

T F N L



Season 10 Issue 1
OCTOBER 2016

The Track and Field Newsletter of MAWA

The world comes to Perth

More than 4000
entries received



World Championships puts brake on annual Patron's Trophy event



The MAWA committee has decided that due to the Perth2016 World Championships, the Patron's Trophy will not be conducted this year.

Current trophy holders, David Carr and Carol Bowman, will have another 12 months before they defend their titles.

The event normally starts in October and the World Championships end on November 6. Following the World Championships in Porto Alegre the event started later.

This is the first time in almost 40 years the prestigious event has not been held.

The man behind the Swoosh



Nike is one of the world's most recognisable brands. The history of this company is found in *Shoe Dog*, the memoirs of Nike founder Phil Knight. Together with a group of running tragics from Oregon, Knight founded Blue Ribbon Sports which went on to become Nike.

Knight was a middle-distance runner at the University of Oregon in Eugene where he was coached by the legendary US coach Bill Bowerman.

After finishing business school, Knight wanted to pursue his "Crazy Idea" and with a loan from his father began importing Tiger shoes to the west coast of the United States.

Bowerman and Knight were partners in Blue Ribbon Sports with Bowerman coming up with new ideas to improve Tiger shoes. Following a breakdown in relations

with Tiger, the two with a small staff started Nike. Bowerman was always thinking of ways to improve shoes at one stage coming up with the idea of the "waffle" shoe after experimenting with his wife's waffle machine.

One of America's top distance runners, Steve Prefontaine was an early Nike's sponsored athlete. Knight explains how Prefontaine bought an MG sports car with his sponsorship funds, the car Prefontaine was killed in.

At the 1976 Olympic trials in Eugene, Oregon, a number of Nike-shod athletes qualified. One of these Nike runners was Frank Shorter. Knight was horrified when Shorter ran the Montreal Olympic marathon in Tiger shoes.

In the early days of the company Knight, an accountant, taught the subject at university while the company was continually stretched for money.

At one stage his bank refused to increase his credit and told him they did not want him as a client. How the company survived financially is a testament to Knight's never say die attitude.

In the book, Knight explains how the name Nike, the goddess of victory, came to one of his early employees in a dream, just days before the first shoes were to be made. Knight wanted to call the shoes Dimension Six.

With very little money, Knight asked a university student to design the famous Nike swoosh and she was paid US\$35 for her work.

Review: Graeme Dahl

ROLL OF HONOUR

Rob Colling	M45	100m	11.34	05/06/2016	AR
Byrony Glass	W35	Heavy Wt Pent	4655pt	25/06/2016	AR
Sarah Edmiston	W40	Hammer	35.38m	28/06/2016	SR
Peter Kennedy	M95	1500m	23:44.1	28/06/2016	SR
Garry Hastie	M55	10k road wk	55:27	03/07/2016	SR
Sylvia Byers	W80	10k road wk	82:09	03/07/2016	SR
Sarah Edmiston	W40	Discus	33.95m	05/07/2016	SR
Sue Coate	W50	High jump	1.30m	19/07/2016	SR
Peter Kennedy	M95	3000m	48:37.4	26/07/2016	SR
Peter Kennedy	M95	1000m	14:48.0	02/08/2016	SR
Peter Kennedy	M95	1500m	20:30.8	16/08/2016	SR
Sarah Edmiston	W40	Weight	11.67m	21/08/2016	SR
Sarah Edmiston	W40	Hammer	38.19m	06/09/2016	SR
Bert Carse	M75	5000m	21:40.8	22/09/2016	SR

Walking in the wild



Janne Wells ignores the floral backdrop as she presses on in the 10km walk at the Athletics Australia Roadwalking Championships in Canberra.

Photos: CRAIG SEABOURNE

By JANNE WELLS

In late August, nine Western Australian athletes competed in Athletics Australia's Road walking Championship in Canberra. Amongst the nine athletes who made the trip, there were two masters athletes, Karyn Tolardo and myself. We both competed in the women's open 10km. Our race started at 9:30am, and on the day it was not only windy but freezing cold. I seriously considered racing with gloves and a scarf...

The course would have been okay if it wasn't for the wind and the hills, but the conditions certainly made it all the more difficult for a PB. Luckily it didn't rain, but the cold made it hard to get warmed up. I had a bad start for some reason and ended up in 10th position around the first kilometre. After a while, I managed to pass another competitor, but the competitor who held eighth proved difficult to pass. Every time I got close to her and tried to pass her, she would speed up...and so we kept this up until the final lap when I finally managed to get past her in one of the hills.

With approximately 500m to go, I huffed and I puffed as best as I could because there was no way I was going to let her pass me again. Luckily I managed to keep her behind me and claimed the eighth position. Karyn did extremely well,



KARYN and JANNE

managing to finish in third position and securing a bronze medal for the open category. She also received a silver medal for the master's category and finished off with a silver medal in the team competition. I was happy with my performance. I didn't get a PB but was also lucky enough to receive a silver medal in the team's competition.

We had time to do a little sightseeing on Saturday, and the highlight for myself and my daughter was when we visited the parliament building. We hired a car for the weekend and found it fairly easy to navigate around Canberra. Having said that, we did manage to get lost a couple of times when the GPS on my phone stopped working, and only just managed to get to the airport and the gate five minutes before boarding on the way home. Lesson learned for next timebook a later flight home!



KARYN TOLARDO

Pre World's Mini Meet – September 24

Athletes warm-up

Words and photos by CARMEL MEYER

With a month before the World Championships 53 athletes took advantage of a mini track meeting at Ern Clark Athletic Centre on Saturday, September 24..

The day started cold and dreary for the brave few who arrived early to run the 800m, cheer or officiate. However, the weather improved and the sun shone for much of the morning. Meet organiser Barrie Kernaghan must have put in a special order.

Carol Bowman and Jackie Halberg deserve high praise for the rapid organization of officials and keeping everything running smoothly. Starter Tom Lenane and assistant Andrew Cuthbertson got everyone on their way. Colin Smith helped make set-up and pack-up quick and easy.

It was wonderful to see so many new faces, although learning their names in a hurry gave the recorders a headache. We hope to see all the new-comers again soon. Michael Byrne visited from Margaret River. Giovanni Puglisi arrived from Brisbane in the early hours. David Solomon fought off the flu to be there. Chris Neale, Maxine Santich and Lorraine Lopes made a successful return to the track following injury. John Lim left the track with an injury- get better soon John!

Derry Foley (85-89) and Arthur Carbon (95-99) ran strongly and showed their championships preparations are going well.

All who attended the MAWA Mini-Meet participated with good humour and enthusiasm. Keep that up over the next few weeks and all will be well.

Kathy Lawson crosses the finish line in the 100m to record an identical time of 14.6 secs to Rachel Sherbourne (out of picture) with Jane Lockwood next in 15.3 secs.



800m			200m					
Steven O Halloran	M50	2:28.8	David Solomon	M50	14.8	Bernie Riviere	M50	26.1
Andrew Spratt	M40	2:31.2	Steven O Halloran	M50	14.9	Rob Cassian	M50	27.0
David Solomon	M50	2:35.8	Geoff Brayshaw	M65	14.9	Owen Richards	M40	27.0
Henri Cortis	M70	2:52.5	Barrie Kernaghan	M75	15.3	Martyn Cavanagh	M50	26.4
Allan Billington	M55	3:06.5	Allan Billington	M55	15.9	Jan Peyper	M45	27.6
Jane Lockwood	W35	2:40.1	Fred Naylor	M75	18.9	Michael Byrne	M65	29.5
Maxine Santich	W60	3:11.8	Derry Foley	M85	24.1	David Solomon	M50	29.8
			Kathy Lawson	W50	14.6	Steven O Halloran	M50	30.0
			Rachel Sherbourne	W35	14.6	Barrie Kernaghan	M75	30.6
			Jane Lockwood	W35	15.3	Kathy Lawson	W50	30.3
			Juliana Kelly	W50	15.4	Jane Lockwood	W35	30.6
			Nicolette Whittington	W55	15.5	Juliana Kelly	W50	31.1
			Layla Cassian	Vis	17.7	Nicolette Whittington	W55	33.7
						Layla Cassian	Vis	35.0
			Daniel Stolp	M40	23.5	Mike O Reilly	M75	39.5
			Chris Neale	M45	24.1	Arthur Carbon	M95	87.6
			Colin Smith	M50	25.7			

Pre World's Mini Meet – September 24



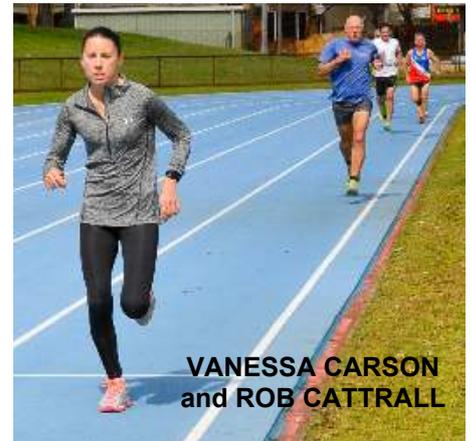
Daniel Stolp eases up as (from left to right) Colin Smith, Rob Cassian, Owen Richards (yellow) and Bernie Riviere fight for placings.



Giovanni Puglisi leads Peter Foot and Fiona Leonard.



BARRIE KERNAGHAN



VANESSA CARSON and ROB CATTRALL



Wendy Farrow and Cheryl-Lee Dean lead Tom Lenane and Janne Wells.



Competitors in a 200m run the bend (from left) Steven O'Halloran, Michael Byrne, David Solomon, Barrie Kernaghan, Martyn Cavanagh and Jan Peyper.

1500m			400m			5000m			5000m walk		
Vanessa Carson	W35	5:09.0	Daniel Stolp	M40	52.9	Asher Lindquist		18:48.1	Karyn Tolardo	W50	28:51.8
Rob Cattrall	M55	5:11.1	Colin Smith	M50	56.9	Peter Buckingham	M50	18:51.1	Tom Lenane	M60	31:42.6
Steven O Halloran	M50	5:12.1	Chris Neale	M45	58.0	Steven O Halloran	M50	19:06.2	Wendy Farrow	W45	31:44.1
Giovanni Puglisi	M65	5:23.3	Sharon Davis	W40	61.3	Clare Wardle	W40	19:35.3	Cheryl-Lee Dean	W50	31:57.5
Peter Foot	M55	5:27.3	Jan Peyper	M45	62.2	Peter Foot	M55	19:38.6	Janne Wells	W45	32:50.7
Fiona Leonard	W45	5:34.8									
Simone Solomon	W50	6:11.0									
Gabrielle Street	W45	6:17.2									
Maxine Santich	W60	6:42.1									
Roy Hart	M65	6:48.6									
Lui Cecotti	M65	7:46.1									
Rob Cassian	M50	65.6									
Steven O Halloran	M50	66.3									
Michael Byrne	M65	66.7									
Jane Lockwood	W35	67.2									
Fiona Leonard	W45	69.3									
Barrie Kernaghan	M75	71.1									
Henri Cortis	M70	74.0									
Juliana Kelly	W50	73.4									
Mike O Reilly	M75	83.3									
Geoff Brayshaw	M65	87.0									
Layla Cassian	Vis	1:44.4									
Rob Cattrall	M55	19:40.5									
Vanessa Carson	W35	19:43.0									
Giovanni Puglisi	M65	19:49.2									
Graeme Dahl	M65	20:57.4									
Mark Batten	M55	21:40.6									
Chris Gibbons	M50	21:45.9									
Jody McGill	W40	22:22.6									
David Solomon	M50	22:22.9									
Gabrielle Street	W45	22:39.8									
Simone Solomon	W50	24:14.8									
Heather Stanborough	W35	25:49.1									
Lorraine Lopes	W75	26:44.1									



Mark Elms powers off the line in the 4x400m relay at Lyon.



All eyes on Perth



More than 4000 entries have been received for the Perth2016 World Masters Athletics Championships which start on October 26.

In the final few days before entries closed there was an avalanche of entries to push the numbers over the 4000 mark.

As would be expected the host country dominates entries with 1416. In second position Great Britain and Northern Ireland edges out the United States of America with 282 to 244 entries.

With Perth's proximity to Asia, it is pleasing to see a good representation from countries from this region and highlights the success of an Asian promotion of Perth2016 from the Local Organising Committee (LOC).

Western Australia (653) makes up just under half of the 1416 Australian entries. The ease of entering online was highlighted with only 12 paper entries received from all Australian entries

The numbers are a rich reward for the LOC members who have worked tirelessly since the bid was made in Sacramento in 2011.

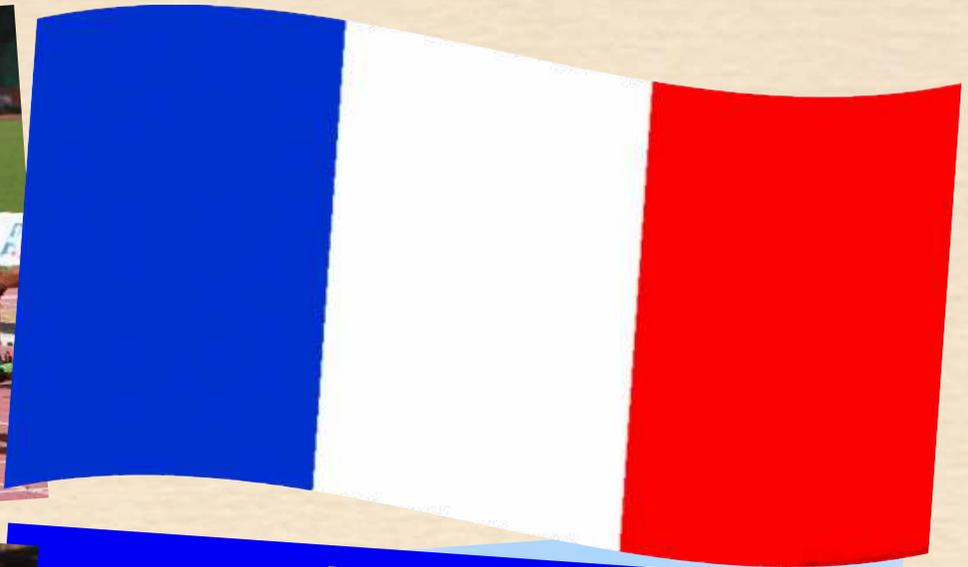
Australian Entries

Entries received	1416
Western Australia	653
Victoria	254
New South Wales	218
Queensland	120
South Australia	60
Tasmania	51
Australian Capital Territory	36
Northern Territory	24
Entries per gender	
Men	866
Women	540
Paper entries received	12
(Numbers are per State address not Association).	

Team	Entries	Team	Entries
1 Australia	1416	46 Slovenia	13
2 Great Britain and NI	282	47 Bangladesh	11
3 USA	244	48 Greece	11
4 Germany	186	49 Ukraine	11
5 New Zealand	115	50 Costa Rica	10
6 France	104	51 Slovak Republic	9
7 Japan	101	52 Jamaica	8
8 Finland	97	53 Peru	8
9 India	88	54 Cameroon	7
10 Italy	79	55 Iran	7
11 Sri Lanka	69	56 Guatemala	6
12 Sweden	65	57 Mongolia	6
13 Canada	63	58 Romania	6
14 South Africa	63	59 Philippines	5
15 Spain	62	60 Turkey	5
16 Poland	57	61 Kazakhstan	4
17 Chile	49	62 Lithuania	4
18 Czech Republic	42	63 Thailand	4
19 Argentina	40	64 Tunisia	4
20 Malaysia	40	65 Bulgaria	3
21 Mexico	39	66 Croatia	3
22 Netherlands	36	67 Ivory Coast	3
23 Belgium	35	68 Luxembourg	3
24 Colombia	35	69 Panama	3
25 Brazil	34	70 Uruguay	3
26 China	32	71 Zimbabwe	3
27 Estonia	26	72 Algeria	2
28 Nepal	25	73 Barbados	2
29 Singapore	24	74 Fiji	2
30 Switzerland	23	75 Iceland	2
31 Austria	22	76 Paraguay	2
32 Denmark	22	77 Serbia	2
33 Hong Kong, China	22	78 U.S. Virgin Islands	2
34 Ireland	22	79 Belarus	1
35 Indonesia	20	80 Bermuda	1
36 Norway	20	81 Cook Islands	1
37 Trinidad and Tobago	20	82 Cyprus	1
38 Korea	19	83 Dominica	1
39 Kenya	17	84 Dominican Republic	1
40 Portugal	17	85 Ecuador	1
41 Latvia	15	86 Egypt	1
42 Mauritius	14	87 Ethiopia	1
43 Puerto Rico	14	88 Morocco	1
44 Hungary	13	89 Nigeria	1
45 Chinese Taipei	12	90 Pakistan	1
		91 Venezuela	1



TIGHT FINISH



Lyon 2015



1500m TUMBLE



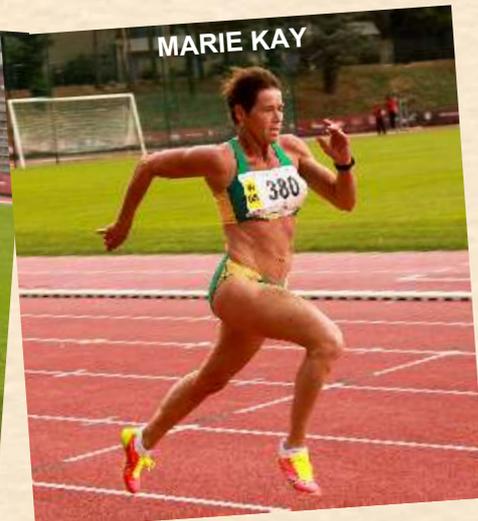
KAREN LONG



Bob Schickert receives the WMA flag from Marcel Ferrari, President of Rhone – Alpes Athletic League and the Lyon LOC as WMA president Stan Perkins looks on.



JANELLE DELANEY



MARIE KAY



NOREEN
PARISH



Porto Alegre 2013



DAVID
CARR



LYNNE CHOATE



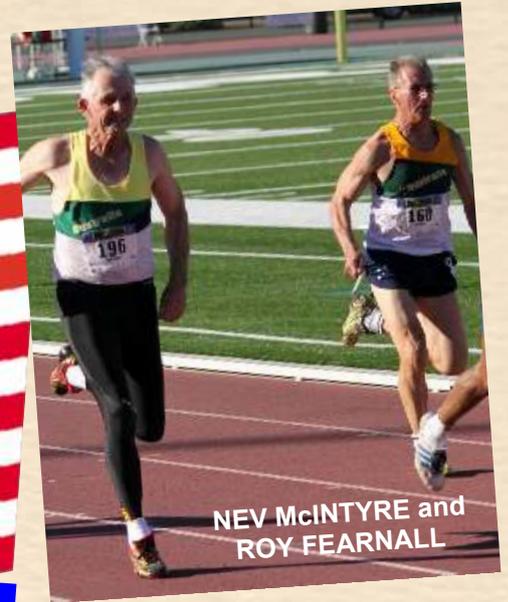
ROY FEARNALL



BJORN DYBDAHL



Sacramento 2011



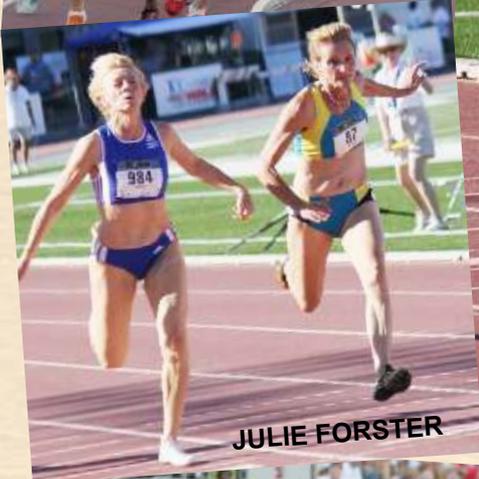
NEV McINTYRE and ROY FEARNALL



NEIL MORFITT and PETER HAWES



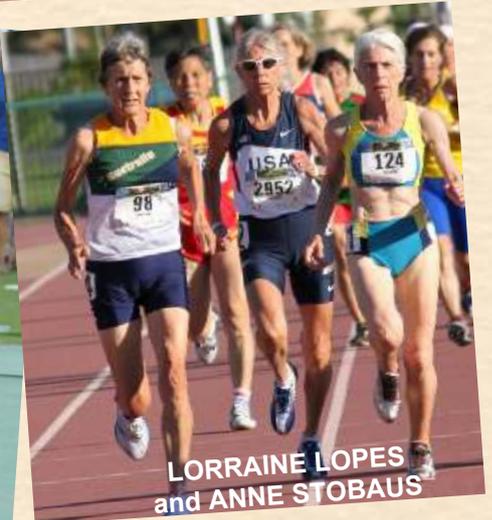
French runner Maryvonne Icarre pips Julie Brims for second pace in the 100m.



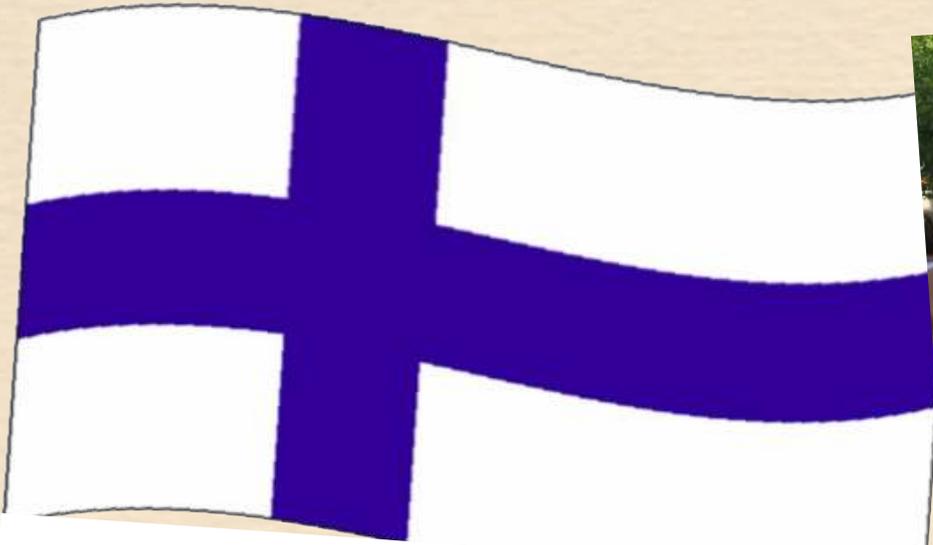
JULIE FORSTER



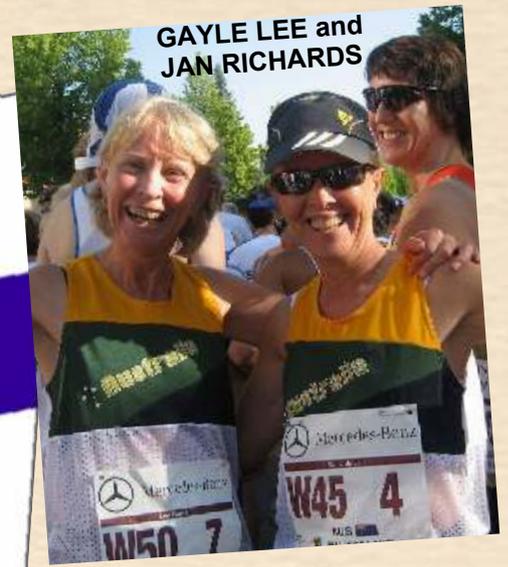
MARGARET SAUNDERS



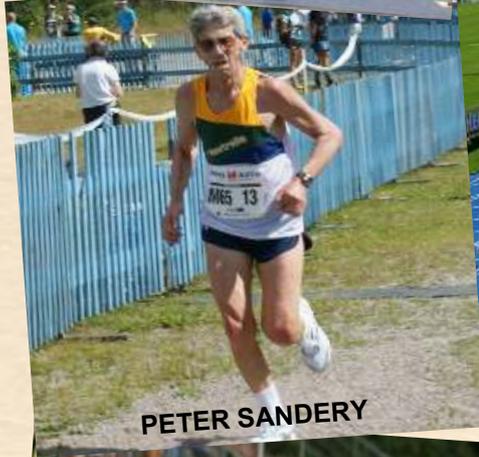
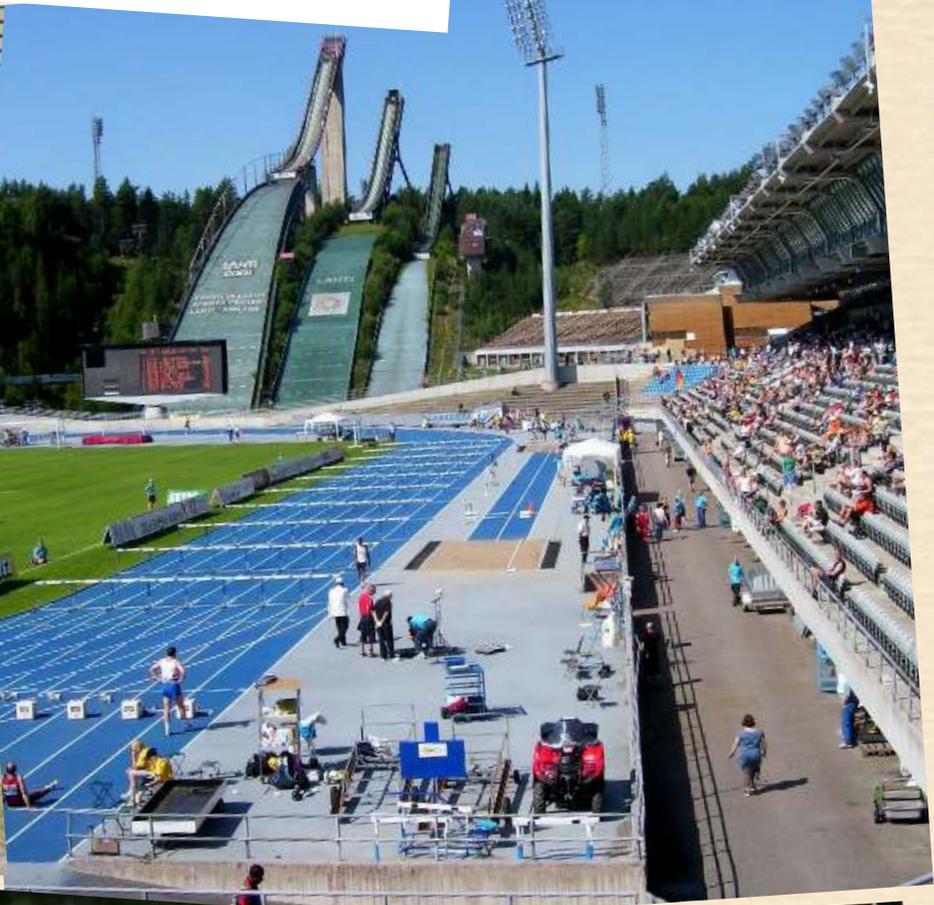
LORRAINE LOPES and ANNE STOBAS



Lahti 2009



LYN VENTRIS



PETER SANDERY



TONY IRELAND (8) and DON MATHEWSON (9)



PEGGY MACLIVER

Come in spinner



In focus

With Carmel Meyer

Thrower extraordinaire Tom Gravestock is a quiet achiever, which sounds like a contradiction given that throwers are prone to exuberant roars as they send the implement flying. It has been fascinating tracing Tom's progression to champion Masters thrower and to hear his acknowledgement of competitors, coaches and mentors.

Recent rewards for his efforts include the 2016 Royce Foley Award (highest points achieved, 3552, Throws Pentathlon) and nomination for the 2016 AMA Award for Throws. Fortunately for us, Tom also shares his skills coaching 'Perth2016' throwers.

Tom was born in Fulham, London in 1955. At the age of nine, he emigrated to Australia with his parents and four

siblings. The family grew to ten in Australia.

Tom is married to Annette who has competed in throws, jumps and walk events. I first met Annette in the Shot Put competition at the Canberra Nationals. Annette is a delightful lady and the most petite thrower I have ever seen!

Tom took up athletics in 1968/9, joining Northern Districts Athletics Club and was later in a State team managed by MAWA Patron John Gilmour.

He says he's fortunate that his first track coach was hard taskmaster Ted Hussey (father of 'Mr Cricket', Mike Hussey) It was then he realised that he wanted to throw instead! Tom credits Richard Murray for setting him up with good technique for Shot and Discus. He won the U15 Discus and Shot (record 1kg discus throw - 159'.10.5" or 48.73m). As an U17 Tom excelled, winning and breaking State records in Throws and Outdoor Pentathlon.

A Weightlifting Gold and a State Power Lifting (Deadlift) record followed. Not surprisingly, Tom was recognised as the Best U17 Athlete, receiving the Olympic Cup.

Tom moved into seniors in 1974 competing alongside field athletics champions Alex Brown (shot put), Len Vlahov (discus, state basketball and father of basketball star Andrew Vlahov), the two Eds- Ed Carroll and Ed Neimanis (multiple record holders in shot, discus, weight throw etc) and Matt Barber (shot put, the Eagles first Strength coach.) This competition proved to be a baptism of fire for Tom. He wryly comments, 'As the smallest of these guys was at least 100kg, my 75kg, 1.75m frame did not cut it!'

Tom joined MAWA in 2009 when most of his ten children were independent enough to allow him to again take up some organised sport. He and fellow thrower John Everard became firm friends. The Gravestocks regularly visit John and his wife Kylie in Margaret River.

I asked Tom if he could shed any light on the origin of his intriguing surname; for instance, we all know the origins of Cooper, Smith, and Baker. The name Gravestock certainly sets the imagination going; however, it is a derivation of Greystoke or Greystock.

CONTINUED – next page

Tom throws caution to the wind

FROM – previous page

Tom was able to confirm that his surname has been traced back to 1600 in a small town some 60km north of London called Potton.

Tom has always loved Shot although his best results have been in Discus. He has had to unlearn some bad Hammer throwing habits. "I have a love/hate relationship with Hammer. Lindsey Glass has been fantastic to me. He has persevered long and hard to help me slowly start to throw hammer a little like a hammer thrower and less like a discus thrower"

In the next year or so Tom will again focus more on discus. He has Warwick Selvey's M60 Australian record of 53.43m in his sights! He also aims to develop as a track and field Pentathlete. *'Some of my friends say I'm dreaming!'* Tom answers the naysayers- *"I can throw a discus. One out of five isn't a bad start."* Injury has dogged his run and jump events, however. In addition to an injury requiring ACL surgery, Tom has concurrently suffered from Ross River virus and *'Chikungunya'*...another mosquito-borne virus which results in fatigue, aches and pains. Unfortunately, Tom still suffers these effects from time to time.

For 'Perth2016' Tom aims to get close to or even medal in the Discus, Hammer and Throws Pentathlon. Accustomed to national and international events, he is not daunted by large numbers of competitors. Memorable performance highlights include a closely contested win in the Throws Pentathlon ahead of Gavin Murray and Robert Hanbury-Brown at the 2013 AMA Championships and besting former Olympian Wayne Martin in Discus. *"This Discus win was a huge step up for me, taking out a very tight competition with some 40cm separating the first three places"*

Tom is an athlete determined to achieve his goals and grateful to all



those who have helped along the way. He enjoys the friendship and camaraderie that exists between athletes. *"This includes the ongoing friendly banter with the young up-and-coming throwers like Todd Davey"*. The feeling is mutual. Todd has

publicly credited Tom with being his mentor.

Tom's motivation for continued involvement in athletics is a simple one *"to stay fit and healthy"*. Sounds good, however, he also adds, *"...and to be competing when I'm 100+"*. I don't doubt it for a minute Tom!

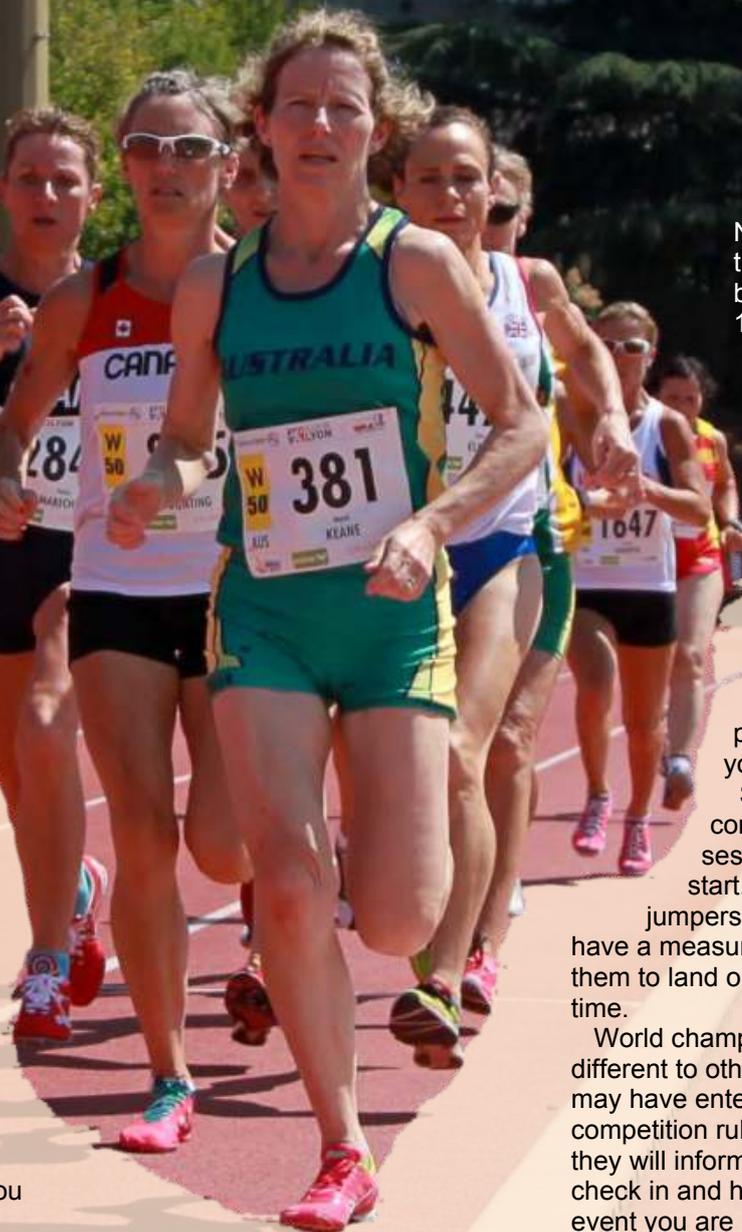
Pre-event tips

Niamh Keane leads the pack down the back straight in the 1500m in Lyon.

Welcome to the summer season of 2016/17. This is an exciting one for Perth as we are hosting the WMA World Masters Athletics Track and Field Championships. For many athletes, this will be their first exposure to a world championship event. There are a number of athletes who have travelled to many previous championships and it may be a good idea to talk to these athletes if you have any queries or questions.

The championships are now so close so I thought I would share my thoughts on the final preparations for your events. You should not radically change anything you have been doing as your body has hopefully adapted to your training volume and scheduled training days and sessions.

Some athletes think that they should increase the training volume in the final few weeks in order to gain that extra fitness. This is not wise as the body will not have time to adapt to the increased load. Tapering is done in the final week or two prior to major competitions to ensure you are in the best possible condition on race day. However, each event group will vary as to



not suddenly start pure speed sessions if they have not previously been in your training program. Sprinters should complete some sessions practicing their start. Long and triple jumpers must ensure they have a measured run-up to enable them to land on the board each time.

World championships are very different to other competitions you may have entered. Read the competition rules very carefully as they will inform you of where you check in and how long before the event you are required. Different events will have different check in times as throwers and jumpers will have time to complete their warm up at the competition site. The jumpers will have time to mark out their run up and throwers will have their final warm up using the throwing circle. Track athletes may have to sit in the call room for fifteen minutes until they are taken out to the starting line of their event.

On race day be proud in your Australian uniform and enjoy the experience – and I wish you all the best for an excellent performance.



the edge

With Margaret Saunders

how they complete the taper.

In the week prior to the first event, the training volume should decrease but the intensity will still be high. This keeps the energy levels of the body at a higher level and prevents overuse of the muscles. However, do

Pre World's schedule

The full summer track and field programme will commence Tuesday, November 22 and note that there will be no Patron's Trophy this year.

There will be a special programme of track and field events in October geared towards preparation for World Championships.

In addition, there will be a discus and a weight throw competition at Ern Clark Athletic Centre (ECAC) on September 29.

Note that ECAC will be closed for Worlds construction work after October 13.

MAIN PHOTO:
Colin Smith surges to the line to win his heat of the 400m in 58.5 secs during a Tuesday night meeting at the Western Australian Athletics Stadium.



Barrie Kernaghan gets set for the start of a 400m at WAAS.



Nick Boccardo competes in the high jump.

Track and Field Programme for October 2016

Tuesday at WA Athletics stadium, Mount Claremount

\$6.90 (\$3.70 for senior card holder) entry to WAAS. \$2 visitor fee, including temporary members – pay at sign in table by finish line

TUES		event 1	event 2	event 3	event 4	jump	field 1	field 2
October	04*	100	1500	400	3000 r/w	TJ	shot	javelin
	11	200	800	400	5000 r/w	HJ	weight	discus
	18	100	1500	200	3000 r/w	TJ	shot	hammer

*Note there will be a short hurdles event after the 100m on October 4 at WAAS

Thursday at ECAC Wharf Street, Cannington

\$3 club members, \$5 visitors, including temporary members

THURS		event 1	event 2	event 3	event 4	jump	field 1	field 2
October	06	100	1500	400	3000 r/w	TJ	javelin	shot
	13	200	800	100	5000 r/w	LJ	Discus	weight



Winter Wrap

John Dennehy reviews the winter
track and field season

Sprinters ignore cold



Lynne Choate (left) heads AMA president, Wilma Perkins, Carmel Meyer (right) and Peggy Macliver in a 60m at Ern Clark Athletic Centre.

The significant feature of the weather over the winter at WAAS was the lack of wind on most competition evenings. Several times the cold was felt, particularly by the timekeepers who were the stalwarts of the season, but competitors soon warmed up with racing.

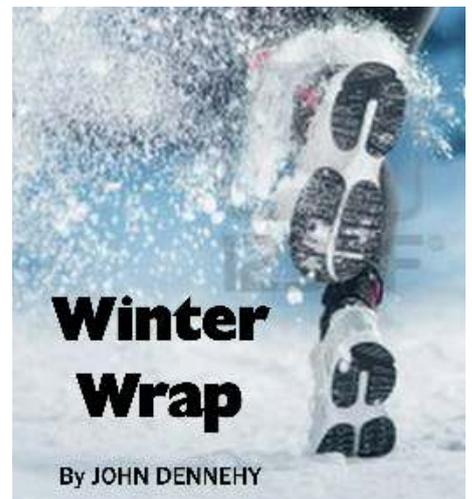
In the sprints, with many 'true sprinters' doing the hard yakka on parks all around Perth and beyond, newcomer, Cate Mansfield (W45) showed a good turn of speed running around 33 seconds for the 200m but a 2:17.9 600m and 77.8 400m indicate her talents lie elsewhere. Julianna Kelly (W50) continued improving her performances from the summer season setting PBS over a variety of distances. Campbell Till (M55) continued his very slow rehab from plantar fasciitis as did Chris Neale. Campbell managed the WAAS Tuesday meet with his customary superior organizational skills and his efficiency was appreciated by the competitors. Both Peter Kennedy (M95)



JULIANA KELLY

and Cecil Walkley (M85) were regular competitors, amazing everyone with their performances. Peter produced several state inaugural performances over a range of events (3km 48:37.4). Lee Stergiou (M40), balancing fatherly duties with newborn Charleigh with training, has slowly returned to form from injury with good results including 12.5 and 25.0 for the short sprints. National 400m champion, Colin Smith (M50) has run some confident races over the one lap and is now able to maintain speed and focus, essential for 400m racing.

Sprinter Rudy Kocis (M50) has rebuilt his technique and is reaping the rewards with promising times across the board. Core strength and gluteal engagement prevalent amongst his focus. Barrie Kernaghan is showing excellent results particularly over the 'quarter mile,' a term familiar from the early days of his lengthy career. Fellow Pro runner Mark Elms (M45) is beginning to run his specialist distances after a brief foray into longer distances in a successful bid to improve his fitness. Wendy Seegers (W40) has also returned to the track in good shape. A 24.8 200m recently was a superb run, given she now has to balance a return to work with training. Club secretary Delia Baldock (W50) has returned stronger than ever after a hamstring injury and competes regularly when not holding a stopwatch. Benefitting from a winter build up under the watchful eyes of coach Dave Wyatt, Lisa Limonas (W45) ran a 200m best of sub 30 seconds in the off season. This speed will be useful for her jumps. Perennial world medallist, Mandurah's Lynne Choate (W60) has already posted



classy times of very low 15s for her preferred 100m. Her husband Clive often acts as starter at WAAS and is a welcome addition to the organising team.

Bernie Riviere (M50) has shown brilliant starting speed and when not hampered by calf cramps as occurred in both calves one evening at ECAC, has produced fine sprint times. Maureen Keshwar (W60) is back running low 16s for the 100m and has added hurdles to her repertoire. Her occasional visits to the 400m echoing the sentiments of Peggy Macliver (W70), of dread and foreboding. Peggy has had a great base of fitness and is running beautifully especially over the last bend in her 400ms. Donna Abbey (W40) is proficient over the sprints but has shown promise over the middle distances in particular. W70 Brenda Painter makes the long drive every fortnight from down south for the opportunity to compete and has been a most welcome visitor.

Distance runners show speed



VANESSA CARSON



ALAN GOWER

In the middle distances Mark Dawson (M55) races regularly around his professional responsibilities and has experimented with tactics to enable him to best use his particular balance of speed and endurance. Mark has raced frequently and has shown he can lead or sit and kick in any race. Karyn (W55) and Allan (M60) Gower were warmly welcomed back to the track and are reaping the rewards for consistent training after both have suffered from injury and illness. Allan running an easy 11:10.1 3km. Alan Gray (M55) has run several very fast 5kms and is equally adept over the half marathon distance. Superb running by the too rarely seen Margaret Saunders (W60) resulted in a 3:39.8 1km time posted with little apparent effort. Her world class 800m time of 2:47.7 during winter indicative of split second pacing and experience. Danielle Baldock (W35) has recorded consistent times over 3km and 5km despite niggling injuries. Fiona Leonard (W45) after a season-ending

illness, returned to racing with a vengeance and added a 1500m to her repertoire with a world class first attempt (5:23) benefitting by tracking the 'human metronome' Bjorn Dybdahl (M60). Vanessa Carson (W35) has run a PB by several seconds (5:18.8) by employing the same tactic behind Mark Dawson and with more confidence, is now heading into sub 5 minute territory. Sharon Davis (W40) ran an impressive 600m in 1:42.7 showing determination and excellent pacing despite being in heavy training. In the same race Lenz Keel (M70) 1:59.8 and Henri Cortis (M70) 2:10.0 showed great form. Recently over 400, they finished in the same order recording 74.1 and 75.8 respectively.

Multiple world champion David Carr (M80) ran a few steeplechases during the winter with his usual measured approach and Gillian Young (W65) ran a solo 2km steeple recording a very smart time of 10:30. Rob Nichols (M40) is also showing good form over middle and steeplechase events as is David Solomon (M50), Brian Kineen (M50), Bjorn Dybdahl and Carol Bowman (W60). David is coming into form again with a renewed focus on target times over specified distances. His vast experience coming into play recently recording a 4:09.6 1km – target time 4:10!

Judy Davis (W50) with supportive partner in tow, has turned herself into a runner by sheer persistence and determination in a relatively short amount of time, bringing her times down by learning pace judgement, courtesy of the venerable Bob Schickert (M70). Each week at ECAC she has stayed on his 'heels' for as long as possible and is now on the verge of running under 15 minutes for the 3km distance – no mean feat.



ROB NICHOLS



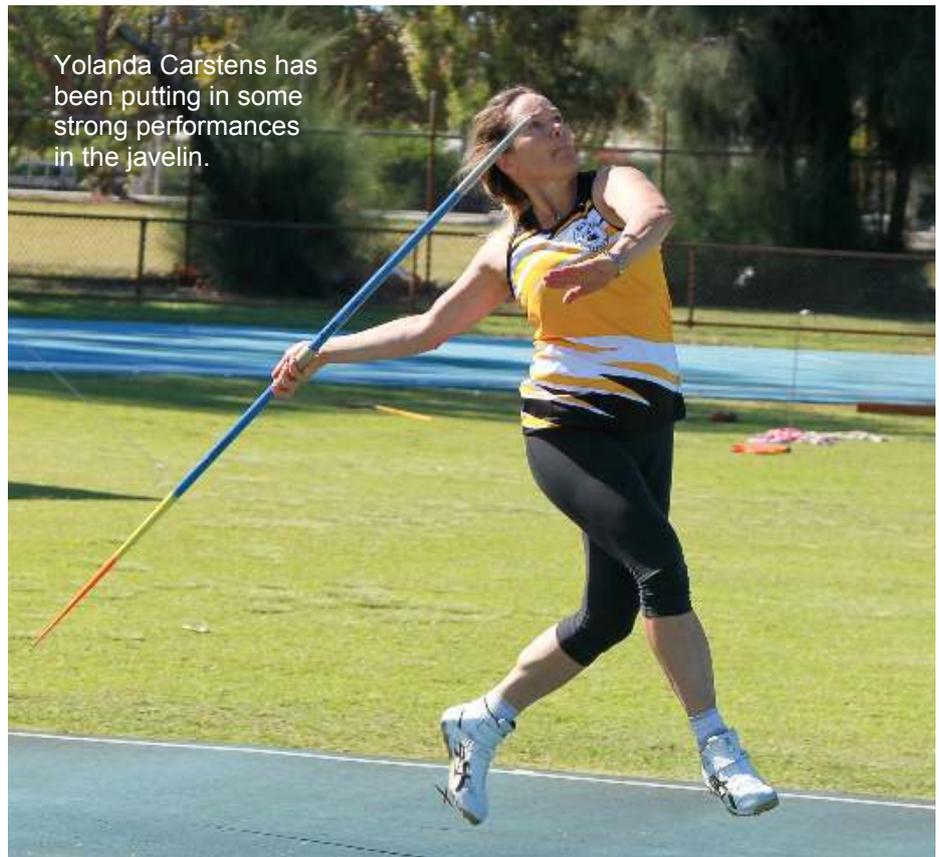
Jane Lockwood (W35) produced several good races over middle distance events. Her coach Suzi Graves (W45) has made a remarkable return to form after a major knee operation and has shown enough to indicate faster times are to come. Anne Pugh (W40) succumbed to illness and injury after some excellent results early on in winter.

Consistent performer Graeme Dahl (M65) is a threat over any distance and always positions himself to produce his best performance. He has been known to run multiple events in an evening with little signs of fatigue. Similarly, versatile Steve Weller (M40) recently followed up a smoothly run 1km time of 3:00.9 with an equally impressive 5km win in 18:09.7 at ECAC. Giovanni Puglisi (M65) has had several appearances, memorably a titanic battle over 1km with Bjorn Dybdahl and Fiona Leonard, Sandwiched between them all three separated by less than a second.

Throwers step up

The field events resumed with many competitors showing the benefits of weight programs and coaching since the national championships. Sally Sims (W35) in particular, has stepped up in class with improved performances over all throws. Todd Davey (M45) has had several brilliant throws in the discus, sending it out over 50m. His vocals set up a very competitive atmosphere and he has been in fine voice recently. His huge 16.45m heavy weight throw registered on the Richter scale and was felt as far away as Kalamunda! Michelle De Silva (W40) has been able to throw several pbs as have her children, Alex and Eesha. Kate Glass (W65) and Byrony (W40) display their undoubted experience each week and never seem to be out of form. Byrony, in particular, is known as a 'clutch' performer and is always able to lift her performances when required. A 50.24m hammer throw testament to good coaching, solid technique and a competitive nature. Lyndsey Glass has shared his expertise to many of the field events athletes and the results are a credit to him.

Tom Gravestock (M60) has sent the shot 11.53m from the circle and uses his analytical skills to adjust his technique as needs be. Multi-eventers, Melissa Foster (W35) and Sue Coate (W50) have ventured onto the track also to run 800m in preparation for heptathlons. Given her strong throwing performances, Sue stunned many with a 3:19 800m. Yolanda Carstens (W50) Julie Danes (W40), Nick Boccardo (M50) and Rob Shand (M80) are amongst those recording promising performance in the javelin. Christine Schelfhout (W45) set a discus seasons best of 21.27m and followed up on the same night with another in the shot of 7.23m. Sarah Edmiston (W40) set a discus state record of 33.97m in July in a powerful display of throwing and had the good fortune of accredited officials to make it legal.



Yolanda Carstens has been putting in some strong performances in the javelin.

Dave Wyatt (M60), besides providing great coaching to many members is leading by example with consistent jumping attaining a height of 1.35m in the high jump and 4.51m in the long jump. Andrew Brooker 1.55m Jan Peyper, both M45, high jumped 1.55m at WAAS to 'raise the bar' in quality performances. Andrew is a fine javelin thrower, a 25.50m discus thrower and middle distance runner of some note and is comfortable over the two decathlon discipline. In addition to her sprinting, versatile Lisa Limonas (W45) triple jumped 9.24m and long jumped 4.29m with Gay Wyatt (W60) recording 6.43m triple jump. Garry Ralston (M60) was sighted around, if not in, the long jump pit and given his evident speed would be a prime candidate for the horizontal jumps. Watch this space!



Sylvia, Lorna and Karyn set high standard

Walkers Sylvia Byers (W80), Lorna Lauchlan (W85) and Karyn Tolardo (W50) were also regular supporters of the winter competition. Sylvia has refined her technique and is producing world class times over 3km in particular. The reigning world champion in her age group, Lorna Lauchlan quietly approaches her racing

and is incredibly consistent with her results. Andrew Cuthbertson (M55) is always willing to assume starting responsibilities as well as competing as is also in the process of refining his walking technique. John Smith (M80), Lynne Schickert (W70) Janne Wells (W45) all display great sportsmanship as they have

the inconvenience of having runners pass them every week on the track. These disciplined competitors never take advantage of the absence of walks judges and make considerable efforts to keep their techniques legal at all times. Wendy Farrow (W45) has also recently competed at both venues and is relishing the racing.

Looking ahead



Giovanni Puglisi (436) heads the pack in his heat of the 5000m at the 2015 World Championships in Lyon.

WMA World Masters Championships
October 26 - November 6, 2016 Perth

WMA World Indoor Championships
March 19-25, 2017
Daegu City, South Korea

MAWA State Championships
April 8-9, 2017

Australian Championships
June 9-12, 2017
Darwin