

Track & Field Newsletter

Souvenir issue – combined events

January 2008

Matt's Magical Weekend

Surely the greatest test of all round athletic ability, certainly of stamina and grit, is the event we call the decathlon. I remember watching with awe as Daley Thompson won Olympic gold, and years later Dean Macey struggling with a hamstring strain through the last event, the 1500m, to claim his bronze medal. It was Christine's and my privilege to be asked to officiate at the state open championships decathlon and heptathlon at Perry Lakes on January 12th /13th.

Matt Staunton was one of the six entrants in the decathlon, competing as a Masters athlete since this meet doubled as our own championship. Seeing these superhuman men at close quarters throughout their ten events made the respect for their achievements even greater. From the 100m on the first morning, through long jump, shot put, high jump and finishing the Saturday with a gruelling 400m, the camaraderie amongst the six men was a great delight. They all constantly encouraged each other to greater heights. Then on the Sunday it started all over again – high hurdles, discus, the highly technical pole vault and javelin left just one event to the end. Imagine after these nine events with only a half hour break between, in 30-plus degree heat, toeing the line for a 1500m! What a wonderful achievement just to complete the event. Matt's results are shown in the box below. He did not quite manage to break his own state record, but did achieve some great personal bests on the way to his M30 state championship win. He actually would have taken the bronze in the open event, but as he was competing in a different category was ineligible. We take our hats off to you, Matt. You are a true champion.

<u>Saturday</u>	<u>Result</u>	<u>Points</u>
100m:	12.94	478
Long jump:	5.42	465
Shot:	12.31	625
High jump:	1.71	560
<u>400m:</u>	<u>58.64</u>	<u>461</u>
First day's points total:		2589

<u>Sunday</u>	<u>Result</u>	<u>Points</u>
110m hurdles:	20.90	260
Discus:	35.97	583
Pole vault:	3.40	457
Javelin:	49.07	575
<u>1500m:</u>	<u>5:35.7</u>	<u>372</u>
Second day's points total:		2247
Total points for decathlon:		4836

One of the features of the club's summer T&F programme is the January pentathlon. This year's two events are covered on the following pages.

Pentathlon at Coker Park – January 17, 2008

Results – Men

Chris Neale	M35	2746 pts
Colin Smith	M45	1924
John Dennehy	M45	1162
Campbell Till	M50	2902
David Carr	M75	3151

Results –Women

Carol Bowman	W50	1264 pts
Peggy Macliver	W60	3179
Christine Oldfield	W60	1222
Lynne Schickert	W65	1333

Chris Neale

Long jump	6.01	655 pts
Javelin	35.80	404
200m	24.5	705
Discus	30.88	482
1500m	5:14.6	500

NEW STATE RECORD FOR M35

Chris' great all-round effort in the 35 deg. heat just surpassed Greg van der Sanders' record by 13 points. (Mike Edwards' 1992 mark was made using the old tables.) His long jumping is amazing and nobody can have missed his wonderful sprinting form this season. Add two very competent throws and you can see how well-suited Chris is to the pentathlon.

Colin Smith

Long jump	4.36	407 pts
Javelin	16.89	171
200m	26.1	732
Discus	16.37	220
1500m	6:10.1	394

Colin is a rare participant in this event, although he sometimes "has a go", with some success, at the long jump and throws. He is an excellent sprinter, but admits to struggling a bit with "long" runs like the 1500. As he said when I interviewed him, it was difficult after being out delivering letters in the 40 degree heat to get himself prepared for a 1500 at the end. "Now, if I'd been allowed to do it on my postie's bike"

John Dennehy

Long jump	3.74	273 pts
Javelin	15.50	148
200m	31.4	356
Discus	14.98	193
1500m	7:03.6	192

Everybody knows what a quiet, modest man John is. It was difficult to get him to talk about his night. Your deputy editor, however, has the ability to read minds "I don't want to be here", he thought as he raced down the runway for his third jump. "Sh....." as he landed in the pit. And at the end of the 1500m "What's the next event – I'm just getting warmed up for this." John, as always, had nothing but praise for his fellow athletes "What a great bunch they are. It was real fun competing with them tonight."

Campbell Till

Long jump	5.18	697 pts
Javelin	22.55	283
200m	25.7	843
Discus	19.99	272
1500m	5:04.9	807

“All pentathletes experience a great sense of achievement to complete a multi-event whether they be an Australian record breaker or just submitting themselves to the rigours of 5 events in two hours.” This was no different, but with the added ingredient of 35 degree heat. “It proved to be the most fatiguing I can recall – very tired the next day. I was aiming for a 3000-point total but fell just short, so that remains a goal for the future.”

David Carr

Long jump	3.00	494 pts
Javelin	18.83	411
200m	31.9	849
Discus	16.56	403
1500m	5:50.8	994

NEW STATE RECORD FOR M75

David broke Syd Coleman’s M75 record. Syd’s record of 2300 was set in 1994, but David has put it out of sight to all but himself by raising it by over 850 points. His individual styles on the track, field and pit make this awesome athlete absolutely unique.

Carol Bowman

Long jump	2.57	146 pts
Javelin	9.06	149
200m	37.4	377
Discus	12.21	206
800m	3:19.3	386

“It was a fun night, but very hot! I did the pentathlon for some variety – it is so different and I can use it to improve in many events. I particularly like the 800 because I am already improving in this and it is my target at the nationals. I was close to a PB in the 800m, but didn’t warm up properly. Conversely, I hate the long jump. It would be good if more people entered the pentathlon – it makes it more competitive and exciting to watch.” (.But harder to organise!! – Ed.)

Peggy Macliver

Long jump	3.60	628 pts
Javelin	17.83	498
200m	32.8	889
Discus	16.93	405
800m	3:06.4	759

This is good training for the state champs – but it’s a pity that more people don’t prepare for the individual events that make up the pentathlon. I really enjoy the 200m and the long jump – I’m always hoping to get in the “good one”, but this time I didn’t. It’s lovely to hear the banter in the pentathlon, there’s great spirit. Cheering and commiserations in the throws in particular I remember.

<u>Christine Oldfield</u>			
Long jump	2.43	208 pts	
Javelin	6.46	129	PB
200m	42.4	339	PB
Discus	7.62	140	PB
800m	3:46.2	406	PB

I did it because it was fun and a challenge. Yes, I did 4 PBs, but the field events I rarely do, so I can improve these. The 800 PB was very satisfying, to do a big PB as the last event was a big surprise. I'm not really built to throw; I also have a sore shoulder from the shot put in the PT. I remember thinking during the pentathlon "how amazing it is that I'm doing this. I had never run on a track until 2005, had never done a field event until 2007" It seemed beyond belief. Yes, my new pink top made me feel good about myself, but it doesn't go with my tartan shorts!

<u>Lynne Schickert</u>			
Long jump	2.43	274 pts	
Javelin	10.31	292	
200m	47.9	208	SB
Discus	11.96	303	
800m	4:34.2	256	

I like the variety of events the pentathlon offers – it's a foil to race walking and it also helps me with my long jump event. As it happened, I was disappointed with the long jump; I had not warmed up properly because of the heat, but by the 200m I was much happier and did a season's best. Overall, it was good fun competing and trying to match the performances of the younger competitors. With daylight saving, nobody seems in a hurry to go home these days.

Pentathlon at UWA – January 22, 2008

Following the state records for Chris Neale and David Carr at Coker, it was the Tuesday brigade's turn tonight at UWA. There was a similar male turn out, but only one lady kept the five men company. Val Millard maintained the focus on fun and enjoyment that characterized her three-year period as President of the club.

Results – Men		
Gary Ogden	M45	1841pts
Garry Ralston	M50	2360
Nick Miletic	M55	1730
Keith Martin	M60	2225
Peter Hopper	M60	1578

Results –Women		
Valerie Millard	W60	1031pts

<u>Valerie Millard</u>			
Long jump	2.51	233pts	
Javelin	8.76	202	
200m	48.4	118	
Discus	11.65	252	
800m	4:13.1	226	SB

The whole evening was “lots of fun”, “it was good to have a go at events I have rarely tried before.” Val’s long jump and throws were very creditable. She did not run at her normal pace in the 200, but finished the night off with an excellent 800, accompanied by the deputy editor who assures me she was not interviewing during the two laps.

<u>Gary Ogden</u>			
Long jump	4.00	328 pts	
Javelin	26.16	329	
200m	30.1	437	
Discus	19.24	276	
1500m	5:53.2	471	

Gary is a regular field event competitor, in addition to his prowess on the track, so it was no surprise to see him in the multi-event. It was good fun to do, but very hard work completing all five events in under two hours. “I’m certainly glad it’s all over” was the comment after the 1500.

<u>Garry Ralston</u>			
Long jump	5.28	725 pts	
Javelin	18.54	212	
200m	26.2	802	
Discus	24.49	357	
1500m	7:01.1	264	

A highly accomplished sprinter, it was no surprise that Garry enjoyed the long jump and 200m most. “Chris Neale told me about this, and although I have never held a javelin before, I thought I would give it a go.” Garry, too, felt that it was tough to complete the five events in less than two hours, and commented that “the 1500m felt more like 3 miles”. Analysing his results, however, indicates that perhaps we have another multi-eventer in the making with some distance training!

Nick Miletic

Long jump	3.91	429 pts
Javelin	19.17	257
200m	34.3	324
Discus	19.41	297
1500m	6:37.5	423 SB

“I like the variety. It tests strengths and abilities in different areas, although I’ve never done one before”. Nick seemed pleased with his good jump and javelin throw, and when asked after the 200m said that he felt very good. Some serious practice went in before the discus throw, with an unusual style, to good effect. The night just kept getting better for Nick with a season’s best in the 1500 rounding off a great debut performance in the event.

Keith Martin

Long jump	4.35	646 pts
Javelin	21.40	323
200m	30.2	644
Discus	22.00	362
1500m	7:43.3	250

Keith is an experienced decathlete, with a superb 6th place in the 1993 worlds. Also with national titles in all jumps and hurdles, his all-round ability is not in doubt. Excellent results in the 200m and long jump gave him a really solid start, but the 1500m was his “first long race in ages” and clearly tested endurance. “If I survive tonight I will enter the event in the state championships.” With over 2000 points, that is surely now on!

Peter Hopper

Long jump	3.47	382 SB
Javelin	25.66	413 SB
200m	41.0	98 SB
Discus	22.75	378 SB
800m	7:25.9	307 SB

“I’ve never done this before; it’s an act of stupidity!” Peter tried the pentathlon last year but picked up an injury in the long jump (hence the “act of stupidity”). He has not done the javelin since school days “a few years back”. The 200m he found “tough” but was happy enough at the end after completing the 1500m. “What an achievement to do all five events in one night.” And so say all of us, Peter.

Fifteen athletes, over the two nights, started the pentathlon. All of them completed the event, many of them attempting a multi-event for the first time. We put our hands together for all of you, whether record-breaker or first-timer – well done!