

Sue's rain dance



Talk about being disciplined, Sue Bourn ignores the rain pelting down as she stretches following Thursday night competition at Ern Clark Athletic Centre. The night started in 38 degree heat with the rain falling an hour later.

Tom's record
Page 4

Record numbers as throwers return



Records continue to be broken on Tuesday nights, not only on the track but the number of Masters athletes competing with a record 56 athletes on January 17.

The competitive atmosphere is electric, and yet still all maintain the aura of friendliness and enjoyment that permeates the club.

Nowhere more was this in evidence than with the return of our band of throwers. They have had a difficult time of late, but at last we are able to give them some competition, thanks to an extremely generous gesture by Peta Marsh and her colleagues at VenuesWest. Most of you will not realise that they have waived

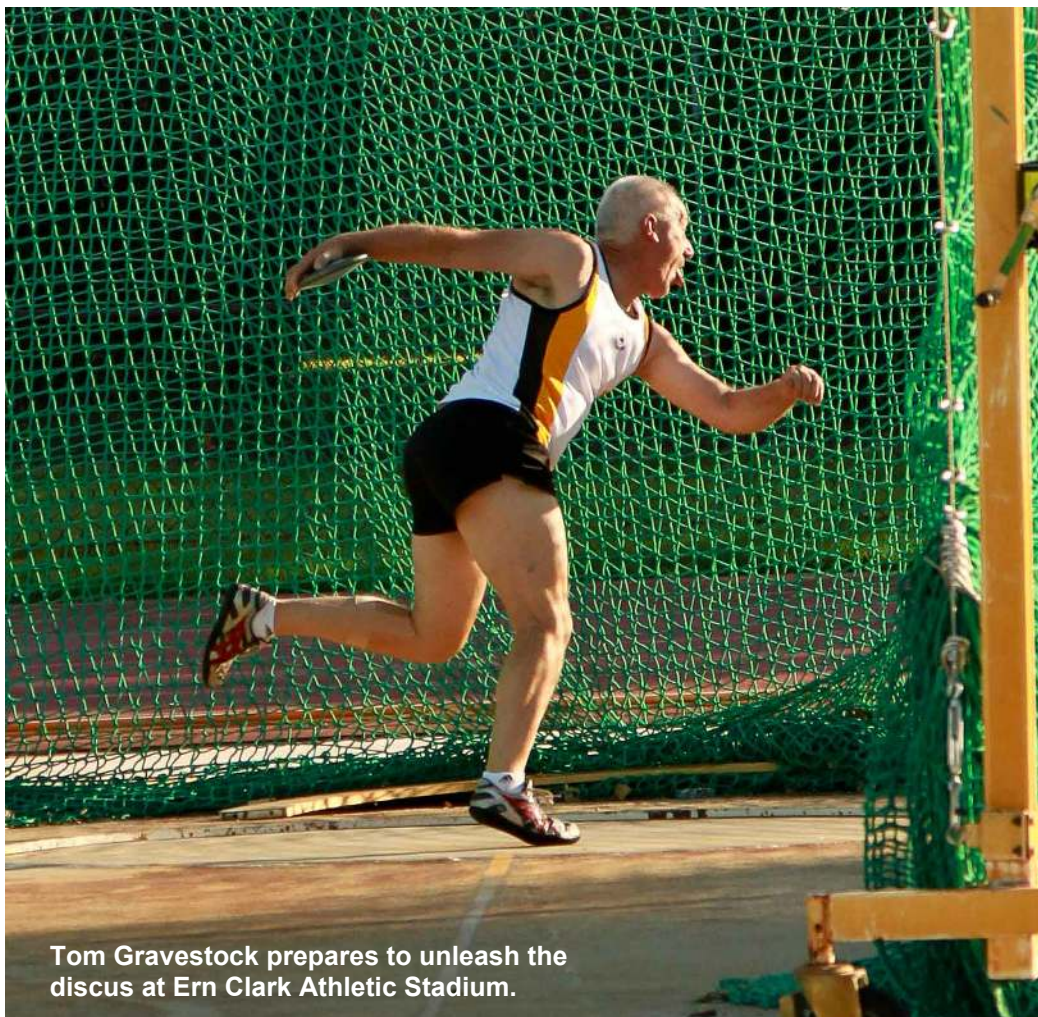
almost all of the fees for us to have exclusive use of the stadium in the 7.30pm to 8.30pm slot. This gesture covers the rest of the season to early March

The lack of venues for throwers must have tested throws guru Damien Hanson's (pictured at WAAS during the 2010 nationals) patience this season.

Photo: VIC WATERS

Roll of Honour

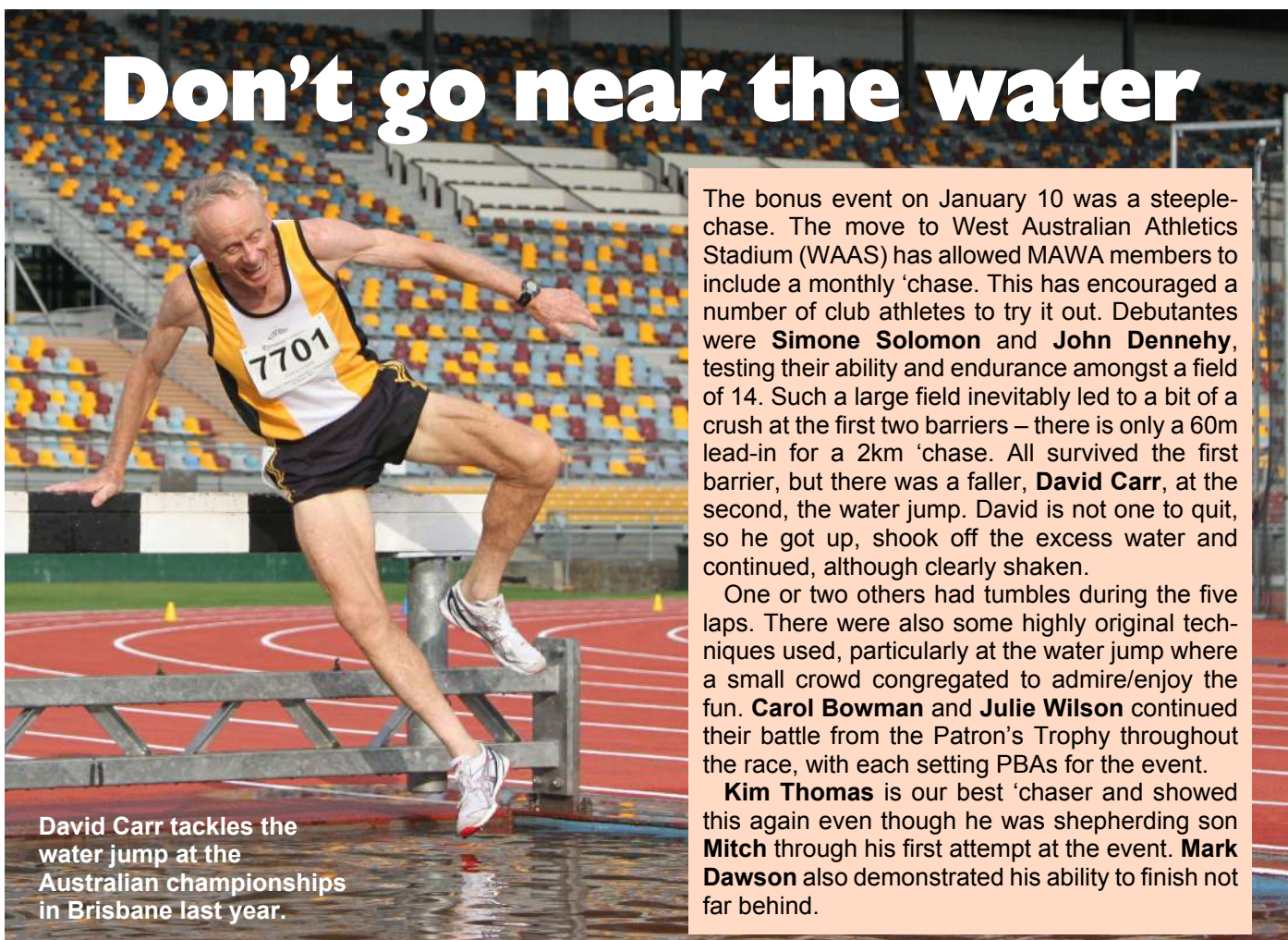
January 5				January 13			
Roger Ditewig	M45	Javelin	43.83m	SR	Lynne Schickert	W70	1500m walk 10:25.76 SR
January 6				January 18			
Paul Jeffery	M35	Javelin	54.33m	SR	Scott Tamblin*	M30	1500m 3:57.70 SR
January 10				January 26			
Lynne Schickert	W70	2km s'/chase	14:59.7	SR	4 X100m relay	M60	65.6 SR
January 12				(Nick Miletic, David Carr, Greg Wilson and Dave Wyatt)			
Tom Gravestock	M55	Discus	40.66m	SR			



Tom Gravestock prepares to unleash the discus at Ern Clark Athletic Stadium.

Tom Gravestock joins rankings with top throw

The highlight of the normal competition at Ern Clark Athletic Centre on January 12 was **Tom Gravestock's** M55 state discus record. Not only did Tom raise his own record by more than a meter to 40.66m, but this puts him over the standard required for a place in the Masters' world rankings. These rankings are maintained by Martin Gasselsberger (mastersathletics.net) in the US. Tom joins an elite group of throwers from MAWA achieving a place in these rankings. Just for good measure Tom also recorded a PBA of 11.75m with the shot. *(note: other throwers achieving world rankings include Bev Hamilton, Matt Staunton, Rae MacMillan, Kate Glass and Lajos Joni)*



David Carr tackles the water jump at the Australian championships in Brisbane last year.

Don't go near the water

The bonus event on January 10 was a steeplechase. The move to West Australian Athletics Stadium (WAAS) has allowed MAWA members to include a monthly 'chase. This has encouraged a number of club athletes to try it out. Debutantes were **Simone Solomon** and **John Dennehy**, testing their ability and endurance amongst a field of 14. Such a large field inevitably led to a bit of a crush at the first two barriers – there is only a 60m lead-in for a 2km 'chase. All survived the first barrier, but there was a faller, **David Carr**, at the second, the water jump. David is not one to quit, so he got up, shook off the excess water and continued, although clearly shaken.

One or two others had tumbles during the five laps. There were also some highly original techniques used, particularly at the water jump where a small crowd congregated to admire/enjoy the fun. **Carol Bowman** and **Julie Wilson** continued their battle from the Patron's Trophy throughout the race, with each setting PBAs for the event.

Kim Thomas is our best 'chaser and showed this again even though he was shepherding son **Mitch** through his first attempt at the event. **Mark Dawson** also demonstrated his ability to finish not far behind.

Bunbury beckons

If you want some competition before the state championships then head down to Bunbury for the annual City versus Country clash on Saturday, February 25 at Bunbury Regional Athletics Arena.

The winner receives the inaugural Golden Spike made from local jarrah and a well worn running shoe. (Unfortunately due to the high gold price it is not real gold.)

The provisional programme is:

Sprints: 60m, 100m, 200m.

Middle distance: 1500m 3000m (run/walk)

Throws: Discus, shot, hammer or heavyweight.

Last year, 16 MAWA members made the two-hour trip on the new highway to compete on Bunbury's Mondo track. So bring the whole family to help MAWA in the points race and enjoy country hospitality and the sausage sizzle that ends the day.

For further details telephone co-ordinator Rob Antonioli (Tolli) on (08) 97541412 or Colin Smith on 0407598226.

Entry fee is \$5 and competition starts at 3pm.

The track is at Hay Park off Parade Road.



CHRIS NEALE and
RUDY KOCIS



PEGGY MACLIVER, DAVID CARR and BOB SCHICKERT



Carol Bowman
speeds down the
back straight in
Bunbury.

Mark exchanges US cold for Perth's hot summer



Last month we welcomed our US member, Mark Phillips, who joined MAWA prior to the world championships in Sacramento. Mark said he was attracted by the reports on the website and TFNL.

Mark will be in Perth until the end of March and hopes to use our summer track season to hit the ground running when he returns to the United States.

The current hot spell in Perth is a contrast to Mark's home state of Oregon which is wet and cold at this time of year.

He is a member of the Portland Masters Track Club.

Rounding up is tough

By CHRISTINE OLDFIELD

I have picked up in the past few weeks that the way your finish times are recorded is not generally known and some facets of it might surprise you. So here is an explanation which might be useful for runners and is essential for timekeepers.

When there is more than one watch recording your time it is not the average time which is recorded. With two watches, the higher time is recorded and for three watches it is the middle time (which may, of course, be the same as one of the others).

And basically you have to forget what you learned in mathematics in school (if anything!) – your times are always rounded up, never down.

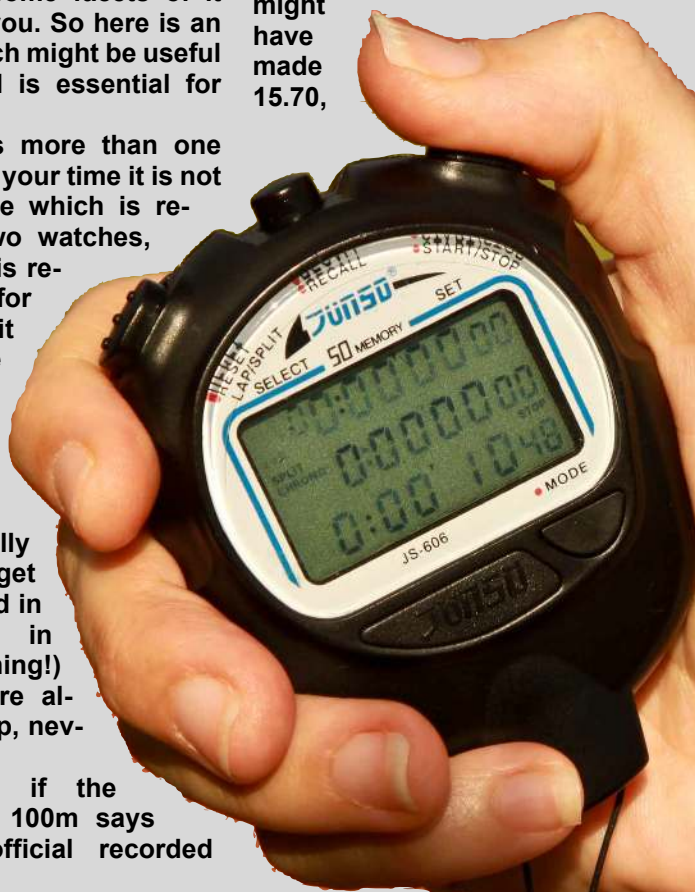
For example, if the watch for your 100m says 15.71s, your official recorded

time is 15.8s – the same as if you had run 15.79s. So if your start had been just a little bit better or you had not slowed up a fraction on approaching the finish you might have made 15.70,

which would have been recorded as 15.7s. That one-hundredth of a second can make a tenth of a second difference which is quite significant, particularly in a sprint.

But it can also come into play in longer races. In the 3000m, say you clock 13m59.91s, your recorded time will be 14:00.0. One hundredth of a second faster and it would be 13:59.9 and you'd have broken 14 minutes.

It may be frustrating to find that times are never recorded in favour of the athlete. But rules are rules – IAAF ones!



Hand courtesy of
Toni Phillips.

Delia Baldock wanted to be a running granny, but is certainly

The dark horse

If ever someone was born to run it was Delia Baldock. Couple this with the fact that her favourite event is the hurdles and you have to empathise with her when she says "I think I'm part horse."

She was born in New Zealand in 1962 and, as a child, "read a book about a granny that ran everywhere and decided then and there that that was my ambition – to be a running granny!" Although she ran around the playground with the boys every day, she never placed in school races. Like many girls she did ballet and had horse riding lessons but also used to follow the Olympics fervently. A poster of John Walker (NZ middle distance runner) graced her bedroom wall.

She moved to Perth in her mid teens and used to run to school but it wasn't until Year 12 that she won her first school race. She then joined Canning Districts

Athletics Club where she trained with John Gilmour, her hero.

She remembers "In those days we competed at Perry Lakes – but only the boys were allowed in the Stadium – we girls had to run on the horrible old black track outside the stadium which I thought was disgusting. I ran the 100m, 200m, 400m and hurdles but despite my enthusiasm I was always in the last, slowest, heats.

Somewhat disheartened I decided to try cross country which was lots of fun – but I was still one of the slower runners."

Delia met Eric at University and they ran for the UWA Athletics

Club where she added the 800m to her repertoire. After they got married they moved to Busselton and ran track and field and cross country with the Bunbury Athletics Club for a year. Here Delia had some success with the high jump and also played hockey

After a back injury she decided to retire from hockey and a year later, at 35, she joined our club. She loved it but with her back still playing up and two daughters who had to be taken to ballet on Thursday nights she was 40 before she could re-join. "This was exciting because Perth was also hosting the Nationals that year!" That was 2003 and since then she hasn't looked back. She can't wait to turn 50 later this year - "as you do in Masters – we all look forward to getting older!" (How often do we hear that?)

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What's training?

FROM – Page 6

Delia likes to run as fast as she can so prefers the shorter sprints and competing rather than training – “what is that?” And we’ve all noticed that her idea of warming up for a race is to run from her car to the start line. She’s not keen on longer distances now so for fitness she does the shortest Sunday runs. She enjoys the jumps and to practise for the hurdles she uses horse jumps – “Hardly ever see a real hurdle”. Her goal is “to run till I die”.

Over the years Delia has picked up around 100 medals and several relay state records. In 2006, she won the club’s achievement award and also took the opportunity to catch up with her mum and dad when the Oceania Championships were in Christchurch. She competed in nine events and won two gold and two silver medals – her most memorable and rewarding experience. She will be heading to NZ again in February to see if she can be as successful in Tauranga.

Delia will always offer help at club events. And the skills needed for her job as an administration officer were clearly in evidence as she carried out her role on the 2010 LOC for the Nationals in Perth.

She says “MAWA is the best club I have been in because no matter what your pace is you get the same encouragement. Every masters athlete is an inspiration to me and I admire them all.”



T&F Programme for February

ECAC	WAAS							
Feb 2^	Feb 7	400m	1500m	100m	5000m r/w	Long jump	Shot AGT^	Discus AGT^
Feb 9^	Feb 14	100m	800m	60m	3000m r/w	Triple jump	Wt throw^	Javelin^
Feb 16^	Feb 21	60m	1 mile	200m	3000m r/w	Long jump Shot^	Hammer relay^	4 x 400m relay^
Feb 23^	Feb 28*	100m	1000m r/w	400m	5000m r/w	Triple jump	Shot relay^ Javelin^	4 x 800m relay^



SUE COATE

CAROLYN FAWCETT

MAIN PHOTO: Sarah Ladwig prepares to leap in the long jump.

The challenge



CHRIS NEALE



STEVE FULLER



MARK MATCHAM

Every January MAWA hold a pentathlon at Ern Clark Athletic Centre (Coker Park). There are a number of different formats of this multi-event competition. MAWA uses the Oceania version, which excludes hurdles from both men's and women's competition. The women do 100m, shot put, long jump, javelin and 800m in that order. Men start with a long jump then javelin, 200m, discus finishing with a gruelling 1500m.

In last month's event Chris Neale topped the men with 2514 points and scoring an aged graded 80.08% in the 200m. Steve Fuller (2481 points) and Mark Matcham (2002) filled the minor placings.

In the women's event Sue Coate led the field with 2139 points followed by Sarah Ladwig (1675) and Julie Wilson (962).

Four women and nine men competed. The individual event results are peppered with season's bests and PBAs, but the figures are only part of the story.

Multi-events are always challenging, both physically and mentally. To complete five such varied events in less than two hours takes both concentration and endurance. The entertainment for those officiating and watching is testament to these qualities. It is always a long evening, but this is one long evening that we all look forward to.

ECAC – January 12

Pentathlon

Sue Coate	W45	2139
Sarah Ladwig	W60	1675
Julie Willmott	W45	962
Carolyn Fawcett	W60	830

Chris Neale	M40	2514
Steve Fuller	M55	2481
Mark Matcham	M40	2002
Greg Wilson	M60	1936
Mark Phillips	M45	1702
Grant Schofield	M40	1658
Ian Coate	M40	1506
John Dennehy	M50	1029
Bob Fawcett	M60	691

4 x 800m walk relay

Hastie sizzles



Garry Hastie sets off on the final leg and stops the clock.

Bunbury's ace walker **Garry Hastie** set a blistering pace when he led home the M40-49 men's relay team in the annual 4 x 800m walk relay. Stopping the clock at 3:20 for the two laps. Hastie makes walking look so easy, producing a time almost a minute inside the next fastest competitor.

Again there were four teams, an excellent turnout. Great fun was had by all, particularly the supporting throng who thoroughly enjoyed the variety of different walking techniques.



Tom Lenane takes over from David Smyth.



Sarah Ladwig crosses the finish line.



An eager Ray Hall takes the baton from Paul Martin.



Valerie Millard hands over to Regina Crouch.

ECAC – January 19 4 x 800m walk relay

M40-49	16:52.9	
David Smyth	M40	4:06
Tom Lenane	M50	4:29
John Dennehy	M50	4:58
Garry Hastie	M50	3:20

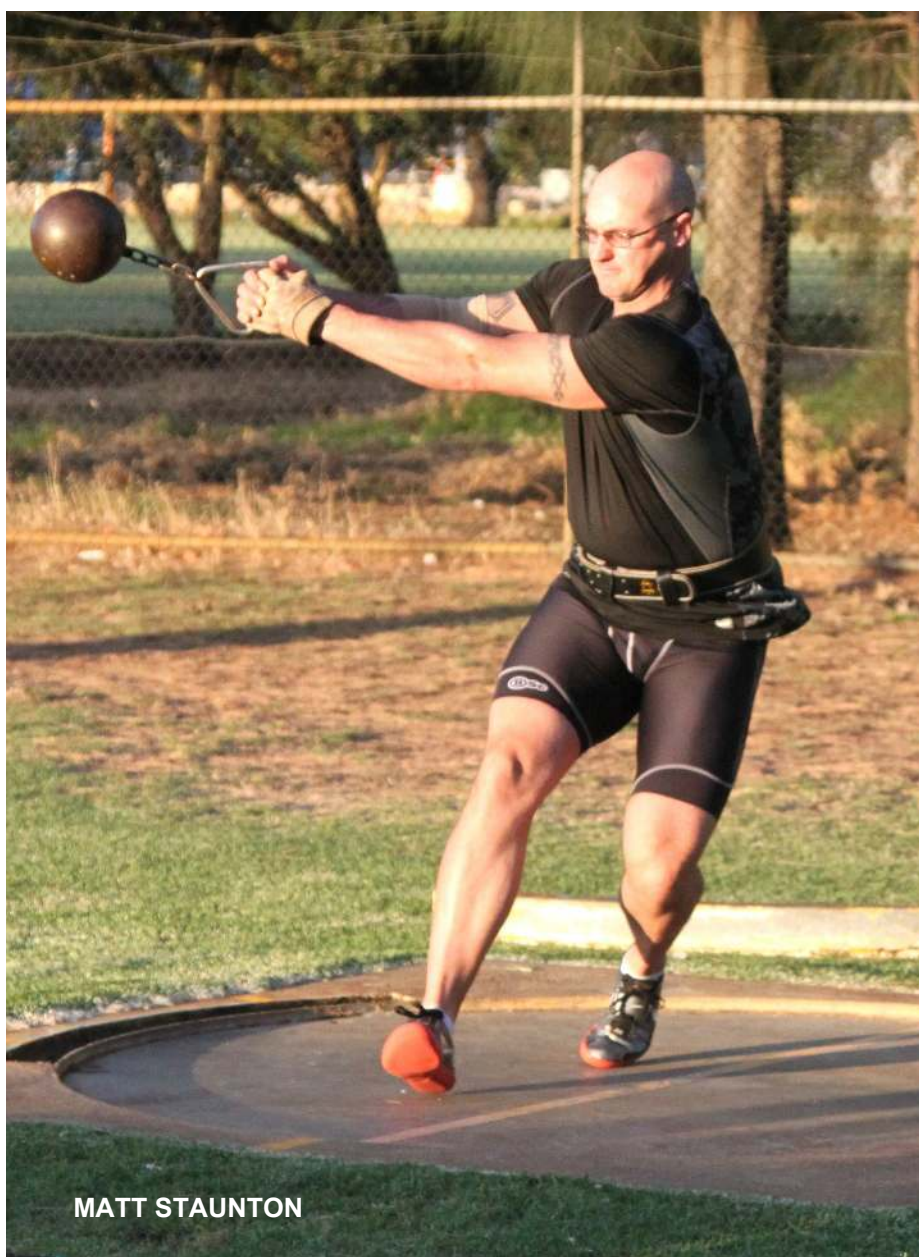
W40-49	21:22.4	
Valerie Millard	W65	5:08
Regina Crouch	W40	5:38
Lynne Schickert	W70	5:26
Sarah Ladwig	W60	5:11

M70-79	22:44.6	
Paul Martin	M70	4:58
Ray Hall	M75	5:29
Bob Fergie	M75	6:05
Jeff Whittam	M75	6:13

W30-39	24:16.8	
Toni Phillips	W35	6:06
Anne Travis	W30	7:00
Christine Oldfield	W65	6:01
Jodie Osborne	W40	5:10

Note: splits are approximate, taken from big clock

Age-Graded Throwers Competition



MATT STAUNTON



BEV HAMILTON



GEOFF GEE

ECAC – January 5

The age-graded throwers' competition got under way with a good turnout. Eight athletes did both throws to set their campaigns under way. Leading lady is **Bev Hamilton** whilst **Geoff Gee** and **Craig van Waardenburg** are battling it out at the top for the men. **Craig** threw a PBA with the heavyweight; there were many season's bests amongst the rest of the field. The competition continues after next week's pentathlon with the hammer throw

ECAC – January 19

Firstly it was the hammer, part of the Age-graded Throws competition. **Matt Staunton** and **Geoff Gee** had the longest throws, **Jeff Whittam** also scoring well, and **Andrew Ward** taking a PBA.

ECAC – January 5

Javelin		% points	
Andrew Ward	M50	33.34	43.30
Roger Ditewig	M48	43.85	57.77
Steve Fuller	M59	21.30	33.03
Geoff Brayshaw	M62	29.60	46.40
Sue Coate	W45	22.46	38.26
Ian Coate	M41	27.86	32.45
Bev Hamilton	W66	16.48	45.24
Mark Matcham	M44	29.85	36.58
Paul Abercrombie	M40	33.78	38.70
Craig			
Van Waardenburg	M52	29.76	40.10
Geoff Gee	M58	34.72	52.70

Weight Throw		% points	
Andrew Ward	M50	8.89	38.24
Roger Ditewig	M48	6.83	32.39
Sue Coate	W45	7.15	47.13
Ian Coate	M41	7.47	32.05
Bev Hamilton	W66	11.30	70.23
Craig			
Van Waardenburg	M52	14.37	63.90
Matt Staunton	M38	12.88	53.07
Geoff Gee	M58	13.33	65.89
Paul Abercrombie	M40	6.14	25.98

ECAC – January 19

Hammer		% points	
Matt Staunton	M38	41.25	49.76
Geoff Gee	M58	33.49	53.87
Andrew Ward	M50	22.88	30.74
Jeff Whittam	M77	19.97	46.19
Sue Coate	W45	18.32	36.08
Stella Turner	W65	17.30	38.51
Ian Coate	M41	17.02	21.57
Anne Travis	W39	10.36	17.02

Tuesday highlights at WA Athletics Stadium



ABOVE: Mark Dawson, Ron Gower and Kim Thomas lead the field in the 1500m.

RIGHT: Campbell Till (left) Mark Phillips and Colin Smith run the bend in the 200m.

LOWER RIGHT: Cathy McCloskey heads Allan Billington in the 200m.

BELOW: Maruice Pascal (left) Ian Coate, Garry Ralston and Quinton de Klerk head Barrie Kernaghan in the 200m.



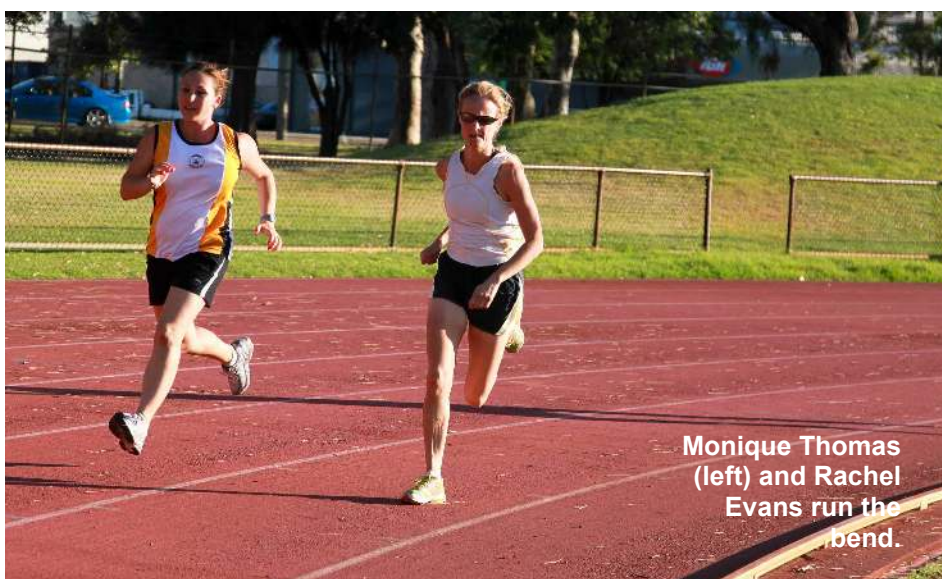
Thursday highlights at Coker Park



Chris Neale sends the sand flying in the long jump.



PEGGY MACLIVER and DAVID CARR



Monique Thomas (left) and Rachel Evans run the bend.



KIM COOK



CATHY McCLOSKEY



KATHY LAWSON

WAAS – January 3

The first meet of 2012 saw warm conditions, with a stern headwind facing the sprinters. Even so, there were good times in the four heats of the 60m dash. Heat winners **Craig van Waardenburg**, **Ian Coate**, **Fiona Leonard** and potential new member **Charlene Scodellaro** each recorded excellent times to get their new year under way. The top heat produced a spectacular finish with the first three all recording the same time.

The traditional New Year mile saw **Nick Hall**, a visitor from Kalgoorlie take the honours, leading **Mike Kowal** through to a strong finish. **Maurice Creagh** set a new PBA just behind. Two heats of the one-lap race also gave much pleasure; none more so than a season's best for **Campbell Till** in difficult conditions. **Delia Baldock** led the second heat across the line.

The track events closed with a 1km race. **Mike Kowal** ended an excellent evening's racing with another strong performance, dragging **John Collier** to his season's best, with **Toni Phillips** not far behind. It was good to see the ever-popular **Simone Solomon** back as a member tonight as she tries to return to her form of a couple of years ago. Also welcomed back was **Peter Hopper**.

Tuesdays at WAAS have become a stronghold for jumpers this season. **Dave Wyatt** continues to help the high jumpers' development with a weekly competition. The **Coate** duo – husband and wife **Ian** and **Sue**, each matched or raised their season's best over the bar. Similarly the long jump competition on a Tuesday also produces good results. **Geoff Brayshaw** leapt out to 4.46m to raise his own M60 PB, only a few centimetres behind 4.63m, the best jump by **Dave Wyatt**, with **Ian Coate** close behind. **Charlene Scodellaro** showed that she will also be one to watch with a debut jump of more than 4m.



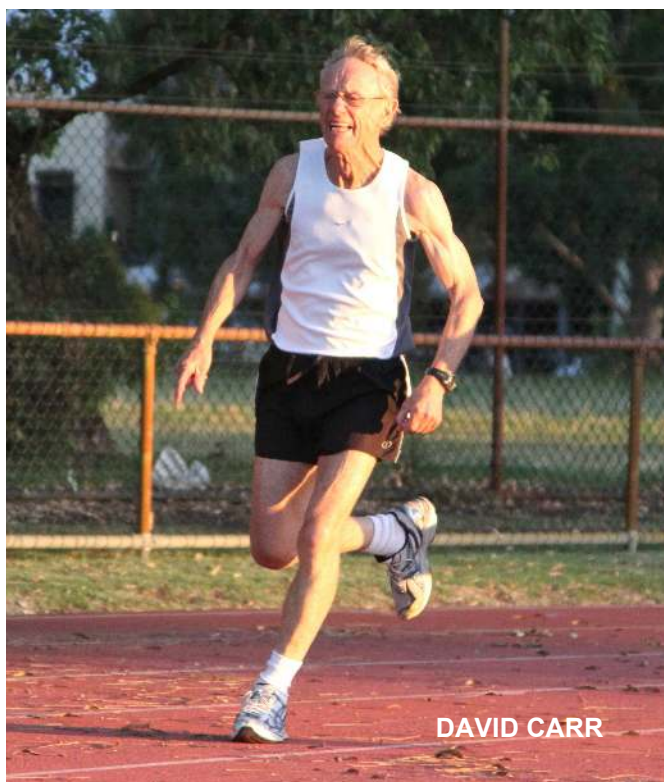
ECAC – January 5

There was a good turnout of triple jumpers for organiser **Les Beckham** to keep in check. **David Carr** (6.23m) managed a PBA in his final year as an M75; **Lynne Schickert** did likewise in her first year as a W70. The **Coate team** were there in strength too, **Sue** (7.44m) and **Ian** (8.95m) supplementing their throws in a good all-round evening for them.

The sprinters enjoyed an unusual lack of headwind, allowing many to register season highs for the short 60m dash. **Nick Miletic** went one better with a PBA of 9.3s, no doubt inspired by reading his profile in last month's TFNL. A slight change in the wind direction made times more difficult in the 200m, but there were some good performances. **Chris Neale** flew in from his airport job to come very close to his season's best. **Fiona Leonard** matched that in winning heat 2. **David Carr** and **Lynne Schickert** did reach SB territory.

Three full heats of the 800m made for good entertainment. **Kim Thomas** continued the top form evident pre-Christmas with a season's best in winning heat 1. **Mark Matcham** couldn't quite match him, but was still impressive. **Fiona Leonard** turned in a quality run in this heat with a season's best. A well-contested heat 2 was won by **Steve Fuller** ahead of **Robin King**; a clutch of others came close behind.

The evening closed with a 3000m. **Kim Thomas** paced 12 year-old **Mitch** home in an excellent win, **Sue Bourn**, **Simon Leonard** and **Robin King** ensuring that they went home happy with season's fastest times. The loudest cheer of the evening came for **Carolyn Fawcett**. Carolyn continued bravely, helped on the final lap by husband Bob, as she toughed it out to take the plaudits of the assembled throng.



Analysis of the results

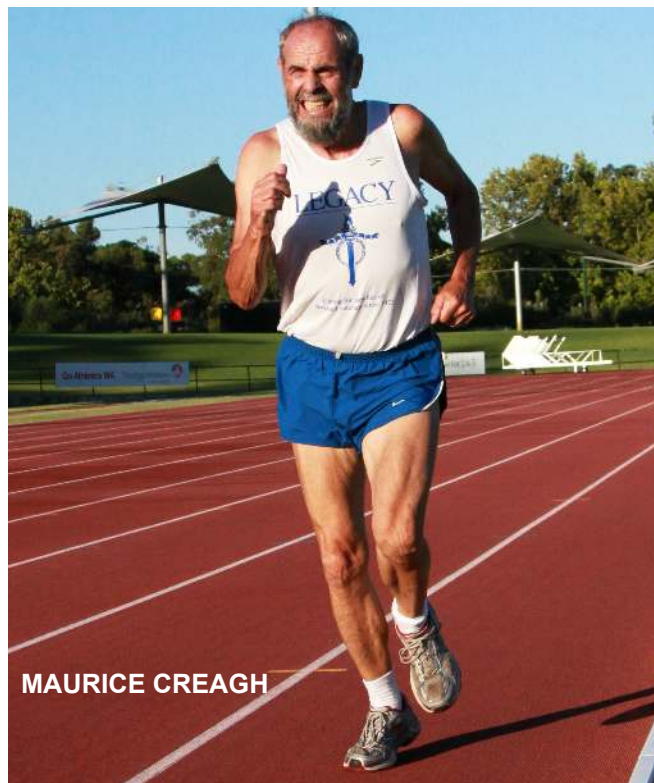
WAAS – January 6

Paul Jeffery's return to the Strive meet showed the benefits of a break from competition to concentrate on training. A long jump of almost 6m was put into the shadows by his javelin throw. Paul's previous M35 state record of 49.93m was set last March. It stood little chance of surviving as the javelin soared out to 54.33m.

Matt Staunton had a good competition too. After an impressive shot put of 11.46m, Matt raised his own hammer mark to 43.69m. His hammer standards have been gradually increasing this season; this one really pleased the gentle giant as he left the stadium with a broad smile on his face. **Greg Wilson** also had cause for joy. He equalled his own high jump best after putting the shot out to a PBA. Encouraged by early good puts over 9m, he gave it everything in the final round to record 9.54m. Other good performances in all three throws sent **Craig van Waardenburg** home happy; **John Everard** was close to his best with a hammer throw of almost 40m.

Melissa Foster had to forego the 100m sprints as she was busy with both the horizontal jumps. Another long jump close to 5m, and triple jump in the 10.5m range cement her reputation as our best female jumper.

The main MAWA interest on the track was in the 100m. **Rob Colling** is our number 1 since joining in December, 11.44s confirming that the Australian record is well within his reach. He is one of our recruits this season that is revitalising the stock of good younger sprinters in the club. Two of our more mature athletes, **Dave Wyatt** and **Roy Fearnall** ran well in the later 100m heats, Roy clocking a season's (ET) best of 14.21. Two other athletes completed our presence. **Andrew Brooker** ran an excellent 400m (58.74). **David Smyth** returned to Perth after his Melbourne exploits with a solid 3000m walk. 16:34.3 is close to his best since turning 40.



WAAS – January 10

With 46 athletes (including five visitors) we think this was a record Tuesday turnout. Four heats of the 60m got us underway on the dot of 6pm. In the first we welcomed our US member, **Mark Phillips'** heat which entertained us all with the first three separated by a mere tenth of a second.

The following heats were equally enjoyable to watch, with new members on the night **Danielle Baldock** and **Leonie Edwards** prominent. **Charlene Scodellaro** joined **Mark Elms**, **Ian Coate** and **Simone Solomon** as heat winners, showing the huge strength in depth of our young sprinters. There were too many SBs to identify all of them, but praise goes to **Nick Miletic** as he equalled his M60 PBA of 9.3s.

The addition of two good visitors to the 20-strong 800m field made for great competition throughout the three heats. There was a welcome return to **Ian Cotton**, who stormed home in the lead heat, his 2:20.8 pulling through **Campbell Till** (2:22.7), **Mark Dawson** (2:23.7) and **Mike Kowal** (2:24.7). Campbell and Mark each produced their best time for two years, with Mike's time his best in this his debut season. **Grant Schofield** did the same in heat two, helped by visitor **Steve Weller** in a time of 2:38.

Fiona Leonard was not far behind. **Maurice Creagh** and **Karyn Gower** were heel-to-toe over the whole distance, with the Maurice just having the strength over the final ten metres to finish ahead. Both recorded strong PBAs. Other PBAs on the night went to **John Collier** (2:39.7) and the ever-improving **Monique Thomas** (3:48). **Christine Oldfield** was probably the most pleased of all inside four minutes for the first time for a year.

CONTINUED – Page 15

Analysis of the results

FROM – Page 14

The 200m was also a popular distance on the night. Heat 1 was almost a repeat of the 60m, **Mark Elms** edging out **Colin Smith**, **Craig van Waardenburg** and **Mark Phillips**. Visitor **Miles Sowden** took the second, in a close finish with M70 **Barrie Kernaghan** and **Fiona Leonard**. As the fourth heat runners were waiting for their start they wondered if **Steve Hooker** was hoping for an invite. Steve was standing by the start line looking hopeful. However, we realised that he was only being a gentleman and waiting before setting off on one of his intervals. **Ian Coate** won comfortably in a debut-season's best of 28.3 ahead of wife **Sue**. **Lynne Schickert** recorded a big PBA of 48.1 in this heat.

There were also two jumps on the night. **Dave Wyatt** advises that he will be involved in the relays for the next two weeks, so there will be no high jump competition on January 17 or 24. **Ian Coate** was the stand-out high jumper with a PBA of 1.45m. In the triple jump, both **Geoff Brayshaw** (8.86m) and **Lynne Schickert** (6.10m) set age-group PBs although they were wind-assisted.

With ten races done, we were still only halfway through the programme. Sixteen eager athletes toed the line as the gun went for a 3000m race. **Kim Thomas** led from gun to tape, almost half a lap ahead as he crossed the finish line in a season's best of 10:47. It was good to see **Karl** and **Sandra Stockman** at their first track meet. **Sandra** was first woman home in 12:03.

ECAC – January 12

On the track there were personal landmarks galore in the two sprints.. Eight PBAs and nine season's bests go down on the database in either the 60m or 200m. **Lynne Schickert** set a new W70 PBA in the 1500m walk, whilst **Maurice Creagh** continued his excellent form with an M65 best, dipping under six minutes in the 1500m run.



BARRIE KERNAGHAN



CRAIG VAN WAARDENBURG

WAAS – January 13

It's a long time since we had such a good representation in these open meets; 19 MAWA men and women took the challenge.

It was in the sprints and throws that the white, gold and black singlets were prominent. **Rob Colling** (11.55, 100m) and **Brett Blanco** (24.85, 200m) were the best placed.. **Paul Jeffery** (24.92, 200m) managed a PBA. **Colin Smith**, **Melissa Foster**, **Barrie Kernaghan** and **Mark Jeffery** also wore the colours with pride.

Xander van Rijen competes only infrequently, targeting specific races. His 2:02.8 800m shows the value of this policy. In the same event **Mike Kowal** was delighted with his 2:23 PBA. **Mark Dawson** ran a good 5000m. **Delia Baldock**, fresh from her steeplechase exploits on Tuesday, tested herself over the hurdles in a 400m race to good effect. Finally on the track **Bruce Cornish** came up from Bunbury to keep W70 **Lynne Schickert** company. It worked, as Lynne knocked about 25 seconds off the previous state record for this distance.

Melissa Foster (long jump) and **Greg Wilson** (high jump) joined the throwers as our field competitors. Pride of place must go to **Matt Staunton**. With a PBA in the discus and another in the hammer to add to his season's best with the shot, he can point to a steady improvement over the past several weeks. The **Jeffery** brothers had almost equivalent discus throws, **Mark's** 36.14m PBA just pipping **Paul's** 36.11m. **Sarah Edmiston** had solid hammer and discus throws on a night when she was presented with her certificate for December's hammer SR. **Greg Wilson** (good throws with both discus and javelin) and **Kate Glass** close to her best with the hammer closed out an excellent evening for the club.

Analysis of the results

WAAS – January 17

Thirteen throwers put the shot and eleven threw the discus. Some were a little rusty through lack of practice, but not the **Whittams**. **Dorothy** had a PBA first time out with the shot and **Jeff** with the discus. They must have a big paddock at their home in which they've been practising. We look forward to another good competition next week with the heavyweight and javelin. The track was packed. We started with the 200m, a horde awaiting your starter as he arrived. No less than six full heats were needed. Once again, terrific support from the distance runners over at the finish line ensured that we had the requisite number of timekeepers.

As usual, both sprints were heavily wind-assisted. This means times can count for your own personal records (including SB and PBA) but not for comparative records (i.e. SR or club tops). PBAs in the 200m went to **Craig van Waardenburg** and **Geoff Brayshaw** – in Geoff's case by a country mile. There were lots of SBs as one would expect with such a strong tailwind in the straight. This was even more evident with the 60m five heats.

Taking the honours in the 200m were **Colin Smith** (SB, 26.1), **Garry Ralston** (welcome back), **Geoff Brayshaw** (PBA), **Allan Billington** (welcome back), **Tom Tralau** (also welcome back – perhaps a rest is good for us?) and **Danielle Baldock** (good to see newcomers making their presence felt). In the 60s it was **Quinton de Klerk** (7.7), **Maurice Pascal** (sent by his cousin **Bernie Riviere** who is injured), **Cathy McCloskey** (9.2, SB=), **Simone Solomon** (9.4, SB) and newcomer **Leonie Edwards** already making her presence felt.

The long jump was very popular, testing **Les Beckham's** skills once again. He was ably helped by a number of jumpers, particularly **Lynne Schickert** and



GEOFF BRAYSHAW

Sarah Ladwig. **Julie Wilson** (2.83m) had The night's PBA, with several others going out to season's bests.

On a busy night, the 1500m and 5000m were also very well-contested events. **Greg Wilson** had a PBA at the back of the 1500m pack, with many other good performances behind winners **Ron Gower** and **Mark Dawson**. The nineteen starters in the 5000m trailed some way behind winner **Kim Thomas** (19:10, SB) and **Mark Dawson** (dipping just under the 20 minute mark).

WAAS – January 18

The Strive meeting was held on a Wednesday and the star was **Scott Tamblin** – 3:57.70s in the 1500m. It was an amazing sight, sitting alongside his ex-coach Margaret Saunders and watching a MAWA member clock under four minutes. It has taken 38 years since the club's foundation for this barrier to be beaten. Of course, it is a new M30 state record, beating **Paul Mitchell's** 4:06.3 set in 2003. Others to have gone close to four minutes are **John Molloy** (4:06.0, 1991), **Greg vander Sanden** (4:03.33, 1994) and **Keith Wheeler** (4:02.1, 1989).

There was much to enjoy elsewhere on this re-arranged meet. **Mark Dawson** knocked 20 seconds off his PBA in the 1500m; season's bests in the steeple for **David Carr**, **Kim Thomas** and **Nick Miletic**; **Colin Smith** and **Craig van Waardenburg** were close to their best into a 100m headwind.

In the field the focus was on long throws. The return of **Byrony Glass** after an injury lay-off gave her an SB in her signature hammer throw. This event also saw a PBA for **Craig van Waardenburg** (37.84m), and SBs for **Kate Glass** and **Bev Hamilton**. The discus was well-contested by MAWA folk too, **Craig van Waardenburg** the pick of the five with another season's best.



RON GOWER

Analysis of the results

ECAC – January 19

More than sixty athletes gave a festive air to the start of the relay carnival month. We opened with the long jump *team relay*. The cumulative total of the best jump for the three in each team gives the overall score. Almost all 12 jumpers produced either SBs or PBAs.

Lynne Schickert set a PBA of 2.49m in W70 and Dave Wyatt set a PBA of 5m in M60.

The track evening began with three full heats of 400m. These produced a plethora of SBs and PBAs. **Kim Thomas** took line honours, with the three close behind him all pocketing PBAs – **Steve Fuller**, **Grant Schofield** and **Fiona Leonard**. **Rob Colton** went home with a big PBA of 68.9 to win heat 2.

A smallish group then completed 1500m race, again won by the indefatigable **Kim Thomas**, before we moved on to the home straight for a series of 100m heats. Heat winners **Rob Colling**, **Kim Thomas** (again!), **Delia Baldock** and **Julie Willmott** made each race an honest one.

The usual large crowd dodged the javelins as they crossed over to the start of a 3000m race. There are no prizes for guessing the winner – **Kim Thomas** for the fourth time on the night. **Jim Langford** had some track practise as part of his build-up to the championships, and **Rob Colton** went away with his second PBA of the meet.

There was a good crowd of throwers and in the subsequent javelin, US-based **Mark Phillips** led the way with **Andrew Ward** not too far behind. **Sue Coate** is getting very close to **Sharon Moloney's** state record of 24.26m. It should be a good competition in the state championships when the Bunbury-based thrower joins battle with her.



WAAS – January 24

At 5.30, with the temperature still 38 degrees, organiser **Barrie Kernaghan** and I wondered whether anyone would turn up to compete. In they came, and kept coming; more than 50 signed in again. Before the competition started, Barrie lined us all up to judge the “oldest T-shirt” contest. Those with recent logos were gradually moved to one side as the moth-eaten ones remained expectantly. **Christine Oldfield's** 1987 koala hash shirt won the women's prize.

Bob Schickert must have thought he was in with a chance of the men's with a 1979 marathon shirt, but was out-done by **Campbell Till's** 1974 effort. Boxes of chocolates were taken home by the winners.

The stars of the evening were you the athletes. Not only did you compete in numbers, but there was a large queue to help with the timekeeping duties. Special thanks go to **Ian Cotton**, who was the only one to respond to my call on this page last week for help with recording. If we can add one or two more recorders, and also lap scorers for the long race, then we have the organisation under control.

Four full heats of the 400m got us under way. **Garry Ralston** (PBA, 63.3s), joined three other PBA recorders – **Grant Schofield**, **Fran Cherry** and **Bob Schickert** as the most satisfied athletes. **Campbell Till** (59.5s) continued his good form, as did **Fiona Leonard** (68.4s). New members **Maurice Pascal** (63.0) and **Miles Sowden** (66.3s) were the other heat winners after **Ian Cotton** took out the top heat.

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Analysis of the results

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Eighteen runners, plus **Lynne Schickert** walking, contested a good 1500m race. **Mark Dawson** (5:05) showed that last week's 5:03 PBA at the Strive meet was not a flash in the pan. Mark finished ahead of **Brian Hewitt**, with **John Collier**, **Maurice Creagh** and **Garry Ralston** recording PBAs in the pack. It was good to see ace sprinter **Wendy Seegers** back on the track, albeit in the two longer runs this evening as she copes with the middle stages of pregnancy. Perhaps the new junior will become a distance runner.

Five heats of the 100m produced the usual excitement, and gave some of our fledgling timekeepers a good workout. They did very well, as did the athletes, aided for once by a legal wind. **Quinton de Klerk** won the top heat in 12.5s in front of **Maurice Pascal**. **Miles Sowden** and the twins **Fran Cherry** and **Cathy McCloskey** each had heat winner status to take home with them, visitor **Annick Phillips** from Melbourne winning the fifth in style.

The track evening closed with a difficult 3000m, as the temperature must have still been in the low-30s. **Kim Thomas** shrugged off the conditions, winning by more than half a lap. Special mention here goes to a clutch of traditionally Sunday runners who have started putting in track appearances. **David Baird** was the night's debutant, joining **Mike Anderson** and **Karl Stockman**. **Sandra Stockman** takes her commitment to the club so seriously that she did not race in order to concentrate on practising the timekeeping. What a star!

Les Beckham was kept busy in the long jump pit. Season's bests went to **Sue Coate** and **Danielle Baldock**, with **Maurice Pascal** the jumps star. Maurice's best effort was measured at 4.80m.



NICK MILETIC



SUE COATE

And there were throws again. First we had the heavy-weight competition, in which **Rob Shand** continues to prepare for the championships in March. Rob turns 80 before then, so he is spurning legal throws by using the M80 implements each week. Record-keepers need to prepare their pencils. With correct implements, **Sue Coate** threw a season's best of 7.26m, and **Dorothy Whittam** a PBA of 9.46m. The javelin was under way as I left to cook the wife's dinner, so those results will be included in Thursday's report.

ECAC – January 26

Australia Day, 38 degrees at 6pm and then a torrential downpour at 7pm kept the numbers low for the second week of the AMA postal relays. However, the committed turned up, so we fielded both men's and women's teams in each event – the 4x100m and the discus team 'relay'.

The discus came first, with **Stella Turner**, **Bev Hamilton** and **Peggy Macliver** (PBA) representing W60-69. The men's 60-69 team was **Greg Wilson**, **Nick Miletic** (PBA) and **Maurice Creagh** (PBA). Both teams scored creditably, but are unlikely to trouble the throws experts from the east, where this is a speciality event.

The 4x100 was delayed for fifteen minutes until the rain eased a little, but the hardy eight athletes still had to wade through standing water on the track. The girls (**Delia Baldock**, **Regina Crouch**, **Carol Bowman** and **Peggy Macliver**) had a slight lead for much of the way, but the men (**Nick Miletic**, **David Carr**, **Greg Wilson** and **Dave Wyatt**) took over coming off the final bend to take the win. There will be further 4x100 relays next Tuesday at WAAS.

Analysis of the results

WAAS – January 27

A warm evening with just a faint breeze meant excellent sprinting conditions. Five MAWA men took the challenge and did not disappoint. **Paul Edmiston** ran 7.56s in the top heat of the 60m, with **Greg Brennan** and **Barrie Kernaghan** each recording SBs (ignoring previous wind-assisted times). **Colin Smith** and **Craig van Waardenburg** also enjoyed the conditions to notch good times.

It was a similar story in the 200m event. This time **Mark Jeffery** had the PBA, with brother **Paul** recording the fastest MAWA time of 24.35s. **Barrie Kernaghan** took home another season's best as he continues to surprise with his longevity at this level.

Paul Jeffery was also the stand-out performer in the long jump pit. His 6.07m was a big PBA for him, beating his earlier 5.95 in last year's state championships. Four MAWA men also joined the throwers on this very warm evening. The discus cage saw the best results, with **Craig van Waardenburg** (38.86m) and **Mark Jeffery** (36.20m) each reaching new PBAs.

Back on the track, there was some excellent 800m running. **Xander van Rijen** is our top M40 middle distance man, with 2:02.6. His three 800s in the past five weeks have been separated by less than half a second – great consistency at this pace. **Andrew Brooker** and **Mark Dawson** also ran well in the subsequent heats.



Discus relay

ECAC – January 26

Discus relay

W60-69 52.04m

Stella Turner W65 12.81

Bev Hamilton W65 21.57

Peggy MacIver W65 17.66

M60-69 75.30m

Greg Wilson M60 30.51

Nick Miletic M60 25.45

Maurice Creagh M65 19.34

Bev Hamilton dances across the circle.



BSEFP State Track & Field Championships

Thursday,	March 15	10,000m run	7pm	ECAC
Saturday,	March 17	Pentathlon		ECAC
Saturday,	March 17	Throws Pentathlon		ECAC
Thursday,	March 22	5km track walk	7pm	ECAC

Saturday/Sunday March 24-25 Main Championship weekend
Ern Clark Athletic Centre (Coker Park)

Other Championships

Australian Masters are welcome at all of these events

February 5-12 Oceania Masters Tauranga, Bay of Plenty, New Zealand
www.nzmastersathletics.org.nz

April 6-9 AMA Nationals Melbourne (www.australianmastersathletics.org.au)

July 21-22 British Masters Nationals Derby, UK (www.bvaf.org.uk)

August 9-12 North American Masters Regionals St. John, NB, Canada
www.nccwma2012.com

November 3-11 Pan Pacific Masters Games Gold Coast (www.mastersgames.com.au)



Black Swan Event Financial Planning is pleased to again be associated with Masters Athletics WA, supporting the 2012 MAWA State Championships.

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tried various ways to provide that certainty of income – mostly without success," John says.

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If you would like more details or would like a free "health check" of your finances, contact John Cameron or Petrese Ivey at Black Swan Event Financial Planning. Or check the website at www.blackswanevent.com.au

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