

Track & Field Newsletter

Issue 1

December 2007

Editor's notes

Welcome to the first issue of the MAWA T&F newsletter. This is a preview issue; please let us know if you would like to see it regularly throughout the summer T&F season.

Each month it will give a comprehensive list of all the T&F results, and a short(ish) analysis of some of the more important races during the month. In addition there will be an opportunity for some general information, such as race organisation and plans for future events.

If you have any comments or news that you feel is of interest to your fellow T&F athletes we will be happy to include these.

We will also consider the inclusion of photographs. However, since this newsletter will only be available as an email attachment, those with dialup connection may find this a problem. We will have to be flexible, with possibly a graphics-free version also available.

This first issue will not have any graphics, so there is time to let us know your views on this.

JO&CO

Patron's Trophy – Interim leaders

Leaders at the end of November, with a number of events still to go:

Men:

1. David Carr
2. Alan Gower
3. Bob Schickert
4. Campbell Till

Women:

1. Peggy Macliver
2. Gillian Young
3. (tied) Toni Phillips & Carol Bowman
4. Christine Oldfield

Good to see new members

October and November saw several new members join the track and field sessions. We extend a very warm welcome to all of you. Everybody welcomes new faces, extra competition, new tips about training and running and, hopefully over time, new friends.

Please remember that this club is run **BY** members, **FOR** members. We all must contribute to the race and meet organisation. The usual contribution from track athletes is to assist with such tasks as recording, time-keeping, or starting for the events in which you are not competing. We do have the “regulars”, who take on this responsibility week after week. However they do need your assistance. There will always be someone willing to show you what needs doing, but remember that *your help is needed each week*.

Field athletes also have every opportunity to help with the efficient running of the events. Please speak to Damien to find out how.

A list of the organising team for each venue appears later in this newsletter. Remember, each week, whilst you are not competing, think “How can I help?”

COKER PARK

November 22, 2007

800m – Patron’s Trophy			%
Simon Coates	M37	2:09.6	79.73
Neil Morfitt	M52	2:13.5	88.58
Christian Wakeling	M33	2:17.1	73.75
Campbell Till	M50	2:17.2	84.78
Brett Roach	M38	2:35.0	67.31
Eldon George	M38	2:42.0	64.40

Chris Neale	M38	2:36.7	66.58
Colin Smith	M44	2:40.4	68.77
Bob Schickert	M66	2:42.2	81.76
John Dennehy	M48	2:52.2	66.36
David Carr	M75	2:52.3	86.89
Peter March	M48	3:04.8	61.84
Nick Miletic	M56	3:18.0	61.75
Jim Barnes	M64	3:46.0	57.61

Delia Baldock	W45	3:01.3	67.16
Peggy Macliver	W63	3:02.6	84.70
Robin King	W49	3:04.8	68.15
Gillian Young	W60	3:05.4	78.65
Karen March	W46	3:14.6	63.10
Carol Bowman	W53	3:41.5	59.60
Merv Jones	M68	3:42.1	61.01
Lynne Schickert	W66	4:42.6	58.15

Triple Jump – Patron’s Trophy			%
Chris Neale	M38	11.93	68.33
Campbell Till	M50	10.12	67.20
Colin Smith	M44	9.68	59.54
Delia Baldock	W45	9.08	70.88
Merv Jones	M68	6.65	58.08
Peggy Macliver	W63	6.40	65.04
Lynne Schickert	W66	5.72	61.24
Bob Schickert	M66	5.60	47.26
David Carr	M75	5.56	55.32

60m			
Chris Neale	M35	7.7	
Colin Smith	M40	8.1	
David Clive	M70	8.8	
Mike Edwards	M50	8.8	
Nick Miletic	M55	9.8	

Shot			
Mark Hamilton	M35	11.78	

Javelin			
Mark Hamilton	M35	37.10	
Chris Neale	M35	35.88	

200m			
Chris Neale	M35	24.7	
Colin Smith	M40	26.5	
David Solomon	M40	27.1	
David Clive	M70	31.2	
Nick Miletic	M55	34.8	

Peter March	M45	31.7	
Peggy Macliver	W60	32.6	
David Carr	M75	32.6	
John Dennehy	M45	35.0	

Eldon George	M35	31.9	
Gillian Young	W60	35.7	
Jacqui Sanders	W40	35.8	
Karen March	W45	37.2	
Carol Bowman	W50	39.7	

3000m			
Christian Wakeling	M30	10:37.1	
Bert Carse	M65	11:36.2	
John Oldfield	M60	12:25.9	
Karen March	W45	13:34.9	
Peter March	M45	13:35.0	
Gillian Young	W60	14:31.0	
Jackie Halberg	W60	14:32.4	
Jim Barnes	M60	15:15.8	
Merv Jones	M65	16:49.5	
Jacqui Sanders	W40	17:29.2	
Coby Wakeling	W35	21:28.0	

3000m walk			
Robin King	W45	17:11.4	
Eldon George	M35	19:20.9	
Tom Lenane	M50	19:24.8	

Highlights of the week: (*Coker*) The 800m Patron’s Trophy brought everybody out of the woodwork, with more than 20 athletes vying for the points. Some terrific two-lap racing here, with Campbell, David, Bob and Peggy all well up into the mid to high 80s. However, pride of place must go to Neil Morfitt on his welcome return to the track, with a stunning 88.58%. The triple-jumpers also achieved some excellent results, and Delia took the honours here with just over 70%. Considering the athletes rarely have practice in this event this, and the other results, were commendable. Lynne’s jump deserves mention, and it was good to see the “trackies” Campbell, Colin, Merv, Bob and David also competing in this event. In the non-PT events, the two shorter events saw some great sprinting from Chris in particular. In the 3000m, in hot, windy and dry conditions, Christian again showed his class leaving Bert and John trailing in his wake. All the very close finishes seemed to involve Gillian, just edging out Jacqui in the 200m and then Jackie in the 3000m. She just failed to repeat this in the 800m, with Robin inching ahead of her on the line.

(*UWA*) Ideal weather conditions at McGillivray on Tuesday, warm with only a light breeze, but the track continues to deteriorate. Lane and start/finish markings were almost non-existent as the groundsman continues to concentrate on matters other than athletics. Nevertheless, there were some good performances in the PT, with Peggy taking the honours in the triple jump. Alan Gower and Duncan McAuley starred in the 800m with 80%-plus scores, and President Ivan recording a welcome return to near his best. Ivan continued to show well with an excellent 3000m time in a good race with four others either inside or close to 12 minutes. Paul Burke continued to show his potential as an all-round runner with good times in the 200m and 60m... Matt Staunton also showed well in all three field events to complement his sprinting ability. With three strong visitors, Tracy, Samantha and Andre as potential new members, and Barry Newell’s family also taking part in two “invitation” races, it was a varied and enjoyable, if somewhat hectic night.

UWA – November 27, 2007

800m PATRON'S TROPHY

			%
Alan Gower	M50	2:22.7	82.87
Matt Staunton	M30	2:29.0	67.86
Duncan McAuley	M55	2:29.8	82.93
Paul Burke	M35	2:33.7	67.23
John Collier	M40	2:39.6	67.25
Keith Edmonds	M40	2:45.7	64.20
Ross Keane	M45	2:50.5	65.87
Toni Phillips	W35	2:53.1	65.44
Andre Morkel	Vis	2:56.1	
Ivan Brown	M60	2:58.9	71.66
Mark Dawson	M45	3:06.0	60.38
Keith Martin	M60	3:21.9	64.49
Tracy Hancock	Vis	3:32.1	
Carl Ciccarelli	M45	3:32.1	53.41
Peggy Macliver	W60	3:15.4	79.16
Nick Miletic	M55	3:25.4	59.52
Carol Bowman	W50	3:28.5	63.32
Roger Walsh	M60	3:34.4	60.73
Christine Oldfield	W60	3:52.8	66.44
Val Prescott	W60	4:48.1	53.69

TRIPLE JUMP PATRON'S TROPHY

			%
Peggy Macliver	W60	6.95	70.63
Matt Staunton	M30	10.67	58.78
Toni Phillips	W35	9.00	62.24
Gary Ogden	M45	9.18	60.16
Ivan Brown	M60	6.42	50.75
Alan Gower	M50	8.75	59.69

200m

Duncan McAuley	M55	28.5
Keith Martin	M60	29.0
Nick Miletic	M55	34.0
Carol Bowman	W50	38.9

Paul Burke	M35	28.7
Barrie Kernaghan	M65	34.0
Peggy Macliver	W60	34.3
Ross Calnan	M65	37.5

Samantha Tough	Vis	32.7
Tracy Hancock	Vis	35.2
Jacqui Sanders	W40	37.1
Christine Oldfield	W60	44.2

400m

Charlie Gribble	Vis	77.8
Samantha Tough	Vis	82.3

3000m

Carl Ciccarelli	M45	11:48.8
Ross Keane	M45	11:50.8
Keith Edmonds	M40	11:53.5
John Collier	M40	12:02.4
Ivan Brown	M60	12:39.2
Mark Dawson	M45	13:34.0
Nick Miletic	M55	13:55.9
Roger Walsh	M60	14:56.0
Barry Newell	M50	14:57.9
Jacqui Sanders	W40	16:47.0
Gill Edmonds	W40	16:47.4
Fiona McAuley	W55	17:27.4

3000m WALK

Peter Hopper	M60	20:46.9
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60m

Paul Burke	M35	8.4
Keith Edmonds	M40	9.0
Keith martin	M60	9.0
Nick Miletic	M55	9.6

Andre Morkel	Vis	8.6
Barry Newell	M50	9.0
Barrie Kernaghan	M65	10.7
Carol Bowman	W50	11.4

SHOT

Gary Williams	M55	8.78
Matt Staunton	M30	11.48
Gary Ogden	M45	7.80
Toni Phillips	W35	7.16
Andre Morkel	Vis	8.57

JAVELIN

Gary Williams	M55	30.27
Matt Staunton	M30	42.31
Gary Ogden	M45	26.51
Val Prescott	W60	13.38
Ross Calnan	M65	21.64
Peggy Macliver	W60	17.11

COKER PARK

November 29, 2007

5000m – Patron's Trophy

			%
Christian Wakeling	M33	19:30.3	65.44
Campbell Till	M50	20:00.5	72.09
Carl Ciccarelli	M47	20:41.9	68.05
Brian Hewitt	M54	20:57.7	71.10
Ross Keane	M46	21:02.5	66.42
Bob Schickert	M66	21:09.0	78.29
John Oldfield	M64	21:18.0	76.32
Karen March	W46	21:58.1	72.38
Maurice Creagh	M61	21:58.3	72.03
Robin King	W49	22:00.3	74.99

Gillian Young	W60 *	22:02.9	86.91
Peter March	M48	22:33.6	62.92
Liz Neville	W56	23:31.2	76.97
David Carr	M75	23:56.5	77.41
Peggy Macliver	W63	24:11.8	82.84
Nick Miletic	M56	24:50.9	61.00
John Dennehy	M48	25:03.8	56.64
Delia Baldock	W45	25:24.6	61.85
Carol Bowman	W53	25:59.5	66.87
Merv Jones	M68	28:55.1	58.33

600m

Chris Neale	M35	1:34.6
Colin Smith	M40	1:59.0
Carl Ciccarelli	M45	2:26.1
Jim Barnes	M60	2:35.5
Merv Jones	M65	2:41.6

100m

Chris Neale	M35	12.5
Colin Smith	M40	12.9
Cameron Eldridge	(Vis)	13.1
Peter March	M45	15.0
Nick Miletic	M55	15.1

John Dennehy	M45	15.7
Peggy Macliver	W60	16.0
Gillian Young	W60	16.8
Karen March	W45	18.2

Carol Bowman	W50	18.4
Lynne Schickert	W65	24.8

400m

Colin Smith	M40	59.8
Chris Neale	M35	60.3
Christian Wakeling	M30	60.4
Cameron Eldridge	(Vis)	63.3
Robin King	W45	79.4
Coby Wakeling	W35	22:07

3000m walk

Lynne Schickert	W65	22:26
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Long Jump

Chris Neale	M35	5.82
Peggy Macliver	W60	3.53
Lynne Schickert	W65	2.55

Discus

Mark Hamilton	M35	39.50
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Weight Throw

Mark Hamilton	M35	12.15
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Highlights: (*Coker*) A large field again in the Patron's Trophy event, this week giving the distance runners a chance for the spotlight. Pride of place is undoubtedly Gillian Young's, with a pending state record, and also 87%. Peggy ran a wonderful race, stepping up to her longest distance these days with almost 83%. The race itself was dominated as usual by Christian, consistently under 20 minutes, with Campbell a tantalizing half second outside the 20-minute barrier. Other commendable age-graded results for Brian, Bob, John, Karen, Maurice, Robin and David – all 70%-plus. In the other events, Chris Neale continued his exhibition of sprinting and middle distance running, with Colin also showing great determination to take line honours in the 400m. Mention also of Jim Barnes. It's great to see the marathon legend strutting his stuff on the track.

(*UWA*) An away-day at Noranda this week, with UWA not available to us. Most of the regulars found the location, but were generally unimpressed. It was a very exposed, windy oval and parts of the inside lane felt like a cross-country course, being somewhat uneven underfoot. Many times were below expectations because of this, but it did not deter Alan Gower, hot on David Carr's heels for the men's trophy. The battle for third place in the ladies' trophy saw Toni, Carol and Christine all struggling gamely with the conditions to remain in contention. An oft-heard comment was that there will be no more complaints about the state of the UWA track! Notable results beyond the PT event were few and far between because of the conditions, but it was good to welcome Rob MacBeth and also Margaret Saunders, who was there with the Little A's when we arrived.

Your comments on this newsletter are welcome. This is a pilot issue to see if members would like to receive it monthly during the summer season.

December 4, 2007

Noranda

5000m PATRON'S TROPHY

			%
Alan Gower	M50	18:28.8	79.33
Bjorn Dybdahl	M50	20:49.4	71.58
Mark Dawson	M45	21:04.6	66.31
Paul Burke	M35	21:18.8	61.27
Rob Macbeth	Vis	22:26.9	
Ivan Brown	M60	22:48.0	70.65

Blakeney Tindall	M45	23:05.8	60.51
Andre Morkel	Vis	24:22.1	
Karyn Gower	W45	25:00.8	64.35
Christine Oldfield	W60	29:05.1	68.91
Fiona McAuley	W55	30:23.2	59.57

600m

Colin Smith	M40	1:44.5	
Duncan McAuley	M55	1:44.7	
Paul Burke	M35	1:48.5	
Garry Ralston	M50	1:54.9	
Mark Dawson	M45	1:57.5	

Bjorn Dybdahl	M50	1:58.3	
Toni Phillips	W35	2:01.8	
Bob Schickert	M65	2:03.3	
Margaret Saunders	W50	2:07.9	
Nick Miletic	M55	2:25.5	
Carol Bowman	W50	2:36.2	

100m

Garry Ralston	M50	13.2	
Colin Smith	M40	13.9	
Paul Burke	M35	14.2	
Bjorn Dybdahl	M50	15.3	
Nick Miletic	M55	16.0	

400m

Matt Baker	M40	59.6	
Paul Burke	M35	65.5	
Andre Morkel	Vis	68.3	
Ross Keane	M45	71.8	
Bjorn Dybdahl	M50	74.1	

Bob Schickert	M65	16.9	
Debbie Wolfenden	W40	18.1	
Carol Bowman	W50	19.0	
Christine Oldfield	W60	21.9	
Lynne Schickert	W65	24.1	

Toni Phillips	W35	71.2	
Gary Ogden	M45	73.9	
Barry Newell	M50	76.0	
Lucas Baker	Vis	79.2	
Bob Schickert	M65	80.6	
Nick Miletic	M55	86.2	
Carol Bowman	W50	93.6	

3000m

Ross Keane	M45	13:02.	
Duncan McAuley	M55	13:22	
Gary Ogden	M45	14:14	
Margaret Saunders	W50	14:17	
Barry Newell	M50	16:05	

LONG JUMP

Lynne Schickert	W65	2.83	
Gary Ogden	M45	4.11	
Debbie Wolfenden	W40	3.06	
Bjorn Dybdahl	M50	3.80	
Lucas Baker	Vis	3.39	
Matt Baker	M40	5.33	

Relays at Coker Park

Track athletes have been saying for some years that they rarely have an opportunity to practise the relay. Your chance is at hand!

On three successive Thursdays in February, in addition to the normal programme of races, there will be a 4x100 relay (February 7), 4x400 relay (February 21) and 4x800 relay (February 14). Teams will be in 10 year age categories (e.g. 30-39, 40-49, etc.). You can include athletes from an older age group in your team, as long as at least one member is in the actual age group.

There is also to be a 4x1500m event on Dec 20, with the M65 team going for an Australian record.

Further details from, and entries with all four names to Barbara Blurton or John Oldfield.

January's programme

Coker Park	UWA	
3 rd	8 th	100m, 800m, 200m, 3000m run and walk long jump, wt throw, javelin
10 th	15 th	600m, 100m, 400m, 5000m run and walk (3000m) triple jump, hammer, shot
17 th	22 nd	Pentathlon – 200m, 800m, 1500m, LJ, javelin, discus Individual events as above + 60m, 2000m, 1500m walk
24 th	29 th	100m, 1000m, 400m, 3000m r/w triple jump, discus, wt throw
31 st	5 th Feb.	mile, 100m, 600m, 3000m run and walk long jump, javelin, shot

Track & Field meeting organising teams

UWA:

Equipment: John Oldfield
 Starters: two starter volunteers needed
 Sign-in sheets/Results: Christine Oldfield
 Throws: Damien Hanson
 Jumps: Les Beckham
 Track preparation: John Oldfield

Coker Park:

Equipment: Tom Lenane
 Starter: Tom Lenane
 Sign-in sheets: Peggy Macliver
 Throws: Damien Hanson
 Jumps: Les Beckham
 Results: Barbara Blurton

Note: Recorders, timekeepers and any umpires needed are assigned on the night for each race. Whenever you are not running or preparing for your next race, **PLEASE** volunteer to help. All athletes should make sure that they help at least once at each meeting.

DO YOU CONTRIBUTE TO THE EFFECTIVE RUNNING OF THESE MEETS?