

TFNL



The Track and Field Magazine of Masters Athletics Western Australia

Season 17 Issue 3
December 2023



Dominic Lagat heads the 3000m field on a hot November evening at ECAC

IMAGE: Tom Lenane

Summer Programme

Patrons' Trophy events at ECAC only

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

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

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

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

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

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

Tuesday at WA Athletics Stadium, Mount Claremont at 6.30pm

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

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

- pay at sign-in table

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

Saturday March 9

Saturday March 16

Sunday March 17

State Champs Pentathlons and 5000m + high jump

State Champs Day 1

State Champs Day 2

MAWA Records

W55	Mandy Mason	60m	7.76	10/11/2023	WAAS	AR
W55	Mandy Mason	200m	24.94	10/11/2023	WAAS	WR
M45	Roberto Busi	3000m	8:51.79	10/11/2023	WAAS	SR
W60	Sharon Moloney	Weight Throw Pentathlon	2332	11/11/2023	Bunbury	SR
W60	Sharon Moloney	Super Weight	6.33m	11/11/2023	Bunbury	SR
W45	Melissa Foster	Triple Jump	10.96m	18/11/2023	Melbourne	SR
W50	Jennifer Parker	Heptathlon	4297	19/11/2023	WAAS	SR
W80	Ruth Johnson	2000m Steeplechase	14:59.7	23/11/2023	Bunbury	AR
W45	Melissa Foster	Triple Jump	11.01m	25/11/2023	WAAS	SR
W55	Mandy Mason	200m	24.63	25/11/2023	WAAS	WR (pending)
W80	Luella Jenkin	Discus	18.60m	29/11/2023	Bunbury	SR
W30	Michelle Hunter	1000m	3:14.51	30/11/2023	ECAC	AR
W75	Gillian Young	1000m	4:45.53	30/11/2023	ECAC	AR
W45	Astrid Roberts	Marathon	2:47:05	5/11/2023	New York	SR
W55	Mandy Mason	100m	12.15	1/12/2023	WAAS	WR (pending)

Congratulations Ladies

What a month it has been for Masters' girls! Mandy Mason has built on the scintillating speed she produced at the MAWA State Championships earlier this year to set pending World records in the 200m and 100m. A truly dedicated athlete, Mandy's determination is written all over her face in the race image below. See Campbell Till's account of Mandy's achievements on page 7.

The indomitable Bunbury athlete, Ruth Johnson, who along with Mandy is an Anne Shaw trophy winner (Performance of the Meet at MAWA State Champs), has joined Mandy on the records list with an amazing Australian record performance in the 2000m Steeplechase at Bunbury Regional Athletics Centre. In an event most athletes find daunting, W80 Ruth barely got her feet wet to finish in a time of 14:59.7.

MAWA secretary, Gillian Young, has continued her recovery from injury to add to her existing Steeple World record (and many other achievements) with a W75 Australian record for the 1000m. In the very same race, newcomer Michelle Hunter from the Keith Redpath coaching group, wrote her name in the record books with a new W30 Australian record.



Gillian
IMAGE: Tom Lenane

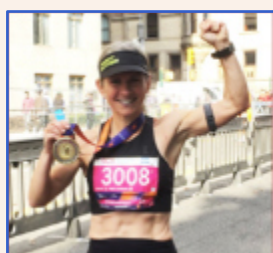


IMAGE: Courtesy Astrid & Vetrin

Also, a huge congratulations to Marathoner Astrid Roberts for her State record of 2:47.05 in the New York Marathon

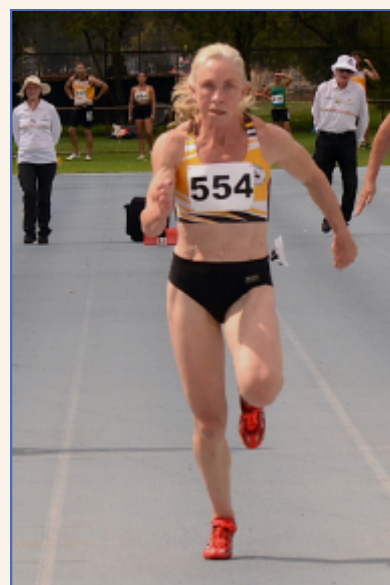
Well done to these ladies and all our record breakers this month.



Michelle with Coach
IMAGE: Tom Lenane



Ruth



Mandy



The Edge
with Marg Saunders

IMAGE: Pixabay

Black or discoloured toenails can become a problem for athletes and there may several causes of this issue. A bruise can form under the nail due to pressure or trauma on the nail. Other reasons may be the nail has a fungal infection, or the nail may be ingrown. Discolouration may occur and there may be pain, nail separating from the nail bed or sometimes the nail may split or thicken.

The most common cause is trauma, which results in the injury bleeding and pooling below the nail. Stubbing your toe can also cause trauma. Movement of your feet within your shoe where a toe or several toes rub against the front of the shoe can also cause this problem. This can be called “runner’s toe”.

Frequently feet swell when exercising and this can cause rubbing and pressure on the toes. Shoes which are very narrow when the athlete has a wider foot can also cause damage to the toe, or shoes which are too large allow the foot to slide forwards and backwards. This repetition can cause injury.

Discoloured toenails caused by trauma generally cause a small amount of pain. Frequently no treatment is required. If less than half the nail is black the issue generally resolves itself as the nail grows. The discolouration will then not be present.

Fungal infections of the nail are quite common and generally begin as a small whitish spot under the nail. As the infection goes deeper, the nail may become darker and appear to be bruised. Feet that sweat provide a more favourable environment for this infection to occur. Medication such as anti-fungal cream may be essential to clear the infection.

Ingrown toenails grow into the skin surround the nail bed. Infection may then occur, and this may cause discolouration of the nail. This may lead to a bacterial infection and this then discolours the nail. If the nail becomes infected, you may notice swelling, odour, redness in the area or a discharge. If not treated, permanent damage may occur to the nail. The regrowth may be thicker or misshapen.

Treatment for toe issues may be as simple as taping the nail or applying a plaster to the area to prevent the pressure from rubbing on the toes. Elevating the foot and cool compresses may help reduce the pain if there is swelling. However, if more than half the nail is discoloured then a health care provider should be consulted. They can relieve the pressure by creating small holes in the nail. They may also drain the blood from the area. At times, the nail may be partially or totally removed.

Remember that you should look after your feet and ensure that the toenails are protected as much as possible from potential trauma issues. Good fitting shoes and keeping toenails the correct length should minimise “runners” toe.

ECAC



Janne Wells, closely followed by Silke Peglow in the 3000m



Steve Barrie



Bruce McGeorge



Jerome 'J' Conway-Mortimer winds up in the weight throw



L-R: Brian Hewitt, Tammi Doyle, John Bailey , Paul Every (obscured) and Dave Wilkie - 800m

IMAGES: Tom Lenane

There is a lot happening at ECAC these days with the Patron's Trophy events drawing to their conclusion, various record attempts, throws and jumps. There have been a few evenings when the temperature tested the mettle of most athletes but numbers have not suffered in the least. Andrew Cuthbertson is back from holiday and has his starter's pistol in hand again, whilst Tom Lenane, stand-in starter, has taken to shooting with his camera instead, to help out TFNL editor Carmel Meyer. Coach Keith Redpath has brought along his young training squad to add some spice to the competitive mix. One of his charges, W30 Michelle Hunter, surprised herself and came away with an Australian record in the 1000m. Gillian Young took out an Australian record in the W75 age group in the same race.

Gillian trains with Barbara Blurton's group on Monday mornings at ECAC. A large field of 13 runners undertook the 1000m on November 30, outdone by a field of 14 for the 3000m later in the program, including Patron Bob Schickert. Good numbers of visitors combine with the regulars to ensure healthy fields of athletes for both track and field events.



Impromptu starter Brian Callaghan gets the 800m underway



Visitor Bryce Greenwood soldiers on in the humidity

By Campbell Till

On Tuesdays at WAAS, a small but helpful and happy cohort of mostly track runners have been making some handy improvements to their early season marks.

Plenty of action has taken place at the Strive meetings, most notably with the 'watch this space' warning in the previous issue regarding Mandy Mason. She has now made two spectacular improvements to the W55 200m World Record culminating in a 24.63 (1.7) and most recently captured the 100m WR, with the wind finally being her ally with an equally amazing 12.15 (1.9) run. For good measure, she has also improved her own 60m AR with a 7.76 (1.5) pass.

Roberto Busi broke through with an M45 3000m State record and a close call for an Australian record.

M45 Chris Gould ran an impressive 4:18.02 1500, but of particular note was his 14 year old son, Quewin, less than two seconds behind.....watch out Chris!

Jumper extraordinaire Melissa Foster broke the very long-standing W45 Triple Jump record of the great Eileen Hindle with an impressive 11.01m leap.

Hats off to M45 Mark Maslen who has run two sub 4:30 1500s; a target he had been chasing.

No less than six Masters athletes have mixed it in the Pole Vault this season, led by the 'doyen of the vault', Geoff Brayshaw.

Amongst others, David Adams and John Dennehy have been seen flying the Masters colours in a variety of events.



M40 Ashley Moore makes a return visit and burns up the 200m track in 24.5



Race walkers Glenys Duncan (left) and Wendy Farrow, join David Adams for 3000m



Picture perfect 60m start from M60 Brian Callaghan; with Norm Richards and David Adams



IMAGES: Graeme Dahl

Born in the vibrant city of Penang, Malaysia, my journey through life has been a series of unexpected twists and turns, much like a race on the track. Growing up in Penang until the age of 15, my ambitions led me to Bengaluru, India, with the initial plan of pursuing a medical degree. However, life had other plans for me, and in 1983, I found myself in the welcoming embrace of Australia, celebrating my 40th year in the land Down Under this past January. I am married to Brian and we have a 23 year old son.

My academic path took a different route at the University of Queensland, where I earned a Bachelor of Commerce. For the next 25 years, I delved into the world of accounting, practicing my profession at mainly engineering construction corporations. A shift in gears brought me into the realms of recruitment and remuneration analysis for the subsequent decade. The past five years have seen me dedicated to helping individuals find their voice through public speaking.

Yet, amidst the ebb and flow of professional life, a passion rooted in my childhood never waned - the thrill of the track. Since the tender age of 11, running has been my constant companion. At 12, I proudly represented the State of Penang in the under 13's 4x100m relay, breaking records and paving the way for a lifelong love affair with the track.

My school days were marked by an escape from classrooms to participate in inter-school sports, a welcome divergence that fuelled my love for running. The nostalgia of those days is etched in my memory. Up until I was at high school I ran at school carnivals then it all stopped and I took up other forms of exercise to keep fit.

A hiatus from the track ensued, only to be reignited by an unexpected muse - my son. Witnessing his sprinting prowess at the stadium during school carnivals, I discovered the world of Masters Athletics at the age of 51. The dream of representing Australia at the World Championships in 2016 became a reality, a surreal moment that resonated with the childhood dream many harbour - the Olympics.



Juliana (above left) and her U/13, 4 x 100m relay team

Image supplied



Juliana puts her strong calves to good use

My affinity lies with the short sprints - the 60m, 100m, and 200m dashes - a realm where my fast-twitch muscles find their home. The 400m is a tolerable endeavour, but the pain that engulfs my body at the 120m mark is a testament to the gruelling nature of the race. Training, though rudimentary, is a constant, supplemented by swimming sessions twice a week, covering 4-5km in total. Weight training and Body Fit Training sessions with my husband contribute to my overall fitness regimen.

I aim to get out there, being active - running, swimming, gym-ing, cycling, hiking and, my new hobby, windsurfing. The four important things in life are regular exercise, healthy nutrition, enough sleep and having a positive mind. In both the 2016 Perth World Championships and the 2019 AMA Championships in Melbourne I enjoyed the great feeling of running in a team relay and contributing to the success. I also enjoy helping out at the Tuesday evening sessions at WAAS, most recently with the starter's pistol in my hand!



A perfect landing



Grace, strength and beauty
(Image supplied)

My greatest love as a child was ballet, but I didn't get the chance to dance until I was 47 years old. Adult ballet fulfilled this long-time dream and I even trained for nine months to get into pointe shoes. Fortunately, I already have strong calves and ankles (from sprinting and cycling as a teenager) so reaching for this goal was in sight and at my 50th birthday I managed to perform a dance for a small intimate group of family and friends. That was as good as dancing on stage. Ballet dancing on pointe stopped when I tore my plantar fascia in 2015 while running the 200m; the third time I had run with Masters! My passion for ballet is still strong but I have to be satisfied to just go and watch the WA Ballet perform.

The upcoming State

championships beckon, and my aspirations are simple - to rekindle the spirit of the sprint in all three events without succumbing to injuries. Long Jump calls out to me, and the ambitious desire to try Triple Jump lingers in my thoughts, though a shadow of doubt whispers about my coordination.

Hurdling, a childhood fantasy, seems elusive now, with knees weathered by twelve years of Taekwondo kicks. Each scar is a testament to a journey filled with unexpected detours, hurdles and sprints, that make the race of life all the more exhilarating.

I am hopeful to keep running as long as I can. As I lace up my running shoes I carry with me the spirit of a sprinter, the endurance of a squad swimmer and the resilience forged through the hurdles of life, sprinting towards the next chapter with unwavering determination.



In the starter's hands

Multi's @ WAAS



Tori Moss & Lena Barnes (Open Senior Div), Tammi Doyle, Jenn Parker, Sue Coate and Janet Smith (Masters)

On Nov 18-19, Masters athletes were part of a 220 strong contingent of the State's best multi-event athletes at The WA State Combined Events Championships held at WAAS. Five Masters women tackled the Heptathlon and four men the Decathlon, with one from each group sadly succumbing to injury after Day 1.

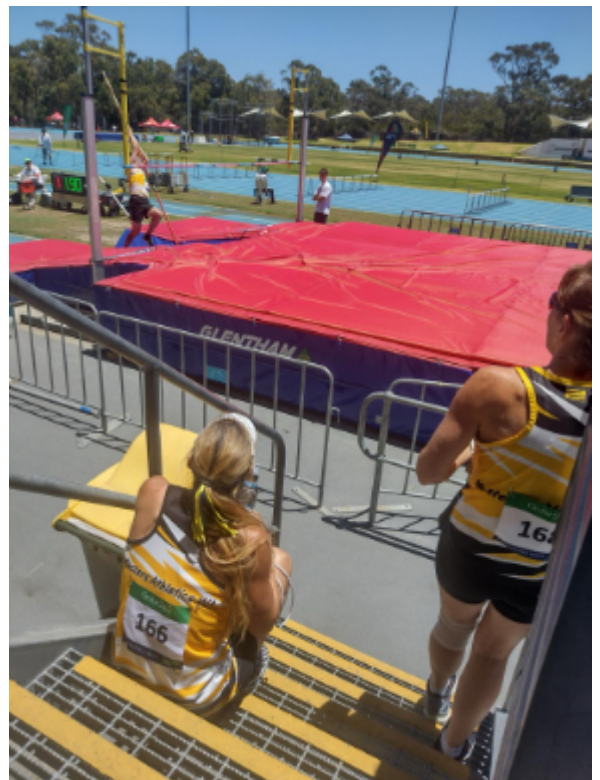
The temperature was in the low 30s both days which made for thirsty work out in the arena. Nevertheless, the photos prove a good time was had by all. Tori Moss, granddaughter of Masters' champion Maureen Keshwar, competed in the Open division alongside the Masters' ladies. Congratulations to W50 Jenn Parker who came away with a new State record after amassing a Masters' points score of 4297.

IMAGES: Campbell Till



Dave Wilkie, Brad Schirmer and Paul Wilmot strike a pose.

IMAGE: Andrew Hilditch



Jenn and Sue support Paul Wilmot at the Pole Vault



Brad Schirmer in flight



Steady and ready for a start in the final Heptathlon event, the 800m

2023 African Masters Athletics Championships

Report by Bob Schickert

The AFMA championships were held in Pretoria South Africa, November 16-18, with 424 athletes competing from 16 countries. Due to the unavailability of WMA President Margit Jungmann, Lynne as WMA Executive Vice President was invited to attend. This gave Lynne and Bob an opportunity to include a short holiday whilst there.

The hospitality and welcome provided by the organising team from South African Masters Athletics (SAMA) during our visit was very much appreciated. During the championships, Lynne and Bob officiated as race walk judges and lap scorers. Lynne was busy in meetings both formal and informal, sharing time with key office bearers from AFMA and did not have an opportunity to compete.



In addition to several other international athletes from Europe and USA, Bob represented Australia, competing in the 5000m, 4000m Cross Country and the 2000m steeplechase. With very few competitors in the M80 age group at the championships Bob came home with a Gold medal in each event. Although a number of regional records were set, very hot and humid conditions and the altitude was a factor for slower performances in Pretoria.

Overall it was a well-conducted meet and congratulations go to the SAMA local organising committee.



© Cecilia van Bers



ECAC 60m starting line-up

IMAGE: Tom Lenane



Focussed on the 3000m start at WAAS

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

Looking Ahead

MAWA State Championships 2024

Ern Clark Athletics Centre, Cannington

Feb 29 - 10000m

Mar 9 - Pentathlons, 5000m and High Jump

Mar 14 - Steeplechase

March 16/17 - Main Weekend

Australian Masters Athletics

Championships

Domain Athletic Centre, Hobart, Tasmania

March 29 - April 1, 2024

amahobart2024.com.au

Registrations open Nov 17 2023

WMA Championships

Gothenburg, Sweden,
August 13-25, 2024

Registrations open January 2024

2024wmac.com

Great to see thrower Andrea Penny back at ECAC taking part in events and helping out. Andrea has recovered from a serious lower leg injury sustained at the 2022 Australian Special Olympics. Andrea broke both a tibia and fibula as she crossed the finish line in the 100m, but she still secured a bronze medal. Always a willing helper, Andrea holds the staff steady as the EDM (Electronic Distance Measure) is set up.

IMAGE: Tom Lenane