

# TFNL

## The Track & Field Newsletter of MAWA

Season 3 Issue 4

December 2009

Now that we know that daylight saving is a thing of the past, the committee is discussing a possible change to the start time of our Tuesday and Thursday meets. It is thought that heavy traffic is causing problems and a change in start time may help. There is the counter-argument that a later start means a later finish and this may inconvenience as many people as it helps.

The start times under discussion are 6.15pm or 6.30pm. The third option is to leave it as it is. Any change could apply to either venue, not necessarily both, and would not take place until the end of this season (i.e. April 2010). Please let Bob or Barbara know if you have any thoughts on this.

Thank you for the comments on my Patron's Trophy article last month. There seems to be little appetite for change, and when a competition is so popular that is not surprising. It provides some wonderful evenings, forming the backbone of the first half of the season. This season's competition is drawing towards its conclusion, and at the time of writing the results look fairly clear-cut. However, I recall that it was thus last year until the dramatic conclusion. See page 2 of this newsletter for the very latest with just four events to go.

### HALF PRICE SINGLET SALE

**I have a very small number of the old-style singlets which I'm clearing out at half price - \$16.50. See John - be quick!**

### Sydney World Masters' Games - omissions from results

Apologies are owed to some MAWA athletes whose results were missed from last month's TFNL. In trawling through the 100-plus pages of times and results I inadvertently missed several notable achievements. I'll try to do better next time!

**M70 800m** Mike O'Reilly 2:56.14 **BRONZE**  
**W70 5k walk** Sylvia Byers 40:04.79 **SILVER**  
**W60 800m** Anne Littlewood 4:10.88 5/7  
**W60 1500m** Anne Littlewood 8:50.13 4/6  
**W60 5000m** Anne Littlewood 32:03.2 6/9

### November Roll of Honour

<b>November 8<sup>th</sup> - WAAS</b>				
<b>Cameron Yorke</b>	<b>M30</b>	<b>800m</b>	<b>1:55.45</b>	<b>SR</b>
<b>November 19<sup>th</sup> - ECAC</b>				
<b>Peggy Macliver</b>	<b>W65</b>	<b>800m</b>	<b>3:10.2</b>	<b>SR</b>
<b>November 24<sup>th</sup> - ECAC</b>				
<b>Peggy Macliver</b>	<b>W65</b>	<b>5000m</b>	<b>24:14.9</b>	<b>SR</b>
<b>November 27<sup>th</sup> - WAAS</b>				
<b>Cecil Walkley</b>	<b>M80</b>	<b>2k S/C</b>	<b>12:35.6</b>	<b>SR</b>

....and this month's 90% performances:

<b>David Clive</b>	<b>M70</b>	<b>100m</b>	<b>13.6s</b>	<b>93.55%</b>
<b>Peggy Macliver</b>	<b>W65</b>	<b>100m</b>	<b>15.3s</b>	<b>92.17%</b>
<b>David Clive</b>	<b>M70</b>	<b>100m</b>	<b>14.0s</b>	<b>90.88%</b>

### Nostalgia, the Nationals ....And some very young men!

The back rooms and store cupboards of the Perry Lakes stadium were cleared out after its closure earlier this year. One of the 'treasures' unearthed was an old, moth-eaten and faded typewritten set of pages. On closer inspection it was identified as the results of the first ever National Masters Champs to be held at Perry Lakes over the Easter weekend in 1977.

In those days these were organised by the AAVAC, the pre-cursor to the AMA. Anybody younger than 40 was considered a 'pre-vet' and allowed to run as a curtain-raiser to the main event. What we now know as M40 was called 1A, M45 1B, M50 2A, etc. Anyone who attained the unbelievable age of 70 was just class 4, staying that way as long as they chose to compete. So few ladies participated that they were all lumped together in a single category.

Many of the names from these championships are now competing on that great sports field in the sky. However there are a few very familiar names that we still see regularly, although perhaps some of them in slightly different events. Most are certainly running a little more slowly or throwing/jumping a little less far!

The results are now available on the re-vamped T&F section of the MAWA website. See how many you can recognise. Club regulars David Carr, Peter Gare, Ross Calnan appear quite often on these pages. Some names that we see at February relay time are also there - Stan Lockwood, Bob Hayres and Brian Paxman. Rob Shand is there with a few surprising times in the distance events; Bob Fergie, Merv Moyle, Alex Cummings and club Patron John Gilmour also feature. Ted Maslen (sadly now deceased) starred with a stunning 4m15s 1500m and one of the few men ever to out-sprint Albie Thomas. One of the five ladies competing was Kath Holland with some amazing sprints and long jump. I even spotted two cameo appearances from pre-vet Charlie Spare, now a regular track official at WAAS.

## Website under new management

The first stage of the redevelopment of your MAWA website ([www.mastersathleticswa.org](http://www.mastersathleticswa.org)) is under way. In early November, Mike Karra handed over the management of the track and field section of the website to John Oldfield. Mike has maintained the club's site for several years, but is now finding that with building his own house he really cannot devote the time required to the task.

For some time now, there has been discussion over the structure of the site. Almost everyone agrees that it is an attractive site, and is very pleasing to the eye. It has a professional appearance at first glance. However, it is often not very easy to find what you want, particularly as a new site visitor. And much of the stuff that is on it is either duplicated or redundant. So the medium term goal is for it to be re-structured professionally. This will allow us to have a site with clear goals in mind, for both club member and casual visitor and make navigating around the pages simple and pleasurable.

Until the new page structure is defined, we will try to make the current pages easier to use. Here is a simple set of steps to find any T&F information:

- Log into the website – [www.mastersathleticswa.org](http://www.mastersathleticswa.org); this takes you to what we call the *home page*
- The home page contains a couple of 'links' for the Perth 2010 Nationals. Click on either of these for the latest champs info and how to book the excellent cheap rate at the Kings Perth Hotel.
- For the regular T&F stuff, click on the *track events* button
- You are now on the main T&F page. Any news will appear on here, together with 'links' to the **newsletter (TFNL) menu** and the **Results menu**
- You'll see when you go to these menus that they are the same page! Eventually, when the site is re-designed, they will be separate pages. There will also be a **T&F news** page as well.
- These menus contain a long list of links, each of which will load a pdf file containing the data you want. You will need Acrobat Reader to read these. This programme is available free via a link on the *track events* page.
- The TFNL menu contains all this season's newsletters. If you want any from previous years, please just send me an email ([oldfield.jc@gmail.com](mailto:oldfield.jc@gmail.com))
- The Results menu contains four sections – monthly results, Tuesday and Thursday results, state championship results, and the nostalgic 1977 AAVAC Nationals results (see page 1 of this newsletter).

If there is anything you cannot find, or that you think should be there but is not, please send me an email.

## Patron's Trophy Update

With just two weeks to go, Peggy has the ladies trophy all but sown up, yet again. David Carr is in pole position to reclaim the men's trophy that Campbell took off him last year, but that could yet change as it did in the final events then.

The leader-boards with just the 1500m, javelin, long jump and 200m still to come are as follows – please bear in mind at this stage athletes can 'drop' events they've not done well in so positions can change very quickly!:

### Men

1.	David Carr	(8 events)	617pts
2.	Alan Gower	(8)	591
3.	Bob Schickert	(9)	545
4.	Campbell Till	(7)	503
5.	John Oldfield	(8)	502
6.	Ivan Brown	(8)	494
7.	Kim Thomas	(8)	487
8.	Maurice Creagh	(8)	484
9.	Colin Smith	(8)	482
10.	Grant Schofield	(8)	425
11.	Peter Hopper	(7)	422
12.	Nick Miletic	(7)	392
13.	John Dennehy	(7)	372
14.	Tolli Antonioli	(6)	352

### Women

1.	Peggy Macliver	(8 events)	599 pts
2.	Lynne Schickert	(8)	447
3.	Christine Oldfield	(7)	412
4.	Sarah Ladwig	(7)	407
5.	Carol Bowman	(7)	394
6.	Lorraine MacLennan	(7)	372
7.	Katrina Bolden	(6)	275

## Analysis of November's Results

**November 3<sup>rd</sup>:** It was a lovely spring evening at UWA tonight, and the flying insects took full advantage as a large crowd gathered in anticipation. The trophy events were the shot put and 400m, and with the track event scheduled to be the climax, attention first focused on the shot put cage. The experience of **Rae McMillan** showed as she put to well over 86%, with **Lorna Lauchlan** also showing good technique at 72%.. **Dorothy Whittam** was over 60%, matched by a spritely **Peter Kennedy** with an exceptional 5.34m for 61.59%, not far short of his own state record. **Rae** also threw a season's best over at the other end of the field with her javelin.

On the track it was a great night for the sprinters dodging the moths. No less than 7 SBs spread through the four heats, won in turn by **Mark Elms**, **Paul Haylett**, **Peggy Macliver** and Paul's young son Scott. Conditions were also excellent for the 3000m and **Frank Smith** showed excellent pace and consistency with a strong 12:16 behind race winner **Keith Edmonds**. The main event was clearly going to be the trophy 400m, and so it showed with three good heats. **Paul Haylett** took line honours in the fast heat, along with **Duncan McAuley** running an SB. **Mark Elms**, however, showed that he had selected to race in the wrong heat by producing the fastest time of the night, winning the next in a canter. In this **Ivan Brown** ran an SB and **Peter Hopper** a PBA. The Elms clan of youngsters all showed well in the final heat where Lorrain MacLennan – a dark horse for a podium finish in the trophy – also produced an SB. There were three 80%+ performances – Peggy, Barrie Kernaghan and Duncan, with Alan Gower only a whisker away.

**November 5<sup>th</sup>:** Cool conditions again as the trophy aspirants contemplated how to fox the race walks judges. Race walking can be really technical, and one of the conditions under which it was reintroduced to the trophy was that it was properly judged. Our thanks go to the four judges who willingly gave up their time to validate the event. Unfortunately only three of the eight entrants in the 3000m walk survived their eagle eyes and it does call into question the concept of including this event in the trophy. Regular walkers **Lynne Schickert** and **Tom Lenane** plus **Sarah Ladwig** managed to add good points to their tally.



Two heats of the 800m provided better results for some of our athletes. **Paul Haylett** (pictured left) continued his impressive sequence with another PBA, matched by **Steve Fuller**. There were also season's bests for five others, including race winner **Kim Thomas**. **Chris Neale** returned after his Sydney exploits, producing a good 200m time and leading **Mark Elms** through to his best since joining the club. In the run section of the 3000m **Peter March** looked impressive with **Neil McRae** on his heels; both would be pleased with their times despite being some way behind runaway winners **Pete Sullivan** and **Kim Thomas**. In the field, **Michelle Thomas** raised her triple jump PBA to over 8m, whilst **Chris Neale** (30.81m) and **Mark Hamilton** (37.65m) did similarly with javelin and discus respectively.

**November 6<sup>th</sup>:** The West Australia Athletics Stadium opened its doors to a number of MAWA debutants tonight as the annual John Gilmour 10km track race moved to this new venue. This event comprises two races – the curtain raiser being for the slower runners with entry to the main WA State Championship race being restricted to sub-40 minute runners. **David Cane**, **Bjorn Dybdahl** and **Alan Gower** were our only entrants in the championship race. Not surprisingly, David was our leading runner with an excellent 35 flat. Alan also ran extremely well with a huge PBA of 36:32, with Bjorn also ran a very creditable sub-38. Nine hardy MAWA regulars toed the line in the earlier race, in which a massive field of 45 runners participated. **David Solomon** led the way in an excellent 39:27. He was followed by **Chris Maher**, **Eldon George**, **John Oldfield**, **Ivan Brown**, **Simone Solomon**, **John Collier**, **Barry Jones** and 80-year old **Cecil Walkley**. All enjoyed the experience of running at WAAS on what is a superb track. See the website for full results.

**November 8<sup>th</sup>:** We were back at WAAS again at the regular interclub meet, shifted from Friday night to make way for the JG 10k. The major talking point centred on some great sprints performances by MAWA members. Unfortunately when designing this 'state-of-the-art' stadium, anything that is not in the IAAF criteria was not included. Amongst other things (200m, 80m hurdle placement markings), there is no 60m start marked. So one of the major events of this meet should really be called the 'somewhere near 60m dash'. Needless to say, many of the athletes were not impressed, compounded by the fact that even if they did run 60m there was no electronic timing in place, nor a wind gauge functioning.

On a more positive note, there was a state record for **Cameron Yorke** in the 800m. His time of 1:55.45 knocked about half a second off his own previous best M30 mark. We were also pleased to see two of our ladies in the 800m. **Toni Phillips** paced **Kerriann Bresser** through the first lap and a half before easing clear in an impressive 2:31, with Kerriann crossing the line in 2:45. Kerriann was another with a sharp 60m time, one of four MAWA members notching up times that would, with proper timing, have been recorded as PBAs (**Colin Smith**, **Lynne Choate** and **Norm Richards** being the others). Toni also demonstrated her versatility by running both 200 and 400 hurdles, one straight after the other! Other MAWA athletes at the meet were **Byrony Glass**, who romped clear in the hammer throw with 52.80m, and **David Smyth** in the early 3000m race walk.

**Tuesday November 10<sup>th</sup>:** Excellent conditions for both sprints and distance races tonight, although some humidity affected one or two in the longer race. With the only trophy event being the 3000m walk, we also welcomed the walks judges, ably led by Marion. We are always very grateful for their help, without which we could not hold a serious walks race. They were also pleased tonight with the more regulation techniques being displayed following the multiple disqualifications last Thursday. All but one survived their eagle, but tolerant eyes. Good points were recorded, with **Lorna Lauchlan** and **Lynne Schickert** each improving their scores to 71%+. **Peter Hopper** kept his style just inside the allowable limits and totalled a good 68%, with **Grant Schofield**, who tells me he has not race walked since his school days, also completing the course safely.

On the track simultaneously were the 3000m runners. **Duncan McAuley** overtook **Alan Gower** in the home straight to take the win with an SB. **Frank Smith**, now looking ominously good to the other M65 runners, ran consistently throughout with a strong finish to record 12:10. It was also great to see **Ross Keane** running so well and looking comfortable. In the 800m main heat, **Brad Walsh** and **John Collier** both ran season's bests. The sprinters' main event of the night was a 200m, and this produced three PBAs. **Keith Edmonds** (a runner in all four of the night's races) came home in 30.2s with **Barry Newell** a singlet thickness behind him in the same time. **Peter Gare** was the other PBA leading the second heat home in 32.3s.

There were no trophy field events tonight, to **Rae McMillan's** great relief. Much of the responsibility for organising these trophy events falls on the shoulders of our senior throwers meaning that the likes of Rae and **Mark Hamilton** rarely have the opportunity to do themselves justice with their own performances. We are greatly indebted, not just to these two, but to all of those athletes on both track and field that put in so much effort to make the meets go so smoothly. On the results side, there were lots of SBs in the javelin, perhaps with folk preparing for the upcoming trophy throw in early December. **Dorothy Whittam** was one of these, and she also threw a PBA of 13.42m with the discus.

**Thursday November 12<sup>th</sup>:** On the track, at least, the trophy event was over in a flash. True, the flash took longer for some than others, but by ten minutes past six we could concentrate on the rest of the programme. The stand-out performance of the night was that of **Peggy Macliver**. 90%-ers are rare occasions for most of us and Peggy's 92% 100m was one for the memory. I also had the pleasure of watching **David Clive's** explosive start as I was waiting for my turn behind the line. Seeing a specialist doing what he does best is something to behold and it was no surprise when the results showed that he also broke the magic 90%. I wish my fibres could twitch that fast! Sometimes I wonder if they twitch at all. Also showing well were **David Carr** (87%), **Campbell Till** (86%) and **Colin Smith** (85%). Few non-throwers attempted the hammer. Of the two that did, **Lynne Schickert** joined **Julie Plackett** with a PBA, and **Colin Smith** also managed to make his mark.

In the 1500m, **Barbara Blurton** continued her rehabilitation process with a smooth 6:46, although well behind leaders **David Cane** and **Bjorn Dybdahl**. SBs in this race went to **Steve Fuller** (pictured right), **Maurice Creagh**, **John Dennehy** and Peggy, with **Kim Ribbink** notching up a PBA of 7:02. The 3000m and 5000m both attracted a good field, as did the 600m.



**Friday November 13<sup>th</sup>:** Only four MAWA members were at WAAS tonight, with the 400m producing the most notable times. **Cam Yorke** was right up with his state record, finishing in 49.76s, just five-hundredths behind that mark. **Barrie Kernaghan** also ran his best this season with 66.32. **Andrew Brooker** (1500m) and **Byrony Glass** (hammer throw) made up the quartet.

**Tuesday November 17<sup>th</sup>:** Rain had been threatening all afternoon, with a number of us driving to McGillivray through rain-affected suburbs. However McGillivray stayed dry, albeit with a fairly stiff headwind in the home straight. It was clearly not strong enough to affect times as the Patron's Trophy 100m kicked off proceedings. Mark Elms took line honours in the first heat but **David Clive** stole the limelight with a 93.5% performance that came very close to his state record, set two years ago. There were three other PBAs in the four heats – to **Norm Richards** (another flyer?), **Lorraine MacLennan** and the returning **Kevin Collins**. Seven other athletes recorded season's bests, including **Barrie Kernaghan** in the closely fought finish to heat 2; birthday girl **Christine Oldfield** was another celebrating her SB.

An unusual sight came next with two heats of the 1500m, despite there only being 12 participants. The reasons that four ladies failed to make it to the start line on time are shrouded in mystery. Apparently it was my fault, I was subsequently advised. In the main heat, **John Collier** continued his progress back to fitness with a very significant SB behind the impressive **Paul Haylett**. The long run tonight was a 5000m, and unusually almost all the athletes elected to complete the full distance, presumably on account of the cool conditions. **Clive Hicks** made a welcome return and led from start to finish in a swift 19:06, with **Alan Gower** on his heels. **Duncan McAuley** normally saves himself for the middle distance races, but excelled tonight with a PBA over 12 ½ laps. SBs also went to **John Collier**, **Graeme Dahl** and **Gavin Howard**. **Sylvia Byers**, new to the W75 age group, just beat her previous season's high in the 3000m race walk.

Over in the jumps pit, custodian **Les Beckham** was kept busy with seven takers for the long jump. SBs went to **Peggy Macliver**, **David Clive** and another returnee – **Mark Jeffrey**. Tonight's two throws events were both well attended, and **Rae McMillan** took advantage of the freedom to concentrate on her own throwing rather than running the points events with a season's best in each. Discus PBAs went to **Tom Gravestock** and **Lorna Lauchlan**. Lorna also joined **Neil Davis** in notching an SB with the shot.



**Thursday November 19<sup>th</sup>:** With the early PT event being the triple jump tonight, there were only a few takers for the coincident 200m race. The **Thomas brothers** led the way, Corey pipping Kim. Kim would be happy with his SB however. The brothers then went back to the pit to join 9 other trophy hopefuls. It was fitting that **Sarah Ladwig** and **Maurice Creagh** each set new PBAs. The highest points scores went to last year's two overall champions – **Peggy Macliver** (75%, SB) and **Campbell Till** (69%). Only **Mark Hamilton** and son Dale took any throws tonight, with Mark launching the javelin to a new season's high of almost 40m.

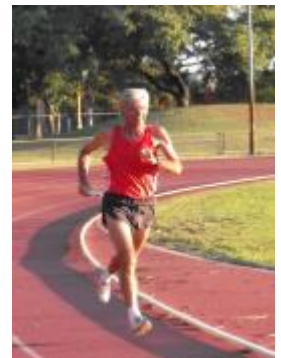
**David Cane** led the way as usual in the 3000m, although in what for him was a fairly sedate 10:00. Visitor from Rockhampton **Roscoe McDonnell** also featured strongly and there were PBAs for **Steve Fuller**, **Melissa Young** and another for **Sarah Ladwig**. **Ross Keane** (featured left) put in another impressive run in front of daughter Catherine. In all there were over 20 runners and two walkers in this distance race, with most of them also featuring in the later 800m. It's an unusual way to warm up for the two-lap torture! But first there was the small matter of the 60m. **David Carbon** led home **Colin**

**Smith** in this one, with most others deciding that the 800 was perhaps more important tonight. So it was on to the trophy race, with three full heats of contenders. SBs and PBAs were prolific in each heat, but pride of place has to go once more to Trophy Queen **Peggy Macliver** for her W65 state record. **David Carr** was the pick of the rest, with 88% cementing his place at the top of the leader board. Other 80%-plus performances came from **Campbell Till** (84%) and **David Cane** (80.1). Most of the others would also be pleased with their times, notably **Corey** and **Kim Thomas**, **Paul Haylett** and **Bob Schickert** showing that he can still pull out the fast ones when needed.

**Friday November 20<sup>th</sup>:** Only three track athletes and three field athletes from MAWA tonight. New member **Louise Oswald** joined **Byrony Glass** with four different events, and **John Everard** was with them for the hammer throw. The sprinters enjoyed the 100m, with **Norm Richards** close on **Barrie Kernaghan's** heels. Close enough in fact to run a PBA with electronic timing of 14.48. His best hand timed is 14.4, technically slower. **Colin Smith** ran just under 13s in the previous heat.

**Tuesday November 24<sup>th</sup>:** After a 35° day, the temperature was dropping nicely at the start of proceedings, and with just a light breeze it all augured well for a busy Patron's Trophy evening. The triple jump was the first of two scoring events. Five souls tried to notch up extra points, mainly to eliminate the need to count low-scoring throws! **Alan Gower**, who was to be the star of the evening, turned in the top performance with a PBA of almost 9m. All the others would have been happy to score in the 40-50% range. Whilst this was under way, the track saw a couple of heats of 200m, with **Ivan Brown** launching a successful evening with a PBA of 33.8, and four SBs going to **Brad Walsh**, **David Clive** (currently in very impressive form), **Peggy Macliver** and **Bob Schickert**. A small field followed in both the 3000m run and walk, with a PBA for the evergreen **Sylvia Byers**. Similarly small numbers for the 60m coped with an indeterminate start line, since UWA has no markings for this event. So times must be taken with a pinch of salt. In the field, there were plenty of SBs (shot – **Dorothy Whittam**, **Peter Hopper** and **Henri Cortis**; javelin **Dorothy** again and **Lorna Lauchlan** with a PBA).

The finale this evening was the trophy 800m, with 17 starters including QMA visitor Roscoe McDonnell. (Could he become another expensive interstate transfer for MAWA, following the defection of Graeme Dahl two years ago?) **Alan Gower** scored the highest points on the night, a terrific 84.5% with 2:22. Duncan McAuley also broke the 80% benchmark, and there was a PBA for **Brad Walsh** and a season's high for **Grant Schofield**. The second heat was reserved mainly for the older elite. **John Oldfield** set the early pace but faded in the last 150m as in-form **Ivan Brown** (pictured right, and the latest recruit in the team Carr training group) surged home to win in 2:57. High-flying **Peggy Macliver** was the only 80% plus in this heat, which saw a rare distance event for sprint specialist **Barrie Kernaghan**.



**Thursday November 26<sup>th</sup>:** A cold wind greeted us on arrival at Coker Park. But it did not deter a huge crowd, with an expectant buzz as a great 5000m finale was eagerly anticipated. The programme started with a large 1500 field. Some of the younger set were clearly using this as a warm-up, but this did not prevent excellent times, with PBAs to **Steve Fuller** (see picture p4) and **Katrina Bolden**. Melissa Young continues to improve and notched another SB. The ensuing five heats of 100m were well-contested, with **Mark Elms** the stand out performer at 12.9s. Much interest centred on a 400, not just as a prelude to the trophy event, but it heralded a return to serious running for **Barbara Blurton**. Barbara still has a long way to go in her rehabilitation, but the grace and elegance were there for all to see as she glided through 250 and accelerated into a strong wind to record a pleasing 74.6s. **Steve Fuller** pounced the second of his three PBAs on the night, and the resurgent **Maurice Creagh** also hit a new age-group high. So, on to the main event, with what is thought to be a record 37 on the line; starter **Tom Lenane** declared an echelon start and off we went. There were too many SBs to list, and seven PBAs as well. But the highlight must be **Dame Peggy's** continuation of the re-write of the state record book. The men's trophy contest is really hotting up as it heads to conclusion. The ladies are battling for second place with Peggy now out of sight.

The small number of field athletes did not mean it was an uneventful contest there either. Organiser **Mark Hamilton** threw the heavyweight a lengthy 13+ metres for his SB and **Julie Plackett** followed suit with a PBA of over 7m.

*Friday's WAAS Interclub meet and the Wanneroo Gift will be covered in next month's TFNL.*