

TFNL

The Track & Field Newsletter of MAWA

Season 3 Issue 5

January 2010

Online entry for Perth 2010 is now open. The new entry system has been developed by Ernie Leseberg in NSW. It is very user-friendly and a huge contrast to the old one used for the Adelaide championships. At the time of writing entries are beginning to trickle in. From these indications, and reservations news from the Kings Perth, our recommended hotel, it looks as though we can expect an excellent turnout over Easter. Make sure you are part of it; plan the events you want to enter and your training schedule. **And please enter early; the more entries that come in January the easier is the complex task of timetabling.**

In this issue of your newsletter you'll find a summary report on the Patron's Trophy. We've also received a few comments about the trophy and these are featured on page 3. Have your say – on this or on any other T&F matter. Button-hole me on a Tuesday or Thursday or send me an email. This is your newsletter and it must be a vehicle for you to air your views.

The focus moves on to the throwers this month as the AGT competition gets under way. And of course next month it's the relays!

December Roll of Honour

(earlier records, not previously reported)

October 27 – UWA

Louise Oswald W40 Discus 30.08m SR

November 10 – UWA

Louise Oswald W40 Javelin 26.02m SR

(December records)

December 1 – UWA

Tom Gravestock M50 Discus 41.03m SR

December 3 – ECAC

Cecil Walkley M80 1500m 7:54.7 SR

Peggy Macliver W65 1500m 6:29.5 SR

December 10 – ECAC

Peggy Macliver W65 800m 3:06.7 SR

December 17 - ECAC

Peggy Macliver W65 mile 7:30.0 SR

Lajos Joni M50 wt throw 15.31m SR

..... and 90% performances (or very, very close)

Norm Richards M72 60m 8.83s 94.72%

Barrie Kernaghan M69 60m 8.80s 93.09%

David Clive M70 LJ 4.62m 90.55%

Norm Richards M72 100m 14.17s 89.79%

Peggy and David the Patron's Winners Again



Peggy Macliver and **David Carr** proved once more that they are the club's two most outstanding all-round athletes by winning the Patron's Trophy yet again. It was Peggy's 12th title and even David has lost count of how many times he has held the trophy aloft.

Peggy's victory was clinched with two weeks still to go, but David was pushed further by a sterling chase from 2008 winner Campbell Till and also Alan Gower, clinching the title only on the last Thursday at Coker Park.

For a fuller report on the trophy, go to page 2



Patron's Trophy Special

A chronological look at how Peggy and David triumphed again

Week 1: The Patron's Trophy traditionally begins with the longest race – often the greatest challenge for middle distance runners who always dominate. **Peggy** skipped this event, on a very warm night which really tested all. **David** put down his marker by breaking his own state record, with **Alan Gower** taking advantage of one of his strongest events in moving into second place. Meanwhile **Karen March** led the ladies' points table.

Week 2: The first field event always provides a little light relief, with a wide variety of unconventional techniques on view in the discus cage. **Peggy** began her campaign with a solid throw, **David** following suit as their points total surged with good 3000m runs as well. At the end of this week, the two eventual winners had taken a lead which they never relinquished. **Campbell Till** and **Alan Gower** also scored highly, with **Bob Schickert** and **John Oldfield** making up the top five in the men's table. **Katrina Bolden** and **Carol Bowman** were in contention behind Peggy.

Week 3: The second throw of the competition threatened a number of potential injuries as shoulders muscles were tested unusually by the solid ball know as the shot. The main contenders survived without problems and moved on to their favoured 400m. **Peggy** and **David** excel in middle distance races, holding state records, so it was no surprise when they extended their lead – David with over 90%. **Campbell** also has great speed over one lap and cemented his challenge to David with a strong race. As **Carol** and **Katrina** began to fade, two other ladies moved up to the minor places – **Sarah Ladwig** and **Christine Oldfield**. We were not to know it of course, but in fact the top three places in both men's and ladies' at the end of this week would be the final places – although there were many changes in the intervening weeks.

Week 4: Walks' week! We were indebted to the judges who regularly turn up to help us keep our walkers honest. This is no easy task for those unaccustomed to the technique of race walking, and unfortunately so it proved again with numerous disqualifications. This is now so customary that it has been decided to exclude the walks from future trophy events. **Lynne Schickert** used her walks' expertise and experience to move up the leader board, with **Sarah Ladwig** still showing strongly. All of the main male contenders took a bye this week, but **Peter Hopper** moved sharply forward with some good points.

Week 5: **Peggy** was this week's star with a 92% 100m dash. No other lady could get even close to that, and on reflection this was the performance that put her out of sight of all others. For the men it was more of a contest. **David's** 87% led the way, but **Campbell** (86%) lost very little ground. **Colin Smith** (85%) began his push for the top, whilst **Alan Gower** showed that he is more than just a distance specialist with an excellent 81%.

Week 6: The 800m is another specialist event for our two stars, so they stretched their lead further this week. However, it was the highly technical triple jump first. **Campbell** and **Alan** picked up excellent points in this, keeping **David** in sight. But **Peggy** hopped, skipped and jumped for 75% and for the ladies it really was now all over bar the applauding. **Lynne, Sarah, Carol** and **Christine** now knew they were battling for 2nd to 5th places. **Bob Schickert, Colin Smith** and **John Oldfield** stayed in the mix behind the top three, and were joined by **Kim Thomas** and **Ivan Brown** who ran solid 800m races.

Week 7: It was the last of the long tests – the 5000m – this week. **Alan** pressed his claims well with 84%, and all the other leading contenders gained useful points, but **Peggy** set another state record and **David** bagged 82%. It really was now all over with still two weeks to go. **Sarah** and **Christine** scored 70%+ in this long race to draw ahead of **Lynne** in the battle for Peggy's runner up.

Week 8: We were now into December, and were about to be treated to what was undoubtedly the highlight of the trophy on the track. **David** and **Peggy** hold the state records for the 1500m but many of the other contenders also excel at this event. At Coker Park, 19 athletes notched up a season's best or better and there were three more at McGillivray. The minor place contests were heating up strongly. **Alan** and **Campbell** were locked together, with five more in a close group behind them. And there were only four points separating the three ladies behind Peggy. The final throw – javelin – made little impact on proceedings as only **Campbell** improved on his earlier throws. However, that was to give him the vital edge in the race for second place.

Week 9 – the finale: It was to be a triumphant final week for the two trophy winners. They each put in solid long jumps early in proceedings, Then **Peggy** stormed home in her favourite 200m with over 88%, proving once again that she is the queen. **David**, meticulous as always, had been spotted warming up almost 90 minutes before the race and also showed his class with a very sharp 86%. They truly are worthy champions and we all have to stand, admire, applaud – and hopefully learn.

Campbell was always going to hold the advantage over **Alan** this week. These are two of his best events, and so it proved as he just beat off the challenge to take second place. It has been a terrific battle. Behind these two, **Colin** used his speed to garner the points needed for fourth place, followed by **Bob, John, Ivan** and **Kim**. Other qualifiers – each of whom can be very pleased to have completed another trophy competition, were **Nick Miletic, Maurice Creagh, Grant Schofield** and **John Dennehy**. **Sarah** was ladies' runner up, followed by **Christine, Lynne** and **Carol**. Full results are on the MAWA website.

In Focus – Dante Giacomini

The African Connection



In 1972, at age three, Dante, of Italian origin but born in Zambia, moved with his family from Italy to Zimbabwe. Then known as Rhodesia, the country offered a better lifestyle. It was here that Dante's running career began. In Harare he ran cross-country every summer term at high school because it was compulsory for all students, but his track times were never good enough to qualify for annual school athletics meetings. In 1984 he ran his first fun run, a 5km race that started just a few hundred

metres from his house. Later he joined Harare Athletics Club and ran with them for the next few years.

The economy in Zimbabwe was getting progressively worse, so when an opportunity presented itself, the family decided to move to Australia. It took 18 months of paperwork, medicals, etc, but they eventually arrived in Melbourne in 1990 and moved to Perth a few months later.

The Family Connection

Dante and his father, Aldo, M70 and a longstanding MAWA member, have always motivated each other in their

running careers. They have competed together in many races, from 5k up to marathon but Dante still hasn't managed to beat his Dad over any distance beyond half marathon.

Dante is engaged to Louise, a Taiwanese girl whom he met in New Zealand, 3 ½ years ago and they have a 9 month old daughter called Julina. Unfortunately Louise and Julina live in Hsin-chu in Taiwan so he has to rely on Skype phone calls several times a week and annual trips to see them. After nearly five years as an aged carer Dante is about to commence a 2 year Masters degree to become a registered nurse. He hopes that the much higher financial rewards will make it possible to bring his family over from Taiwan.

Racing Connections

An organised athlete, Dante always plans his race programme in December for the following year. He tries to enter all of Perth's 'Big 5' 5km runs (Bridges, Run for Gold, Perth Half-Marathon, Fremantle Half-Marathon and Fremantle Fun Run) each year. As well as the variety this provides, he finds that the very strong fields inspire him to train harder. Another regular race on his calendar is the WAMC's Pancake Run, which he does mainly for the pancakes afterwards **J**. His favourite club runs are the Mattagarup and Racecourse runs.

Although he is happy to tackle the odd sprint on a Thursday night, Dante would probably call himself a distance runner. In the 2009 WA State Championships he surprised himself with a time of 21:01 in the 5000m, his best time for 20 years. He hopes to better that in our 2010 Nationals where he also plans to run the 1500m. The 5000m is his main focus for the future, and he is aiming to break 20:30 by mid-2010 and 20 minutes by October. He also hopes to crack 45 minutes for the 10km next year.

The Great AMA Relay Extravaganza is on Again!

Who can forget the wonderful evenings of fun and great competition that we had in February 2008 and 2009? There were world records, Australian records and WA state records by the bagful. Well, it's on again in February. They are officially called the **AMA National Postal Relays**, and we can run them any time during February. WA holds almost half of the total number of titles nationally on the track, and even a few of the throws relays against the much stronger Eastern States. We punch much higher than our weight and numbers would expect. However, the grapevine tells us that the others are getting a little tired with their western neighbours and there are plans afoot for a major assault on our stranglehold. **We need to get organised and motivated to ensure that we maintain our position as the relay kings and queens.**

To help you work out your best teams, I have put together a list of all recorded performances since March 2009 in all four track relay distances. These are on the website, on the usual results archive page. There is a link in the email accompanying this TFNL. Please remember that the national competition works in 10-year age groups (e.g. 30-39, 40-49, etc.). Wherever possible, teams should include only athletes within their own 10-year age range. Please don't try to poach athletes from an older age group without consultation!

Get yourselves organised – get training and practising changeovers – and most of all – **be part of it!**

Comments from Readers

Two readers have commented this month by email on the issue of age-graded performances and the Patron's Trophy generally. I have summarised these comments on this page, and also suggested how their views may be used to provide even better competition in the future.

Toni Phillips writes:

"I've had a brief look at the tables for age-grading and they seem to be highly geared towards older members. They seem to be simple linear changes rather than based on actual age decreases that are more realistic. This makes it increasingly hard to recruit younger members, particularly female."

"I notice the lack of female sprinters willing to run with Masters; your newsletters do acknowledge performances at open level, but I'm not sure that the club in general does. I know that it is Masters, but we do need young blood. Can we look at the points system for ageing and gender?"

Christine Oldfield writes:

"Where are all those fast young ladies that speed around the track? They are far better than I am and yet I came third in the PT. The average age of the top four ladies is 65."

(Ed: in fact, only 3 members under 50 completed the trophy – all of them men. The other 16 were all 50+, with an average age of 61.5.)

Editor's Comments

I do not want to get into a complex discussion on the way the AG tables are calculated. Suffice to say that it does evolve – the tables in use today date from 2006, and new tables will be in use in 2011. Changes from one age group to another are not linear, but it is accepted that there is some subjectivity and also that there is perhaps some inequity in places. We are promised that new factors are being used to make the 2011 version more equitable.

That aside, there are two other highly valid points made in the above comments:

- MAWA does need to attract new, young blood. We have had a significant new intake over the past 12 months, but we need to do more, particularly at the open/masters crossover.
- Those younger members that we do have show little interest in competing in the Patron's Trophy.

I have been taxing my brain as to how these two issues might be effectively addressed. I start from the premise that the Patron's Trophy is sacrosanct. It is one of the great traditions of the club, creates a wonderful atmosphere on Tuesday and Thursday evenings and honours the memory of our first, plus the values of our current Patron. That is not to say that these would necessarily suffer if there were to be minor changes. I can still see no valid reason why men and women should be distinct when determining the winner. The age graded tables take gender into account and there is no valid, logical reason to treat them separately.

"It is accepted that the AG tables favour older women, and to a lesser extent older men; but what is more significant is the structure of the competition. Younger athletes tend to focus on particular events and their training programme is designed accordingly. Diversification would distract from performance. Younger runners are also unwilling to compete in the field, particularly the throws."

"Throwing events are highly technical and should not be undertaken without adequate coaching. The regular throwers are always happy to give advice but these techniques cannot be picked up in just a few minutes. Many competitors do the minimum number of throws necessary, hoping to survive without injury."

"The throwers have their own competition. I would like to see the same for the runners and jumpers."

(Ed: The throwers' competition takes place in January. The AGT event covers all five throws over 4 weeks.)

With the Patron's Trophy continuing in its existing format, how do we address the two issues?

One possible solution that I throw out for debate, is to use the PT track races as part of a *parallel* competition. Those who do not wish to compete in the full number of events, or be required to complete the field events, could compete in the **Club Track Competition**. This would include the eight track races in the PT. Competitors would thus have the opportunity to complete eight events, but perhaps only count their best five. They would still be assessed using AG, since this is the only valid way of comparing age and gender.

However, a sprinter would only have to enter up to the 1500m, and a distance-runner only must go down as far as the 800m. Of course they could enter all eight if they chose to. Jumps would not be included since they advantage sprinters and in most cases disadvantage distance-runners.

No additional organisation would be needed as the races are already scheduled for the Patron's Trophy. I would see entrants opting for either the PT or the CTC before the first race for clarity and equity. No-one could count one race for both competitions. It would be a simple task for me to keep the records for the CTC using the same Excel model that I currently use, and I could easily put weekly updates on the website. No trophy is needed – the glory of being club track champion would suffice.

I throw this open for debate. Please let me know your views.

John Oldfield

Analysis of the Results

Tuesday December 1: The PT points' hopefuls for the 5000m will have been very pleased to have cool and almost windless conditions as they arrived at McGillivray tonight. Only 11 were vying for the honours, compared to the huge 37 last Thursday, but that did not detract from the efforts or results. Season's bests went to **Bob Schickert**, pushing himself to the limit as always, **John Collier**, **Gavin Howard** and **Toni Phillips**. For a number of the others it was their first 5000 of the season so most were very happy with the accrued points. The race for the trophies is really hotting up now as we enter the home straight. Speaking of which, several contenders were honing their long jump skills for the last week of trophy events. **Lynne Schickert** is inching her way towards second place and managed an SB of 2.39, whilst **Tom Gravestock** started a memorable evening for himself with a PBA of 4.56m. He then switched to the field cage and spun the discus a huge 41m for a new state record. Not content with that he had enough puff left to heave the heavyweight 13m for a season's best. Also doing well with this big block were **Dorothy Whittam** and **Louise Oswald** (SBs) and **Rob Shand** with a PBA. New member, joined

Thursday December 3: If ever there needed to be a promotional advert for the Patron's Trophy, tonight's 1500m would be the perfect choice. Of the thirty athletes who took to the field, 17 produced SB or better. Of the other 13 four were visitors and six were doing their first 1500 of the season and so they were not eligible for SBs anyway. Two of the SB or better were state records (**Cecil Walkley M80** and **Peggy Macliver W65**) and four were PBAs (**Jo Clarkson**, proudly sporting her Welsh national colours, **Maurice Creagh**, becoming a real threat to us old guys, **Katrina Bolden** and **Sarah Ladwig**). It was a sensational manner in which to start off a great evening's sport.

The other trophy event was somewhat of an anti-climax with many of the 'throwers' showing a shortage of talent. Your editor was undoubtedly the worst exponent, failing to make the javelin go down pointy-end first. **Campbell Till** kept up his challenge with an excellent 26m-plus throw and **Steve Fuller**, **Peggy Macliver**, **David Carr** and **Mike O'Reilly** also picked up useful points.

Away from the points' events, it was welcome back to **Bev Hamilton** (pic Kylie Everard) after her Sydney exploits. Starter **Tom Lenane** was relieved of his gun so that he could get in a 3k race walk and came home in an excellent 18:15, followed by 83-years young **Stan Jones**. **Katrina** managed

Tuesday December 8: There were plenty of athletes tonight, but a distinct shortage of organisers. We were missing our regular starter **Iain MacLennan**, who has done such a wonderful job over the season to date. Also missing was an experienced thrower to organise and run the shot put and javelin. However, several others who were also competing stepped up to the plate to help out, with **Lynne Schickert** and **Tanya Hollaway** (two days before giving birth!) doing the honours tonight. The ever-reliable **Les Beckham** was in charge of the jumps, and your editor(s) and **Bob Schickert**

tonight, **Craig van Waardenburg** showed his strength as well with a throw of 10.64m.

Earlier, on the track, an interesting 1500 was led home by **Grahak Cunningham**. In the same race SBs went to **Gavin Howard** and **John Collier**, moving back into form after his injury plagued start to the season. **Ian Cotton** (below – pic Vic Waters) returned to the track for the first time this season. Many will remember Ian's versatility from the past two seasons. He was a regular thrower and competed in pentathlons, both the outdoor and throws variety. He tells me that this year there is a much more focussed approach with 400s and 800s the priority. It showed, too, as he won both the 100 and 400 tonight, clocking up a PBA in the shorter race. SBs in the 400 went to **Duncan McAuley** and **Keith Edmonds**.



another PBA in the 3k run, with SBs going to **Graeme Dahl**, **Steve Fuller** again and **Claire Walkley** – enthused by dad's earlier state record no doubt. **Chris Neale** meanwhile kept Les busy over in the jumps pit with a sterling 11.76m triple jump, his season's best.

Friday December 4: New member **Lajos Joni** has just arrived for a probable two-year stay in Perth. He's a masters' athlete from NSW and celebrated his debut in WA with a 43m hammer throw. **Byrony** and **Kate Glass** also showed their style in this event. Highlight of the evening on the track was the battle between two of our vintage sprinters. **Norm Richards**, now 72, pushed youngster **Barrie Kernaghan**, a mere 69, all the way to the line. **Barrie** clocked his best time for two years and **Norm** ran a PBA, just a whisker under 90%. These two club stalwarts are a great credit to the club, showing all the Perth club youngsters that there is both style and speed in later life if you're prepared to work hard at your athletics. I hope they both celebrated with a cold one afterwards!

shared the recorder/timekeeper organisation together with the starting to make sure that things happened. Can I use this column to plead with **everyone** – **and that includes you** – to please come forward and offer your help on a Tuesday or Thursday. If you don't know how to use the watches, please learn! We have few people who are prepared to take on the recorder's role, which is just taking down the finishing order. An experienced recorder will always be prepared to shadow you for a couple of races until you feel confident enough to handle it alone.

As to the competition tonight, I'm afraid I saw very little of it. However, from the results, there were PBAs in the javelin for **John Dennehy**, **Peter Hopper** and **Lynne Schickert** as they accumulated good points for the trophy. Similarly in the trophy track race, the 1500m, SBs for **Nick Miletic** and half of the probable W65 4x1500 relay team – **new Aussie Christine Oldfield** and **Val Prescott**. **Pra Nicol** ran his best

Thursday December 10: The last Thursday of the trophy arrived, with a balmy evening and a gusty wind. The men's and ladies' leaders seemed to be well in control, but there was still plenty of interest in the minor places with at least three men and three women in contention for top 3 places. First port of call for the point hunters was the long jump pit. **David Clive** and **Sarah Ladwig** (right) both jumped PBAs, with David's 4.62m clocking up 90+ points and pushing him into this month's roll of honour on page 1. **Lynne Schickert**, **Mark Elms** and **Melissa Foster** also jumped SBs. While this was happening, a very high quality 800m was in progress. The first heat saw no less than five PBAs – to **David Cane**, **Kim Thomas**, **David Solomon**, **Steve Fuller** and **Maurice Creagh**. Also **Barbara Blurton** continued her impressive rehabilitation with a season's best, as did her two training partner Johns – **Dennehy** and **Oldfield**. The second heat saw **Peggy Macliver** break her own state record, a PBA for **Cecil**



Friday December 11: The day was hot, but by the start of proceedings conditions were near perfect for running and throwing. The WAAS Masters regulars were all there, plus **Dave Wyatt** for a rare outing in the high jump and on the track. **Byrony Glass** is beginning to threaten her state records for both shot and hammer, around 50cm short with the shot and just over a metre with the hammer. It was a season's best for each. **Lajos Joni** is coming to terms with the Perth conditions, especially now that his own beloved hammer has arrived from Sydney, clandestinely smuggled through inside his transported car. On the track, it was the usual quartet of regulars – **Barrie Kernaghan** and **Norm Richards** in the sprints, joined by **Chris Perrey** and **Dave Wyatt**, with **Andrew Brooker** and **Neil Morfitt** in the

100m since turning 50, with other SBs dotted around for **Grahak Cunningham**, **Peter Gare** and **Nick Miletic** (all 100m); **Graeme Dahl** (inching back to something like his normal form) and **Bob Schickert** in the 3000m. SBs also went in the shot put to **Dorothy Whittam** and **Lorna Lauchlan**. Lorna also showed her endurance with a good 3000m walk.

Walkley, and SBs for **Bob Schickert**, **Carol Bowman** and **Kim Ribbink**. Phew! And it wasn't even a trophy event. A sharp 60m dash followed (SBs for **David Clive**, **Nick Miletic**, **Michelle Thomas** and **Carol Bowman**). Then it was the turn of the distance runners with a 3000m. **Cecil Walkley** (becoming a regular again), **David Solomon** and **Steve Fuller** each notched up their second PBA of the evening, with **Melissa Young** continuing to improve as she also added one. Four others managed SBs (**Jane Elton**, **Graeme Dahl**, **Maurice Creagh** and **David Cane**). In the field there was a good turnout for both the hammer and javelin as **Damien** returned from his busy theatrical season to take charge. **Julie Plackett** threw the javelin 17m for her SB.

And so it was on to the Coker Park finale for this year's trophy, the 200m sprint. Six heats, with 31 contenders, produced 3 PBAs – to **Stephen Ford**, **Steve Fuller** (third of the night!) and **Michelle Thomas**. There were 9 SBs and a lifetime best for you editor, equalling one that he ran in the UK in August.

The trophy climaxes on Tuesday at UWA. David Carr and Peggy Macliver once again will hold the trophies, but there is still plenty of interest in the places below them with a lot of movement still possible on that last night.

middle distance events. The sprinters both took advantage of a very favourable tail wind to record SBs in the 60m, with Dave Wyatt leading the way. Both Norm and Barrie broke the magic 90% as they raced each other to the tape. Norm added another SB in the 200m.

It was a cracking 800m race, with **Andrew** boosting the MAWA reputation further with a great PBA of 2:08+. **Neil** had planned not to race until after Christmas, taking a solid hill-training break after his Sydney exploits. However, the withdrawal symptoms were too great and he decided to put in one race before tucking into the turkey, and a creditable 2:13 it was. **Garry Hastie** made the long trek up from Bunbury to participate in the 1500m walk, clocking up what is for him a relatively leisurely 7:25.

Tuesday December 15: The final Tuesday of the year, and it was also the last night of the Patron's Trophy. Most entrants had completed their events last Thursday but there were still a few hoping to use this last evening to improve minor positions, including second place on both the men's and ladies' ladder. Additionally there were battles for bragging rights within the **Schickert** and **Oldfield** households at stake as the ladies looked to hold on to their positions above their husbands. By the end of the evening the ladies held the upper hand – Lynne 4th to Bob's 5th and Christine 3rd to John's 6th. But there were bigger issues. Could **Alan Gower** overtake **Campbell Till** to take 2nd place amongst the men? He tried very hard with a 79% 200m and 60% in the long jump but fell just short.

Elsewhere, we welcomed **Paul Burke** back to the track for the first time this season. A great all-rounder, Paul ran a 2:44 800m, 8.6 for the 60m, 13:21 for the 3000m having missed the start by at least 30 seconds, 30.4 in the 200m and still found time to leap 4.4m in the long jump pit and throw the discus almost 28m for a PBA. Some return!

Thursday December 17: There was a very relaxed air about the Ern Clark AC this evening. The weather was warm, there was just a light breeze and it was also behind us in the home straight for a change. Sprinters were eagerly awaiting the 60m later in proceedings, looking forward to good times. And the atmosphere was festive as this was our last meet of 2009.

One of the highlights of the evening was the traditional year-end mile. Three timekeepers were called for because several

Another welcome and successful returnee was **Amanda Lloyd**. She ran a PBA in the 60m and another in the 200m for good measure!

Conditions were a little cool and gusty for good times, so few other landmarks were set, but **John Collier** continues his return to form with a win in the 800 in a season's best 2:36. David Carbon mirrored this achievement in the (approx) 60m – I say approximate because there is no start line marked on the UWA track for the short dash. It was a little more conducive to good distance running, so a plethora of SBs were recorded in the 3000m race – **Ivan Brown, Bob Schickert, Grant Schofield, Gavin Howard** and **Gill Edmonds**.

The throws were quite popular tonight after the tension of trophy events subsided. SBs went to **Val Prescott, Dorothy Whittam** and **Gavin Howard** with the javelin. **Val** did it again with the discus as did our stalwart organiser at McGillivray **Raema McMillan**.

So the year's proceedings closed at the UWA sports ground and we all wished each other all the best until 2010!

athletes had been looking at the record books and decided that there might be an opportunity beckoning. Prime candidate was W65 record hoarder **Peggy Macliver**, but **Cecil Walkley** also hoped for some extra joy to end the year. **Peggy** made it, breaking Pat Carr's record from 1998, but Cecil fell short of Irwin Barrett-Lennard's July time. In fact **Christine Oldfield** (seen below driving the ladies 'bus') was also inside the old W65 record but had to accept second-best on the night.



The ladies 'bus' running down the home straight in tonight's mile race

Another state record went to **Lajos Joni**. Using the circle outside the track he threw the heavy weight a prodigious 15m to break the old M50 record. **Mark Hamilton** also hit a season's furthest with 13.23m. M80 **Chris Tittel** came for his first visit and enjoyed a successful shot put, along with M75 **Tom Crossen**.

The evening started with two heats of the 400m, with most of the 12 members taking advantage of excellent conditions. PBAs went to **Kim Thomas, David Solomon, Steve Fuller** and **Maurice Creagh**, whilst **Campbell Till, David Clive, Peggy Macliver** and **Nick Miletic** also ran their best for 2009. The mile followed, and in addition to those already mentioned, **Maurice** had another PBA, together with **Melissa Young**. **Tom Lenane** took the rare opportunity for a mil walk and set a new PBA of 9:25.

As I hinted earlier, the sprinters were really looking forward to the 60m with a nice following wind and it certainly worked out that way. **Chris Neale** was back after a longish break following the Sydney Games and celebrated with a very sharp 7.8. **Colin Smith, David Clive, Nick Miletic** and **Peggy Macliver** set new season highs. **Christine Oldfield** matched **Melissa Young** with her second PBA of the night. More SBs followed in the late heats from **Carol Bowman, Melissa Foster** (a speedy 8.4), **Pat Carr** and **Lynne Schickert**.

Landmarks followed in the well-contested long race from **Corey Thomas** (a 30 second PBA in the 3000m), **Gillian Young** (SB, 3000m), **Steve Fuller** and **Kim Ribbink** (PBAs, 5000m) and SBs in the 5000 for **Maurice, Grant Schofield** and **Jane Elton**.

See you all again next year!

Friday December 18: Strive meet at the WAAS

There were perfect conditions at the premier stadium tonight, with an unexpectedly large turnout. Often this last meet pre-Christmas is poorly attended, but not this year. However, the results have been delayed and are not available at the time of going to press. I shall include a report in the next issue.