

TFNL

The Track & Field Newsletter of MAWA

Season 3 Issue 3

November 2009

New Season – New Stadium

The 2009/10 track and field season will be a memorable one for all at MAWA, culminating with our hosting of the AMA National Championships over the Easter weekend. It also started notably with the first regular inter-club meet at the impressive new stadium. These have switched to a Friday evening under lights instead of the traditional Saturday or Sunday. Initial impressions from athletes have been positive. The athletes say they enjoy the compact, yet comfortable feel. Officials will miss the nostalgia of Perry Lakes but not its discomfort or ramshackle facilities, and once the teething problems are ironed out I am sure that we will also look forward to these meets.

October's two openers at WAAS are covered later in this newsletter. Athletics WA would be very happy to see more MAWA members competing in Friday night inter-club meets. There is a regular programme of events, and all are welcome to enter. It is always good to test oneself against the best that our fair city has, and remember that most races are seeded so you have no need to feel you will be disgraced.

And even if you don't feel quite up to competing, there is always a need for extra **field officials**. No experience is necessary, training is available. If interested see Bob.

Impressive Medal Haul in Sydney

The medals just kept coming in the athletics section of the World Masters Games, held in Sydney from October 11-18. MAWA bagged 11 gold, 9 silver and 15 bronze, with thirteen different athletes packing metal into their bags for the return to Perth.

See page 2 for a full report on the Games



Photo of WAAS by Lynne Schickert

Patron's Trophy Gets off to a Flyer



The annual 10-week extravaganza that we call the Patron's Trophy started at the ECAC on October 15th. Favourites to take the titles again are David Carr (left) and Peggy Macliver. Campbell Till pipped David last year, so the men's competition is definitely more in the balance. This year we have a large number of very talented new members, so there will be much interest and excitement surrounding trophy results.

David got off to a flyer in the opening event, breaking his own state record in the 10000m on an evening when high temperatures caused a number to pull out part way through the race. Distance specialist Karen March took an early lead in the women's table, but she does not usually attempt the full range of events needed in this all-round competition. Trophy holder Peggy Macliver is keeping her powder dry, waiting for the shorter races that suit her speed better. Only three hardy athletes took advantage of the more benign conditions at McGillivray Oval, with Alan Gower leading home a jet-lagged John Oldfield and John Collier. John C has only recently returned to the track after a three-month injury lay-off and is working his way back to the impressive form shown last season.

Full coverage of the Patron's Trophy is contained in the analysis section of the newsletter – see p5

For our new members, an explanation of how it works can be found on p4.

Medals Across the Board for MAWA in Sydney

We are used to our older track athletes appearing on the podium when travelling to distant places, but the very pleasing aspect of the Sydney 2009 World Masters Games was the breadth of success for MAWA. The medals were spread widely, not only across the age groups, but also across both track and field. Throwers threw off the lack of training caused by logistics problems this past winter season and added significantly to the impressive haul.

Just three men and three women throwers collected a total of 11 medals – 3 gold, 4 silver and 4 bronze. The golds went to **Elizabeth Szczepanska** and **Kate Glass**. Elizabeth threw the hammer a huge 37.42m for a W55 PBA, just eclipsing Kate's silver medal throw. However, Kate took her revenge with the heavyweight, taking the gold to Elizabeth's bronze. **Bev Hamilton** (pictured right) helped herself to individual bronze in the W60 javelin. All three ladies medalled again in the throws pentathlon – Kate bagging her second gold, with silver for Bev and bronze for Elizabeth.



Bev Hamilton – photo by John Everard

Meanwhile the 3 male throwers – **Mark Hamilton**, **John Everard** and **Don Chambers** faced very stiff competition but all threw well, with a number of PBAs spread amongst them. Only Mark medalled, with silver in the heavyweight throw and bronze in both discus and hammer. John qualified for the final of the heavy weight with a PBA. Don's best throws performance was his 10th place in the shot put, but he also found the podium in both pole vault and long jump, taking bronze in each. In the throws pentathlon, Mark took the bronze in the M35s.

Another highlight in the jumps came from **Garry Ralston**, who set a huge PBA in the triple jump. His 10.61m beat his previous best by more than half a metre. **Chris Neale** would also have been very pleased in this highly technical event, leaping almost 12 metres to finish in the top six. And also in the field events, **Rob Antolioli** showed his all-round ability with an impressive long jump, although out of the medals.

There was a complete range of track events, and our 15 track athletes took full advantage. With so many competitors, some of the sprint events required three rounds, qualifier, semi-final and final, whilst others started with the semis. In the 100m, **Colin Smith** and **Garry Ralston** qualified to join **Roy Fearnall**, **Don Chambers** and **Lynne Choate** in the semis, with **Tolli** just missing out. From these, Roy, Don and Lynne all qualified automatically for their respective finals, and each of them later found themselves on the podium. Lynne was the first, taking silver in the W55 age group. She was followed by Roy with a bronze (M65) and finally Don stood on the top tier to take his gold in the M70s. It was a very similar outcome in the 200m, with Colin again qualifying to join **Chris Neale** and the three 100m medal winners in the semis. Colin was just pipped in his semi, but the others made it safely through to another final. Unfortunately Chris was not able to take his place the following morning. Not expecting to reach the final, he had booked an early flight home and was airborne as Lynne stormed to her second silver and Don the bronze this time. Roy missed out on his second medal by a whisker, finishing fourth.

Of our seven athletes in the 400m, five made it through to the semis and four of these qualified for Saturday's final. It was **Roy Fearnall's** turn to shine this time, with gold in a new PBA of 62s flat. Colin, Don and **Neil Morfitt** didn't medal but it was a great achievement to reach the finals. **Margaret Saunders** took the bronze in the 800m, and we had three men in the 800m finals. Neil almost made the podium, taking fourth place with a sharp 2:11 and Bjorn once more demonstrated his recently discovered pace, taking 5th in 2:20. Tolli was the third 800m finalist with a very respectable 2:32. No less than seven MAWA athletes reached the 1500m finals. Early in the week **Margaret Saunders** had set the standard very high with gold in the W55 final, and the men tried their hardest to follow suit. Bert produced a stunning 5:03, knocking 4s off his previous PBA in taking the bronze medal. PBAs also for Tolli and **John Bocian** in the M55, with Bjorn, Neil and **Andrew Brooker** all finishing well up in the top half of their respective fields.

In the long distance and "speciality" events, there was a gold for **Don Chambers** in the short hurdles, followed by bronze in the long hurdles. **Andrew Brooker** set a PBA of 63.36 in the long hurdles but was just pipped for the bronze medal. The M55 5000m was run in two timed heats, with times then being compared for the final placings. **Bjorn Dybdahl** excelled with the bronze, and **John Bocian** was 30th (out of 38). **Bert Carse** came very close to a bronze in the M65 5000m, but had to settle for 4th place in an impressive 19:24. Both Bert and Bjorn put in terrific performances in the steeplechase, Bert with 8:08 for the silver (2000m M65). Bjorn's 11:42 in the longer M55 3000m saw off the rest of the large field to take the gold.



The race walkers have not been mentioned so far, but they also managed to produce plenty of glory. On the road, **Garry Hastie** was good enough for gold over 10km. **David Smyth** took the silver in the longer (20km) road race. And once they started the 5000m track walk there was no stopping them. All three of our athletes medalled – David and Garry each taking a bronze in their age group, but **Robin King** (photo left) leading the field with a glorious gold medal. Robin also competed in the earlier 10km run on the road, finishing 7th (of 55) in a very impressive 43:50.

The outdoor pentathlon saw four of our members spending a less than leisurely Thursday. Unfortunately **John Bocian** 'no-marked' in the javelin. So he pulled out of the remainder of the events. However, **Chris Neale**, **Colin Smith** and **Tolli** kept the black swan flag flying with some exceptional all round athletics.

And finally, Bjorn still had the energy to compete in the half marathon. He was right up with the leaders for most of the way, finishing 6th (of 72) in 1:23:42.

In Focus – Peggy Macliver

Teenage Talent

At 14, Peggy joined a running club, to get out of going to church on Sundays, and discovered her athletic talent. She was allocated to Shirley Strickland's sprinters' training group but when she won a cross country event she was told she was a middle distance runner. After running 2:18 in a junior women's 800m, she was chosen to go to the Melbourne trials for the 1962 Empire Games at the new Perry Lakes Stadium. In her 800 yard race she was pushed and sent flying over the track-side barrier. This so traumatised her that she didn't run again until her mid-forties when she discovered Veterans and joined the club in 1986. Her husband Rob joined to keep her company and they started out as Sunday runners. Sadly, Rob developed a neurological disease and over the years became very disabled. He passed away at the age of 61, after 39 years of marriage. They had three children and Peggy now has five grandchildren.

World Champion and Record Breaker

Persuaded by Keith Forden, Peggy eventually summoned up courage to try track work again and never looked back. Various championships have taken her to Japan, Europe and around Oceania but the competition that means the most to her was the 1999 WAVA Games at Gateshead. In a strong W55 group Peggy won gold in the 800m and silver in both 400m and 200m. Her W55 relay team broke the world record and won the 2000 Australian Sports Award for Masters Team of the Year. She says "I think that was the peak of my masters running career."



Photo: Vic Waters

At the World Championships in Brisbane in 2001 she first met Graeme, a journalist and runner from Bundaberg. After a long distance relationship, Graeme moved to Perth in 2008 when they both retired. Peggy puts as much effort into field events as she does to running and is a regular winner of the Patron's Trophy. She has served on the club's committee for some time and uses her skills as an ex-medical secretary in her current position as club registrar.

She holds a fistful of records, for 60m to 800m, pentathlon and relays: 1 world, 11 state and 5 national records. Peggy enjoys running but not the highs and lows of competing. She finds winning medals at world level is always a terrific high, as is the feeling of achieving PBs and running to the very best of her ability. But she has also experienced more than her fair share of lows – being injured and finding it hard to get fit again. She has toyed with the idea of giving it all up but says she would "miss the friends I've made and their support when things get tough." And she appreciates the physical benefits of running and the mental challenge of always striving to do better.

October Roll of Honour

NEW RECORDS

October 12th
 Bev Hamilton W60 Heavyweight 12.35m **SR**
October 15th
 David Carr M75 10000m 47:11.9 **SR**
October 16th
 Don Chambers M70 Triple Jump 8.58m **SR=**
October 18th
 Bev Hamilton W60 Throws Pentathlon 3596pts **SR**

90%-plus performances

Bert Carse	2000m steeplechase	94.66%
Bert Carse	1500m	92.21%
Don Chambers	80m hurdles	92.19%
David Carr	400m	91.77%
Neil Morfitt	800m	91.47%
Lynne Choate	100m	90.06%
..... and very nearly 90%		
Don Chambers	300m hurdles	89.83%
Roy Fearnall	400m	89.32%
David Carr	3000m	87.77%

What is the Patron's Trophy - and how does it work?

A large number of very welcome new members have joined the club in 2009. Whilst writing up the PT events over the past couple of weeks the thought crossed my mind that many of our newer readers will not know too much about the club's premier T&F trophy. So here goes. Our Patron, John Gilmour, is almost certainly the best masters' athlete that WA has ever produced and probably one of the greatest masters' athletes ever. The trophy is awarded annually for the best all-round performance over 10 events, which must include at least one jump and two throws (only 3 trials are allowed in field events). There are, altogether, 15 events to choose from. You may do all 15 if you wish, and your best ten count. All events take place at both ECAC and UWA, so you have two opportunities for each, the better one counting.

Each performance is converted into points, the points being equal to an **age-graded percentage**. This is worked out using the tables provided by the WMA (World Masters Athletics), which is used world wide to equate performances taking into account both age and gender. So we can all be compared by ability alone, using a level playing field.

Surprisingly, MAWA ignores the fact that the tables take gender into account and awards separate trophies for men and women. This has occurred since the inception of the trophy, and attempts (by your editor) to rectify this glaring anomaly have fallen on stony ground. This means that there is not a single Patron's Trophy, but two of them – one for the men and one for the women. The logic behind this is obscure. It certainly seems to benefit men. I say this because over the years that I've been involved, if there had been a single trophy for both men and women it would have been won by a woman. What do you think? Should tradition be cast aside and men and women compete for a single trophy?

The email lines are open – **have your say!** Oldfield.jc@gmail.com

November's Programme (PT = Patron's Trophy)

ECAC		UWA	
	3 rd		1000m, 100m, 3000m run and walk, 400m PT long jump, shot PT , javelin
5 th	10 th		300m, 800m, 200m, 3000m, 3000m walk PT triple jump, javelin, discus
12 th	17 th		100m PT , 1500m r/w, 600m, 5000m r/w long jump, discus, hammer PT
19 th	24 th		200m, 3000m r/w, 60m, 800m PT triple jump PT , shot, javelin
26 th	1 st Dec		1500m r/w, 100m, 400m, 5000m PT long jump, discus, wt throw

Calf Sagas – part 2

I described last month the ongoing problem with my calf and closed with its return again in early September. The acupuncture seemed to clear up the 'knot' in the calf muscle very quickly but somehow it kept recurring. It was fairly obvious that there was something structurally wrong with me, rather than over-training. I talked it through with the physio. I'd recently switched shoes from my usual Asics to Brooks, but since Brooks are also a reputable shoe manufacturer and they had been professionally fitted for me, we rejected that as a cause. I'd also had new orthotics last January, and we listed that as worthy of investigation. He also thought that it may be my running gait at fault. However I was not convinced of that; I had been running the same way for many years without calf problems, so why should it suddenly flare up?

I went away and thought about it. I discussed it with some running colleagues in my Nottingham club. The thinking process lasted a week or so, and the focus was shifting heavily towards the orthotics as the cause. So – off to another expert. We are fortunate in that Nottingham is one of the most sports-oriented cities in the UK and so there are many specialists practising here. A 'foot-man' was recommended to me by a running friend, and he just happened to have a practice ten minutes' walk from our home. "No, I'm sorry, we can't fit you in until the end of October" was the reply to my enquiry. I must have looked so forlorn, because the next morning the receptionist phoned telling me he'd had a cancellation and could see me the following week.

And the orthotics it was. It took him almost no time to identify the fault with the ones I was using, and to suggest a simple, temporary correction that he could make to them. I could try that, and if it worked he would then be able to make some new ones for me. Suddenly, a big weight was taken off my shoulders. Could I dream of returning to the sort of form I was in last season? Within a few days, I was back in training. After six months with almost no training – just saving myself for the important races here and there, I'd lost not just the speed that brought my first ever gold medal last March, but also endurance.

Peter Sandery's training schedule came back out of the filing cabinet. Only time will tell whether the form will come back, but now I'm enjoying my running again. There is once more the exhilaration of being able to train daily, and not to have to hold back on the speed work, not to have to cut short the distance work. Frank Smith – I'm chasing you again!

Analysis of the Results

October 1st: After the wet and windy conditions of the winter season, it was clearly a pleasant surprise for the faithful on this opening summer evening. More than 40 took advantage, including a group of throwers. However, perhaps because throwing has been in abeyance through the winter they decided that practice, rather than competition, was the order of the day.

No such reticence on the track; four heats of the 100m opened proceedings. **Chris Neale** reminded us that in the sprints he is still the boss with a very impressive 12.5, just edging out a determined **Garry Ralston**. New members **Mark Imbert** and **Grant Schofield** showed us their paces in heat 2, whilst in the two ladies' heats **Amanda Lloyd** and **Lorraine MacLennan** lowered their PBAs, mirroring the achievement of **John Bocian** in the earlier heats. **Lorraine's** new mark was the first of three for her on a memorable evening; she also set new PBAs in the subsequent 1500m and 5000m to cap an outstanding all-round performance on the night.

David Cane continued his series of exceptional displays in the 1500 with an easy win in 4:33, with **Campbell Till** also dipping under 5 minutes. We welcomed back two others who have great pedigree over this distance – **Lachlan Marr** and **Saskia Letham**. In all, 22 athletes took part in this event. It was **Colin Smith's** turn to shine in the 400m, crossing the line in 59s as part of his warm-up for the Sydney WM Games next week, **Tolli** and **Keith Martin** also putting in impressive runs. The longer distance specialists had their turn at the end of the evening, with three more PBAs coming from **David Carr**, **Tolli** and **Lorraine's** third of the evening. The top times in the 5000 came from **David Cane** and **Lachlan**, with **Saskia** first home in the shorter 3000m. The race walkers also enjoyed the benign conditions, **David Smyth** being the only one to do the full 5000, with **Tom Lenane** and **Valerie Millard** taking line honours over the 3000.

Les Beckham was welcomed back to organise the jumpers, of whom **Garry Ralston** and **Chris Neale** broke the 5m mark. Also it was good to see **David Clive** again, jumping and sprinting well.

October 6th: The first evening back at UWA is usually a very quiet one, and so it was tonight. The weather was pleasant, but it seems to take some time for the Tuesday regulars to get back into the summer routine. We were, however, very pleased to see return to the fold three of our regulars from a couple of years ago. **Rob Greenhalgh** is now recovered from his Achilles problems, **Peter Kennedy** going strongly again and also it was excellent to see **Henri Cortis** back, although only throwing tonight. There were a few good times on the track, notably from **Keith Martin**, **Rob** and **Barrie Kernaghan**. The throwers also started their season in earnest, with **Rob Shand**, **Peter K**, **Henri**, **Peter Hopper** and **Tracey Gartlan** all showing well.

October 8th: Early October is still a little cool for the sprinters, so the main track focus tonight was the 3000m. A horde of 26 athletes completed the seven and a half lap event, with six of them producing PBAs. Once more leading the field was **David Cane** in a very hot 9:39.5. **Saskia Letham**, hopefully now a regular once more, was first lady home and PBAs also went to **David Carr**, **Steve Fuller**, **Katrina Bolden** and **Cecil Walkley**. **Katrina** also lowered her age group best in the subsequent 800m, with **David Cane** winning the first heat and **Colin Smith** the second. Mention should also be made here of **Bernard Mangan**, who returned again and reminded us of his excellent pace. There were a few more throwers tonight as well, with PBAs going to **Chris Neale** in the discus, within touching distance of 30m, and **Julie Plackett** with the hammer. **Julie** set another high with a 7 metre-plus triple jump. Recent new member **Mark Imbert** showed the jumpers how it should be done with a 9.47m leap.

October 13th: Again, the numbers were low at UWA tonight, but this was not reflected in the quality of performance. The opening event showcased our half-lap specialists, with a terrific first heat. **Mark Elms** set a new PBA of 26.8, with **Rob Greenhalgh** just edging out **Barrie Kernaghan** for second place. Newcomer **Chris Drew** was very close behind, with all four dipping under the 30s mark: a great start to the evening. The next two heats also provided excellent racing, highlighted by the welcome return to the track of **Peter Gare**. We've missed you Peter, wonderful to see you running again. Small fields did not mean insignificant racing, as **Bernard Mangan** showed with 11:05 - a new M50 club top for 2009. Meanwhile, in the field, **Peter Kennedy** (wt throw) and **Peter Gare** (discus) produced new PBAs. **Henri Cortis**, a mere 63, was the youngest thrower on the night (!), continuing his rehabilitation process with an excellent 24m discus throw.

October 15th: The return of the Patron's Trophy always heralds a busy night, and so it proved. However, the unseasonably warm temperatures caused a few problems for some athletes in the traditional PT opener – the 10000m. Not so **David Carr**. Stung by being pipped at the post by Campbell last year, David laid down his marker by breaking his own state record by 12 seconds. The 15-strong finishing field was led home by Pete Sullivan, a lap clear of second placed (and very welcome) visitor from Victoria **Roscoe McDonnell**. The above average temperatures meant higher times and lower percentages than most would expect. Not **Karen March** though; she would be relatively pleased with her first place amongst the ladies.

Sprints fields were down because of the absence of a few regulars over in Sydney for the WM Games. New member **David Carbon** gave an indication that he'll be right up there amongst the elite when fields return to normal. His 12.6s signalled pretty sharp running. **Peggy Macliver** and **Carol Bowman** each set new 2009/10 club tops for their age groups in the 60m with 9.8s and 11.4s respectively.

In the field events, **David Carbon** showed that he could long jump too, with a very handy 4.82m, and **Mark Imbert** also jumped well over the 4m mark. Finally in the javelin, again headed by **Mark**, **Sue Fardella** set a new PBA of 11.94m, just edging out her old best of 11.89.

October 20th: Some say it was cold and windy at McGillivray tonight. Your editor found it very mild and pleasant, and great to be back in GOC. The 10000m Patron's Trophy event has already been discussed on page 1, so this report covers the three short events that made up the track programme. There was a strong headwind for the sprints, so times were clearly affected. However, **David Carbon** made light of this by setting a season's best in the opening (youngsters') 100 heat. With 12.4 into a strong wind, one suspects that a sub 12s is not too far off. **Peter Kennedy** also hit his season's high in the final heat, in which **Christine Oldfield** tried with difficulty to shake out the 18-hour flight from Heathrow. The 600m turned out to be a single sex race, with none of the ladies present encouraged to run. **Brad Walsh** led the field home, with a tight finish up the home straight between **Paul Haylett** and **Duncan McAuley**. **David Carbon** once more took line honours in the 60m dash. A virtual dead-heat ensued in the second heat, with **Barry Newell** winning a split decision over **Norm Richards**. In the final heat, **Lynne Schickert** chased Christine all the way and also hit a season's high. We welcomed back **Robin King** after her terrific gold medal in Sydney and she did not disappoint, giving us a demonstration of powerful distance running over 5000m.

Meanwhile the field events were popular tonight as the throwers and jumpers prepared for the upcoming Patron's Trophy events. It is great to see **Henri Cortis** turning out regularly again, alongside many of our UWA stalwarts. Notable performances came from **David Carbon** (javelin) and **Tracey Gartlan** (SB with the shot). **David Carbon** demonstrated his great all-round ability by leading the long jump field as well, whilst **Peggy Macliver** warmed up for her PT defence.

October 22nd: The crowds just kept building as 6pm approached; the PT always ensures a big turn out as the sign-in sheet was turned over and the second side half filled as well. But it was the sprints under way first, as **Damien** and his band of helpers raised the cage netting in preparation for the discus. There were just two heats of the 60m, with much of the attention focussing on the discus cage. "We don't have enough markers" called Damien, "Anyone just doing one throw goes first and we'll measure each throw immediately." And so a band of track athletes threw as best they could, with each one thankfully managing to reach the grass so that a mark could be recorded. And then we all trooped off back to the track start and left it to the experts. **Julie Plackett** was the one who recorded her season's best tonight. In the subsequent heavyweight throw there were PBAs for **Karen Eastwood** and **Sue Fardella**. **Mark Hamilton**, Damien's co-hero of the discus organisers, managed an SB too.

Back on the track, three rounds of one-lap races took place, with **Mark Elms** helping **David Solomon** through to his first PBA of the evening, and **Maurice Creagh** also equalling his PBA. Sydney high flyers **Bert Carse** and **Tolli** also showed well in this event. There was more good sprinting in the 200m, with **David S** notching another PBA as he continues to shine over distances shorter than those in which we are used to seeing him do well. Meanwhile over in the jumps pit, young **Iain MacLennan** gave us a taste of his potential and technical ability with just short of 10m in the triple jump.

But the sight of the evening was surely the massed crowds making their way across to the 3000m start. Thirty-one were there. Starter **Tom** called out "Who knows how to do an echelon start?" So about ten of us were lined up in lane 5, some 14 metres ahead of the rest, frantically discussing where we should break. "Can we do it like they did in the world championships?" chirped **Dante**. In the end it all happened more or less properly and we were under way. The results will show that there were 3 PBAs and no less than 9 SBs. Five athletes scored over 80% - ladies' PT favourite **Peggy Macliver** (84%), men's favourite **David Carr** (88%), plus **Bert Carse** (85%), **David Cane** (83%) and **Barbara Blurton** (83%). The Patron's Trophy certainly makes for some stunning racing.

October 23rd: A coolish night at WAAS under lights saw another huge turnout as the Strive meets continued. Five regular MAWA athletes each did well. **Barrie Kernaghan** set SBs for both the 200m and 400m; **Robin King** completed a memorable 3000m race walk with a PBA despite showing scars and dressings from Thursday night's fall at Coker; **Neil Morfitt** also ran well in the 400m and **David Smyth** completed the set in Robin's race with a very creditable time. We also saw **Iain MacLennan** (junior) for the first time in the pole vault. Well done, Iain! Cam **Yorke**, a long-term member although rarely seen at our local meets, stormed home to a new lifetime best in the 100m dash - 11.21 is powerful sprinting indeed. **Paul Mitchell**, arguably our fastest distance runner although again rarely seen at Coker or McGillivray, knocked several seconds off his PBA with 4:18 in the 1500m. And finally it was good to see **Matt Staunton**, now resident in Adelaide but visiting for a holiday. Matt gave us a sound all-round display in his favoured throws events.

October 27th: Conditions were near perfect for both the sprinters and distance runners tonight. The main event, the 3000m PT race came at the end of the programme preceded by three sprints to keep the rest happy. 60m dash races are over in a flash, especially with **Brad Walsh** leading the way. Veterans **Barrie Kernaghan** and **Norm Richards** followed, with **Nick Miletic** not far behind. Two more heats retained the interest, before we switched to 400m racing. An improved turnout meant that there were two well-contested heats over the one lap distance, and a further two full heats of 200m racing. Finally the attention switched to the PT race, with 21 starters, although only sixteen saw the course through. Season's bests went to **Ross Keane**, **Duncan McAuley**, **John Collier** and **Ivan Brown**, but the only 80% plus was the race winner **Alan Gower** with 83%.

Many of the 3000m racers had earlier joined the throng in the discus circle to gain extra points and gather another tick towards trophy qualification. The PT table is beginning to take shape now after three completed events. Next week's 400m and shot will give it a meaningful look, so I'll add an update at that time.

We must not forget the jumpers; tonight it was the turn of the triple jump. **Tom Gravestock** returned and led the field with 8.93m.

October 29th: October continued its variable climate for the final meeting of the month, with another cool, breezy evening. The PT events were the shot put and 400m, so the weather did the athletes no favours. The shot opened proceedings and again large numbers were hopeful of garnering the precious points. As usual with trophy throws a significant number of us showed limited throwing ability, epitomised by your editor's attempt that was in grave danger of breaking his own toes. I look forward with trepidation to the javelin in a few weeks' time. **John Dennehy** managed a PBA and some others gained useful points. However, for most of us it was another event in which we thought "I really need some coaching if I'm going to continue to do this." **Julie Plackett** set a PBA of 17.92m in the javelin. Meanwhile four visitors joined the four regulars in the long jump pit to keep Les busy. They clearly encouraged the regulars as there were two SBs, **Peggy Macliver** and **Lynne Schickert**, and also a PBA of 3.84m for **Michelle Thomas**.

Track events opened with a 1000m race; in fact there were so many athletes that it needed two heats – unheard of in my time for a distance event. **Bert Carse** and **Toni Phillips** had each alerted the timekeepers that they would like three watches on them as they were making attempts on the state records. The red singlet of **David Cane** acted as a promising hare for them and they both battled gamely but each fell short on the night. There was a similar number in the 3000m, but with no record attempts alerted all were started together. Again, it was **David Cane** who led the way with his best time since joining us (9m35s). He has a long way to go to break **Jim Langford's** state record of 9:13.4 which dates from 1990, but one never knows. Two of the walkers also set new 3000m PBAs – **Robin King** and **Tom Lenane**.

The final event of the month comprised four heats of the 400m. Three of these were part of the Patron's Trophy so a great deal of effort went into the floodlit races. The cool conditions did not deter as **Colin Smith** stormed home in the top heat in an excellent 57s. Trophy holder **Campbell Till** raced to a season's best in Colin's wake with **Kim Thomas** also setting a new high. Two PBAs (**Steve Fuller** and **Katrina Bolden**) were notched in the second heat. But the main feature of this one was the 91% recorded by **David Carr** who stopped the watch in 73.3s. The 3rd heat saw three more SBs for **Delia Baldock**, **Carol Bowman** and ladies' trophy holder **Peggy Macliver**.

Patron's Trophy update (after 5 events)

Men: 1: David Carr (5 events, 335pts) 2: Bob Schickert (5, 274)
 3: John Oldfield (5, 252)
 ... *And lurking with intent* 6: *Campbell Till (4, 220)* 7: *Tolli (4, 215)*

Women: 1: Peggy Macliver (4, 262) 2: Katrina Bolden (5, 214) 3: Carol Bowman (4, 187)
 4: Sarah Ladwig (3, 155) 5: Lorraine MacLennan (3, 149)

And so a wonderful month's athletics drew to a close. It's worth taking a few moments to reflect on what is provided by the meets that take place twice a week. It is not just the great performances that we see, but the opportunity to enjoy friendly competition whilst sharing a warm camaraderie. We all perform at varying levels. Yet the impression that pervades is that each of us gains satisfaction regardless of whether we come first or last. Thank you MAWA!

Black Swan flies to rescue for Nationals

Some of you may be aware that there has been a global financial crisis for the past year or so. Even the ABC has taken some time away from its normal global warming and asylum seekers agenda to publicise the fact. What many may not have realised is that the GFC has come at a very bad time for MAWA. It has been incredibly difficult finding the necessary sponsorship for our hosting of the AMA National Masters Championships next Easter. The organising team has been approaching a number of potential sponsors over the past year, with some of them being very interested. However, when it came to the pinch the money was not forthcoming. It was beginning to look as though we may have to cut some corners or else run the championships at a loss.

However, the good news came through this month that we have a 'naming' sponsor, whose generosity will ensure that we can run the event in the manner we would wish to. We are pleased to announce that **Black Swan Event Financial Planning** has toed the line for us and now have the naming rights for the championships. We gratefully acknowledge their contribution, and hope that members who may be in need of financial advice will consider using our generous sponsors.

BLACK SWAN EVENT FINANCIAL PLANNING

Black Swan Event Financial Planning aims to help our clients "Preserve, Protect and Grow" their wealth, so they may enjoy the lifestyle to which they aspire. We stick with clients through good times and bad. Retirement planning, investment and appropriate insurances are important parts of our business. Our Principal, John Cameron has over 25 years' experience in financial planning, and relevant prior experience in stockbroking, fixed interest dealing and financial journalism.

A bit about our name:

We chose our name because an important part of our work is to protect people against the adverse effects of 'Black Swan Events'.

A 'Black Swan Event' is something neither foreseen nor anticipated, which seems to happen a lot in the world of finance. The origin of the term goes back to the 1700s in Europe, where the saying "That's as likely as a black swan" was a way of saying that something was impossible. You see, all swans were white – or so they thought. Then they came to WA, and found black swans everywhere. In other words, the unforeseen, or even the impossible, can happen.



Australian Masters Athletics
Championships 2010
Perth