rogers, Rob Catrall, Cathy Middleton, Mark Dawson, Michelle Shuck



Mentors

When thinking of a topic for this month, I had just started believing that I would possibly race on the track for the first time in a long time. Having suffered major health issues late May 2021, I was never sure that this goal was achievable. I thought of the many people who had helped me in my rehabilitation. I am going to call all these people 'mentors'. The dictionary definition of a mentor is an experienced and trusted advisor.

Mentoring can take many forms. It may be a coach or professional person but is often a more informal role. In my rehabilitation, I had many mentors in the medical profession who guided and advised me. It is important to listen to the expert advice from professionals in their individual fields.

However, mentors may be family or friends who know you well. The quality of these relationships is a major factor in the positive outcome of mentoring. A trusting relationship between these people and yourself will assist when you are in need of support during challenging times. It is often an informal mentor relationship.

Each mentoring relationship will be different – some may be long term and some short term. Good mentors will be honest in their assessment of you. They may give you information about your technique, your planned race strategy or any other aspect related to training that they may see as relevant for you. They may help you with goal setting or discussing your future aspirations. Options can be discussed and there will frequently be more than one way to achieve a goal.

You may ask questions of the mentors and they will not always have the answers for you, or the answer you want to hear. It is important to be honest when seeking the advice of these people in your life. Listen to their responses when you are in need of help, and sometimes just the encouraging support they are giving you is enough to have a positive impact on you. Sometimes mentors say something to help you, which you realise at a later date was valuable. At the time, you listened but as you look back you realise how significant or important that conversation was.

Many people in the masters athletics community act as informal mentors. Some may not even realise the positive impact they have on others. These mentors inspire, motivate and support other masters members. Thank your mentors for the positive impact they have had on your life.



200m bend - L-R: Barbara Blurton, Andy Roach, Stephen Jarvis, Matt Walker and Dominic Lagat



800m - John Miolini and Crystal Glossop



3000m race-walk Daniel Lowe



Crowded at the steeple water jump



A record steeple field with anticipation written on their faces

Throws

7



Terri Carr



Kevin Goodman



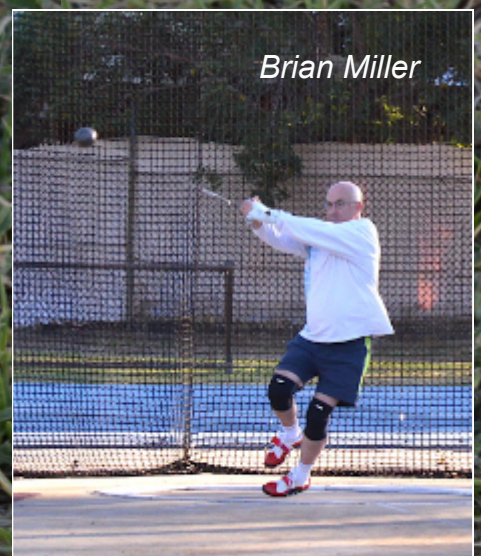
Bruce McGeorge



Bev Hamilton



Mike Anderson



Brian Miller

Help Required...

PHOTO-FINISH OPERATOR

We are looking for Sunday runners or other persons interested in computer systems to come along some Thursday evening to ECAC to set up and operate our photo-finish camera.

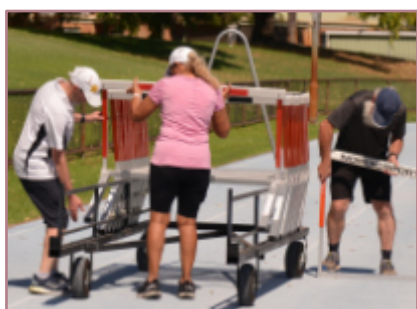
If interested contact Gillian Young or Richard Blurton.



Photo-finish operators carry out an important job and get a front row seat to some amazing track performances

Also...

Don't forget to offer your services as a helper for the up-coming State Championships in late Feb/March.



Colin, Philippa and Steve



Val and Paul



Randy and Anne



Janne

Coaching 23/24

Coach	Discipline	Venue	Time
Tom <u>Lenane</u> 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	<u>McGillvray</u> WAAS	Mon. 4.30pm Wed. 5.30pm Sat. 3.30pm Tues. 5.15 pm Sun. 10.30am
Keith <u>Redpath</u> 	Endurance/ Sprints	<u>Byford</u>	0401 298 532 for details
Karyn <u>Tolardo</u> 	Race walk technique	Perth	Call 0402 831 915 to discuss
Geoff Brayshaw 	Pole Vault	WAAS	Call 0412 387 233 to discuss

The 4-part Training Cycle



On the Run
with Keith Redpath

There is a four-part training cycle which we need to follow consistently if we want to run faster:

The four parts are: Work, Recovery, Super-compensation and Involution.

PART ONE: THE WORK PHASE

In our case, the WORK phase is a HARD group training session, or a HARD training session done on your own. These are designed to overload you on a regular basis. This will temporarily reduce your original fitness level.

PART TWO: THE RECOVERY PHASE

The RECOVERY is when your body starts its fight to get back to its normal state. This normal state is referred to as Homeostasis. Recovery from a HARD training session usually takes about 2 days but this does not mean you cannot train the day after.

It is ok to train the day after a HARD training session if the training session falls into the general classification EASY. This training session will usually be in the form of an EASY continuous run of short duration. Other alternatives include swimming, cycling, body weight exercises or weightlifting but they must be done at low intensity and fall within this EASY classification.

PART THREE: THE SUPER-COMPENSATION PHASE

The SUPER-COMPENSATION phase occurs when the body overshoots its original homeostasis level and takes us up to a new fitness level. This is the most important phase of the four-part training cycle and is the one we need to target. If you turn up for training still feeling tired from the previous day, it will be very unlikely that you will be in your super-compensation phase, and your scheduled HARD training session will be compromised. A better training alternative in this case would be an EASY continuous run. It is imperative that you try to arrive for group training fresh and ready to be overloaded.

PART FOUR: THE INVOLUTION PHASE

INVOLUTION is when the body realises it has super-compensated and starts the process of returning to homeostasis. If you do not train before this involution phase starts you may lose some of your previous training gains. This also happens when you cannot train due to illness, injury, or pressures of work etc. This process can be called detraining.

OUR MAIN OBJECTIVE WHEN USING THE FOUR-PART TRAINING CYCLE:

To consistently target our HARD training sessions and races to coincide with the peak of our body's super-compensation phases. If we get this right, we will regularly create new homeostasis baselines which will be above the previous ones thereby giving us a better fitness level to run faster with.

Looking Ahead



Distance exponent
Michelle Shuck enjoying
her outing in the 200m

Masters State Championships

Entries open Thursday February 1, close Friday
February 23 2024

Ern Clark Athletics Centre, Cannington

Main weekend - March 16 and 17, 2024

Australian Masters Athletics Championships

Domain Athletics Centre, Hobart, Tasmania

March 29 - April 1, 2024

amahobart2024.com.au

Registrations close February 29, 2024

WMA Championships

Gothenburg, Sweden

August 13-25, 2024

Registrations open January 2024,

2024wmac.com