

# TFNL

## The Track & Field Newsletter of MAWA

Season 3 Issue 7

March 2010

### The Magnificent Four Set New World Record

- and two more Australian ones  
for good measure!



In a fifteen day period this month Stan Lockwood, Cecil Walkley, Irwin Barrett-Lennard and Vic Beaumont broke the M80 world record in the 4x800m relay and also the Australian records for the 4x1500m and 4x400m events.

The world record came on February 18 at the Ern Clark Athletic Centre. Spurred on by a huge crowd of fellow athletes and spectators, Vic Beaumont set them on course with a steady first leg. The baton passed to Stan Lockwood, whose sub-4 minute time was a good indication that something special was about to happen. Anticipation rose even higher with another sharp leg from captain Cecil Walkley and it was left to triple world champion Irwin Barrett-Lennard to run the glory leg. This he did in style, sprinting to cross the line with the applause of his peers ringing in his ears.

Previously held by four Victorians, the world record was reduced by no less than 83 seconds and now resides proudly in the MAWA history book.

#### February Roll of Honour

February 2 – UWA Tom Gravestock	M50	Discus 42.37m SR	Louise Oswald	W40	Wt Throw	8.48m	SR
February 4 – ECAC Peggy Macliver	W65	1000m 4:09.8 SR	Lorraine Lopes	W70	1000m 4:24.0	SR	
February 11 – ECAC Lajos Joni	M50	Wt Throw 16.24m SR	February 14 – WAAS Cam Yorke	M30	400m 49.05	SR	
February 18 – ECAC Louise Oswald	W40	Javelin 28.00 SR	February 19 – WAAS Scott Tamblin	M30	800m 1:53.53	AR	
Derry Foley	M80	Long Jump 2.64m SR	Lynne Choate	W55	60m 8.91	SR	
(February 25 – ECAC) Peggy Macliver	W65	60m 9.7	SR				

*(relay records are noted in the special report – see p9)*

# AMA NATIONAL CHAMPIONSHIPS

Don't forget that entries to the championships close next Friday – March 5. **LATE ENTRIES WILL NOT BE ACCEPTED.**

The easiest way to enter is online – paying by credit card. Have your credit card ready when completing the form at [www.australianmastersathletics.org.au](http://www.australianmastersathletics.org.au)

Alternatively, you can use the paper entry form (same website) and enter by post using cheque or credit card. This does give the Competition Director, Barbara, more work, so you might wish to brighten her day as the entry below did!



## The New Website will be going live next weekend

The present MAWA website was designed by John Stone and put in place over several years from the early 2000s. It has been very recognizable with its attractive orange features, adorned by many athletics photographs. There are no data to confirm its value, but anecdotal evidence over the years points to the fact that it has brought a number of new members to the club. However, use of the Internet has developed rapidly since the site was designed and it has become difficult to implement required changes. Prompted by a review involving previous Webmaster Mike Karra, Vetrun editor Vic Waters and TFNL editor John Oldfield a proposal for an upgraded site was accepted by the committee earlier this year.

Your new site will go live over the weekend March 5-7. Designed by Scott Buckland, based in the Hills, in consultation with your new Webmaster John Oldfield, the new site uses the latest design techniques. This makes it much easier for the user to navigate by the use of new menu designs. The photos used are

exclusively of MAWA members and runs/walks. The club Patron John Gilmour, triple world champions Lyn Ventris and Irwin Barrett-Lennard all appear in the main photo banner as well as popular run sites. Built-in you will find extra features such as searchable photo galleries and extended news sections. These will be updated regularly to give club members a better, faster and more relevant service. In addition to all the features you are used to (downloadable Vetrun, T&F newsletter, Sunday and T&F results, both annual programmes) you will also find details of upcoming runs and profiles of members. Other new features are in the pipeline.

Your views are always welcome. You can let either me or any of the committee know what you feel – whether it is good or bad! It is your website – use it and help to make it more useful by your constructive suggestions or comments.



## In Focus – The Thomas Family

Over the last year or so, Thursday runners can't have failed to spot the explosion of Thomases on to the track – three generations of them. Kim (36), Corey (34) and Michelle (32) grew up on a farm in Mundijong and have always been heavily involved in sport. Their mother (Carolyn Fawcett) and step father (Bob Fawcett) have encouraged them all the way and still do so by joining them on Thursday evenings and running alongside their children and grandchildren

Both Kim and Corey have represented WA at Australian Rules football, been placed in their relevant divisions at the state Kickboxing Championships and still play football for Mundijong. Kim races BMX with his boys (Mitch 9 and Jai 8) and Michelle's daughter (Chloe 12) and they all competed in the World BMX championships in Adelaide in 2009.



**Kim** started with Bateman/Bullcreek Little As when he was seven and continued until he was fifteen. After a break, he joined Perry Lakes where he competed from age nineteen to twenty three. He then had a spell in the country before moving back to Perth where the first thing he did was look up Masters Athletics. He started

running the following week and has loved every minute of it. Three years on, he has convinced his brother, sister, mother, step father and all the kids about how wonderful it is. He is still working on his wife (Monique) who feels she is too young to be a Masters athlete. Kim works and lives at Murdoch University as the veterinary farm manager looking after all the cows, sheep, horses, pigs etc for the veterinary undergraduate program.

He has competed in many championships, including the 2009 State Championships, and his medals are all memorable. He now does fewer field events and concentrates on running. He has entered 8 events in the AMA 2010 Championships and can hardly wait.

Kim has always enjoyed running and it has contributed to his fitness for other sports. At footy, he relishes being able to mix and match it against men fifteen years younger and he gets great satisfaction from seeing the whole family running together on a Thursday night.

**Corey** is also a product of Bateman/Bull Creek Little As where he competed from age seven to fifteen. His football career also started at seven and he has played for East Fremantle and state junior sides. He is still a regular player. He owns his own Skylight business and lives on a farm in Oakford with wife Nicole and three children - Chelsea 11, Storm 9 and Clayton 6.

Corey is mainly a middle distance runner but that didn't stop him entering everything from 60m to 10000m, plus field events and pentathlon in the 2009 State Championships. And winning ten gold medals was his most memorable achievement. He's looking forward to some challenging competition from the M30s from across Australia at Easter and to continuing with athletics for as long as he can.



**Michelle** watched Kim and Corey doing athletics for years and was always told that she was too young to participate. But she was determined to take part and started athletics in 1988 when she was ten. She competed in many Little Athletics championships and won a gold medal in the triple jump in 1988 and was overall champion girl.



Previously a confirmed sprinter, she has now begun to tackle the longer distances – which she says “kill her”. But she is a real all-rounder as is evidenced by the eclectic mix of events she entered in the 2009 State Champs. She had only been a Masters member for a short time but she came away with a fistful of medals.

Michelle, a single mother living with Chloe in Leeming, still has time to work with troubled and drug affected youth in a crisis shelter. She draws her motivation from Kim and really enjoys running with MAWA. She will be competing in the Nationals at Easter.



## Analysis of the Results

**Tuesday February 2:** Conditions were difficult tonight on the track, with a strong, blustery headwind in the home straight. Numbers were well down, but this was more likely due to the relays on Thursday than concern about the wind. A few of the sprinters were testing out 'dodgy' hamstrings in the sprint, and all seemed to come through without problems. Times were well down on normal, no doubt because of both the wind and concern about possible injury. The evening started with a one mile race, won convincingly by the returning **Trevor Scott**. **Bruce Wilson** arrived just in time to take part in this race, and immediately scuttled off at the finish muttering "I promised to take the wife out tonight". Most of those present took part in both the 600m and the subsequent 3000/5000. **Ian Cotton** was in impressive form in the 600, leading home a well-

**Thursday February 4:** The start of the relay carnival, and with the 4x100s being a 6pm start it was hectic early on. We were under way only a few minutes late, caused by some urgent rearrangements of one or two teams. The relays are covered in a separate section of TFNL.

The organizing 'few' had thought that there might be some time to draw breath after that, but 28 entrants in the following 1000m race made it clear that was not to be. Although not an official championship distance, this event does qualify for record purposes. **Peggy MacIver** (4:09) and **Lorraine Lopes** (4:24), those two prolific record makers took full advantage, each with a state record. **Nick Miletic** notched up a season's best, and there were PBAs for **Kim Thomas**, **Paul Burke** and, perhaps not surprisingly, **Maurice Creagh**.

Four heats of the 400m followed with scarce time to take a breath. Six athletes set season's highs, **Steve Fuller** (65.1) and **Carol Bowman** (85.4) raced to PBAs.

**Friday February 5:** Not so many throwers at WAAS tonight, but compensated for by no less than nine on the track. A gusty south-westerly meant that **Cam Yorke** (11.22) and **Chris Perrey** (12.07) had illegal winds, with a similar problem in the 200s at the end of the evening. **Scott Tamblin** took good advantage of the excellent conditions in between these times and knocked another second off his Australian M30 800m record. In a later heat, **Brad Walsh** ran a season's best of 2:21.5. **Cam Yorke** tried to break his long hurdles' record again, but lost his rhythm in catching an early hurdle and just missed out.

spread field. **Lorraine MacLennan** and **Tanya Holloway** returned to the track with a steady 3000m, Lorraine still awaiting her new shoes and orthotics and Tanya watched by budding young athlete in Dad's arms. **Clive Hicks** ran away with the 5000m in very impressive style, with the rest of the field some way behind.

The final event of the age-graded competition (discus) took place tonight. **Tom Gravestock** was once more the star attraction with a new state record of 42.37m. **Dorothy Whittam** threw a new PBA, with SBs going to **Bob Fergie** and **Chris Tittle**. Another record fell in the weight throw, **Louise Oswald** adding to her portfolio with 8.48m – a new W40 state record. Finally there was a triple jump competition, with **Peter Kennedy** reaching a new PBA of 3.85m.

The race walkers were hoping for a punctual start to their relay. However, 30 athletes in the field for the 3000m race indicated that patience was needed. It required an echelon start, now becoming the norm at ECAC. The highlight was a lifetime best for **Kim Ribbink** (14:18.9, featured left), as well as PBAs for



**Darryl White** and those two PBA experts **Maurice Creagh** and **Melissa Young**.

The long jump pit was also crowded tonight, with no less than 10 competitors. **Dave Wyatt** managed a new PBA of 4.78m, and SBs fell also to **Paul Foley**, **Chris Neale** and **Melissa Foster**. The javelin and shot completed the programme. SBs went to **Dorothy Whittam** (shot and javelin), and both **Paul Foley** and **Bob Fergie** with the javelin.

There were four MAWA men in the early 3000m race. **David Cane** stole the show with an excellent 9:40, and **Paul Hughes** put his recent injury problems behind him with a creditable 11:39. **Bruce Wilson** recorded 12:15, and **John Oldfield** was very pleased with his season's best of 12:25.

Apart from an SB by **Rob Shand** with the shot, there were no personal landmarks in the circles tonight. Rather it was an opportunity for coach **Lindsey Glass** to pass on some expert advice through the evening. Daughter **Byrony** gave glimpses of her immense talent with the hammer, but the elusive 58m is still just out of reach. **Lajos** seems to be a little hampered with his

shoulder problem but is still throwing good distances, particularly with the discus.

**Dave Wyatt** continues to record consistent heights in the vertical jump without challenging his own state record too closely just yet.

**Tuesday February 9:** Excellent conditions greeted us again tonight at McGillivray. We did have the problem of dodging the WA State women's soccer team on the inside pitch owing to a double booking. Not even the threat of starting the javelin early deterred them. Made of stern stuff, Aussie women! Turnout was reasonable considering the upcoming

4x1500s on Thursday, and **Mark Elms** (right) would have been very pleased he decided to come. Starting by equalling his lifetime best of 12.5s in the opening 100m sprint, he backed it up with a full PB of 59.4s in the 400m. **Neil Davis** also ran a season's best in the second heat of the 100s, behind **John Dennehy**. John was edged out by **Peggy Macliver**, both laughing all the way to the line.



**Thursday February 11:** 4x1500 relay night, with the main events covered later in this newsletter. The evening started with the ever popular 60m sprint. Four heats were needed. **Chris Neale** took the first, again showing he is our number one over this distance, at least until **Colin Smith** is fully recovered from his injury-hit season. **Steve Fuller** ran a PBA of 9.1 in the second heat, ahead of the usual close finish between **John Dennehy** and **Peggy Macliver**. This time John took the honours. **Tom Crossen** and the fast-improving **Paul Burke** each ran SBs.

After a popular 600m race the sprinters had another go with a 200m. Although **David Clive** took the first heat, the fastest time of the night went with another SB to **Paul Burke**. PBAs were recorded by **Jackie Halberg** (on the mend at last, at least in the shorter events) and **Sarah Ladwig**, with a season's high for



**Sunday February 14:** With a forecast high of 37<sup>o</sup> only the sprinters were looking forward to competing. Curtin-based ace **Cam Yorke** certainly took advantage with two exceptional performances. His 100m time of 11.36, into a headwind, was close to his best, but the 400m brought a stunning performance. Given the opportunity to chase ace Queenslander Nick Boylett, Cam turned in a lifetime best of 49.05 to smash his own state record. **Chris Perrey** (52.17), **Andrew**

The other two lady throwers – **Dorothy Whittam** and **Louise Oswald** also continue to record excellent marks with shot and hammer; Louise takes this style into the discus as well.

**Trevor Scott** (3:02) won the 1000m, **Paul Burke** setting a new PBA of 3:18 behind him. SBs went to **John Collier** (3:22) and **Ivan Brown** (3:47). I have already mentioned Mark's winning time in the 400s, but notable performances also came from **Grahak Cunningham** (67.0, SB), **Keith Edmonds** (68.4, PBA=) and **Norm Richards**. Norm usually limits himself to 250m but ran the full distance this time for a season's best of 79.8.

The good conditions were certainly to the liking of the distance fraternity (and sorority). Six SBs fell in the run, and **Lorna Lauchlan** dipped under 25 minutes to set a season's high in the walk.

There were no new marks set in the shot or javelin, possibly because of the football pitch markings, but more likely because they were taking a breather after all of January's records. **Preslava Vouteva** did jump 3.67m in the long jump and that was her furthest mark this summer.

**Melissa Young**. The final race before the relays was a 3000m, in which **Neil McRae** recorded his season's best and **Katrina Bolden** a PBA. **Peter Sullivan**, unfortunately too busy to be able to stay for the relays, set the pace in this race with a very quick 10:45.

The highlight in the field tonight, other than the discus relay, was **Lajos Joni's** heavyweight throw. Yet another state record tumbled to our NSW import, this time with a huge distance of 16.24m. In the triple jump, there were unusually three jumps of more than 10m. **Melissa Foster** continues to add distance each time she jumps and broke 10m for the first time this week (10.07).

**Jackie Halberg – on the mend at last**

**Brooker** (57.28), **Brad Walsh** (59.44 PBA) and **Barrie Kernaghan** (64.63, best for two years) also seemed to be inspired by the competition.

The other main track event of interest for Masters was the 2k steeplechase. Four of our athletes braved the 37 degree heat for this late morning race. It was hard going, but the results were rewarding for most. **Kerriann Bresser** led our quartet home in a PBA of 9:19.

The two men, **David Carr** (9:49) and **Nick Miletic** (9:51, SB) were tied together for most of the five laps, with the wise old head saving himself for a late butst that clinched the battle. **Carol Bowman** was also pleased with a PBA of 10:28. (Note: the times given after the race and posted on the AWA website were incorrect.)

**Tuesday February 16:** At 6pm we were looking to be only a select few, with many appearing to be saving themselves for the relays. In fact the MacLennans were also delayed, so **Toni Phillips** stepped in to start the 60m dash. **Rob Greenhalgh**, just pipped **Barrie Kernaghan** by the thickness of his singlet, but the equal time matched Barrie's season's best. It was also a close run thing in the next heat, with returnee **Leon Sander** edging out **Peggy Macliver**, Peggy matching her SB too. Behind them **Lynne Schickert** recorded another SB. A fairly swift 600m followed, with your editor firing the gun this time as Toni ran this race. **Neil Morfitt** was another welcome returnee for his first Tuesday appearance for some time. He won the race comfortably and seems to be over his hamstring strain, picked up on a Friday run a couple of weeks back.

Conditions were good for fast times, with only a light breeze and no less than five athletes turned in SBs in



the 200m. **Paul Burke** (27.9) won the major heat, with **Rob Greenhalgh** and **Keith Edmonds** (left) each recording SBs. Two more followed in the second heat – **Peggy Macliver** (33.4) and **Ivan Brown** (34.9). Ivan is turning into quite a short race specialist these days, showing what regular interval training can do for you. (Or perhaps it was the snappy orange kit he

**Thursday February 18:** Into the third week of the relay carnival, with three different events tonight – 4x800s, long jump and hammer throw, so there was a bumper, record turnout of 82 athletes. Whilst the long jump and hammer relays were in progress three track events got under way. First up was a 400m, ideal warm up for those relay runners who were not occupied in the long jump. **Mark Elms** took line honours in the major heat with a season's best of 58.1, followed by **Geoff Sims**, visiting from Queensland (sizing up our preparations for the Nationals?). PBAs went to **David Solomon** and **Ivan Brown**, with more SBs for **Pete Sullivan**, **Carol Bowman** and mother and daughter **Gill** and **Melissa Young**. Nobody was taking it easy before the relays, with four more SBs in

The throwers didn't find the heat to their liking either, except in the hammer throw, where **Byrony Glass** came within a metre of her state record with 56.43m. Season's bests also went to mother **Kate** (38.13m) and **Rob Shand** (22.35m, also a PBA).

**Bev Hamilton** and **Louise Oswald** also competed in the shot put, and were joined in the discus cage by **Lajos Joni** and **Rob Shand**.

was wearing that was the secret?)

Finally on the track it was the turn of the few distance specialists tonight. **Clive Hicks** is the king on a Tuesday, and he strode around the track seemingly effortlessly in 10:51. **Jim Langford** also looks to be returning to form after an injury, and it was good to see him using our meet to help him. **Keith Edmonds** dipped under the 12 minutes again, leading **Paul Burke** through to a season's best just behind him. Another in the rehabilitation stage and beginning to find form again is **Lorraine MacLennan**. There were some walkers too – **Irwin Barrett-Lennard** is walking more often since his knee surgery, producing an SB tonight, and **Lorna Lauchlan** continues to bring her times down with a PBA tonight – 8 seconds below last week's walk. Her time is inside the state record, but there is doubt over ratification because there were no judges. Finally there is a mention for our stalwart 89 year-old **Peter Kennedy**. In training for the Nationals (by which time he will be 90), we started Peter early and he had the stamina and determination to finish in 32:25.

**Peggy Macliver** started her evening with another PBA in the triple jump (7.16m). **Leon Sander** was another jumper tonight, with 7.67m, and he walked from there to the discus pit to demonstrate his all round ability with 25.63m. (Or was it to get his money's worth?)

**Lorna Lauchlan** was another spinning the discus well, with a PBA of 14.20m, whilst **Bob Fergie** (23.74m, SB) would be pleased with his night's work also. And Bob was not yet finished as he heaved the heavy-weight to an SB of 11.52. Finally, **Rob Shand** threw the big one for a PBA of 7.72m.

the 100m heats, the most notable of which went to **Nick Miletic** and **Kevin Hynds**.

The distance race tonight was over 3000m. **Keith Edmonds** decided that he needed a good stretch before his relay, so produced a PBA of 11:35. The race was won by a jogging **David Cane** but **Pete Sullivan** continued his rich vein with a PBA in 10:28. **Sean David** continued his improvement with a season's high over a distance we do not normally associate with him.

The field highlight, other than the relays (report on p7), was another state record for the prolific **Louise Oswald**. This one was with the javelin. Louise has now set four state records this season with discus, javelin and heavy-weight.

**Friday February 19:** Two more records fell tonight in cooler conditions at the WAA Stadium. **Lynne Choate** took advantage of a legal following wind to set a new time for the W55 60m of 8.91. She has been hovering around, and even under this time for a few months now, but either the wind has been too strong or the electronic timing has not been available. Finally the record is hers without dispute. **Another** MAWA athlete on the button at this open meet was **Scott Tamblin**. Already the state's best athlete over the two lap race, Scott has now broken the Australian record three times since the turn of the year. Tonight he lopped another second off, lowering it to 1:53.53. Coach Margaret Saunders is still expecting that time to come down further. "I am confident that he can get close to 1:50 by the end of the season" she says.

**Tuesday February 23:** We tend to think that Tuesday meets in February are used as either relaxation or warm-up for the relays. That was not on everyone's mind today as we had warm conditions with a light breeze – ideal for sprints and middle distance running. The opening race, a 400m, produced no less than 8 SBs and a PBA. The PBA went to **Christine Oldfield** with a wide selection of men running season's highs. **Micky Ellis**, W50, turned up for the first time on the track, and was a welcome addition to the fold. As also was **Michael Barton**. We are used to seeing Michael putting his Little A athletes through their paces before our session starts and he has been a member for a little while, but this is the first time he has run with us. He's pretty quick too and would have been a good relay team member if he'd been with us earlier; there's

**Thursday February 25:** Conditions tonight matched those on Tuesday so there was ample opportunity for the sprinters to have more fun. And so they did; with the 200m first up, 8 SBs and a PBA meant that lots were to go home happy. The PBA was an unusual one; long distance specialist **Pete Sullivan** had what was for him an unusually brief outing of 40 seconds. The SBs were shared around (see results on the website). More personal landmarks were to follow in the 1500m. Three PBAs were noted; another for Pete to follow his 200m, and also for **Katrina Bolden** on the night she was to pick up her first record certificate later. And the third was another moment in the golden season for **Maurice Creagh**. Maurice has already lowered his vet time for almost every distance imaginable, and now takes his 1500m down by another 5 seconds to 5:49. Again a number of SBs can be seen in the results, including one for 84 year old **Stan Jones** in the walk.

Elsewhere tonight, there were PBAs for **Mark Elms** in the 60m (8.13) and **Brad Walsh** in the 800m (2:21.16). **Damien Hanson** (29.41m, javelin), **Louise Oswald** (8.94m, shot) and **Karyn Gower** (22:28, 5000m) produced SBs. The 'sprint twins' gave us a close finish in the 60m. **Norm Richards'** legendary start gives him an initial edge and with a couple of metres to go he was still ahead of his nemesis **Barrie Kernaghan**. But Barrie knows where the line is and just took the win. Norm mused "Twenty five years ago I used to look across the line and see this agile young man with red hair edge past me. Now I look across the line and see a less agile old man with hardly any hair edge past me." They both look amazingly agile to me and are great ambassadors for masters athletics.

always next year. The 100 and 800 were largely uneventful, except for SBs to **Craig van Waardenburg**, **Grahak Cunningham** (100) and **Trevor Scott**, **Paul Burke** and **Keith Edmonds** (800). The humidity was developing in the 3000m race, so a PBA for **Toni Phillips** and a season's best for **Garry Ralston** were the only highlights as the times lengthened. Of the two walkers, **Lorna Lauchlan** was inside her W75 state record, but with no judges present it is unlikely to be ratified. **David Clive's** 4.50m long jump cost him a hamstring strain; we hope that it clears up in time for the upcoming championships – see the reminder on page 2 if you have not sent in your entry yet. A good selection of athletes threw both the discus and javelin tonight, with Andrew Ward recording a season's best with the spear.

The most notable mark amongst the excellent times recorded by the sprinters went again to **Peggy Macliver**. She has been chasing the state W65 60m record all season. **Pat Carr's** old mark of 9.8 has stood for 10 years, and Peggy has beaten it three times this season. Unfortunately twice she did it at the UWA track, where there is no 60m start line marked, so it could not be ratified. The time she previously did it at ECAC we only had one watch on her! It almost failed again this time as your editor messed up his watch, but fortunately we still had three watches that counted and so 9.8 became 9.7 as the SR.

**Steve Fuller** equalled his PBA of 9.1, and there were again a plethora of SBs – too many to mention but all noted in the results. **Bruce Mathieson** and **Julia Wardell** recorded SBs in the 3000m; **Lynne Schickert** (TJ) and **Julie Plackett** (discus) matched that achievement. And then it was on to the final relays of the carnival.



## February is the relay carnival month

### February 4 – 4x100 (National Postal Relays)

M50	58.6		[Nick Miletic, Steve Fuller, John Dennehy, Damien Hanson]
M70	62.4	<b>SR</b>	[Norm Richards, David Carr, David Clive, Tom Crossen]
M60	63.0		[Roy Feamall, Barrie Kernaghan, Bob Schickert, Maurice Creagh]
W30A	58.1		[Amanda Lloyd, Kerriann Bresser, Melissa Foster, Michelle Thomas]
W50	65.3	<b>W55 SR</b>	[Peggy Macliver, Lynne Choate, Carol Bowman, Gillian Young]
W30B	69.8		[Melissa Young, Delia Baldock, Lorraine Lopes, Jacqui Sanders]
W60	76.1		[Lynne Schickert, Jackie Halberg, Sarah Ladwig, Shirley Bell]
M30	51.6		[Corey Thomas, Kim Thomas, Paul Burke, Chris Neale]
M50	DQ		[Campbell Till, Garry Ralston, Dave Wyatt, Rob Greenhalgh]
M40	53.2		[David Cane, David Solomon, Ian Cotton, Grant Schofield]

### 4x800 race walk (National Postal Relays)

M50	19:28.5		[Graham Harrison 4:43, Damien Hanson 5:24, John Dennehy 5:01, Tom Lenane 4:28]
W60	22:10.9		[Lynne Schickert 5:20, Lorraine Lopes 6:01, Sarah Ladwig 5:23, Michelle Mison 5:27]
M70	23:20.0		[Stan Jones 5:42, Ray Hall 5:27, Bob Fergie 6:00, Jeff Whittam 6:11]

Eventually under way after some last minute team reorganisation, there was some excellent sprinting in the three heats of the 4x1s. It was good to see **Damien Hanson** back in his spikes as he started the first part of his unusual 'triathlon' (he also did the long jump and the 4x8 race walk tonight). **Tom Crossen** stepped in at the last minute to anchor the old men home for an M70 state record, with the younger M65s snapping at their heels. The ladies' heat also saw a new state record, this one for the W55s, ably led by star sprinters **Peggy Macliver** and **Lynne Choate**. But a relay record takes four athletes, and plaudits go to **Carol Bowman** and **Gillian Young** too. The younger men were in the spotlight in the last heat, and it showed in the sharp times. Unfortunately the M50s' third changeover went awry or that may well have been a third state record of the night.

Some unfamiliar walking styles were on display in the later event. Fortunately there were no walk judges tonight, equally fortunately no cameras either. However, it was good to see three teams in this event; in late March to find out if we will take any national walk titles.



Damien – unusual triathlon

### February 11 – 4x1500 (just for fun, not part of the NPRs)

W30	25:02.4	<b>SR</b>	[Toni Phillips 6:19; Katrina Bolden 6:16; Simone Solomon 6:29; Kerriann Bresser 5:58]
W55	26:26.4	<b>AR</b>	[Barbara Blurton 6:41; Carol Bowman 6:56; Margaret Saunders 5:57; Shirley Bell 6:52]
W40	26:26.9		[Delia Baldock 6:37; Kim Ribbink 6:45; Claire Walkley 6:45; Karyn Gower 6:20]
W60	28:18.5		[Shirley Bell 7:09; Sarah Ladwig 7:13; Jackie Halberg 6:59; Gillian Young 6:57]
W65	31:16.7	<b>AR</b>	[Christine Oldfield 7:44; Peggy Macliver 6:51; Lynne Schickert 9:33; Lorraine Lopes 7:08]
M80	34:04.8	<b>AR</b>	[Vic Beaumont 8:58; Stan Lockwood 8:37; Cecil Walkley 8:25; Irwin Barrett-Lennard 8:05]

*Splits not available for second heat – too dark to see far side of track*

M30	20:12.9		[Kim Thomas; Corey Thomas; Paul Burke; Brett Roach]
M50A	21:00.8		[Campbell Till; Steve Fuller; Alan Gower; Paul Hughes]
M65	22:35.6		[Jim Langford; Ivan Brown; John Oldfield; Bert Carse]
M40	22:52.7		[Neil McRae; Grant Schofield; Dante Giacomini; Ross Keane]
M60	23:28.2		[Duncan McAuley; Bruce Mathieson; Maurice Creagh; Bruce Wilson]
M50B	26:40.0		[David Carr; Bob Schickert; Nick Miletic; John Dennehy]

### Discus relay (NPR)

W55	39.90		[Lynne Schickert 10.45, Peggy Macliver 17.35 <b>SB</b> , Carol Bowman 12.10 <b>SB</b> ]
W40	63.35		[Louise Oswald 27.41, Bev Hamilton 20.99, Simone Solomon 14.95]
M50	100.37		[Tom Gravestock 36.29, Craig Van Waardenberg 27.92, Lajos Joni 36.16]



The 4x15s do not count as part of the national postal relays. However, they have always epitomised the relay carnival here in the Golden West. Who can ever forget that magical world record-breaking night in 2008? So it was again tonight, with a new record before we even started – 12 teams participating. Where else in Australia, or even the world, could they put together 48 athletes for this event? The ladies (plus, as is customary, the M80s) toed the line for the first heat.

An electric atmosphere, with encouragement all around the track owing to the staggered change-over points, was the key to athletes pushing beyond their limits. No team displayed this more than the M80s. Each gave their all as they kept the target time in mind for an Australian record. However, two more Aussie marks fell before the M80s eventually achieved theirs. The first record fittingly went to the young ladies. **Toni Phillips, Katrina Bolden** and **Simone Solomon** passed the baton to anchor **Kerriann Bresser** with time to spare. But Kerriann was taking no chances and crossed the line well inside the old state record. The W65s, captained brilliantly by yellow-clad **Peggy Macliver**, had wider horizons in mind. Their eyes had been firmly set on the Australian mark. **Christine Oldfield** ran her best time for years and, with Peggy to follow, the record was surely in the bag. **Lynne Schickert** kept the momentum going and our latest star **Lorraine Lopes** brought the team home in style with three minutes taken off the previous Australian best!

The surprise package was the W55s, the second team over the line. This team was not even complete until just before the start. **Margaret Saunders** has the pedigree; she is the Australian W55 champion over this distance. **Barbara Blurton's** pedigree is also not in doubt, but after a horror five years through injury since San Sebastian how much could one expect from her? **Carol Bowman** is an athlete that can always be relied on, so no problems there, but until **Shirley Bell** stepped in minutes before the start to make up the quartet, the team's existence was still in doubt. Indeed it was not until the following morning that we realised they had broken the old Aussie record by 44 seconds. Another glorious moment was added to the relay lore of our great club.

#### February 18 – 4x800m (NPR)

W50	<b>AR</b>	12:07.9 [Marg Saunders (2:45); Carol Bowman (3:17); Karyn Gower (3:05); Barbara Blurton 3:01]]
W30	<b>SR</b>	12:41.0 [Delia Baldock (2:55); Kerriann Bresser (2:47); Michelle Thomas (3:49); Simone Solomon (3:10)]
W40		13:17.8 [Jane Elton (3:13); Kim Ribbink (3:19); Claire Walkley (3:29); Lorraine MacLennan (3:14)]
W60		13:37.4 [Shirley Bell (3:27); Sarah Ladwig (3:28); Jackie Halberg (3:30); Gillian Young (3:12)]
W65	<b>AR</b>	15:04.3 [Peggy Macliver (3:10); Christine Oldfield (3:47); Lynne Schickert (4:35); Lorraine Lopes (3:32)]
<b>M80</b>	<b>WR</b>	<b>16:01.8 [Vic Beaumont (4:22); Stan Lockwood (3:51); Cecil Walkley (4:04); Irwin Barrett-Lennard (3:45)]</b>
M30	<b>SR</b>	9:16.1 [Scott Tamblin (1:58); Corey Thomas (2:30); Paul Burke (2:21); Kim Thomas (2:26)]
M50		9:27.9 [Campbell Till (2:10); Trevor Scott (2:17); Paul Hughes (2:36); Neil Morfitt (2:16)]
M40		10:29.9 [Colin Smith (2:28); Mark Elms (2:41); David Solomon (3:03); David Cane (2:18)]
M40B		10:45.6 [Dante Giacomini (2:54); Grant Schofield (2:50); Ross Keane (2:37); Keith Edmonds (2:26)]
M60		10:57.5 [Duncan McAuley (2:29); Maurice Creagh (2:53); Ivan Brown (2:57); Bert Carse (2:38)]
M50B		11:51.2 [Steve Fuller (2:32); John Dennehy (2:58); Nick Miletic (3:12); Mike O'Reilly (3:09)]

The 4x1500s are included in the carnival just for fun. That's what this night is all about. There were no records for the W40s and W60s, but **Delia, Kim, Claire, Karyn** (W40s) and **Shirley, Sarah, Jackie** and **Gillian** (W60s) did not care about that. And nor did anyone else around the track as they received just as much encouragement and applause as the other teams.

And so to the octogenarians: these grand men, legends all, tell the rest of Australia what it is like to be a MAWA member. They just keep on running. There was no existing world, or Australian record for this age group. So our glorious men – **Vic Beaumont, Stan Lockwood**, captain and organiser **Cecil Walkley** and triple world champion **Irwin Barrett-Lennard** had no time to beat. But they had set themselves a target of 36 minutes – 9 minutes each. In fact each one beat that time convincingly to set an Australian record, and an unofficial world record of 34m 04.8s that will surely stand for a long time.

The second heat, in mathematical terms, was an anticlimax as the dark set in and Coker Park's limited lighting system tried to light up the gloom. No records fell in this heat as six more men's teams battled gamely into the night. But there were some terrific performances and I hope I speak for all the other competitors when I say how much I personally enjoyed a once-in-a-year atmosphere. The opportunity to run in a world championships final is something I'll never forget. But the chance to run on a MAWA 4x1500 night certainly comes a close second. And I can look forward to it again next year.

We must not forget that there was also an NPR tonight – the discus. We had three teams participating – W55s (led by **Lynne Schickert**), W40s (by **Bev Hamilton**) and M50s (**Tom Gravestock**). Each did their best in this unusual team event, with the men achieving a composite total of more than 100m. We shall have to wait until March to discover whether they will take any titles or not but our applause goes to each of them for their efforts.

## Hammer relay

W40	62.12	[Louise Oswald 23.22, Bev Hamilton 18.60, Julie Plackett 20.30]
M50	121.63	[Tom Gravestock 38.60 <b>PBA</b> , John Everard 41.92, Lajos Joni 41.11]

## Long Jump relay

W30	11.34	[Melissa Foster 4.60, Michelle Thomas 3.02, Simone Solomon 3.72 <b>SB</b> ]
W60	8.66	[Lynne Schickert 2.29, Peggy Macliver 3.55, Sarah Ladwig 2.82 = <b>PBA</b> ]
M40	14.28	[Chris Neale 5.77 <b>SB</b> , Damien Hanson 3.95, Murray Tolbert 4.56]
M50	14.09	[Dave Wyatt 4.70, Campbell Till 4.73, David Clive 4.66]

**The Magnificent Four's** heroics are fully covered on the front page, but there was lots more to enthuse over tonight, witnessed by a huge attendance of over 80 athletes and many watching from the grass bank overlooking the track. The W65 team (**Peggy Macliver, Christine Oldfield, Lynne Schickert** and **Lorraine Lopes**) again set a national record in the 4x800s. And their younger counterparts the W50s were not to be overshadowed. **Margaret Saunders, Carol Bowman** and **Barbara Blurton** ran as W55s when claiming the 4x1500m record last week. This week they were joined by recent birthday girl **Karyn Gower**, turning it into a W50 team and they equalled the Aussie record with a great anchor leg from Barbara. We have to wait for another month to find if these feats are rewarded with National titles. There were also state records for the youngest team (30s) of each gender. Three of the W30s (**Delia Baldock, Kerriann Bresser, Michelle Thomas** and **Simone Solomon**) are over 40, but the team takes the age of the youngest member. The M30s benefitted enormously from a lead-off leg by state open champion **Scott Tamblin**. Scott was "saving something" for his Australian record attempt the following night and so eased back to run 1:58 (!), which was ample for the rest (**Corey Thomas, Paul Burke** and **Kim Thomas**) to latch on to and bring home the team with plenty to spare.

The M50s just failed in their attempt to break a tough state record, falling three seconds shy. A similar fate was suffered by the W60s and M60s. However, we have to take into account that in this third year of the relay carnival our athletes have run so well previously that the 'soft' records have already gone and it is quite tough now to take even a state record.

We had two field 'team' events tonight as well. Four teams of three competed in the long jump event, with notable performances coming from all. There were several season's bests and a PBA (**Sarah Ladwig**). But the three stand-out performances came from David Clive with over 91% age-graded (4.66m), **Murray Tolbert**, only standing in as a replacement and leaping 4.56m and **Chris Neale** with a season's longest jump of 5.77m. Another PBA came in what the AMA calls a 'hammer relay' (the mind boggles). Tom Gravestock's 38.60m formed part of the cumulative 121m put together by his team of three. This is a very impressive total and will take some beating by the Eastern States' competition.

## February 25 – 4x400m (NPR)

W30	5:10.7	[Kerriann Bresser 68; Niamh Keane 74; Michelle Thomas 91; Simone Solomon 77]
W50	<b>SR</b> 5:12.7	[Barbara Blurton 73; Carol Bowman 88; Karyn Gower 80; Margaret Saunders 72]
W60	5:38.0	[Peggy Macliver 78; Jackie Halberg 85; Shirley Bell 94; Gillian Young 81]
M80	<b>AR</b> 7:11.0	[Vic Beaumont 1:56; Stan Lockwood 1:47; Cecil Walkley 1:52; Irwin Barrett-Lennard 96]
M50	4:05.3	[Steve Fuller 63; Alan Gower 63; Garry Ralston 62; Campbell Till 57]
M30	4:18.8	[Kim Thomas 61; Dante Giacomini 84; Colin Smith 58; Chris Neale 56]
M60	4:30.7	[Barrie Kernaghan 67; Roy Fearnall 67; David Carr 73; Duncan McAuley 64]
M50B	5:22.9	[John Dennehy 72; Bruce Mathieson 84; Nick Miletic 84; Roger Whalan 83]

## Shot relay (NPR)

W40	22.71	[Julie Plackett 7.00 <b>SB</b> , Bev Hamilton 7.60, Louise Oswald 8.11]
M50	33.18	[Tom Gravestock 11.67, Lajos Joni 11.25, Craig Van Waardenburg 10.26 <b>SB</b> ]

On the final night of our third annual relay carnival the honours once more went to the magnificent four. They showed that the whole range from 4x400 to 4x1500 is within their compass by making a clean sweep of national records. Captain **Cecil Walkley** deserves special praise for these achievements. It is his vision and drive that puts together a team each year and as organiser I always know that they are one team I can depend on doing everything asked of them – even breaking records! Well done Cecil – and **Vic, Stan and Irwin**.

The other ladies' teams have also been very consistent throughout the four weeks. It has been very satisfying to

see the W55s, W60s and W65s perform so well. There are a number in each of these teams who have had their injury traumas over recent years and they now all seem to be returning to form. Maybe they are not at the level of a few years back, but there is discernible improvement with most and, more importantly, they are enjoying being on the track again. This is one intangible benefit of this wonderful initiative that the AMA came up with three years ago. The National Postal Relays seemed an improbable idea to some of us (including me) when it was launched in 2008, but how wrong we were!

This year the throwers have also been more positive and involved. Early in the process there was commitment from both a women's and men's team to compete in all three throws events, and these regulars were supplemented by additional teams made up with occasional throwers from week to week. And with no less than four long jump teams plus three walks teams we are submitting a record number of entries to the Competition Director. After collation the results are usually announced in late March, and the winning teams will receive their certificates at the National Championships over Easter. MAWA won 26 titles last year – that is a hard act to follow, but we have given it a real try and I have my fingers crossed for you all!

### **Peter Hopper**

Some of you will be aware that Peter was in hospital recently for surgery. You will all be pleased to hear that his surgery was successful and he is recovering well at home. He expects to be fully fit again in six to eight weeks' time.

He has the best wishes of all of us – we hope to see him back on the track and in the field soon.



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