

# TFNL

## The Track & Field Newsletter of MAWA

Season 3 Issue 6

February 2010

### The Age-Graded Throwers' Competition

January saw the second AGT competition take place. This is the throwers equivalent of the Patron's Trophy. Each athlete takes part in all five throwing events during the month and the results are converted to an age-graded percentage. Certificates are presented to all who complete the full competition. There was a small problem this year in that regulations prevent the use of the hammer at the UWA sports ground, and this meant that only six athletes did the full five throws. A suggestion has been made that to make the competition more inclusive, all throws at ECAC, UWA and WAAS will be valid in future years.

The results this year were as follows:

|                 | Wt Throw | Javelin | Hammer | Shot  | Discus | total        |
|-----------------|----------|---------|--------|-------|--------|--------------|
| Bev Hamilton    | 68.58    | 51.70   | 48.36  | 71.76 | 50.61  | <b>291.0</b> |
| Lajos Joni      | 67.98    | 39.54   | 58.34  | 55.79 | 50.12  | <b>271.8</b> |
| Bob Fergie      | 62.38    | 43.90   | 56.81  | 54.96 | 49.64  | <b>267.7</b> |
| Dorothy Whittam | 66.41    | 40.86   | 52.39  | 65.34 | 39.02  | <b>264.0</b> |
| Louise Oswald   | 50.27    | 39.94   | 42.13  | 46.19 | 38.03  | <b>216.6</b> |
| Julie Plackett  | 45.25    | 24.32   | 36.62  | 36.00 | 33.54  | <b>175.7</b> |

Congratulations to all who took part.

*Note: Bev Hamilton is featured on 'In Focus' this month – see page 3; Lajos Joni pictured on page 5.*

### January Roll of Honour

#### Friday January 8 – WAAS

|            |     |        |           |    |
|------------|-----|--------|-----------|----|
| Cam Yorke  | M30 | 200m   | 22.63s    | SR |
| Cam Yorke  | M30 | 400mH  | 54.2 (ht) | SR |
| Lajos Joni | M50 | Hammer | 44.35m    | SR |

#### Tuesday January 12 – UWA

|                |     |         |         |    |
|----------------|-----|---------|---------|----|
| Raema McMillan | W80 | Javelin | 15.27m  | AR |
| Lorraine Lopes | W70 | 800m    | 3:49.0  | SR |
| Lorraine Lopes | W70 | 3000m   | 15:27.4 | SR |

#### Friday January 15 – WAAS

|               |     |          |         |    |
|---------------|-----|----------|---------|----|
| Cecil Walkley | M80 | 2000m SC | 12:24.4 | SR |
|---------------|-----|----------|---------|----|

#### Thursday January 28 – WAAS

|                |     |              |        |    |
|----------------|-----|--------------|--------|----|
| Peggy Macliver | W65 | Mile         | 7:04.0 | SR |
| Lajos Joni     | M50 | Weight Throw | 15.63m | SR |

..... and 90% performances

|                  |     |      |        |        |
|------------------|-----|------|--------|--------|
| Barrie Kernaghan | M69 | 200m | 28.21s | 90.72% |
|------------------|-----|------|--------|--------|

#### Thursday January 21 – ECAC

|                |     |            |        |    |
|----------------|-----|------------|--------|----|
| Lorraine Lopes | W70 | 800m       | 3:37.3 | SR |
| Melissa Foster | W30 | Pentathlon | 1788   | SR |
| Simone Solomon | W40 | Pentathlon | 1532   | SR |
| Carol Bowman   | W55 | Pentathlon | 1575   | SR |
| Peggy Macliver | W65 | Pentathlon | 3778   | SR |

#### Friday January 22 – WAAS

|               |     |       |         |    |
|---------------|-----|-------|---------|----|
| Cam Yorke     | M30 | 400mH | 54.29   | AR |
| Scott Tamblin | M30 | 800m  | 1:55.11 | AR |

|               |     |      |        |        |
|---------------|-----|------|--------|--------|
| Norm Richards | M72 | 100m | 14.10s | 90.23% |
|---------------|-----|------|--------|--------|

## *If it's January, it must be time for a PENTATHLON*

### Thursday January 21 – ECAC

| Pentathlon – women |     | 100m        | Shot                       | Long jump                 | Javelin                   | 800m                        | Overall Total      |
|--------------------|-----|-------------|----------------------------|---------------------------|---------------------------|-----------------------------|--------------------|
| Melissa Foster     | W30 | 14.9<br>438 | 8.16<br>410                | 4.78<br>500               | <b>SB</b><br>23.45<br>353 | 3:39.5<br>87                | 1788               |
| Simone Solomon     | W40 | 15.8<br>412 | 5.84<br>325                | 3.61<br>301               | 7.92<br>82                | 3:00.1<br>412               | 1532               |
| Carol Bowman       | W55 | 18.5<br>419 | <b>SB</b><br>4.52<br>326   | <b>SB</b><br>2.35<br>137  | <b>SB</b><br>8.64<br>166  | 3:16.4<br>527               | <b>SB</b><br>1575  |
| Sarah Ladwig       | W60 | 20.0<br>361 | 4.61<br>382                | <b>PBA</b><br>2.56<br>248 | 8.91<br>207               | 3:39.1<br>461               | <b>PBA</b><br>1659 |
| Peggy Macliver     | W65 | 16.5<br>868 | 6.96<br>730                | <b>PBA</b><br>3.49<br>712 | 17.5<br>557               | <b>SB</b><br>3:10.2<br>911  | 3778               |
| Lynne Schickert    | W65 | 23.7<br>149 | 4.93<br>480                | <b>SB</b><br>2.38<br>259  | 9.38<br>258               | 4:45.1<br>199               | <b>SB</b><br>1345  |
| Pentathlon – men   |     | Long jump   | Javelin                    | 200m                      | Discus                    | 1500m                       | Overall Total      |
| Paul Foley         | M40 | 3.86<br>252 | 41.59<br>543               | <b>SB</b><br>28.7<br>458  | 27.63<br>418              | 7:09.2<br>116               | 1787               |
| Grant Schofield    | M40 | 3.97<br>274 | 23.2<br>246                | 29.5<br>404               | 22.85<br>326              | 5:59.2<br>365               | <b>SB</b><br>1615  |
| Ian Cotton         | M45 | 5.30<br>639 | <b>PBA</b><br>28.30<br>367 | 29.5<br>660               | 33.00<br>563              | 5:39.4<br>539               | 2768               |
| Steve Fuller       | M55 | 2.98<br>204 | 16.70<br>208               | 32.8<br>408               | 20.65<br>323              | 6:00.4<br>590               | 1733               |
| Nick Miletic       | M55 | 3.69<br>373 | <b>SB</b><br>18.61<br>246  | 33.1<br>390               | 19.23<br>293              | 6:41.6<br>407               | 1709               |
| Ivan Brown         | M65 | 3.01<br>323 | 13.90<br>201               | 36.7<br>321               | 19.23<br>349              | <b>PBA</b><br>6:04.2<br>716 | <b>SB</b><br>1910  |
| David Carr         | M75 | 3.20<br>571 | 17.56<br>374               | <b>SB</b><br>33.3<br>756  | <b>SB</b><br>16.23<br>393 | <b>SB</b><br>6:02.8<br>935  | 3029               |

**It would be invidious** to pick out individuals in a multi-event competition. These competitions epitomise the nature of our sport. It is about effort, spontaneity, camaraderie and sheer enjoyment. I have only once taken part in such an event – sadly either my mind or my body cannot seem to grasp the skills required for throwing – but have been involved as official or spectator at a number. Each time I come away with great admiration for those who compete.

The individual results for each event convey little of the spirit of the competition. I am sure that all those who competed will remember the evening for a long time, and so will those of us who were privileged to be there. I encourage anyone who wants to see more of this type of event to go along to WAAS on March 6-7, when the state championships take place. Here is an opportunity to see the top decathletes and heptathletes in WA compete. AWA will always welcome any assistance at these meets – either as an official or just raking the pit, fetching the discus, etc. See Bob or John if you want to be part of it.

# In Focus – Bev & Mark Hamilton

*‘the kiwi and the sandgroper’*

*[This feature was originally to be entitled ‘The Hamilton Dynasty’ – until I found out that Bev and Mark were not related. Apparently the idea that they are mother and son is a common misconception. CO]*

## Bev Hamilton



Born in a small country town in New Zealand, Bev joined Junior Athletics when she was ten years old. A couple of years later she decided to concentrate on throwing and started discus, shot put and javelin. At fifteen she was the top discus thrower in NZ with a distance of 41m and at sixteen was rated third in the NZ National Championships. When she was twenty-one she retired from athletics to go travelling and found herself in Australia where she settled. She spent thirty five years in Wyndham, East Kimberley then, four years ago, moved to Waikiki, south of Perth. Now widowed, Bev has two daughters and three grandchildren but still finds time to coach Little As and fulfil her duties as a Justice of the Peace.

About three years ago she was introduced to Masters Athletics by Elaine and John Ellard and now also throws the hammer and heavyweight. She has been known to do the odd 60m and 100m sprint and the long jump but they are not where her strengths lie. She prefers to concentrate her efforts on throwing and the weight pentathlon (now officially called the throws pentathlon). Having joined MAWA, Bev lost no time in making her mark, competing in our State and National Championships in each of the last three years. In the Nationals she achieved a hat trick, winning the shot put three times in a row to take the National titles for 2007, 2008 and 2009. She also currently holds the state records in five of her six throwing events.

Bev considers her best athletics achievement was in October 2009 at the World Masters Games in Sydney. She came second in the Weight Pentathlon to World Champion, Inge Faldager, from Denmark. She intends to compete at the Nationals here at Easter and is no doubt looking forward to retaining her title in the shot put and perhaps gaining some others.

## Mark Hamilton

Born in Mt Lawley and brought up in Armadale, Mark is a 5<sup>th</sup> generation sandgroper. Desperate to find a way for Mark, age 7, to burn off his excess energy, his parents tried him at various sports and discovered he was better at running than at some of the others. In 1977 he was Junior Champion in his school athletics carnival and, though it's hard to imagine that Mark was ever a 'Little Athlete', he competed for Dale LAC and subsequently Melville then Kwinana LAC over an eight year period. He did sprints, hurdles and jumps and every year bagged state medals. During this period he couldn't throw an implement to save his life.

He joined Masters in about 2002 having played footy, cricket and basketball in the intervening period. Apart from once running a 200m race at the Albany Masters Games (something he prefers to forget about – if only some masters athletes who witnessed the event would let him) he now concentrates on throwing and has become adept with all the implements. He has competed at a couple of national championships and at the 2009 World Masters Games in Sydney. He holds the M30 and M35 heavyweight state records. The former, at the 2004 AMA Championships in Melbourne, was his most memorable achievement, having been trying to break the record for a long time. A bottle of Jim Beam and a victory for the Dockers the night before the weight pentathlon spurred him on to that success.

A long time public servant working for the Department of Treasury and Finance, Mark has five children aged from 18 months to 15 years. Mark's motivation comes from the thrill of competition but also from his eldest son, Dale – also a thrower and now out-throwing Mark in everything. As Mark says "The acorn has outgrown the tree but I still aspire to out-throw the boy, restoring the balance of nature." He hopes that more training and learning how to turn correctly in the hammer and heavyweight throws will add many metres to both distances. Perhaps this will happen in the nationals at Easter when he plans to take part in all the throws.



## Analysis of the Results

*(A reminder that the results are no longer included in TFNL – download them from the revamped T&F section of the website)*

**Friday December 18:** Delayed results because of the festive break meant that this analysis did not make last month's TFNL. There were less than usual MAWA members at this final meet of 2009, but they did produce some excellent results. In the field, the two M50s, **Lajos Joni** and **John Everard** threw well, with **Lajos** turning in his best hammer throw since crossing the Nullarbor. The one-lap races threw up two excellent performances, with **Cam Yorke** dipping under 50s again and **Colin Smith** running very close to his Sydney season's best. **Lynne Choate** joined the two MAWA regulars in the 100m, with a nice favourable wind but well within the allowable limits. **Barrie Kernaghan** is being pushed very hard by **Norm Richards** at Strive meets. Norm's legendary starts give him an initial edge but once Barrie gets into his stride he usually breaks the tape in front. So it was again. Both set new SBs, with Norm clocking 14.10 (90.23%) to Barrie's 13.77 (89.68%). In the two heats

**Tuesday January 5:** The grass at UWA looked in great condition as we arrived for the first session of 2010. It had been mown to perfection, really inviting all to enjoy running on it. We could see it very clearly, there were no blemishes and none of those painted blue lines disturbing the view. We are familiar with having to use flags to mark the 60m start and all the curved start lines, but it is the first time we have had to beg and borrow cones so that we can mark the inside line of the track. Hence all distances and times should be taken with a pinch of salt when reading the results.

No such problems with the jumps pit. **Dave Wyatt** and **Tom Gravestock** each had excellent triple jumps, with Tom's leap of 9:58m a PBA. Also recording a PBA in the pit was **Kevin Collins**. Kevin is now concentrating on his jumps in the build up to the Nationals at Easter. We had the unusual sight of almost as many throwers as track runners tonight. It was great to see 12 in the shot put circle keeping Raema and Damien busy. There were some excellent puts, notably a PBA for **Tom Gravestock** plus SBs for **Lorna Lauchlan** and **Raema McMillan**.

of the 1500m **Neil Morfitt** continued his progress towards top form, whilst **Andrew Brooker** tried a new strategy of going hard from the gun. "I wanted to see how fast I could go, and if you don't go for it from the start you will never know." The experiment didn't quite work out as he would have liked as he faded from the 1100m mark but he says that he learned a lot and it will help in the future. **Nick Miletic** (3000m steeple) and **David Smyth** (5000m race walk) were our other two entrants tonight and each turned in solid performances on this open stage.

There are a few amongst the AWA hierarchy who feel that Masters' athletes have no place at these meets, but when you see the effort put in and compare the results it is difficult to justify such an outdated opinion. Most of the other athletes show great respect for their older counterparts who are prepared to test their abilities in open competition.

But perhaps the most interesting piece of analysis is a breakdown of the ages. 80+ **Raema** and **Chris Tittel** topped the charts, followed by four in their 70s and four in their 60s. Two youngsters of 50+ completed the field.

There was some track athletics, but distances could only be considered approximate, so no analysis is presented tonight. We were all really grateful to **Toni Phillips** who stepped into the breach left by starter **Iain MacLennan's** holiday in the ice kingdom. And what a good job she did too – even the obligatory false start for **Norm Richards** was smartly called. This 60m race got under way at the second attempt and proved to be a real thriller with **Dave Wyatt**, **Norm**, **Barrie Kernaghan** and **Keith Edmonds** testing your editor's judging skills with a blanket finish. The timekeepers too had to be very alert and their watches showed them to be on the ball with a spread of a mere fourteen hundredths of a second separating the four sprinters. Great job team – and what a race! One other note for the night is a fond welcome back to **Carl Ciccarelli** (pictured below). Carl has returned after more than a year revisiting his roots in Italy.

**Don't Forget that February is**

**RELAY MONTH**

**Make sure you sign up in advance**



**Thursday January 7:** In sharp contrast to Tuesday's meet there was an extremely high turnout on the track tonight with just a handful of throwers. The 50-plus entry necessitated no less than 14 races, meaning a very late finish and also huge pressure for those we rely on to organize things. **Barbara** and **Richard Blurton** take a bow; of course things would still get done if you were not there, but it would not run so smoothly and it would surely mean that many others would not be able to enjoy their athletics the way that we have become accustomed to do. The same must be said for **Les Beckham**. Week after week Les turns up on both Tuesday and Thursday; the pit is always ready well in advance and advice is freely available to all, whether beginner or expert. The club owes a huge vote of thanks to these three, and to the other small group of members on whom we rely so that a comprehensive and enjoyable programme is available each month.

The sprinters had a great time tonight with both a 100 and a 200, and, if they felt like it, an 800m sandwiched in between. Five heats of the 100m got us underway. With the customary stiff headwind times were never going to be exceptional, but that did not mean the racing lacked interest. **Ian Cotton** enjoyed his return to Coker with a PBA in the first heat, led home by **Chris Neale**. **Sean David** enjoys the wind so he ran twice, and **Pat Carr** also ran her season's best as she begins the build up to the Nationals. **Delia Baldock** ran through the gate from the car park just in time to crouch for the start of the final heat which she still managed to win.

One of the features of this season's athletics has been the influx of new members in their 30s and 40s. We welcomed **Scott Tamblin** for the first time tonight, and I was given advance information by one of my spies that I should keep an eye on him in the 800m. A 56s first lap more than justified this tip, and although Scott tired a little in the second lap surely 1:55.8 has given us notice that we have a very special talent in our ranks. Each of the four 800m heats produced moments of great interest. There was yet another really impressive improvement from **Maurice Creagh** (PBA, 2:50.9) and an SB from **Kim Thomas** in Scott's opening heat. The second heat gave us SBs for **Pete Sullivan** and the evergreen **David Carr**, plus an impressive 2:59 PBA for **Neil McRae**. The interest was maintained in the third heat with an age range of 30 to 80, and led home by **Peggy Macliver**. More landmarks came in the fourth - a PBA for

**Friday January 9:** There was a stunning night of athletics under the lights at WAAS tonight. Much of the attention featured a very large contingent of MAWA members, but I must give a mention to the "Champions" 100m race. **Patrick Johnson** visited us and led home a very strong field which included pole vault world champion **Steve Hooker**. Patrick's time of 10.36s set the crowd buzzing and he pleased us again with a super quick 200m later in the evening. He also had the grace to come round and personally thank the officials for their work. He is the sort of athlete that does wonders for the sport.

**Cameron Yorke** is our own superstar. He fed off the atmosphere and set two more records on the night - improving his own 400m hurdles time and smashing **Brett Blanco's** 5 year old 200m state record. It could have been

**Sarah Ladwig** plus SBs for **Jane Elton** and **Kim Ribbink**. **Chris Neale** followed up his 100m win with another in the 200, leading **Campbell Till** through to equal his season's best. **Ian Cotton** also impressed in this heat. **Colin Smith** tested his injury to the limit in winning the next heat, with **David Carr**, **Peggy Macliver** and **Nick Miletic** barely separable on the line some distance behind him. **Carol Bowman** took line honours in the final heat.

The main event on the track was still to come. With 31 competitors in the 3000m, an echelon start was called for and the cut-in point was duly marked by the lap scorer (your editor). Unfortunately the pressure of lap scoring such a huge field told towards the end as we had racers on four distinct laps at one stage and one or two errors were made. This inevitably led to problems with the time-keeping and it actually took two days to agree the final result! Even now, the times for those in the second half of the results list should be quoted with caution, although the relative positions should be correct. Of the times we can be sure of, there were PBAs for **Darryl White** and **Maurice Creagh** (yet again!), and **Pete Sullivan** crowned a great night for him with another season's high. Also recording SBs were **Bob Schickert**, **Jane Elton** and **Mike O'Reilly** (although times for Jane and Mike were in the possibly dodgy half of the race). Of the five race walkers, **Tom Lenane** led the field home in an excellent 18:12, followed by South Australian race walks organiser **Graham Harrison**. Graham is on a visit to Perth (surely not checking out our preparedness for the Easter Nationals?) and was made very welcome by all. The final three walkers all produced season's best times - **Sarah Ladwig**, **Lynne Schickert** and **Stan Jones**. Sarah is becoming one of our more versatile athletes and is continually showing improvement across runs, walks and throws.

Away from the track there were a small number of field athletes, but what they lacked in numbers they compensated for with quality. PBAs went to **Julie Plackett** (7.62m, shot) and **Chris Neale** (33.59m, javelin). **David Kuester**, a welcome visitor from the UK and well-known amongst the BMAF fraternity, had the longest javelin throw of the night, and also heaved the heavyweight a mighty 13m. Finally in this lengthy report on a really busy night, season's best throws went to **Kevin Hynds**, **Bev Hamilton** and **Lajos Joni**, all with the javelin.

even better in the hurdles, as he stuttered over the penultimate barrier but recovered sufficiently to clock 54.2s (previous record 54.43). Following up later in the evening in Patrick Johnson's 200m heat, Cam clocked a terrific time of 22.61s (Brett's old time was 22.89). And the records kept falling. **Lajos Joni** (photo - right) continues to improve in the hammer cage. Tonight his new state mark was 44.35m, heading a 7-strong Masters field in this event.



**(WAAS – continued)**

Our other throwers were **Tom Gravestock** (PBA of 37.32m, hammer), **Rob Young** and **Bruce Cornish** from Bunbury (Bruce had a PBA of 8.78m in the shot), new member **Paul Foley** (M40), **Rob Shand** (SB of 22.64, javelin), **Dorothy Whittam** (SB, 6.41m, shot), **John Everard** (SB, 42.37m, hammer) and **Louise Oswald** who threw in all four events.

On the track **Chris Perrey** suffered from an electronic timing failure in the 100m, although running very well. In a later heat **Barrie Kernaghan** had another near miss 90% (13.78s) ahead of **Norm Richards** (14.22) and **Dave Wyatt**

**Tuesday January 12:** After the small turnout last week, we thought this might be a very quiet evening at McGillivray. How wrong we were. No less than four state records, one of them also an Australian record, shone through on what turned out to be a great meeting. Early proceedings gave no indication of the highlights to come. The four jumpers disappeared down to the long jump pit, where **Gay Wyatt** produced her season's best of 3.1m, husband **Dave Wyatt**, **Geoff Brayshaw** and welcome returnee **Presleva Vouteva** also jumped well. The throwers dispersed to the far end of the field to heave their heavyweights, three of those marking new highs – **Louise Oswald**, **Craig van Waardenberg** and **Dorothy Whittam**. Good points were being stored away in the Age graded Throwers' competition.

Meanwhile the track events began with three well-contested 100m heats. **David Carbon** and **Mark Jeffrey** strove in the first with David just edging it on the line. Both recorded the same time of 13.0. **Sean David** continues to improve, a season's high of 14.6 giving the impression that there is still more to come. The real excitement started in the subsequent 800m. Two full heats were needed, with the 'quickies' off first. **Andrew Brooker**, as expected, took line honours with some good battles going on in his wake. **Keith Edmonds** (PBA, 2:39), **Paul Burke** (SB 2:39.6) and **John Collier** all chased flying Scot **Duncan McAuley** to the line. Just behind them another battle saw **Danny Sheehan** (PBA, 2:49) edge out **Margaret Saunders** by a whisker. My view of these finishes was a little distant as I was just coming into the home straight at the time. However more was to come in the second heat, won by **Prabuddha Nicol**. **Lorraine Lopes** responded to the W65s' call for the upcoming relays and felt she needed to have some practice on the track. A regular Sunday runner, she had only 'tracked' twice before – one a 10000 handicap and the other a 100m. She broke the W70

**Thursday January 14:** Another top turnout at Coker tonight, but again only a few throwers for the age-graded throwers' contest. **Julie Plackett** threw a PBA with the hammer, and there were season's bests for **Dorothy Whittam** and **Bob Fergie** when they moved on to put the shot. Only three triple jumpers used Les Beckham's expertise in the pit, but there was a large entry in each of the four track races.

First up were three full heats of the 600m. No analysis is done on this distance as it is not a recognised race distance, but there were good finishes in each heat. The speedsters mainly chose to run in this one in order to feed off the

(14.33). The photo finish crew did manage to clock **Chris Perrey's** 200m (24.58), with **Barrie** clocking 28.21 in another heat for a season's best and a terrific **90.72%**. **Dave Wyatt's** high jump of 1.45m equalled his PBA as he closed in on his state record of 1.47m. **Eldon George** had a busy night with a PBA in the 800m (2:40.05). He also ran in the 3000m and closed the evening with a 1500m race walk. **Neil Morfitt** was another master in the 800m (2:13), and I also found a surprising mention of **Lynne Choate** clocking 2:44 but I think this may have been an admin error as I did not see her there, and 800m is almost marathon distance for Lynne!



state record by more than 30s! **Val Prescott** (left) pressed her claim for inclusion in the same relay squad with an SB.

Three heats of 200m also gave us some good finishes, with **Mark Jeffrey**, **Ian Cotton** and **David Carbon** treating us to a close finish in the first, and SBs for **Peter Gare** and **Sean David** in the others. **Roscoe McDonnell** took the honours in the final track event – the 3000m. Roscoe has turned in a number of top

performances in his three recent visits to the West. He's off back to Queensland soon, so the M50s will not be able to use him for the relays but we look forward to seeing him again in the not too distant future. Still in the 3000m, there were season's bests for **Prabuddha Nicol**, **Paul Burke** and **Gay Wyatt**. At this stage we only had the one record for the night, but more highlights were to come. **Lorraine Lopes** was not finished. Not content with one state record, she put in a strong finish and bagged another in this 3000m. Later perusal of the records (all on the revamped website – plug, plug!) showed that she had knocked **FIVE MINUTES** off Glenice Shanahan's 1994 mark. Congratulations, Lorraine, I think it's safe to say that you're in the relay squad!

....and still we were not finished. We were recording the events on the track when a loud cheer came up from the javelin runway. First **Mark Jeffrey** came close to **Matt Staunton's** M35 record with a throw of 47.03m. Then **Raema McMillan** threw 15.27m to better the W80 Australian record. So much excitement in one meet, and January is normally the quiet month of the season.

competition. **Chris Neale**, **Ian Cotton** and **David Cane** took the places, followed closely by returnee **Greg Vander Sanden**. **Kerriann Bresser** was the star performer in the middle heat with **David Carr** and **Darryl White** close on her heels. **David Solomon** surprisingly waited for heat three and was never troubled in a time of 1:43. In all 29 athletes took part in this first event. The 100m sprinters had their turn next, with **Chris Neale** again in charge, followed closely by **Mark Elms**. **Ian Cotton** and **Nick Miletic** each equalled their season's best in this heat. This achievement also went to **Melissa Young** and **Pat Carr** in the final heat.

**(ECAC continued)**

400m races are always interesting to watch, with the results often in doubt until the stagger unwinds as they come into the home straight. So it was in all three heats tonight. **Greg Vander Sanden** (60.3) held on in the first heat to edge out **Mark Elms**. **David Cane** was not far behind (61.6, SB), with PBAs to **Bjorn Dybdahl** (62.6) and another for **Maurice Creagh** (79.4). **David Carr** took the second heat with his best time since Lahti. **Carl Ciccarelli** is inching his way back to fitness after his Italian sojourn and improved on his time from earlier this month at UWA. **Peggy Macliver** took the last heat, with a season's best for **Carol Bowman** further back in the field.

**Friday January 15:** A record 21 MAWA members competed tonight at the Strive meet. With near-perfect conditions, the track athletes enjoyed great success throughout the programme. Curtin-based **Cam Yorke** and **Chris Perrey** starred in the 400m, each with a season's best. This was matched by **Brad Walsh**, competing for the first time on this open stage. **Barrie Kernaghan** was frustrated again by the inefficient photo-finish as they credited him with what is very close to a world record for his age group and a full 7-8 seconds under his normal time. He diplomatically declined to accept this time and so is down on the results page as 'no-time'. There appeared to be no problems with the timing of the 100m sprint, **Cam Yorke** running a PBA of 11.17. Cam is having a true golden patch currently, with top times in the whole range of his races – 100, 400 and 400 hurdles. What are the chances of persuading him and club-mate Chris Perrey to compete in our sprint relays in February?

No less than nine masters took part in the 2000 steeplechase tonight as they began preparations for the Nationals at Easter. Men under 60 race over the higher barriers and 3000m in the championships, so **Bjorn Dybdahl** (7:18) and **Roscoe McDonnell** (7:26) ran with the younger athletes in the first division. That left seven of us in the second division, which was won by **John Oldfield** in a PB of 9:18. **Kerriann Bresser** led the field for the first two laps and finished in a very creditable 9:34, just behind **David Carr**. David ran a

**Tuesday January 19:** After a very hot day, the temperature quickly abated – only to be replaced by humidity and flies. The evening began with a 600m race, won by **Paul Burke** in quick time. With regular starter **Iain MacLennan** back from the frozen north, **Toni Phillips** finally had a run taking third place just behind **Duncan MacAuley**. **Bruce Wilson** paid a rare visit to the track – a very welcome sight – as did Sunday run handicapper **Richard Danks**. Richard reminded us that in his youth he was accustomed to running around 13s for the 100m, but not to expect that tonight. **Scott Andrews** produced exactly that time in taking the opening heat; **Peggy Macliver** took the second, with two other runners pulling out holding hamstrings; **Paul Burke** continued his good form with a season's best in the final heat. **Peter Hopper**, on his last appearance for a while with surgery due tomorrow, said farewell with an SB too.

The distance race had a smaller field than the previous two weeks, and more than half opted for 3000m rather than the scheduled 5000m. **Kim Thomas** won the full race, with SBs for **Neil McRae**, **Carl Ciccarelli** and **Jane Elton**. The shorter version was won by **Bjorn Dybdahl**, a full lap ahead of the rest of the field. Three walkers completed the shorter distance, with **Graham Harrison** from Adelaide back again. Graham enjoyed the warm evening so much that he continued to complete the full 5000m with times recorded for both distances.

season's best 9:29, inside his Lahti medal-winning time by 10 seconds. **Nick Miletic** was also pleased to dip under 10 minutes, ahead of **Carol Bowman** (PBA, 10:30) and Sarah Ladwig (debut run, 11:21). All had great fun in this event-



with-a-difference. However, the star again was 80 year old **Cecil Walkley** (left) with yet another state record. Cecil set the record in December, and bettered his previous time by 11 seconds (12:24.4).

We also had eight throwers and a high jumper competing tonight. **Dave Wyatt**, soon to be high jump coaching at ECAC, was very consistent again, but still below his own state record tonight. Meanwhile a whole battery of throwers put the shot, hurled the javelin,

spun the discus and heaved the hammer. SBs went to **Lajos Joni** (discus), **Paul Foley** (discus, hammer), **Rob Young** (discus) and **Rob Shand** (javelin). **Bruce Cornish** also threw a SB with the discus, and had a PBA of 8.97m with the shot. Also throwing tonight were star performer **Byrony Glass** (hammer) and **Louise Oswald** (all four events).

The 400s followed, with three heats. **Chris Shenton**, also on a rare appearance, pipped **Duncan MacAuley** in the opening heat, with **Keith Edmonds** the SB-taker in this one. **Peter Gare** had an SB in the second heat, but was no match for a flying **John Collier** (66s). **Peggy Macliver** tried to pace **John Oldfield** to a PB in his rare entry in these short races, but although on her shoulder at 300 he faded to miss his PB by 0.2s, still recording a season's best of 80.7. The distance race was nominally a 5000m, but more than half did only 3000m. In the full race, **Roscoe McDonnell** showed his class again with a fiery SB of 18:51. **Dave Willmer** ran an excellent race too and surprisingly, given the conditions, **Keith Edmonds** also produced a season's high of 20:54. It must have been the baggies holding Newcastle to a draw that inspired him.

**(UWA continued)**

Over in the field events, the AGT continued, although we are not allowed to throw the hammer at UWA. The shot took place, with **Raema McMillan** putting very well. **Lorna**

**Thursday January 21:** It was a very busy night with 15 athletes competing in the pentathlon competition, and five other events on the track as well as the usual three field events. The pentathlon is covered elsewhere in the newsletter. I must mention that Corey and Kim Thomas were unable to complete the full five events as it went on until around 8pm and they had to leave for Jai's 8<sup>th</sup> birthday party. Events on the track began with a 60m. Two heats took place, with **Scott Andrews** and **Michelle Thomas** taking the honours. Because of the length of the programme there was no true distance event scheduled. The stamina group had to settle for a 2000m, won comfortably by the **Thomas brothers** in a short lull in their pentathlon progress! (**Ivan Brown** did the same and was also in the mix at the finish.) We welcomed new member **Julia Wardell** and she made her debut in this race, picking up a taste of the Masters' pace. A 200m sprint came next, with few takers since most of the

**Friday January 22:** The main event concerning masters tonight was the 5000m. This was to test the photo finish at WAAS; they usually hand time anything over 1500m, but they are required to cover the distance races in the upcoming Masters Nationals electronically, so this test was devised to ensure they had to deal with multiple lapping. Eight masters took part in a 'division 2' race, and seven completed the course, your editor pulling out early on. **David Cane** confirmed his position as our leading distance racer with an excellent 16:48 (SB). **Alan Gower** (17:26) set a new PBA despite being close to the top of his age group, followed closely by **Bjorn Dybdahl** (17:48). However, for me the standout performance yet again came from the rejuvenated **Maurice Creagh**. Maurice has been a new man this season and knocked 55 seconds off his best time with MAWA to finish in 20:53. **Bruce Wilson** (21:05), **Karyn Gower** (23:23) and **Rob Macbeth** (23:45) made up the field.

**Thursday January 28:** It was seriously hot for the final MAWA January meet. The most significant feature was the inclusion of the high jump into proceedings, with a coaching session given by **Dave Wyatt**, followed by competition. Seven athletes took part, and we look forward to seeing them develop their skills under Dave's guidance. On the track, proceedings started with the rarely run mile. Keen to take advantage to improve her state record was **Peggy Macliver**; another 30s were lopped off the record as our golden girl added another one to her list. In the first heat, all the leading four competitors set PBAs – **Alan Gower**, **Kim Thomas**, **Ian Cotton** and **Maurice Creagh**. SBs over the two heats went to **Steve Fuller**, **Katrina Bolden** and **Nick Miletic**, whilst **Lynne Schickert** did the same in the mile walk.

**Lauchlan** notched up a PBA, and **Paul Foley** a season's best. **Craig van Waardenberg** did likewise with the discus (27.97m, SB).

sprinters were taking part in the pentathlon. Not surprisingly, **Scott Andrews** led the small field home, but there were season's bests for **Delia Baldock** and **Melissa Young**. Just one heat of the 800m was needed, with **Lorraine Lopes** – the latest superstar to pop up out of the ranks – smashing her own state record set earlier this month. Her time of 3:37.3 knocked over ten seconds off an already impressive W70 time. In the 1500m, squeezed in during a hectic time in the pentathlon, **Kim Thomas** again led the way in a race in which **Christine Oldfield** set a PBA, just outside her time in Lahti.

The field events also had to be squeezed in, with javelin, shot and discus all being part of the pentathlon. Maestro **Damien Hanson** organised this superbly, aided by willing helpers **Bob Schickert**, **Keith Martin** and the regular throwers. **Keve Hynds** had a SB with the javelin and **Julie Plackett** did likewise with the discus.

Although I've given prominence to this distance race, there were two other stunning performances earlier in the evening. First **Cam Yorke** broke his own 400m hurdles Australian record with 54.29s, and then **Scott Tamblin** did likewise with a twelve-year old 800m time. Scott had to compete in the last heat with those ranked lowest because he had no previous recorded time this season at an AWA meet. Pleas that he should run in Division 1 (he is the state open champion after all!) fell on deaf ears. Undeterred, Scott gave a sensational performance to win by the length of the straight in a new Australian M30 best of 1:55.11, incidentally a time that would have won Division 1. Elsewhere there were SBs for **Chris Perrey** (200m), **Brad Walsh** (800m) and **Rob Shand** (javelin).

Then it was the turn of the sprinters, eagerly awaiting use of the strong tail wind. Five PBAs and the same number of SBs ensued (see the results for details). Most will be hoping that they can have a following wind in next week's 100m relays! The conditions were not good for distance running, with the very high temperatures making for a muscle-draining run. Nevertheless, **Katrina Bolden** managed a PBA over 5000m to add to her earlier SB.

**Chris Neale** and **Melissa Foster** leapt to season's best distances in the triple jump pit and **Lajos Joni** added another note in the state record book with a huge 15.63m heavy-weight throw. The other throw was the age-graded discus – see the full details on page 1 for these results.

**Friday January 29: Bruce Wilson** appeared to be trying to make up for missed time following his period in China. Not only did he run the 3000m steeplechase at the start of the evening, but also the 1500. He then followed up by starting the 5km walk as well. I'm not sure whether he ran out of energy, pulling out at half way, or whether he felt he ought to stop to check some hurdle heights for the parallel event.

It was also **Darryl** and **Vanessa Lette's** turn to make the trip from Bunbury with **Bruce Cornish** tonight. **Darryl** made the trip worthwhile with a very sharp 12.09 in the 100m. **Mark Jeffrey** (SB) and **Mark Elms** ran in the same heat, each dipping under 13s. **Barrie Kernaghan** completed our quartet of sprinters with an excellent PBA (13.86) in the next heat.....

.... And he was at it again in the subsequent 400m with a season's recorded best of 65.88. An earlier heat was won by **Chris Perrey** in 52.69 with WAAS-debutant **Campbell Till** turning in a swift 58s. **Andrew Brooker** and **Bruce Wilson** both produced creditable runs in the 1500, with **David Smyth** battling the heat in the 5000m race walk that closed the evening.

A record ten MAWA throwers made up the majority of the field tonight. The Bunbury three already mentioned were joined by **Mark Jeffrey** with the javelin. **Tom Gravestock**, **Rob Shand**, **Louise Oswald** and **Bev Hamilton** made up the shot put field, and all four were joined by **Lajos Joni** (SB) and **Vanessa Lette** in the discus cage.

**Byrony Glass** has made the hammer throw her speciality, romping away with top ranking each week with throws well over 50m. She was strangely off colour today but still threw the implement a mighty 50.81m. Others in this event, being ably coached by **Lindsey Glass** throughout, were **Lajos Joni**, **John Everard**, **Tom Gravestock** (SB, 36.46m), **Louise Oswald** and **Bev Hamilton**.

And finally, **Mark Jeffrey** rounded off a varied evening for himself with a 1.60m high jump.