

T F N L



Season 12 Issue 3

January 2019

The Track and Field
Newsletter of MAWA

Campbell and Gillian take trophy honours

Pages 3-11



Campbell Till powers to
the finish line. INSET:
Gillian Young prepares
to take off in the long
jump.



Champs date change

In two major changes to the MAWA Track and Field Championships programme the 5000m and long jump will no longer be held on the main two-day weekend.

The two events have been moved a week earlier to Saturday, April 6 and held in conjunction with the outdoor and throws pentathlons. The distance event will be held in the morning and the long jump in the afternoon.

In two other alterations to the previously published programme, the Steeplechase has been moved a week earlier to Thursday, April 4 and the 10,000m scheduled on Thursday, April 11.

The changes have been designed to allow athletes to do their full range of events and should lead to a less cluttered main weekend.

All State Championships events with the exception of the pole vault will be held at Ern Clark Athletic Centre.

State Track and Field Championships schedule

Thursday, April 4: Steeplechase

Saturday morning, April 6: Pentathlon plus 5000m

Saturday afternoon, April 6: Throws Pentathlon plus Long Jump

Thursday, April 11: 10,000m

Saturday, April 13: Main day 1

Sunday, April 14: Main day 2

Rob Nichols runs the bend in the State championships at Ern Clark Athletic Centre.

Time to renew membership

It's January and if you have not renewed your MAWA membership, now is the time to do so.

Go online to the MAWA website and do it now, before you forget. Remember there is one month's grace, but if you do not register by January 31 you will no longer be a current member and have to pay the new member fee to re-join. However, lapsed members re-joining keep their original number

Life Members still need to complete the online registration but are not charged.

Fees:

No longer joint membership

Individual Join \$50 Renew \$40

Country Join \$40 Renew \$30

If you request *Vetrun* to be posted to you will be charged an extra \$20 to cover costs

For those attending Sunday runs you need to nominate two runs that you can help at during the year so check the 2019 programme.

Track and Field only athletes just help out on track nights

If you are unsure if you are a current member, check out the membership list on the Our Club/Membership tab on the website.

2019 membership – online only through website www.mastersathleticswa.org/



Records

Jenn Parker	W45	Pentathlon	2546pts	1/12/2018	Bunbury meeting
Sharon Davis	W45	800m	2:17.27	14/12/2018	Strive meeting
Geoff Brayshaw	M65	Pole vault	2.75m	14/12/2018	Strive meeting
Geoffrey Gee	M65	Shot	12.64m	15/12/2018	WA Throwers club meeting

What a woman!



1st
605.19

Gillian Young



By JOHN DENNEHY

What a year, what a woman, what an athlete! Gillian Young finished 2018 with a world record, a world title and her first Patron's Trophy win. All this despite a severe hamstring injury that recurs often enough to disrupt her training program but is well managed by coach, David Carr, and athlete alike. Not blessed with speed, her performances are rather the result of excellent endurance and a fierce competitive spirit and excellent tactical instincts.

Gillian put in brilliant running performances to balance out her weaker field events against runner-up Sue Coate,

who had a very low differential across the competition. Jenn Parker and Janne Wells noted multi-eventers lost no fans with their performances, Janne, in particular, 'hampered' by her focus on her half marathon training rather than speed and strength.

Gillian's highest score was in the 5000m, but the now dropped 10,000m is her stronger event. Notably then, given her steeplechase and cross country strengths, Gillian's victory was without her best events. Left in her wake were seasoned field event competitors being state record holders in the throws pentathlon and its various individual

throws. However, these credentials proved to be not enough to counteract the performances of the modest distance athlete in unfamiliar territory.

In particular, Gillian's surprising high jump performance and superbly crafted 800m challenged notions of her 'endurance only' tag. In the 800m run, Gillian sensibly adhered to the 'first lap for pace, second lap for place' cliché, despite positions changing around her to challenge her race plan. It capped off a phenomenal year for the athlete admired by all for her tireless work ethic, fiercely competitive instincts and friendly, warm personality.

Cool Campbell



1st
638.62



Campbell Till

By JOHN DENNEHY

A silhouetted Campbell Till heaving at the end of an 800m race turned and faced the crowd at ECAC, topped with a beaming smile that effectively marked the end of the title race in the Patron's Trophy for 2018. Although he finished behind Colin Smith, he was within the margin to take the trophy he last raised in 2010. Less than ten points had separated the two combatants going into the race but Colin bravely did what he had to do – front run,

although his 31.6 first 200m was, in hindsight, quite too fast. His brave effort was to no avail as his opponent remained steady and kept his form under immense pressure resulting in the points differential being reduced by two-and-a-half-points. The crowd was equal in their support for both athletes cheering them on to do their best and appreciative of the contest.

A cursory analysis of the scores indicates Campbell's mastery of many events with a very low differential. Ian Hannaby was always in calculations for a

high overall placing despite heavy work commitments, with Ossi Igel the surprise package of the competition impressing all with his focused approach to events he hadn't done for decades. Unfortunately, he did not compete in his best field event, the javelin, which could have put pressure on those who finished above him.

Campbell was a worthy winner, with the result a just reward for an injury-plagued few years, including a measured, but successful campaign in Malaga.

Patron's Trophy



2nd
579.19

Sue Coate



3rd
560.08

Jenn Parker



4th
547.82

Janne Wells

		100m	400m	800m	1500m	5000m	HJ	LJ	TJ	Shot	Discus	Javelin	Score
W70	Gillian Young	70.20	78.71	80.78	83.03	86.26	75.76	58.56		39.21	32.68	31.60	605.19
W50	Sue Coate	80.14	66.00	66.26	64.27		73.10	64.50	61.26	53.76	41.42	49.90	579.19
W45	Jenn Parker	73.61		67.16	64.16	59.74	69.44	68.08	65.66	45.17	47.06	34.58	560.08
W50	Janne Wells	70.18	66.88	64.71	64.08	60.57	58.48	57.83	59.69	45.40	28.80	35.87	547.82
W55	Delia Baldock	67.86	65.19	63.02	60.84	60.06	71.43	61.14	61.64		20.07		531.25
W75	Lynne Schickert	57.38	56.02	50.24	54.97	56.10	69.67	51.24	57.11	42.91		26.23	495.64

Scores in red have been dropped so a total of nine events is counted.



2nd
632.44

Colin Smith



3rd
603.03

Ian Hannaby



4th
596.12

Ossi Igel

		100m	400m	800m	1500m	5000m	HJ	LJ	TJ	Shot	Discus	Javelin	Score
M60	Campbell Till	88.18	83.80	82.88	72.08	64.02	74.47	71.38	65.79	36.02	31.92	33.97	638.62
M55	Colin Smith	87.89	88.83	85.31	73.85	68.49	62.50	65.98	67.39	32.20	26.15	16.59	632.44
M50	Ian Hannaby	79.42	80.60	73.78	74.29	67.74	63.98	62.50	60.48	40.24	26.57		603.03
M65	Ossi Igel	72.28	68.96	61.89	59.39		76.27	70.29	64.32	63.92	58.80		596.12
M60	Des Walsh	80.83	73.45	70.4	63.15	53.55	58.51	64.94	47.56	38.50	37.50	30.61	550.89
M55	Alan Gray	71.20	66.77	67.24	69.54	63.88	65.00	51.76	57.38	32.80	25.28	21.40	545.57
M75	Bob Schickert	71.79	65.78	63.38	59.95	59.66	61.69	42.86	47.31	34.38		26.55	506.80
M55	John Dennehy	69.88	59.88	50.68	48.73	44.05	50.00	47.07	47.17	33.46	24.09	15.83	450.92

Scores in red have been dropped so a total of nine events is counted.

Patron's Trophy



Colin Smith leads Campbell Till on the first lap of the Patron's Trophy 800m at Ern Clark Athletic Centre. Colin topped the percentages with 85.31 to Campbell's 82.88.

Colin sets pace

By JOHN DENNEHY

The 800m was the last high scoring event in the 2018 Patron's Trophy and the two male contenders ended up running head-to-head at ECAC. Pundits had Colin Smith needing a win over Campbell Till with a very fast time. Colin responded magnificently and went through the first lap in 64 seconds; however, a first 200m in sub 32 would prove crucial.

Campbell was running a measured race and 7 seconds back showing his experience. Colin pressed on, the wind in the final straight adding to his pain and his

ten-second gap at the finish gave him less than a three-point score over Campbell whose form under pressure was near perfect. Des Walsh tracked Alan Gray closely before passing him in the final straight.

Gillian Young again produced a superbly tactical race for a 'mass' of points.

Ian Hannaby added valuable points with his aggressive run at WAAS to lead home Hans Venter and David Baird who all scored highly.

Sue Coate ran a fine race although her unavoidable DNF in the 5000m may have cost her dearly.



JENN PARKER



DES WALSH

800m

ECAC December 13

		% pts
Colin Smith	M55 2:19.6h	85.31
Campbell Till	M60 2:30.0h	82.88
Chris Groom	M50 2:38.0h	n/a
Des Walsh	M60 2:56.6h	70.40
Alan Gray	M55 2:57.1h	67.24
Paul Scott-Taylor	M60 3:14.8h	n/a
Jenn Parker	W45 3:04.9h	67.16
Janne Wells	W50 3:21.0h	64.71
Gillian Young	W70 3:27.7h	80.78
Ossi Igel	M65 3:30.1h	61.89
Julie Wilson	W65 3:35.7h	n/a
Delia Baldock	W55 3:36.7h	63.02
Maurice Creagh	M70 3:41.2h	n/a
Bob Schickert	M75 3:50.4h	63.38
John Dennehy	M55 3:55.0h	50.68
Lynne Schickert	W75 6:12.5h	50.24
Cecil Walkley	M85 10:10.8h	n/a

WAAS December 18

Ian Hannaby	M50 2:34.9	73.78
Mark Dawson	M55 2:41.8	n/a
Stuart Manning	M40 2:54.1	n/a
Hans Venter	M50 2:56.0	64.94
Paul Scott-Taylor	M60 3:14.2	n/a
Sue Coate	W50 3:16.3	66.26
Ann-Marie O Donovan	W45 3:17.9	n/a
David Baird	M75 3:21.0	72.65
Juliana Kelly	W50 3:25.2	n/a
Delia Baldock	W55 3:38.6	62.47
John Dennehy	M55 4:16.3	46.47

Aiming for the sky



Bob Schickert gets set to launch the javelin as Glenn and Kyle Bartlett prepare to measure the throw.

By JOHN DENNEHY

The results from the javelin at Ern Clark Athletic Centre indicate that it will be, for most competitors, the event that they will drop from their competition totals, if possible, with generally low scores across the board. Janne Wells and Jenn Parker engaged in a close competition resulting in the highest overall scores. With a nod to her heritage, Janne relied on sound technique with Jenn more reliant on her strength. Gillian Young kept her title hopes alive with her efforts.

In the men's event, it was former trophy winner Campbell Till taking the honours

from Des Walsh in a closely fought battle. The absence of Ossi Igel was duly noted, given his expertise with the javelin. Despite their earnest endeavours, Colin Smith, Bob Schickert and John Dennehy, would concede that as javelin throwers, they make good runners.

At WA Athletics Stadium in December, Sue Coate showed her credentials for the trophy with an outstanding throw to score just under fifty points, easily the overall best score.

Campbell Till was successful in increasing his score from ECAC, despite a lack of opposition.



JANNE WELLS



JENN PARKER



ALAN GRAY

Javelin

ECAC November 22

			% pts
Michelle Krokosz	W30	27.15m	n/a
Alex De Silva	Vis	22.56m	n/a
Campbell Till	M60	22.63m	32.49
Des Walsh	M60	21.32m	30.61
Jenn Parker	W45	20.23m	34.58
Janne Wells	W50	19.92m	35.87
Alan Gray	M55	15.75m	21.40
Bob Schickert	M75	13.81m	26.55
Colin Smith	M55	12.21m	16.59
John Dennehy	M55	11.65m	15.83
Gillian Young	W70	10.99m	31.60
Kevin Collins	M50	10.74m	n/a
Andrea Penny	W40	10.01m	n/a
Lynne Schickert	W75	8.40m	26.23

WAAS December 11

			% pts
Sue Coate	W50	27.71m	49.90
Campbell Till	M60	23.66m	33.97

Ossi tops shot

By JOHN DENNEHY

Requiring a mixture of speed, strength, technique and balance the shotput is surprisingly difficult to master. Following the specialist throwers, at WAAS, the patron's trophy participants tried valiantly to replicate their moves with varying degrees of success. Somewhat surprisingly it was Campbell Till scoring highest points ahead of Des Walsh in the men's event, with Alan Gray and John Dennehy also enjoying a battle.

Sue Coate top scored overall with her sound technique and Annemarie O'Donovan tested her injured shoulder out under competition conditions.

At ECAC the final opportunity to affect the outcome of 'The Trophy' saw Ossi Igel stun the field with his high scoring performance, his jovial and outgoing personality masking a fiercely determined mindset. Ian Hannaby also performed well with Des Walsh performing better by almost five points from his WAAS effort. Bob Schickert and Colin Smith ensured a competitive atmosphere with their bids for extra points.

Janne Wells was the top women's scorer, very closely followed by Jenn Parker with her well-honed technique. Lynne Schickert and Gillian Young excelled given their distance athletes' bodies are not suited to the rigours of the event.



Ossi Igel was in a class of his own when recorded 10 points more than anyone else in the shot.



IAN HANNABY



JENN PARKER

Shot

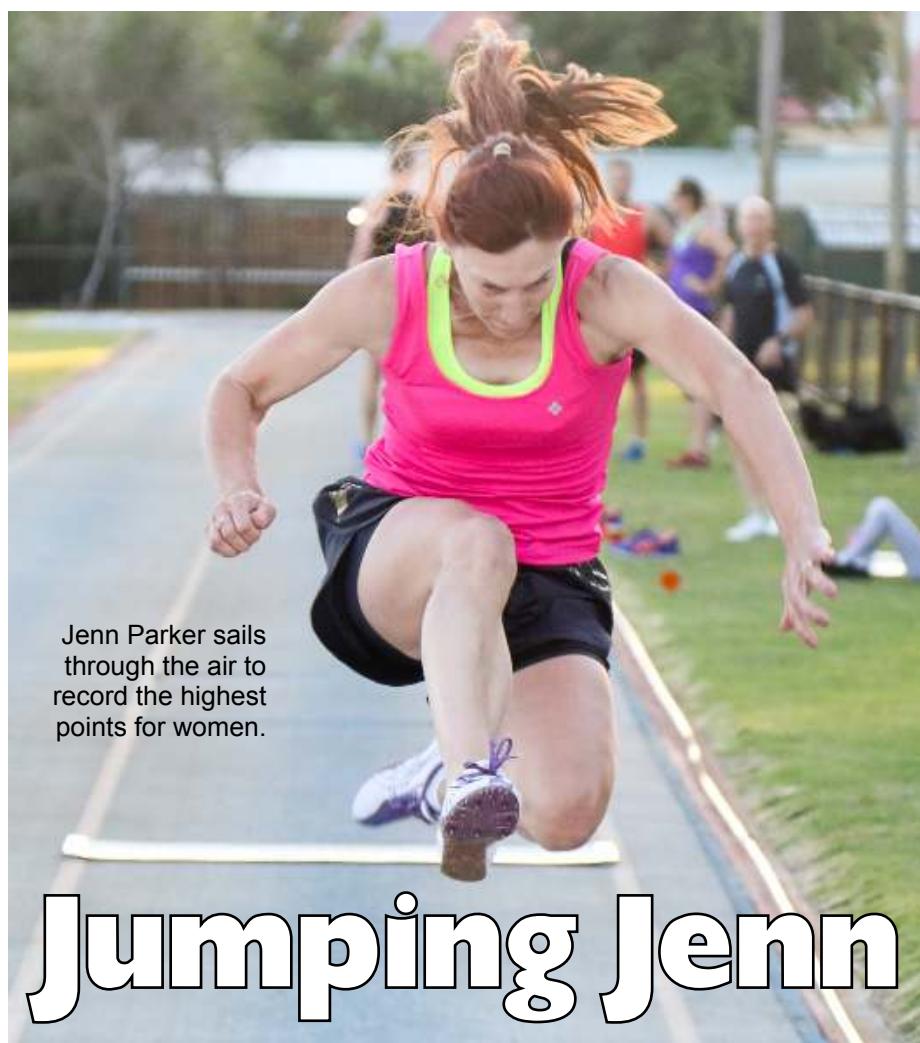
WAAS November 6

			% pts
Sue Coate	W50	9.65m	53.76
Campbell Till	M60	6.67m	36.02
Des Walsh	M60	6.23m	33.64
John Dennehy	M55	6.09m	33.46
Alan Gray	M55	5.97m	32.80
Annmarie O Donovan	W45	5.14m	27.12

ECAC December 20

			% pts
Ossi Igel	M65	10.86m	63.92
Jenn Parker	W45	8.56m	45.17
Janne Wells	W50	8.15m	45.40
Ian Hannaby	M50	7.94m	40.24
Des Walsh	M60	7.13m	38.50
Colin Smith	M55	5.86m	32.20
Bob Schickert	M75	5.68m	34.38
Lynne Schickert	W75	5.30m	42.91
Gillian Young	W70	4.78m	39.21

Patron's Trophy



Jenn Parker sails through the air to record the highest points for women.

Jumping Jenn

Triple jump

WAAS November 20

			% pts
David Graieg	M30	11.30m	61.78
Hans Venter	M50	9.54m	62.52
Campbell Till	M60	8.77m	65.79
Geoff Brayshaw	M65	8.71m	n/a
Alan Gray	M55	8.20m	57.38
Sue Coate	W50	7.78m	61.26
Delia Baldock	W55	7.31m	61.64
John Dennehy	M55	6.74m	47.17
Gay Wyatt	W60	6.61m	n/a
Ivan Brown	M70	5.78m	50.75
Des Walsh	M60	5.56m	41.71

ECAC December 6

			% pts
Allan Karol	Vis	11.17m	n/a
Jonathan Lester	M45	10.01m	n/a
Colin Smith	M55	9.63m	67.39
Anthony Mugavin	Vis	9.41m	n/a
Michelle Krokosz	W30	9.31m	n/a
Ian Hannaby	M50	9.23m	60.48
Jenn Parker	W45	8.89m	65.66
Ossi Igel	M65	7.95m	64.32
Janne Wells	W50	7.58m	59.69
John Dennehy	M55	6.42m	44.93
Des Walsh	M60	6.34m	47.56
Bob Schickert	M75	4.93m	47.31
Lynne Schickert	W75	4.62m	57.11

By JOHN DENNEHY

David Graieg put his excellent speed to good use in the triple jump at WAAS sending the officials' tape out to 11.30m; however, it was not the highest score of the competition. That honour went to Campbell Till, with more than 65 points. Hans Venter also scored more than David obviously enjoying the competition. Alan Gray once again attempted an unfamiliar

event with success and Des Walsh and Ivan Brown also performed well.

Sue Coate combined her obvious speed and co-ordination to score well after a good competition with Delia Baldock.

ECAC saw the overall top score in the triple jump, Colin Smith demonstrating great prowess with lethal speed propelling him out to a score of over 67 points. His controlled aggression was evident as was his power to weight ratio – vital in the jumps. Again Ossi Igel demonstrated what a fine competitor he is with a response to the younger athletes' distances, gaining precious points. Des Walsh and John Dennehy again battled hard; Des increasing his best by a significant amount from WAAS. Bob Schickert improved every round to keep himself in the competition.

Jenn Parker showed a very competent display of speed and strength. Her score of over 65 points was the best women's overall total in the event and importantly, four more than Sue Coate's score. The ever consistent Janne Wells taunted the 60 points barrier, with Lynne Schickert performing well.



JANNE WELLS



COLIN SMITH

Patron's Trophy



Ossi Igel and John Dennehy hit the line together followed by Janne Wells at Ern Clark Athletic Centre.

On the line

By JOHN DENNEHY

Favourable wind conditions welcomed the 100m competitors at WAAS with David Graieg's 12.9 run superseded by Campbell Till's 88.18% effort. Des Walsh looked sharp, with Alan Gray dragging John Dennehy and Ivan Brown through to good performances.

Sue Coate recorded another superb effort to score over 80 points.

A few weeks later at ECAC it was Colin Smith showing his world semi-final appearances were certainly no fluke as he took out top honours for the evening both time wise and points wise. Ian Hannaby surprised more than a few onlookers with

his speed over the blue riband event with both Des Walsh and John Dennehy running slower times than their WAAS performances. Ossi Igel got his long levers moving quickly to score over 70 points and Bob Schickert ran very well to add a significant amount of points to his tally.

It was Jenn Parker who scored the highest on the evening in the women's event, courtesy of a slick start. Janne Wells pulled out an excellent sprint despite completing a half marathon (in Norway, no less) just a few months ago. Delia Baldock scored in the high sixties with Gillian Young collecting over 70 points with a venture into the very unfamiliar territory of sprinting.



SUE COATE



JENN PARKER and DES WALSH

100m

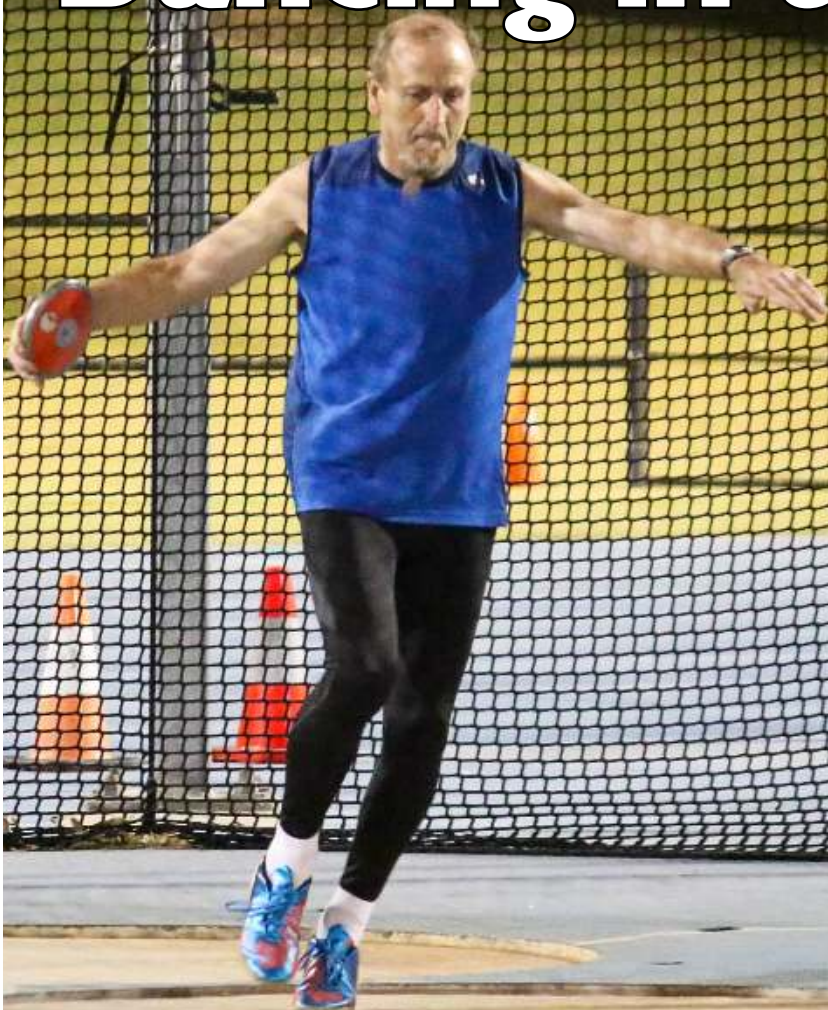
WAAS November 20

			% pts
Mark Howard	M45	12.8	n/a
Campbell Till	M60	13.2	88.18
David Graieg	M30	12.9	75.89
David Adams	M40	14.7	n/a
Sue Coate	W50	14.8	80.14
Des Walsh	M60	14.4	80.83
Alan Gray	M55	15.8	71.20
John Dennehy	M55	16.1	69.88
Ivan Brown	M70	17.9	70.28

ECAC December 6

			% pts
% (adjusted to hand times)			
Colin Smith	M55	13.01	87.89
Ian Hannaby	M50	13.89	79.42
David Adams	M40	15.77	n/a
John Talbot	M70	26.74	n/a
Des Walsh	M60	15.33	77.09
Jenn Parker	W45	15.74	73.61
Nick Fairweather	M65	16.63	n/a
John Dennehy	M55	16.80	67.77
Ossi Igel	M65	16.92	72.28
Janne Wells	W50	17.09	70.18
Jonathan Lester	M45	15.71	n/a
Delia Baldock	W55	18.40	67.86
Andrea Penny	W40	19.05	n/a
Cecil Walkley	M85	66.79	n/a
Bob Schickert	M75	18.67	71.79
Julie Wilson	W65	20.47	n/a
Gillian Young	W70	20.48	70.20
Lynne Schickert	W75	26.51	57.38

Dancing in the dark



Des Walsh shows his style in the Patron's Trophy discus round at WA Athletics Stadium.

By JOHN DENNEHY

The gregarious long-limbed and lithe athlete, Ossi Igel, showed superb technique in sending the silver platter out into the night sky and gained just over 55 points in the ECAC discus event, well ahead of anyone else. It served to inspire his fellow athletes, in particular, Des Walsh who showed the result of his winter training with one of his best throws of the season, followed by Colin Smith and Alan Gray.

Jenn Parker was consistent in a strong event for her, although Gillian Young surprised with her effort which may have kept her in the hunt for the top prize.

A few weeks later at WAAS, Ossi exceeded his previous competition throw and gained another three very precious points to nullify the bids of the stronger runners in the competition. Lefthander, Campbell Till showed glimpses of the form that brought him the trophy a few seasons ago to add another 22 points to his score. David Graieg and Ian Hannaby both threw well despite little to no training.

Sue Coate was resolute in her endeavours to compensate for her DNF in the 5km last week with an excellent series of throws and her 41 points may prove crucial in the coming weeks as the Patrons trophy concludes.



SUE COATE



OSSI IGEL

Discus

ECAC November 8

			% pts
Ossi Igel	M65	35.54m	55.83
Jenn Parker	W45	29.97m	47.06
Des Walsh	M60	26.14m	37.50
Colin Smith	M55	17.45m	26.15
Alan Gray	M55	16.87m	25.28
Janne Wells	W50	16.85m	28.80
John Dennehy	M55	14.87m	22.29
Lori Sexton	W55	12.33m	23.13
Gillian Young	W70	12.22m	32.68
Delia Baldock	W55	10.70m	20.07

WAAS December 4

			% pts
Ossi Igel	M65	37.43m	58.80
Sue Coate	W50	24.23m	41.42
Campbell Till	M60	22.25m	31.92
Des Walsh	M60	20.94m	30.04
David Graieg	M30	20.78m	28.05
Ian Hannaby	M50	19.26m	26.57
John Dennehy	M55	16.07m	24.09

Effervescent Fiona's



Fiona Leonard runs stride for stride with Great Britain's Julie Wilson at the Nationals in Perth.

Fiona Leonard is a pint-sized lady with a huge personality. She is a strong and focussed athlete who can diminish the nerves with her great sense of humour and infectious laugh. Her article contains valuable insights into the commitment required to set an athletics goal and work solidly towards it. I asked Fiona if I could present her profile as an 'in her own words' piece. You can hear her chatting in that strong Scots accent and her bubbly personality shines through. Over to you Fiona...

Growing up in Scotland, I lead a very active childhood. Some of my earlier pursuits were dancing (ballet, tap and modern stage), gymnastics, horse riding, swimming, and netball, to name but a few! Back then, however, athletics for females was not strongly promoted or overly encouraged; the



In focus

With Carmel Meyer

only taste I got for anything involving a sports field was at the school sports carnival, where it got as serious as the egg and spoon race! I emigrated to Australia in 1990, where I met Simon (a fellow compatriot!) We later married and had two children.

It wasn't until my late 30s that my passion for running was ignited and I introduced road running into my fitness regime. Prior to that time, I had been an avid gym goer (some may use the term, 'gym junkie?') and a fervent aerobic queen. I embraced the

Jane Fonda "feel the burn" era and yes, it was a sight for sore eyes-sporting leotards, leg warmers, and headbands! I'm convinced that my formative dance training years must have played a pivotal role in moulding my exercise 'psyche'!

My interest in track running wasn't piqued until my children became involved in Little Athletics. It was really of a serendipitous making; following a race challenge proposed by my son Jamie after one of his track training sessions...I rose to his challenge and the rest is history...my track endeavours were born!

Shortly after I joined MAWA, it was announced that Perth had won the bid to host the World Masters Championships in 2016.

CONTINUED – next page

enthusiastic nature



FROM – previous page

This gave rise to great excitement and before I knew it, the seed was planted and my goal was set...sometimes you just have to strike while the iron's hot! This gave me a five-year window to bring my goal to fruition. However, as a 'newbie' to track racing and with no prior experience, I wondered if I'd bitten off more than I could chew! (no half measures here!) My first port of call was to experiment with various distances, before eventually concluding that I was probably best suited to 400m/800m racing. All the Masters were friendly, encouraging and inclusive. Many role models helped shape my track journey but especially the expertise and insight of colourful character John Dennehy (aka 'Twinnie' as we share the same birthday!)

In the lead-up to *Perth2016*, my husband Simon also became my mentor, coach and great support all rolled into one. He too has a wealth of knowledge to offer, as he was a very successful middle distance athlete preceding his diagnosis of Multiple Sclerosis. With the saying "fail to prepare, prepare to fail," lodged in my head, I set about developing a training plan. This incorporated sessions such as speed endurance, short distance road running in order to maintain aerobic fitness, intervals and resistance training for muscle conditioning.

In a bid to help develop and improve my track performances, I decided to cast my net out a little further, taking myself out of my comfort zone to compete at Friday night Strive meets over a few seasons. I used this as a platform to explore different race scenarios in a more exposed environment. This helped build my confidence and defuse a lot of performance anxieties... proving to be hugely beneficial ahead of *Perth2016* where once

again, I would be a small fish in a big pond!

Amongst the many special and rewarding experiences I've had along the way, the highlight to date would be competing in the 2016 Perth World Championships. This was a sublime experience and I was in awe at the calibre of Masters athletes and the many outstanding performances. The icing on the cake for me personally was winning the bronze medal in the 400m (W50) and a gold medal in the 4x400m... I was elated! As a consequence, that has fuelled my desire and aspiration to compete in future WMA Championships, with my next focus being on Toronto 2020.

There have been a few 'hurdles' jumped too! Not literally, but then again, who knows, perhaps a future event beckons?! On reflection, thankfully setbacks have been minimal. Focusing on the positive, I have been exceedingly fortunate not having sustained any major injuries thus far. However, that said, I'm definitely not complacent...I'm mindful that, with ageing, often comes unforeseen pitfalls. The ideology behind my training application nowadays is more along the line of "smarter not harder" and so, my once upon a time approach of "go hard or go home" has been jettisoned! I'm going for longevity if I can.

It is difficult to be succinct when describing what motivates and inspires me as the answer falls under such a wide umbrella. In short, I'm motivated by setting goals and then working towards achieving them; that gives me a sense of accomplishment. I'm inspired by those who dare push their limits in a quest to achieve their best and Masters athletes epitomise this. With that, I thank all the amazing Masters 'family' for being a continuing source of inspiration!

Running to your max



Why is there a decline in performance as we age?

Speaking to some athletes about my last article encouraged me to research, and then discuss in more detail, the reasons for the age-related decline in performances in all events. Unfortunately, I can find no research as to the very sudden deterioration which occurs. However, I can show some reasons for the drop or stagnation in performance levels as we age.

VO₂ max, also known as maximal oxygen uptake, is the measurement of the maximum amount of oxygen a person can utilize during intense exercise. The maximal amount of oxygen (O₂) is measured in millilitres an athlete can use in one minute per kg of their body weight. Generally, the higher the VO₂ max the faster an athlete can complete an endurance event. Usually, the VO₂ max of a male is superior to that of a female. An athlete's VO₂ max will begin to decline from the maximum reached in the late 20s or early 30s and this decline is considered to be about 5% every ten years after the age of 50, whilst the VO₂ max of a sedentary person may decline up to 10% per year.

Heart rate is the number of beats per minute based on the number of



the edge

With Margaret Saunders

contractions of the ventricles (lower chambers of the heart). It is possible to have a very fast or very slow heart rate. The maximal heart rate is the greatest number of beats in one minute one can achieve whilst undertaking intense endurance exercise. The theoretical individual maximal heart rate is 220 minus your age. Therefore at 20 years of age, in theory, it should be 200, whilst at 60 it would be 160. If an athlete over the age of 60 is working at a heart rate of 140, then the effort is probably greater than a younger athlete working at a rate of 155. Physical activity has a positive effect, and based on research it appears that masters athletes may be able to achieve higher maximal heart rates than theory suggests.

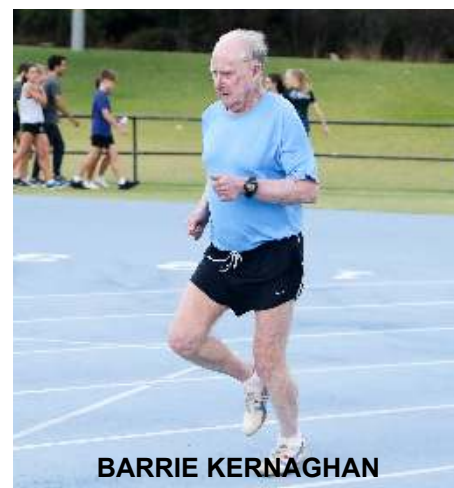
One reason for the VO₂ max decline with age is due to this reduction in maximal heart rates. There is also a reduction in the heart's stroke volume – which is the amount of blood pumped each heartbeat. This, combined with the

lower maximal heart rate, leads to less blood available to the muscles and hence less oxygen and nutrients available to use and less blood to take away the waste products such as carbon dioxide.

Strength events where athletes rely on fast twitch muscles will notice a drop in performance. Maximal muscle strength is achieved by the age of 35 and then there is a steady decline. This decline is more marked in men than women. A decrease occurs in the muscle mass whilst muscle fibres decline with age and do not function as efficiently.

Sprinters appear to maintain their frequency of stride but the stride length is reduced with age. This may be due to the reduction in efficiency of the fast twitch muscles of the lower leg. A slower rate of force development is caused by the reduced maximum strength and the reduced muscle mass. There also may be a slowing of reaction time and a reduction in flexibility which will affect the performance level.

Therefore it is important to be aware of the limitations on performance as we age. However, as we grow older, we do have the power of experience to know the limitations of our body.



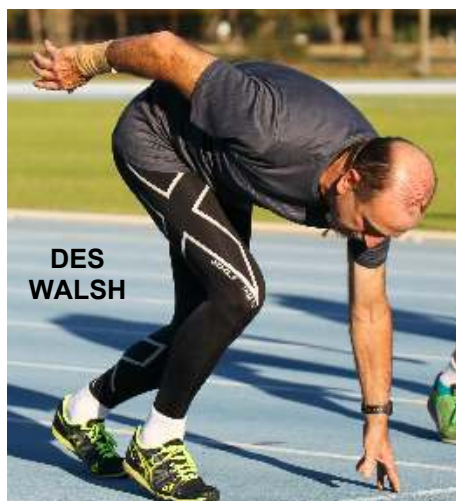
2018-2019 Summer Track and Field Programme

TUESDAY at WA ATHLETICS STADIUM, MOUNT CLAREMONT at 6.30pm

\$8 (\$4 for senior card holder) entry to WAAS.

In addition - visitor fee: \$5 (\$2 under 18, members' children no fee) – pay at sign in table by finish line

<i>Oct-18</i>	<i>event 1</i>	<i>event 2</i>	<i>event 3</i>	<i>event 4</i>	<i>Jump</i>	<i>field 1</i>	<i>field 2</i>
2nd	60	1 mile	400	5k r/w	LJ/TJ	hammer	shot
9th	200	800	100	3k r/w	HJ	javelin	discus
16th	400	60	1500	5k r/w	LJ/TJ	discus	shot
23rd	100	1000	400	3k r/w	HJ	javelin	hammer
30th	200	800	60	5k r/w	LJ	hammer	shot
<i>Nov-18</i>							
6th	300	1500	200	3k r/w	LJ/TJ	javelin	shot
13th	400	1000	100	5k r/w	HJ	hammer	discus
20th	100	1500	200	3k r/w	TJ	discus	shot
27th	60	800	300	5000	LJ/TJ	javelin	hammer
<i>Dec-18</i>							
4th	400	1500	100	3k r/w	HJ	hammer	discus
11th	200	1 mile	400	3k r/w	LJ/TJ	javelin	shot
18th	100	60	800	5k r/w	HJ	hammer	discus
<i>Jan-19</i>							
8th	100	800	60	5k r/w	LJ/TJ	javelin	discus
15th	200	1500	100	3k r/w	HJ	hammer	shot
22nd	60	400	200	5k r/w	LJ/TJ	javelin	hammer
29th	100	800	60	3k r/w	HJ	discus	shot
<i>Feb-19</i>							
5th	200	1500	100	5k r/w	LJ/TJ	javelin	hammer
12th	60	800	300	3k r/w	HJ	discus	shot
19th	100	1000	200	5k r/w	LJ/TJ	javelin	discus
26th	60	1 mile	400	3k r/w	HJ	hammer	shot
<i>Mar-19</i>							
5th	100	1500	200	5k r/w	LJ/TJ	javelin	shot
12th	60	800	300	3k r/w	HJ	hammer	discus
19th	400	1500	100	5k r/w	LJ/TJ	javelin	hammer
26th	200	1000	60	3k r/w	HJ	discus	shot



**DES
WALSH**

RIGHT: Janne Wells powers out of the water jump as daughter Kristine lands in the 2000m steeplechase at ECAC.



2018-2019 Summer Track and Field Programme

THURSDAY at ECAC STARTING at 6.00pm

Thursday at ECAC Wharf Street, Cannington \$3 entry fee

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

<i>Oct-18</i>	<i>event 1</i>	<i>event 2</i>	<i>event 3</i>	<i>event 4</i>	<i>event 5</i>	<i>Jump</i>	<i>field 1</i>	<i>field 2</i>
4th	200	3k r/w	100	800	2k steeple	LJ	weight	discus
11th	60	1 mile	400	short hurdles	5k r/w	LJ	javelin	shot
18th	100	1500	300	3k r/w		HJ	weight	hammer
25th	1000	60	400	5k r/w		TJ	discus	shot
<i>Nov-18</i>								
1st	200	800	100	5k r/w		HJ	weight	javelin
8th	100	1500	60	3k r/w		LJ	discus	hammer
15th	60	1 mile	400	short hurdles	5k r/w	LJ	weight	shot
22nd	300	800	100	3k r/w		TJ	javelin	weight
29th	60	1500	200	5000		LJ	discus	shot
<i>Dec-18</i>								
6th	400	100	800	3k r/w		TJ	javelin	weight
13th	60	200	800	5k r/w		LJ	hammer	weight
20th	1500	400	3k r/w	100	2k steeple	LJ	javelin	shot
<i>Jan-19</i>								
10th	long hurdles	60	1000	200	3k r/w	LJ	hammer	shot
17th	400	1500	100	5k r/w		LJ	discus	weight
24th	200	800	3k r/w	100	2k steeple	TJ	javelin	shot
31st	100	1500	200	short hurdles	5k r/w	LJ	hammer	weight
<i>Feb-19</i>								
7th	60	1 mile	400	3k r/w		LJ	discus	shot
14th	100	1000	200	5k r/w		TJ	hammer	weight
21st	800	300	3k r/w	60	2k steeple	LJ	javelin	discus
28th	60	1500	200	short hurdles	5k r/w	LJ	javelin	weight
<i>Mar-19</i>								
7th	100	1 mile	400	3k r/w		TJ	hammer	weight
14th	300	800	100	5k r/w		LJ	javelin	shot
21st	200	1500	3k r/w	400	2k steeple	LJ	weight	discus
28th	long hurdles	1000	60	5k r/w	200	TJ	javelin	weight

Track and Field – WAAS



David Baird leads
Hans Venter and
Stuart Manning in the
3000m.



MARK DAWSON



David Graieg takes an
early lead on his way
to an 11 min 58.5s
3000m.



PAUL SCOTT-TAYLOR



ALAN GRAY

Track and Field – ECAC



ABOVE: Ian Hannaby powers towards the finish line.

LEFT: Jonathan Lester runs the final bend in the first heat of a 400m at Ern Clark Athletic Centre.



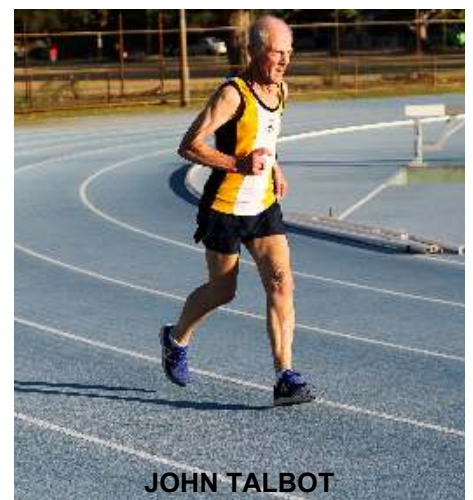
BARBARA BLURTON



JULIE WILSON



JACKIE HALBERG



JOHN TALBOT

Track and Field – throws



Michelle Krokosz is a picture of concentration as she steps down the runway at Ern Clark Athletic Centre.



OSSI IGEL



JULIANA KELLY




ANDREA PENNY



ANDREW WARD

Looking ahead

A female athlete, Vanessa Carson, is captured mid-jump into a water pit during a steeplechase race. She is wearing a white singlet with '2015 PERTH WOMEN'S LASSIC' and '30th ANNIVERSARY' printed on it, along with a logo for 'PERTH ATHLETIC CLUB'. She is also wearing black leggings with purple and white patterns. A large splash of water is visible around her legs. In the background, other athletes and spectators are visible on a grassy field under a clear sky.

Vanessa Carson
tackles the water
jump in the 2000m
steeplechase at Ern
Clark Athletic
Centre.

2019 - WMA Indoors - Torun, Poland - March 24-30.
www.wmaci2019.com

2019 MAWA Championships (Steeplechase), Thursday,
April 4.

2019 MAWA Championships (Pentathlons, plus 5000m
am, long jump, pm), Saturday, April 6.

2019 MAWA Championships (10,000m), Thursday,
April 11.

2019 MAWA Track and Field Championships (Main
weekend), April 13-14

2019 AMA Track and Field Championships -
Melbourne, April 26-29.
www.melbourne2019.com.au

2019 - Oceania - Mackay, August 31-September 7
<http://athleticsnorthqld.org.au/Oceania-Masters-Athletics-Championships-2019>

2020 - WMA Champs - Toronto, Canada - July 20 to
August 1. www.wmatoronto2020.com

2021 - Oceania - Norfolk Island - January 17-23

2021 - WMA Indoors - Edmonton, Canada - April 6-12.
www.wma2021.com

2022 - WMA Champs - Gothenburg, Sweden - August
17-27. www.masters2022.com