

Tom Lenane

Trigger happy

If you go to the track at ECAC on a Thursday evening you will easily pick Tom out – he’s the man with the gun. Nowadays it’s not a ‘proper’ gun but an electronic device and Tom also has to carry around a loudspeaker to make it sound like the real thing.

Tom is the man who has kept you poised (sometimes for what seems like an eternity) on the starting line at club meetings and championships for many years and those of you who compete at the WA open meetings will have seen him in action there. He has been an official with AWA for some thirteen years and for seven of these was chief starter. In 2010 he was selected to the starting panel for the Athletics Australia National Championships when they were held in Perth and he is presently the starter for West Coast Athletics League for their professional running series.

For a country lad, born in Moora and raised on a wheat/sheep farm at Bindi Bindi, 40 km east of Moora, he has come a long way. He spent four years at Wembley TAFE and joined the public service as a trainee cartographer. Now, thirty six years later, he is doing graphics and promotions work with the same department he started in. Skills learnt here stood him in good stead



In focus

With Christine Oldfield

when he volunteered to stand in as editor of *The Vetrin* for a few months at the turn of the century. He was married but is now single again with three sons (29, 27 and 24 years old).

Tom did reasonably well as a distance runner at school competitions but didn’t continue after leaving. But he resumed running when one of his sons announced he wanted to do cross country running with Little Athletics. He also “*instantly became the coach*”. He then gained his coaching qualifications and he’s been coaching ever since, mostly at LAs level. Having done a Sports Medicine Trainers course he also worked as a trainer with Subiaco Football Club for two years.

When his sons stopped doing the LAs summer competition after about eight years, Tom started the Curtin Juniors club at Coker Park as coach and chairman. In all, Tom has served sixteen years on the LA executive committees including a stint as Centre chairman.

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Walking a mile



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HE joined MAWA, or WAVAC as it was then, at the start of 2000 and in the early days he competed in all events. More recently he has focussed on race walking and continues his participation through the winter months with the Western Australian Race Walking Club, usually over 10 km.

He has earned a number of state medals over the years and in the 2011/2012 Club Tops he ranked first in the M50 2000m walk and the M55 mile walk and second in the M50 1500m and 5000m distances. When the nationals came to Perth in 2010 Tom picked up bronze medals in the 1500m and 5000m walks. He says he "*Loved the atmosphere and spirit at the Nationals*".

He just likes to keep fit and enjoy athletics but aims to keep competing. He is working towards improving his

times and is looking forward to having the World Championships on his doorstep in 2016. He will have just turned 60 by then so it will be an ideal opportunity to show what he can do. In addition to some walks he thinks he might possibly tackle the 2000m steeplechase.

Tom's interests outside athletics include bushwalking, WA wildflowers, photography, cooking and wave skiing. It's hard to see where he fits all this in because, apart from his formal commitments in athletics, he has been involved for many years in organising training groups – for masters and others. One long-standing group, which he describes as "*cheese lovers with a running problem*", trains at Kings Park (winter) and City Beach (summer). They then sit down for a couple of hours enjoying each other's company and fine foods and cheeses.