



GOLD and WORLD RECORD – MELBOURNE and GOLD – DURBAN

Pat's a world class act

If you run with MAWA you will surely know that David Carr is a top athlete and his amazing performances regularly receive deserved acclaim. But they say that behind every good man is a good woman – and so it is in David's case. Patricia – or Pat as she is usually called - is an accomplished athlete in her own right but quiet and unassuming and always very modest about her achievements.

Born in 1932, Pat grew up in country WA. At school sports she sprinted and jumped and then played netball until her mid-twenties. She worked as a stenographer but later trained at Edith Cowan and became a business education teacher in government schools. She has been married to David for more than fifty years and they have three children and five grandchildren.

For the six years after the inception of our club, Pat was a supporter and refreshment provider (that's where the "good woman" bit starts to come in ...). But then she joined in 1980, basically starting from scratch to attain fitness and speed. Her ambitious aim was to run the 100m and 200m in the World Championships in Christchurch in 1981 – she says she "had to start somewhere".

Pat achieved her aim and also won a medal in a relay. She progressed slowly and it took her about eighteen months to be able to jog for fifteen minutes. From there she graduated to the 12km City to Surf fun runs and, although sprinting remained her priority, in the mid-eighties she also took up some throwing.



And when she turned to jumping in 1987 she quickly became proficient. After just seven months she won gold in the triple jump, setting a W55 world record at the World Championships in Melbourne, an achievement she ranks amongst her most memorable. As a W65 in Durban, ten years later, she again won gold in the triple jump and also silver in the long jump, 400m and 4x400m relay. In all, her triple jumping brought her two gold medals, one silver and one bronze in four World Championships.

Pat is still the current holder of seven Australian records – W65, W70 and W75 in both long jump and triple jump and also W75 in the 'old' outdoor pentathlon. These are, of course, also state records. These include the W70 and W75 records in the 60m, 100m and 200m and at W70 in the 400m. Also on that list is the 4x100m SR as part of the W35 WAVAS team – when she was 68! To top it all her name is engraved twice on the Patron's Trophy – in 1989 and 1993.

As an official with Athletics WA for about twenty years, Pat has acted as a track judge and umpire and also a timekeeper. Nowadays, it's the latter that she concentrates on at the *Strive* meetings on a Friday evening and also at our Thursday MAWA sessions at ECAC.

A knee problem now limits her jumping so Patricia mostly sticks to sprinting and sometimes long jump. She aims to continue competing in the State Championships and hopes still to be fit enough for 2012 when she can compete as W80. She has always been motivated to keep going by her general interest in athletics and the knowledge that exercise and social contact are an enduring part of her life.