

# TFNL



The Track and Field Newsletter of MAWA

Season 7 Issue 3

December 2013

**World  
Champs  
special**

Roy Fearnall blasts out of  
the blocks in the 100m.

*Photo: Marilia Sinnott*

# Brazilian hotshots



# Impressions of Port

By DAVID CARR

THE nine lane markings were drying on the main track. At the registration desk an athlete was being processed about every two minutes. Some buses were taking up to ninety minutes to travel to hotels.

With another five hundred lines to be painted in various colours and thousands of competitors to be registered, it didn't look promising.

Most of the visitors could manage only a few words of Portuguese.

But it came good. The programme was conducted with goodwill and no more chaos than other World Championships.

Some positives were the excellent track, a hall where athletes could rest on mats between events, reassuring presence of soldiers, police and security men, rapid inexpensive taxis, and an army of volunteers.

Memorable moments? The clap of thunder one second after the "set" in a 400m event, the policeman firing a weapon when a starting pistol was not available at the cross-country, the two metre advertising sign that blew into lane three as competitors entered the straight, Don Chamber's fine voice leading the Australians in the national anthem, the presenter at the awards ceremony singing Waltzing Matilda as a tribute to the many Australians who "travelled so far and competed so well"

Apart from athletic performance, our members were seen officiating, managing, attending meetings, selecting relay teams, and carrying bags or equipment.

You will see the fine results by the Australians elsewhere in the magazine or on the website, but you would have to be there to see the support that we received from team-mates. They encouraged, shouted, congratulated, commiserated.

It was a pleasure to be part of that team.

By the way, nobody was robbed or assaulted nor bitten by mosquitos.



David Carr and Janet Naylor display the Australian flag

## MAWA record breakers

A total of nine state records were set at WMA Championships.

Throws Pentathlon	M85	Chris Tittel	2867 points
Hammer	M85	Chris Tittel	23.81m
Hammer	W65	Bev Hamilton	29.42m
Shot	M85	Chris Tittel	7.78m
Weight Throw	M85	Chris Tittel	10.22m
Heptathlon	W40	Vicki Cobby	3616 points
Pole Vault	M75	Don Chambers	2.10m
20k Road Walk	W70	Lynne Schickert	2:55:35
Weight Throw	M35	Greg Urbanowicz	14.19m





# o Alegre



g in Porto Alegre.

Photo: JACKIE HALBERG



Main Photo: Tiago Da Silveria Garcia

## WA INDIVIDUAL MEDALS

	G	S	B
David Carr	4		
Melissa Foster	2		
Todd Davey	1	1	1
Margaret Saunders	1		
Greg Urbanowicz		3	
Byrony Glass		3	
Chris Tittel		3	
Bev Hamilton		2	2
Lynne Choate		1	
Lynne Schickert			1
Vicki Cobby			1

## WA RELAY MEDALS

	G	S	B
Roy Fearnall	2		
Barrie Kernaghan	2		
Lynne Choate	2		
Colin Smith		1	
Margaret Saunders		1	
Vicki Cobby			1

## WA TEAM MEDALS

	G	S	B
Bob Schickert (XC)	1		
Jackie Halberg (XC)		1	
Lynne Schickert (W)	2		

## TOP 5

Team	G	S	B	T
USA	79	54	37	170
Brazil	56	52	38	146
GB and Nth Ire	46	36	20	102
<b>Australia</b>	<b>42</b>	<b>57</b>	<b>34</b>	<b>133</b>
Germany	37	58	43	138



# Porto Alegre notebook ....

Wednesday 16th

Three MAWA members completed the 8km Cross Country.

Jackie Halberg finished 20th in 52:57; Bjorn Dybdahl finished 19th in 32:36; Bob Schickert finished 13th in 41:18.

Bob's team won the Gold Medal while Jackie's won the silver.

The course was reported as challenging and the weather humid

Friday 18th

Lynne Choate was 2nd fastest to qualify in her 100m semi in 14.90

Roy Fearnall, Barrie Kernaghan and Don Chambers all safely through their 100m heats, but Colin Smith and Nick Miletic miss out.

Vicki Cobby won a bronze medal in the heptathlon with 3616 points. Don Chambers 4th in the decathlon with 4748 points.

Bev Hamilton wins silver in the hammer with 28.28m. Kate Glass 4th in her hammer with 31.39m.

Todd Davey gets bronze in the shot with 12.84m.

Sunday 20th

Our first individual gold to Melissa Foster in the Long Jump with 5.33m.

Silver to Byrony Glass in the Weight Throw with 16.44m.

12th place to Todd Davey in the Hammer with 29.89m.

7th place for Bev Hamilton in the Discus with 21.78m.

Lynne Schickert earned a 9th place in the 5000m walk with 38:26.91.

Margaret Saunders and Vicki Cobby advanced to the 800m final, but Bjorn Dybdahl missed out.

Saturday 19th

Melissa Foster was 7th in the 100m with 13.30s.

Congratulations to Lynne Choate for a silver medal in the 100m in 15.02s.

The M70 100m saw Roy Fearnall and Barrie Kernaghan get respectively 7th and 8th places in the 100m with 14.54s and 14.66s.

Don Chambers was 5th in his 100m with 15.57s.

In the 5000m, Bjorn Dybdahl finished 20th in 19:24.96 while Bob Schickert was 11th in 24:48.72.

Well done to Christian Tittel for winning a silver medal in the Weight Throw with 10.22m.

Monday 21st

David Carr wins Gold in the 800m with a time of 2:53.74

Todd Davey Silver in the Discus with 42.00m.

Vicki Cobby was 6th in the 400m with 1:13.60.

Tuesday 22nd

Melissa Foster becomes a double Gold medallist with a win in the Triple Jump with 11.15m.

Lynne Choate gets 5th in the 200m in 32.33.

Barrie Kernaghan and Roy Fearnall get respectively 5th and 7th in the 200m with 30.03 and 30.55.



# how MAWA athletes went

Colin Smith made it through to the second round of the 200m and runs 26.93. Nick Miletic runs 34.62 but does not make it through the preliminaries,

Vicki Cobby and Margaret Saunders both get 6th place in the 800m in times of respectively 2:36.80 and 2:42.40.

Bjorn Dybdahl was 13th in his 10,000m in 41:50.42, Bob Schickert 12th in 51:21.07.

A spate of medals in the throws saw Byrony Glass get silver in the hammer with 50.56m, Bev Hamilton two bronzes in Javelin and Weight with 19.27m and 11.20m, Greg Urbanowicz silver in the Weight with 14.08m and Chris Tittel silver in the hammer with 23.81m.

In other throws Kate Glass was 9th in the Weight with 9.91m and Greg was 5th in the shot with 12.91.

Lynne Schickert brought home a team Gold in the 10k Road Walk. She was 9th in 1:19:41. Garry Hastie was 13th in his 10k Walk with 1:04:44.

Finally two more results from Don Chambers. He was 5th in the 300m in 1:02.37 and 4th in the Pole Vault with 2.10m

## Thursday 24<sup>th</sup>

Just the one MAWA medal today - Silver for Greg Urbanowicz in the hammer with 44.86m.

Other throws events saw Bev Hamilton get 6th in the shot with 8.26m and Todd Davey 4th in the Weight Throw with 12.13m.

Colin Smith made it to the semis in the 400m, running 58.57 to qualify, but Bjorn Dybdahl missed out in the 1500m prelims running 5:22.4.

## Friday 25th and Saturday 26th

David Carr continues his winning ways with Gold in the 400m, (74.10), and the 1500m, (6:31.87).

Congratulations also to Todd Davey for Gold in the Throws Pentathlon.

Other medallists in the Throws Pentathlon were Byrony Glass, Bev Hamilton, Greg Urbanowicz and Christian Tittel all with Silver. Kate Glass achieved 6th place.

Margaret Saunders, Roy Fearnall and Barrie Kernaghan all made it through to their 400m final. Marg was 5th in 72.37, Roy was 6th in 69.25 and Barrie 7th in 72.19. Colin Smith bowed out in the semis while Vicki Cobby did not make it through the preliminaries.

Jackie Halberg achieved a very creditable 11th place in the 1500m in 8:00.97 in her first track race since knee surgery.

Lynne Schickert just missed an individual medal in the 20k walk finishing 4th in 2:55:35. Garry Hastie was 9th in his 20k walk in 2:06.35

Finally Don Chambers got 5th place in the 80m with 18.45

## Sunday 27<sup>th</sup>

Margaret Saunders became our fourth individual Gold medallist with her win in the 2000m SC with 9:02.05. David Carr made it four straight Golds with his SC win in 9:37.53, just 2 seconds off his own World Record. Also in the SC, Lynne Schickert won Bronze in 16:04.76 and Bjorn Dybdahl was 6th in 7:53.91.

Bob Schickert was 5th in the Half Marathon with 2:13:13.





Photo: JEAN HAMPSON

Nick Miletic and Gail Castensen hand out koalas to visitors at the Perth booth as Irene Davey and Bob Schickert look on.



Melissa Foster celebrates.



Photo: BRUNO DIETRICH

Lynne Schickert and David Carr



Photo: Tiago Da Silveria Garcia



100m	P	S	Final	
Melissa Foster	13.20		13.30	7th
Colin Smith	n/t			
Nick Miletic	16.20			
Lynne Choate	15.34	14.90	15.02	2nd
Roy Fearnall	14.61	14.52	14.54	7th
Barrie Kernaghan	14.83	14.56	14.66	8th
Donald Chambers	15.58	15.54	15.57	5th

# 100m



**Roy Fearnall heads towards the finish line.**

*Photo: Tiago Da Silveria Garcia.*

## My Worlds

What a contrast between Australia and Brazil... the only similarity being our National Colours.

The language problems became evident in the registration hall as there were limited numbers of English speaking personnel.

I experienced a Kazakhstani athlete who spoke no English, explaining his problems to a fellow athlete who was not from Kazakhstan but half understood his language. In broken English he was trying to communicate with a Brazilian official who had limited English.

Picturing this scene you can understand why we were queuing a while but most people kept their

cool and I found humour in the "Basil Fawltly" situation.

It took the organisers a few days to get the transport buses to turn up at the pick-up hotels on time so the rule was guestimate the time needed to get to the track and double it.

Fortunately taxis were plentiful and cheap (AUD\$7.50) for a 20min ride to the track split between four people was cheaper than public transport. Why don't we have those prices in Australia as fuel costs are similar?

Whilst waiting for a bus on the first day I spoke to an Icelander who actually lived in northern Brazil and spoke excellent English. He told me because he was a foreigner he could not get membership of a Brazilian Masters Club, so he had to train at the beach by himself with a wooden mop handle as a javelin and a bag of

sand for a shot. What would the newspapers make of that in Australia? Don't let anyone say we discriminate here.

After the good performances of Aussie athletes especially in the relays it was time to relax and be a full time tourist. Independent travel is adventurous but would not suit everyone. Long supermarket queues and catching local buses puts you in touch with day to day living for the locals and with very little English being spoken I now reckon I am expert at Charades. Some experiences were exciting.

This is my ninth World Championships and probably the one with the most contrasting features.

**ROY FEARNALLS**



Barrie Kernaghan and Roy Fearnall power to the finish line.



NOREEN PARISH

## My Worlds

I went into this World Championship a little more prepared than in previous campaigns. Retirement allowed me that luxury! Porto Alegre had been in my sights all year and having entered the W60 age group my private, personal goal was to win an individual medal again if at all possible. That was the dream. However, in reality I knew that it would be a big ask as I looked at the start lists and seeded times. After winning my preliminary and semi-final in the 100m I knew that goal was achievable – I just had to deliver, and deliver I did, running second in the final behind the untouchable World Record holder, Canadian Karla Del Grande. My good friend Lyn Peake ran third nudging out the Italian lady. That was the best outcome for both of us and we were pumped! What a start!!

The morning of the 200m the weather had turned to heavy rain, wind and thunderstorms. I walked to CETE in the storm and hoped the preliminary would go to a semi-final. Call room would not confirm this, so we all warmed up as best we could, reported to call room and waited there for 30 minutes and then we were told to come back that evening for



the semi. Being so close to the track, I was able to head back, dry off and regroup for the semi-final that evening. I ran third in the semi and fifth in the final, not too shabby but a little disappointing. Fortunately the weather improved a bit and conditions were a lot more favourable than in the morning. Once again Karla won in world record time and she also went on to break the world record in the 400m as well. She is a super athlete and a really lovely person to go with it!

The final day saw the relays and we were very excited as we had our once in four

years team together – Wilma Perkins, Lyn Peake, Kathy Heagney and myself. I just absolutely love running in this team; we are a force to be reckoned with! We blitzed both relays and picked up the Australian record in the 4x100m relay, so we were four very happy ladies – two golds and a record – what a bonus!

The Championships themselves had many challenges, the language barrier was ever present and call room was sometimes difficult, but once you were in, it was pretty well organised for the sprints. The medal presentation area lacked organisation and many had long waits for their presentations.

Many interesting stories emerged from the various venues along the way – but that is another story in itself! I did miss the Australian team not being based in the stands – the viewing stands were sub-standard and not large enough to accommodate many people. Shade was minimal and on hot days the sun was fierce. On the wet days we needed the shelter.

The camaraderie of the Australian team was therefore lost at the track to a large degree, but evident back at the accommodation. The AMA Facebook page also provided another opportunity to support each other as well.

**LYNNE CHOATE**





MARIE  
KAY



GIANNA  
MOGENTALE

# 200m

200m	P	S	Final
Colin Smith	26.81	26.93	
Nick Miletic	34.62		
Lynne Choate	32.56	32.33	5th
Roy Fearnall	30.76	30.55	7th
Barrie Kernaghan	30.66	30.03	5th



Lynne Choate  
crosses the  
finish line.  
*Photos:  
BOB PEARCE*



Aussies Neville McIntyre, Roy Fearnall and Barrie Kernaghan (second from right) with their rivals.



# 400m



Margaret Saunders gets set for the start and (inset) powers to the line.

*Photos: Bob Pearce*

## 400m

	P	S	Final
Vicki Cobby	1:05.54		
Colin Smith	58.57	58.47	
Margaret Saunders	1:13.91Q	1:12.37	5th
Roy Fearnall	1:10.19Q	1:09.25	6th
Barrie Kernaghan	1:12.60Q	1:12.19	7th
Donald Chambers	1:39.69		
David Carr		1:14.10	1st



ROY FEARNALL

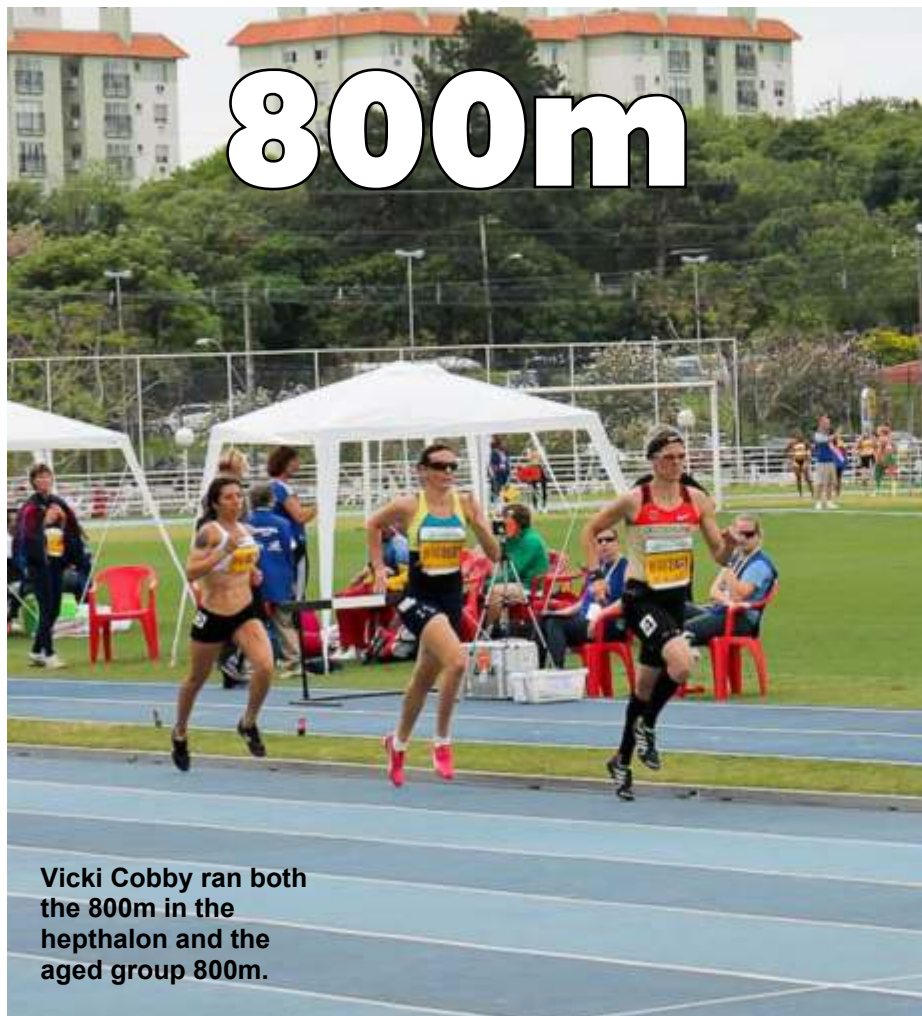


Barrie Kernaghan in action.

*Photos: JOHN OLDFIELD*



# 800m



Vicki Cobby ran both the 800m in the heptathlon and the aged group 800m.



MARGARET SAUNDERS

800m	P	S	Final
Vicki Cobby	2:41.59		2:36.80
Margaret Saunders	2:55.63		2:42.40 6th
Bjorn Dybdahl	2:33.72		
David Carr			2:53.74 1st



Bjorn Dybdahl sets off in the 800m.

Photos: Bob Pearce



# 1500m

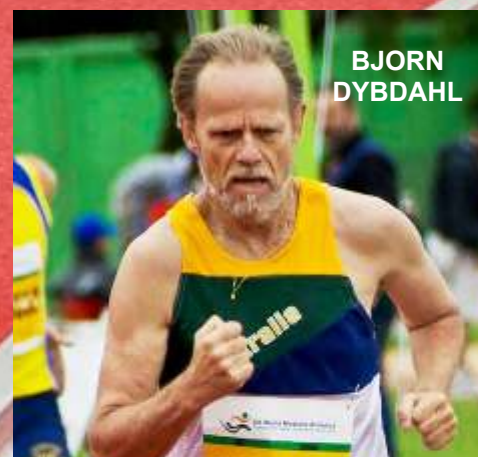


1500m	P	S	Final
Bjorn Dybdahl	5:22.40		
Jacquelin Halberg			8:00.97 11th
Robert Schickert			6:45.35 9th
David Carr			6:31.87 1st



DAVID CARR

Bob Schickert  
rounds the bend.  
Photo: JOHN OLDFIELD



BJORN  
DYBD AHL



# 5000m +

<b>5000m</b>	<b>Final</b>	
Bjorn Dybdahl	19:24.96	20th
Robert Schickert	24:48.72	11th
<b>10,000m</b>		
Bjorn Dybdahl	41:50.42	13th
Robert Schickert	51:21.07	12th
<b>Half marathon</b>		
Robert Schickert	2:13:13	5th

Bjorn Dybdahl on his way to a sub 19:30 run  
Photos: BOB PEARCE



Peter Sandery prepares to pass another runner on his way to a silver medal.



Canada's Doug Smith with Bjorn Dybdahl and Bob Pearce.



BOB SCHICKERT





NICK MILETIC



BJORN  
DYBDAHL

## My Worlds

PORTO Alegre struck me as an unkept city. Many things had been built but little appears to be maintained. Footpaths are cracked badly, buildings are dirty and there is much rubbish about. My Australian/ English/German background means I like to see things run on time. This appears foreign to the Brazilians who do not see keeping a time schedule as important.

It was great to catch up with John and Christine Oldfield who put in a lot of hard work as officials at the championships.

The 8km cross country course was about right. Four laps of short hills and rough underfoot. It was great to be involved in the team (M70) which won the first Aussie gold medal.

The 5000m and 10,000m were held at the 100-year-old SOGIPA Country Club set in a very nice setting with swimming pools, but the weather was extremely hot for the 5000m starting just before noon. However my 5000m and 10,000m times were okay.



*The golden team of Peter Sandery, Bob Schickert and Stephen Barker.*

Being a safety judge for the 20km walk was challenging with skateboards a problem. I walked the last kilometre with an athlete who was in danger of being disqualified but even though she collapsed with 200m to go she managed to finish.

With the exception of a few rough sections the half marathon was mainly held on a good surface. The Aussies made up a team of M60 I finished fifth the same as I did in the M70 individual section with a personal worst being blocked up with a throat

infection which many seemed to have.

The lesson learned is be patient in a city with different customs, practises and diet and don't let the differences stop you enjoying the experience.

At the championships the Perth 2016 promotion booklet went well with 3000 brochures and koalas distributed and 3000 names of interested athletes collected.

**BOB SCHICKERT**



# Cross Country



Bob Schickert and Stephen Barker on their way to a team gold medal.

Photo: BOB PEARCE



JACKIE HALBERG

Cross Country	Final	
Bjorn Dybdahl	32:36	19th
Jacquelin Halberg	52:57	20th
Nick Miletic	DNF	
Robert Schickert	41:18	13th
(Bob Schickert won team <b>GOLD</b> in this event)		
(Jackie Halberg won team <b>SILVER</b> in this event)		



# Hurdles

	P	S	Final
<b>Short hurdles</b>			
Donald Chambers	16.22Q		
Donald Chambers		18.45	5th
<b>Long hurdles</b>			
Donald Chambers		1:02.37	5th
Vicki Cobby		1:13.60	6th



Photo: JOHN OLDFIELD





# Walks

## My Worlds

The seed to attend a major competition was planted early, as I had competed in Sacramento, California in 2013. This was my only trip outside of Australia and I had success in the Men's Team Walk, winning a Gold and Silver Medal. I placed seventh in a couple of races as an individual.

A big decision had to be made, to attend the World Masters Games in Torino, Italy or the World Champs in Porto Alegre, Brazil. My grandparents on my mother's side come from Northern Italy and it would be an opportunity to meet distant relatives. Then I thought, no, I can put in the work and give it my best shot at the Worlds. So leave was booked, flights and accommodation were also booked and paid for.

Unfortunately on July 13, I had a major accident while out with some juniors from our local cycle club. Two boys fell in front of me and it was like Tour de France all over. The boys bounced and I didn't, I actually landed on another bike. My bike was unmarked but I sustained a shattered radius in my left wrist and broke the end off of the ulnar. I had surgery and a plate and seven screws were inserted, to repair the radius. They also opened up the back of my wrist to remove some bone chips.

The impact of the accident did not hit home for a couple of weeks, I was given six weeks off to recover, and I only took two weeks. I was then not able to run for nine weeks and was limited to cycling on my wind trainer on my surgeon's advice. During which I undertook hand therapy. I was only given clearance to run or race walk four weeks before flying out. A big issue was that every time I exercised my fingers would swell up. I have still got the break in the ulnar, hopefully a wire and graft will fix that in December.

Once I had the all clear I recommenced training, but at a moderate level as it was already too close to the champs. I was limited to running once a week, not ideal when I race up to 20km. My fitness level was shot and everything was paid for so I just had to make the best of it.

So on Tuesday, October 8<sup>th</sup> the journey began, Perth to Sydney, Sydney to Santiago, three day stopover in Santiago, then on to Porto Alegre. I arrived at the hotel with a number of the other athletes who were also out to "strut their stuff" on the World stage. One thing about attending these competitions is the people that you meet from our great country and the friendships that are forged with them, and those from other countries. It plants the seed for attending the next World Champs.

The first couple of days was spent with fellow athletes, watching and supporting them in their endeavours, it was great fun and I have memories that I will cherish.

As to racing, my first race was the M50 5000m track walk at the PUCRS track on Friday, October 18<sup>th</sup>. I arrived at the track, with some fellow athletes for support and watched the preceding events. Before I knew it, the time had arrived to marshal for my race. There were no nerves as I knew

I was well underdone in my preparation, so there were no high expectations and only 12.5 laps to complete. I got off to a slow start and was near the back of the field, I felt I had no zip and was walking so poorly, I stepped off the track after about six laps. I was not in last place and I had decided that I would rather pull out than race poorly. So DNF appears next to my name. Not a great start, the winner completing the race in a scorching 22.20.63.

On the Saturday I was not well and thought I was suffering from a sinus problem, reality was, I had a cold. This could have been part of the reason I had no zip the day before. So I stayed in the hotel and dosed myself up, so not to spread it. By the Sunday 20<sup>th</sup> I was feeling human again and able to go on the day tour that had been organised. The following day was spent watching my team-mates.

On the 22<sup>nd</sup> I was to race the M50 10km Road Walk at Gasometro (non-stadia), this was a 5 x 2km lap race, later we were informed the laps were nearly 100m longer than they should have been. My aim was to finish, it did not matter about time. The race started and the plan was to go steady. It was quite warm and humid, tough for me as I was coming from a Western Australian winter and lacking fitness. I let the speedsters go and settled in.

After the first two laps it was quite warm, so the drink cups supplied were being put on my head rather than in my mouth. On the third lap I made a discovery, the water bottles were chilled and the water cups not, so I grabbed a bottle, would have a drink, carry the bottle for a few hundred metres before pouring it over my head. This would keep me cool enough for the rest of the lap, where I could do it all again. After having completed the first 8km I knew I had plenty in the tank, so made a reasonable fast finish. Result was 13<sup>th</sup> out of 14, I wasn't last. The winner completing the 10.5km in 48.26.00, my time was very slow 1:04.44, about 10 minutes slower than if I was fit.

The next three days were spent with the other athletes and relaxing as I had the M50 20km Road Walk on Saturday the 26<sup>th</sup>. That would be a game of attrition and the game plan was the same, slow and steady. It had been raised that the course was long, but were informed that we would be doing 10 laps of the course, effectively we were racing nearly 21kms. We got to the track and wondered what we were in for, there was lightning, thunder and occasional down pours. This was a blessing in disguise as it was much cooler. The only negative was wet feet and blackened toe nails caused by feet slipping forward in my shoes. I completed the first half of the race in about 60 minutes, this was faster than my 10km four days earlier. By 16km I was starting to feel it and eventually crossed the finish in ninth place in 2:06.35. The winner was so far in front I didn't care, I had finished and that was the end of my competition.

Ultimately "my World's" was a case of being there and enjoying it. I got to see another part of the world, meet up with old friends and meet many new ones. I can recommend if you get the opportunity go for it. It is certainly worth it.

**GARRY HASTIE**



**Garry Hastie strides out in the 20km walk.**

Photo: VICKI COBBY

### 5000m race walk

Garry Hastie	DNF
Lynne Schickert	38:26.91 9 <sup>th</sup>

### 10k road walk

Garry Hastie	1:04:44	13 <sup>th</sup>
Lynne Schickert	1:19:41	9 <sup>th</sup>

(Lynne Schickert won team GOLD in this event)

### 20k road walk

Garry Hastie	2:06:35	9 <sup>th</sup>
Lynne Schickert	2:55:35	4 <sup>th</sup>

(Lynne Schickert won team GOLD in this event)



# Steeplechase



## Steeplechase

Margaret Saunders	9:02.05	1st
Lynne Schickert	16:04.76	3rd
Bjorn Dybdahl	7:53.91	6th
David Carr	9:37.53	1st

David Carr tackles the water jump on his way to four gold medals.

## My Worlds

My experiences at Porto Alegre were so different to Sacramento two years ago. This time I had completed a good block of training prior to leaving. I had not raced since National championships but felt that the two time trials I had were sufficient.

I was very pleased with my results in the 800m final where I was sixth (and only 1.5 seconds behind second). I was absolutely ecstatic to make the 400m final. I enjoyed the final despite the wintry conditions and was pleased when I placed fifth.

The next morning I was again racing – in the steeplechase. I have only completed one steeplechase event and there were

problems for me in that race. I decided I would just have fun. I took off fairly quickly to avoid a problem at the first steeplechase jump. I settled into second and at the end of the first lap heard someone (maybe Colin) ask if I was having fun and I smiled and gave the thumbs up. At the second water jump I was still second and heard the athlete behind me go over the water jump and realised she was not that far behind me.

I was now about 100m or so behind the German athlete. At the beginning of the fourth lap I started accelerating. The final lap started and I decided to see how close I could get to the German athlete. I accelerated down the back straight and was catching her slowly. I entered the final front straight and I

was still second, and then I saw her baulk at the final steeplechase. She walked backwards to have another try at getting over the steeplechase. I ran as hard as I could and was getting closer; the crowd was cheering and I managed an okay last jump. I sprinted as fast as I could and managed to pass her and win the race. I did a personal best of about 27 seconds.

I am still in shock at my steeplechase performance. I can sum up my time in Brazil as amazing. The following statements are important. “Never give up until you cross the finishing line. Stay positive and enjoy the experience of each race.”

MARGARET SAUNDERS





**BJORN DYBDAHL**



*Photo: JEAN HAMPSON*



**LYNNE SCHICKERT**

**Margaret Saunders  
splashes out of the  
water jump on her  
way to a gold medal.**

*Photos: JOHN OLDFIELD*



# Jumps,



Bev Hamilton prepares to unleash the javelin.  
INSET: On the dais with Inga Faldager and Mary Thomas.

MAIN Photo: BOB PEARCE

## My Worlds

Finally, my first world championships, the fact they were held in Porto Alegre, Brazil and other tours in South America were on offer it was a must for me and many others.

It didn't start out too well though, we stopped off in Santiago en route and I tripped over a bollard on a walking tour of the city, badly injured my left knee, deep gash on lower shin on my right leg, plus bruising up to the knee, looked like my worlds were over before I arrived.

I had a week on anti-inflammatories and taped both knees before competing and everything held together. The competition was held in four separate Stadiums and the Throws were away from the main stadium for most of the time but all medal winners had to travel back to the main stadium for the presentations.

In hindsight it would have been convenient to have it where you competed as athletes from different countries never turned up at the same time.

Hammer Throw was my first event on Friday the 18<sup>th</sup>, so nerves were running high, such a thrill to get the silver medal behind my friend Inga Faldager from Denmark, I had met her at the World Masters Games in Sydney in 2009, she was a world champion then and will be for many years to come.

The next day, Saturday was the Discus Throw which I consider to be my strongest event, things don't always go to plan,

threw well below my best and came in seventh. Sunday was a rest day, (wine tour) then Monday was Shot Put where I came sixth.

On Tuesday we awoke to torrential rain, thunder and lightning, competitors that morning had to contend with atrocious conditions, my Javelin was not until 2pm. so I stayed back at the hotel until lunch time, this was my only competition at the main stadium, by the time our competition commenced the rain stopped, we were so lucky.

My friend and team-mate, Mary Thomas won the gold (she is a real javelin thrower) and I won the Bronze. The following day was a rest day (another tour). On Thursday I scored another bronze in the Weight Throw. The next day was Throws Pentathlon a gruelling event which takes four hours of competition, Inga led throughout but minor placings changed consistently, I finished up with Silver, absolutely thrilled especially as I broke the State Hammer record in the process. Mary Thomas won the bronze.

That was the end of my events with two Silver, two Bronze and making the top eight in the other two, was so much more than I ever expected, think I can just about recite the Danish National Anthem as Inga won four of our six events.

The camaraderie within the Australian team was fantastic, people you only knew by name are now really true friends. I will always remember my first Worlds and hope there are many more to come.

**BEV HAMILTON**

<b>Long jump</b>		
Melissa Foster	5.33m	1st
<b>Triple jump</b>		
Melissa Foster	11.15m	1st
<b>Heptathlon</b>		
Vicki Cobby	3616	3rd
<b>Decathlon</b>		
Donald Chambers	4748	4th
<b>Throws pentathlon</b>		
Grzegorz Urbanowicz	2998	2nd
Byrony Glass	3380	2nd
Todd Davey	3266	1st
Kathryn Glass	3359	6th
Beverley Hamilton	3677	2nd
Christian Tittel	2867	2nd
<b>Pole vault</b>		
Donald Chambers	2.10m	4th



# throws



## My Worlds

**Brazil** - Wow!!! Where do I start. I think we will break this down into competition and culture/experience. Brazil is an amazing country with such friendly people so much so that I was overwhelmed by their personalities and good nature. When coupled with the "cheekiness" of their southern cousins in Argentina, you really do get to see amazing personalities from this region.

Whilst some of us may have been a little "harsh" on some organisational aspects, I reminded myself that the Brazilians think they have done a wonderful job and therefore we should accept their efforts as being the utmost and 100% and try not to compare 'horses on courses'. They did a pretty good job for the Championships!

I met and befriended people from Belgium, Canada, UK, Germany, South Africa, USA, Brazil, Argentina, Spain, Czech Republic, Poland, Jamaica and Venezuela to name but a few. Friendships were forged and bonded which will remain for life.

Given all of my events were held at the ESEF Throws Complex I did not spend as much time at other venues as I would have liked. I stayed at a hotel that was conveniently close to my stadium too. Most of my time was spent with Greg Urbanowicz (eating) and also Lindsay, Kate and Byrony Glass. We showed up to each others events to try and help and assist with as much support for each other as possible. Lindsay being our collective Coach at home was invaluable with advice – although he will tell you I am not a good listener – re Weight Throw Comp in particular!

**Results** – Oh Man! I went to Brazil after only being back in the sport for 12 months and having already achieved so much in that time. I looked at the rankings and thought and 'stated' that a medal of any colour would be fantastic should it occur. Enter Shot Put and my first medal – a bronze. Over the moon and it took me a couple of days to settle down from this achievement. Next was Discus against some big boys who had some big distances to their name. I gave myself no chance, they were simply too big, strong and experienced for me being ex Olympians. Then came the torrential downpour of rain on the day and during the event. I threw 42m in the driving rain and lightning and found only one other competitor from the USA could handle these conditions. The result an amazingly unexpected Silver Medal in my favorite individual event – soaked and Silver.

A credible fourth in the Weight Throw followed which went to script, except my Coach Lindsay advised against competing to protect myself from a severe long term neck injury I have had all year and save myself for the Throws Pentathlon. Well Todd just had to do it



and also do five of the six throws too! It almost cost me later.

Enter Saturday and the Throws Pentathlon. I knew now from previous individual events who and what I was up against. I had also done my homework on the weather which was again forecast for 50mm of torrential rain. I scoured the city looking for a golf umbrella to keep myself dry and finally found one in a women's 'hand bag' store of all places. I had caught a nice little head cold 48 hours before and was not feeling great and also very sore from doing the Weight Throw which I was advised against two days before. I opened with a strong Hammer then got out a pretty good shot put in round 1. Then the wheels came off. The rain really started and I slipped in the shot circle and suffered a nasty and very painful sciatic nerve problem in my lower back. The discus was in driving rain next and the effort saw me put more distance between myself and the others BUT then came the javelin, Rain and my back which had seized up. Lost ground in the javelin then came the Weight Throw. My lower back was screaming in pain, my nose running, my neck aching and I could hardly lift up the weight let alone throw it. My competitors closed in smelling a victory. I hung on by only 34 points to win Gold from second place and another 30 points back to the bronze medal. I fell over the line – amazing!

The day after I was bed ridden as my back was gone completely and it took me some time to digest what I had achieved. Gold, Silver and Bronze at the World Masters Track and Field Championships against the best in the world that could turn up. Not until the texts, Facebook messages and phone calls did it sink in! Todd Davey – World Champion. As I said to a friend a few days later -- if I never achieved anything else in my sport again, I would die a very happy thrower! To everyone that talked to me from home via Facebook, Viber and text – a huge thank you. I hope my daily running accounts were informative and at times funny (some of the photos). This has truly been an amazing experience that I have enjoyed sharing and will never forget. Thank You All and thank you Masters Athletics for giving me such a wonderful addition to my life at 47 years of age – here to stay and keep getting better!

**TODD DAVEY**

### Shot put

Grzegorz Urbanowicz	12.91m	5th
Todd Davey	2.84m	3rd
Beverley Hamilton	8.26m	6th

### Discus

Todd Davey	42.00m	2nd
Beverley Hamilton	21.78m	7th

### Hammer

Grzegorz Urbanowicz	44.86m	2nd
Byrony Glass	50.56m	2nd
Todd Davey	29.89m	12th
Kathryn Glass	31.39m	4th
Beverley Hamilton	28.28m	2nd
Christian Tittel	23.81m	2nd

### Javelin

Beverley Hamilton	19.27m	3rd
-------------------	--------	-----

### Weight throw

Grzegorz Urbanowicz	14.08m	2nd
Byrony Glass	16.44m	2nd
Todd Davey	12.13m	4th
Kathryn Glass	9.91m	9th



## My Worlds

If I had to sum up my Brazil experience in two words it would be "Amazing Adventure". And I say that because it was not just the athletics that was the highlight of my trip.

The competition, the medals, the life-long friends I've made, the landscapes, the Andes, the earthquakes, the stress that helped me grow all shaped an amazing adventure that I will never forget.

I was glad to see familiar faces on board the flight to Santiago, I have flown overseas on my own before but never this far and I was pretty nervous heading off to international airports in foreign speaking languages on my own. David Carr sat just behind me and I never got more than a few meters from him the whole trip there. I was pretty tired when we arrived in Porto Alegre – not sure my eyes have ever been so bloodshot.

My first event, the heptathlon was on the first day of competition and our 80m hurdles race was the second of the day. I ran a PB in this race, finishing third. I was STOKED. And of course my imagination went wild, I'm in third place... just imagine if I finished in third place. That little daydream didn't last long as we were immediately directed to high jump. I love high jump but I just don't ever get to practise and my technique needs a lot of work. I finished fourth and had an attempt at a PB, and I got over the bar but knocked it off with my leg, grrrr. So I think the Shot put was next and I was hoping to do well here. I didn't put quite as much as I'd hoped but I managed to place second. Turns out the girls from South America that were sitting in second and third were not that good at shot and I placed second. The 200m was the last event of the day and I was feeling pretty good after the shot. I ran dead last and was so disappointed running well outside my PB. I finished the day in fourth spot, which was better than expected, but I also knew my worst two events, long jump and javelin were coming the next day. My lack of practise in my run up showed in the long jump and I jumped below my expectations and if I wanted to break the State Record I would have to do well in the javelin and 800m. I threw a 5m PB in the javelin and placed second to my surprise – was there a chance I could finish third? We waited what seemed like an eternity for the results to be calculated, and when they came out, I was in fourth, but not out of reach of third. Colin helped me calculate I would have to finish approximately five seconds ahead of Marcela from Argentina in the 800m. She looked like a really good runner, could it be possible? The 800m I ran wasn't as fast as I was hoping, but coming around the final bend I couldn't resist a quick glimpse behind me, when I saw Marcela still on the back straight, I started to get excited. Adrenalin got me home as I was exhausted, and a very proud new BRONZE medallist. Ecstatic!!

It had been beautifully sunny for the heptathlon, and so it was for my 800m heats too. I ran a 2:41.59 finishing third in my heat and qualifying for the final eight fastest – 12 made the final. I was pretty nervous before the final knowing that there were some extremely good runners in the field. The first lap was extremely fast and for some reason



Vicki Cobby celebrates her bronze medal in the heptathlon with gold medal winner Tatjana Schilling (Germany) and Daniela Bazan (Argentina).

(WHAT WAS I THINKING??) I stuck to the back of the lead pack for the whole lap. When the bell went the pack took off and I tried to maintain my pace, but as I came out of the bend with 300m to go I just wanted to collapse in a heap and drag myself off the track. I know it showed and I felt like I was running on a treadmill with concrete shoes – going nowhere. As I finally got within 120m of the finish I heard the Aussies telling me that someone was catching me. So I accelerated, or tried to at least. I kept getting the same message down the straight but with more fervour. I tried getting my arms and legs to go faster but they kept yelling. With about 15m to go I saw her out of the corner of my eye and from somewhere I managed a final burst of energy and beat Flores from Venezuela across the line by five hundredths of a second. I finished sixth in 2:36.8 missing my PB by less than a second. Very surprising considering the mess I made of the second lap.

I've waited a while to run a 400m hurdles and the first one I've ever run was the final in Brazil. I wanted an inside lane so that I could see what was going on and I wanted a heat so I could have a practise. I got neither, I was in the outside lane and our semi-finals were cancelled at the last minute. It was also pouring with rain, the lightning had stopped but it was bucketing down. I enjoyed the race and learnt a lot. I was giggling over the hurdles on the back straight as I wrong footed myself a couple of times, not so good on the right leg. I was in contention for a fourth place finish but

chucked in an extra step before the final hurdle and jumped over it like a fairy. I finished in sixth with a time of 1:13.60 a second behind fourth. Of course this was a PB ☺.

If I thought I was intimidated in the 800m, well it was worse in the 400m. The other competitors looked ridiculously ripped and menacing. They also wore very little which certainly added to the intimidation. There were 21 entrants and 3 heats. I raced in the first heat with a time of 1:05.54, only 0.11s slower than my PB. If I had run 0.68s faster I would have made the final, I finished in tenth. My aim at the next worlds is to make this final, and I have the photo of the 8 finalists on my desktop to keep me focused!!

I had the pleasure of running with some amazing athletes, and against some too, in the W35 4 x 400m relay. I ran the third leg of the relay and maintained our third position, a seemingly uneventful leg, but I got blown away by Monica Brant, the USA runner that I was trailing. I was so impressed by her performance that I "Googled" her post Brazil. She is somewhat of a huge celebrity in the US, and not for athletics, wow!! None of that though can compare with the elation of winning Bronze in our relay with Gianna, Jackie & Karen. Great girls, outstanding athletes!!

My trip home is a more dramatic story, and maybe for another time – but must mention that it took two days longer to get home than planned and I got to tick "multiple earthquakes" off my list of "things to do".

**VICKI COBBY**



# Relays

**MAIN PHOTO:** Lynne Choate scored two relay gold medals.

*Photo: JEAN HAMPSON*



Celebrating their gold relay medals are Kathy Heagney, Lynne Choate, Wilma Perkins and Lyn Peake.

## 4x100

**M50:** John Fienieg, Allan Cook, **Colin Smith**, Rob Mayston  
4/10, 50.09

**M60:** Stephen Baird, Bill Carr, **Nick Miletic**, Viddy Jermacans 7/8,  
57.68

**M70:** Roy Fearnall, Neville McIntyre, Mick Stephenson, **Barrie Kernaghan** **GOLD**, 55.98

**M75:** Allan Wood, **Don Chambers**, **David Carr**, Jim Sinclair 5/8,  
1:07.75

**W60:** Wilma Perkins, **Lynne Choate**, Lyn Peake, Kathy Heagney **GOLD**,  
58.92

## 4x400

**M50:** Rob Mayston, **Colin Smith** Allan Stacey, Allan Cook **SILVER**,  
3:47.34

**M60:** Stephen Baird, Bill Carr, **Nick Miletic**, Sean Ryan 7/7, 5:50.50

**M70:** Roy Fearnall, **Barrie Kernaghan**, Mick Stephenson, Neville McIntyre **GOLD**, 4:41.3

**M75:** Allan Wood, **David Carr**, Jim Sinclair, Colin McLeod 4/5, 6:09.9

**W35:** Karen Long, Jackie Bezuidenhout, **Vicki Cobby**, Gianna Mogentale **BRONZE**, 4:15.90

**W55:** **Margaret Saunders**, Leanne Monk, Dawn Hartigan, Anne Ryan **SILVER**, 4:54.50

**W60:** Wilma Perkins, **Lynne Choate**, Lyn Peake, Kathy Heagney **GOLD**, 5:09.70





John Oldfield on one of his long days as an official.



TODD DAVEY and GREG URBANOWICZ



Photo: Tiago Da Silveria Garcia

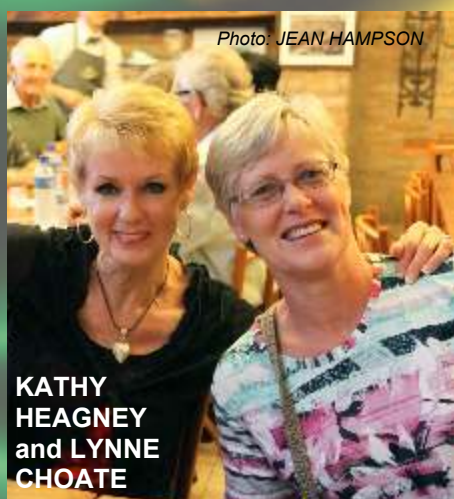


Photo: JEAN HAMPSON

KATHY HEAGNEY and LYNNE CHOATE

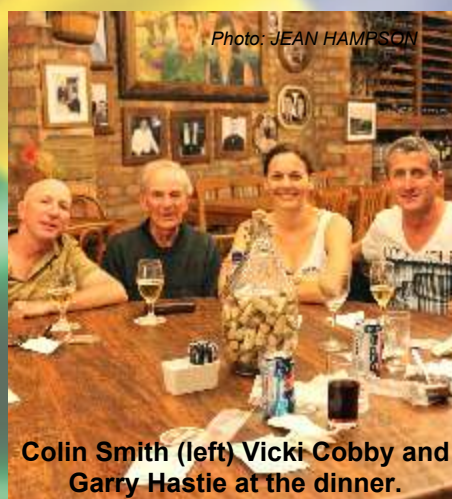


Photo: JEAN HAMPSON

Colin Smith (left) Vicki Cobby and Garry Hastie at the dinner.





Photo: BOB PEARCE



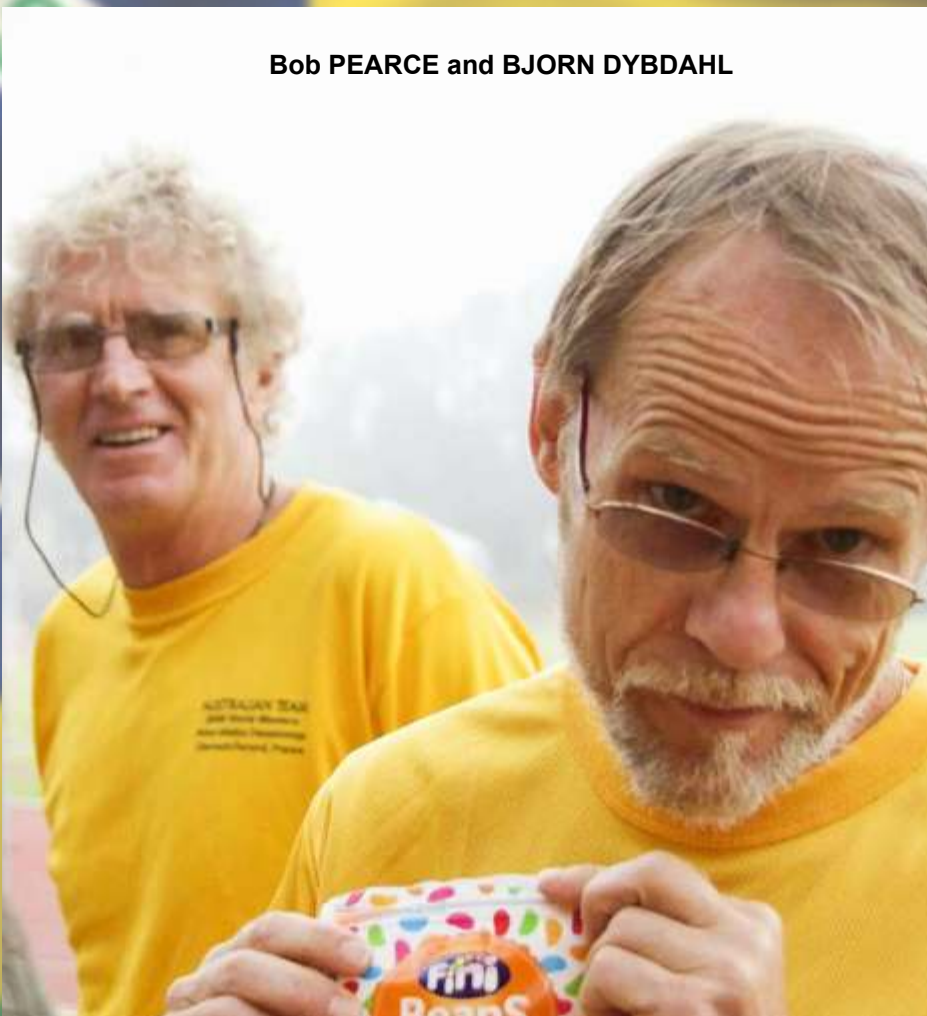
Bob Schickert  
(centre) with  
Anne and  
Sean Ryan.

Photo: Tiago Da Silveria Garcia



WMA  
president  
Stan  
Perkins

Bob PEARCE and BJORN DYBDAHL





# Postcard from



**WILMA PERKINS and  
BEV HAMILTON**



**LYNNE SCHICKERT and  
JACKIE HALBERG**

Many of us went on tour afterwards to Rio, Iguassu Falls, Lima, Cusco, the Sacred Valley and Machu Picchu. Many new friendships developed on this trip. Iguassu Falls was just phenomenal, both from the Argentinian and Brazilian sides. The water just thundered down – we did the jet boat – under the falls and got completely drenched! All in good fun – we survived – but the water was a-o-l-d!! There were so many highlights on this trip. Copacabana beach, Sugar Loaf, Corcovado Mountain and Christ the Redeemer statue in Rio, the Inca ruins at Machu Picchu, the Sacred Valley, just being in the Andes – it is a different world out there! Vibrant colourful handicrafts were abundant throughout Peru in markets and stalls which tempted us at every turn! But as always, it was good to get home, especially after four flights and travelling for 45 hours! All in all, a very successful championship and a wonderful tour!

PS: That's me and Lyn Peake posing for Stan at the Falls.

**Stamp  
Here**

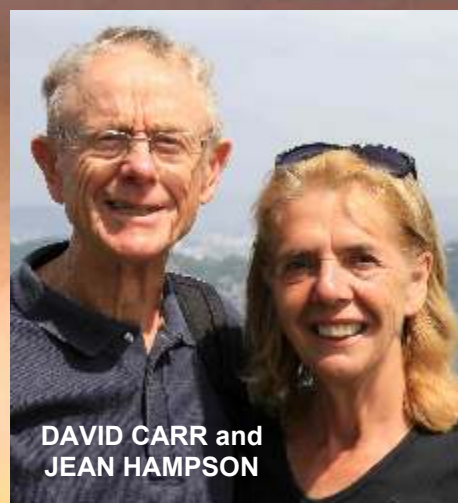
Lynne Choate



# rom Brazil



**JUDY COOPER and  
daughter JENNY**



**DAVID CARR and  
JEAN HAMPSON**



**Stamp  
Here**

Iguacu Falls was a highlight for me. Absolutely spectacular with 257 waterfalls mostly in three tiers and spanning what seemed 1.5km wide. For the water lovers a boat ride into the falls was a must, despite a few ruined cameras.

If you like big cities try Sao Paulo - two-thirds of Australia's population in one city of 16M.

Rio de Janeiro : city of beauty, poverty, wealth and danger for the unwary. I spent six hours on Sugar Loaf Mountain taking in the spectacular scenery. Two cable car stations gave you the opportunity to view it all... Copacabana and Ipanema beaches, mountains, marinas, and planes taking off from the domestic airport many feet below.

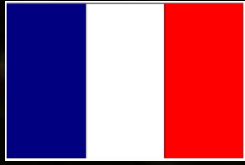
I visited Petropolis, a town about 70km west of Rio in the mountains. Cool, historic and cloudy it was the place where the Emperor had his palace when Rio was too hot. I will not forget the out of town bus station, enveloped in cloud and mist with limited vision INSIDE - quite unique.

This is my ninth World Championships and probably the one with the most contrasting features.

Roy Fearnall



# To be continued ...



## Lyon 2015



## Perth 2016



The Australian team  
march at the opening  
ceremony.

*Photo: Tiago Da Silveria Garcia*