

TFNL

TheTrack and Field Newsletter of Masters Athletics WA



Season 17 Issue 5
February 2024



Patrick Maslen and Steve Barrie power out of the water jump in the recent 2000m Steeple event at ECAC

Photo Edition...

This edition is the final one before the State Champs (good luck to all those who have entered and many thanks to all those helping). It is filled with images of athletes doing their thing during the season (sorry, Pole Vault didn't get a separate page).

And, because we all need a good sense of humour as the business end of the season arrives, Dave Wilkie has sent in his take on Athletics Equipment DIY.

Many thanks to all contributors to TFNL this season... especially Marg Saunders, Tom Lenane, Graeme Dahl, Campbell Till, Garry Parker and Keith Redpath.

Summer Programme

Thursday at ECAC Wharf Street, Cannington - 6pm

EVERYONE, INCLUDING CHILDREN MUST PAY THE \$3 ENTRY FEE AT THE SIGN IN TABLE

In addition - visitor fee: \$5 (\$2 under 18, members' children no visitor fee)

01-Feb	100	1500	60	5000		high	hammer	javelin
08-Feb	400	1 mile	200	1 hurdles	3000	long/triple	discus	weight
15-Feb	200	800	60	5000		high	hammer	shot
22-Feb	60	400	3000	100	steeple	long/triple	javelin	weight
29-Feb	300	1500	100	10,000m State Champ		high	discus	shot
07-Mar	200	s hurdles	800	60	3000	long/triple	javelin	weight
14-Mar	100	1500	300	steeple SC		long/triple	hammer	weight
21-Mar	60	400	200	5000		high	javelin	shot

TUESDAY at WA ATHLETICS STADIUM, MOUNT CLAREMONT at 6.30pm

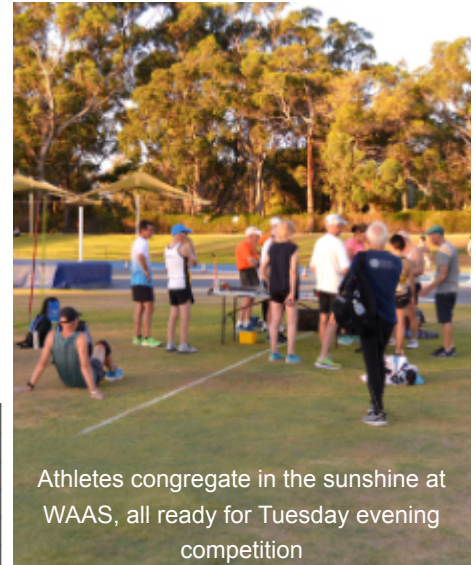
\$8.40 (\$4.20 for senior card holder) entry to WAAS.

In addition - visitor fee: \$5 (\$2 under 18, members' children no fee) – pay at sign in table by finish line

06-Feb	200	1500	100	3000	long/triple	javelin	hammer
13-Feb	60	800	300	5000	high	discus	shot
20-Feb	100	1000	200	3000	long/triple	javelin	discus
27-Feb	60	1 mile	400	5000	high	hammer	shot
05-Mar	100	1500	200	3000	long/triple	javelin	shot
12-Mar	200	1000	60	5000	high	hammer	discus
19-Mar	400	1500	100	3000	long/triple	javelin	hammer

Saturday 9 March
Saturday 16 March
Sunday 17 March

State Champs Pentathlons and 5000 + high jump
State Champs Day 1
State Champs Day 2



Athletes congregate in the sunshine at WAAS, all ready for Tuesday evening competition



MAWA 50th Anniversary

Uniforms manager, Delia Baldock, models the newly arrived 50th anniversary t-shirt to an admiring Lynne Schickert. Watch the MAWA website for details as to when the second order for the anniversary t-shirts will be made.

Records

W45	Melissa Foster	Triple Jump	11.72m	28/01/2024	0.0	Canberra	AR
W55	Jenn Parker	Long Jump	4.62m	08/02/2024	+2.0	ECAC	SR
W55	Jenn Parker	Triple Jump	9.07m	08/02/2024	0.0	ECAC	SR
W55	Jenn Parker	300m Hurdles	53.70 s	08/02/2024		ECAC	SR
W55	Sue Coate	Pole Vault	2.40m	09/02/2024		WAAS	=SR
W70	Gay Wyatt	High Jump	1.09m	15/02/2024		ECAC	SR
W45	Melissa Foster	Long Jump	5.71m	26/02/2024	0.0	WAAS	WR (pending)

Congratulations Ladies



Jenn Parker



Gay Wyatt

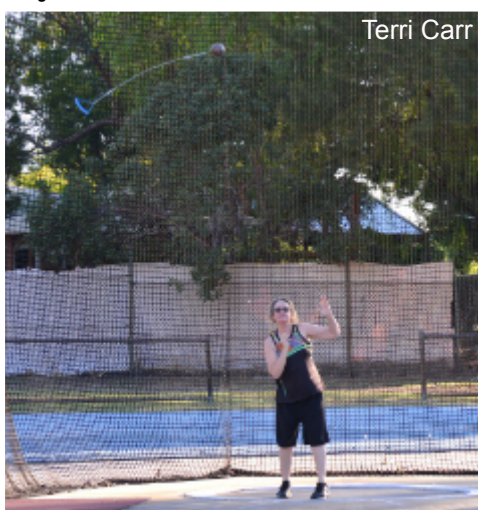
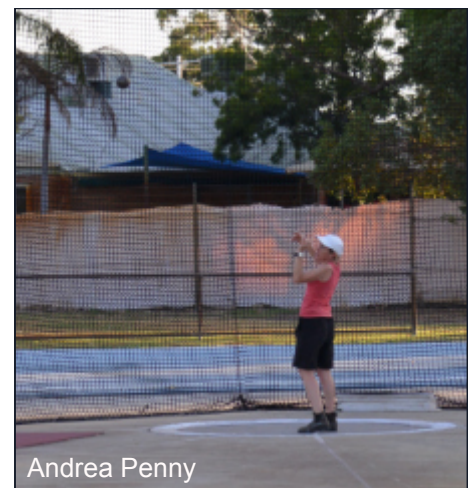
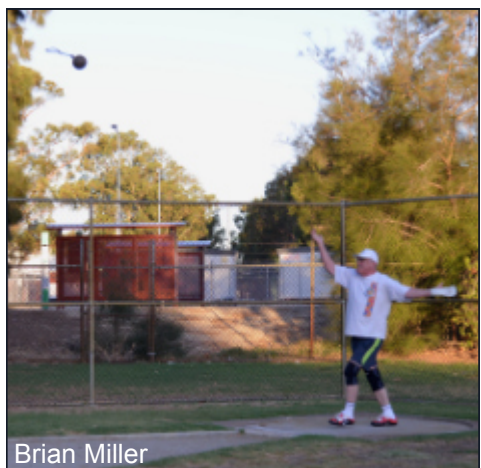


Sue Coate



Melissa Foster

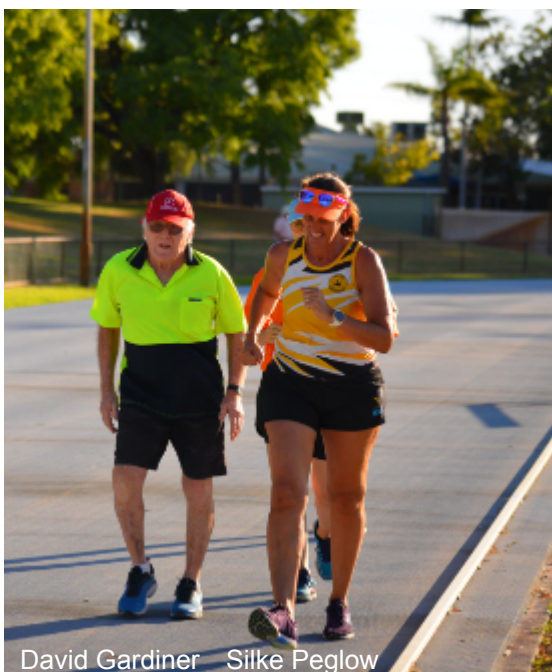
Image: Essendon Athletics Facebook



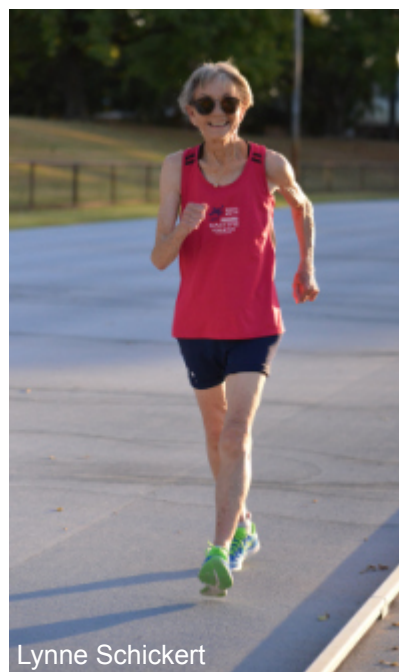
Walks



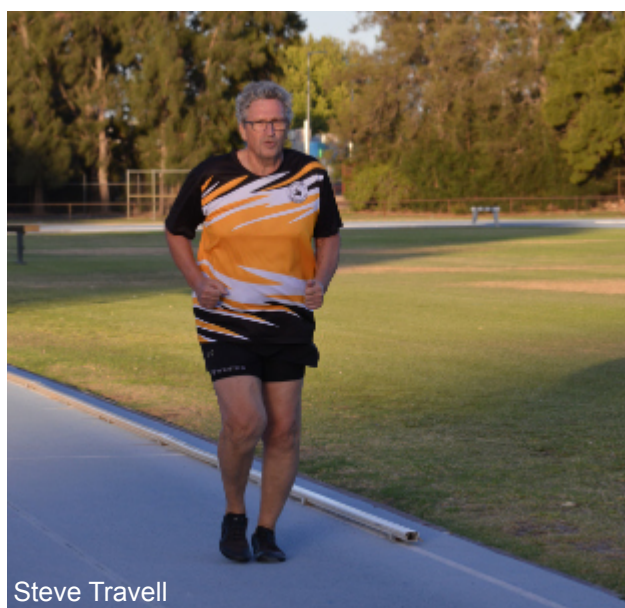
Fiona van
Heerwaarden



David Gardiner Silke Peglow



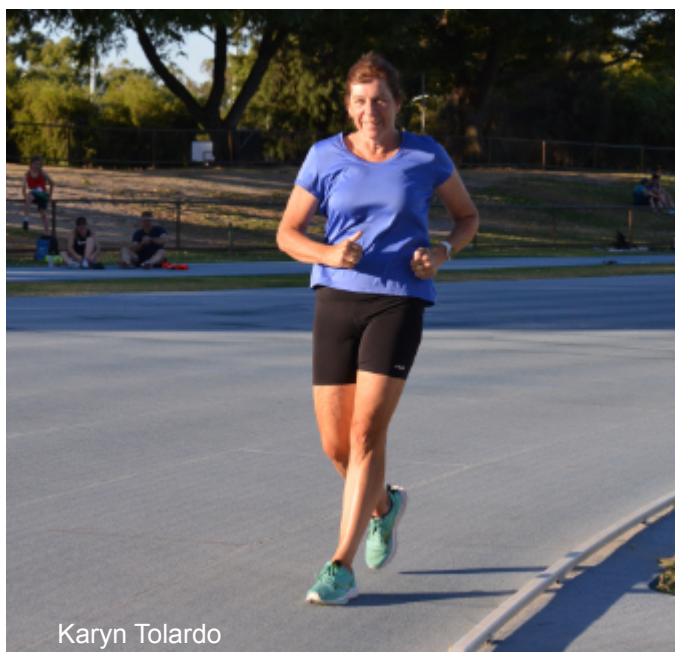
Lynne Schickert



Steve Travell



Glenys Duncan



Karyn Tolardo

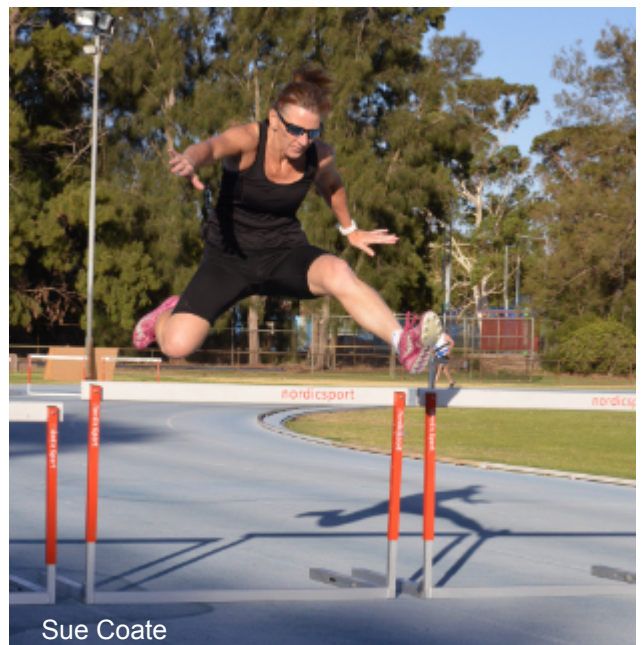


Wendy Farrow

Hurdles



Harold Membrey



Sue Coate



Tammi Doyle



Is Garry Parker doing all the hard work while the girls smile for the camera?



Jenn Parker



ABOVE: New State record holders
Gay Wyatt (L) and Jenn Parker (R)



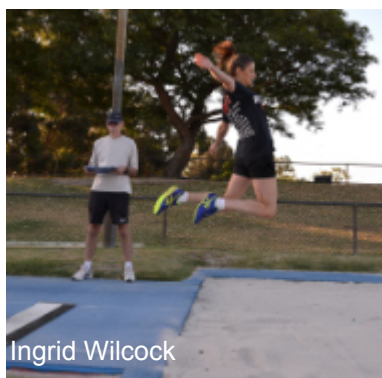
Lynne Schickert



Gay Wyatt



Cathy McCloskey



Ingrid Wilcock



Amanda Bisk



Geoff Brayshaw



Lisa Limonas



Des Walsh



Campbell Till

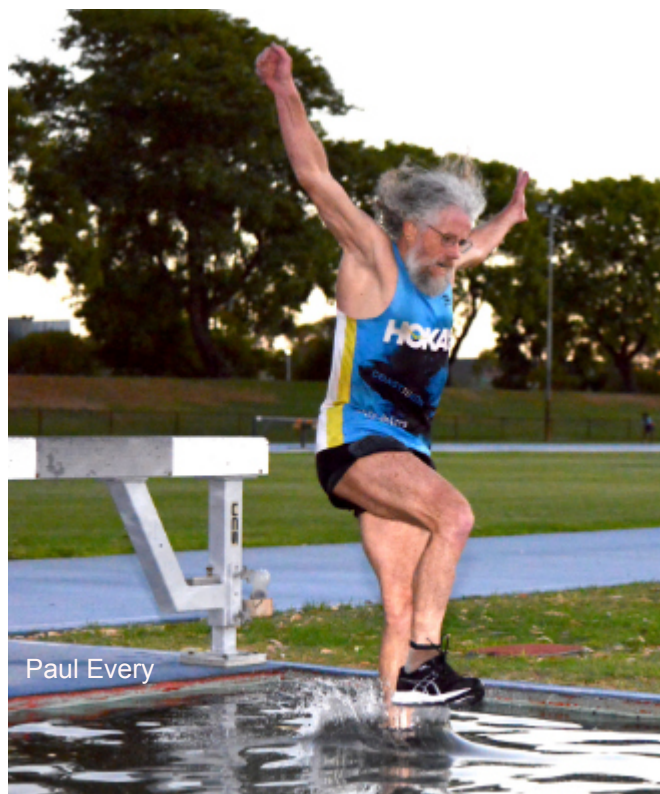


Sue Coate

Steeple



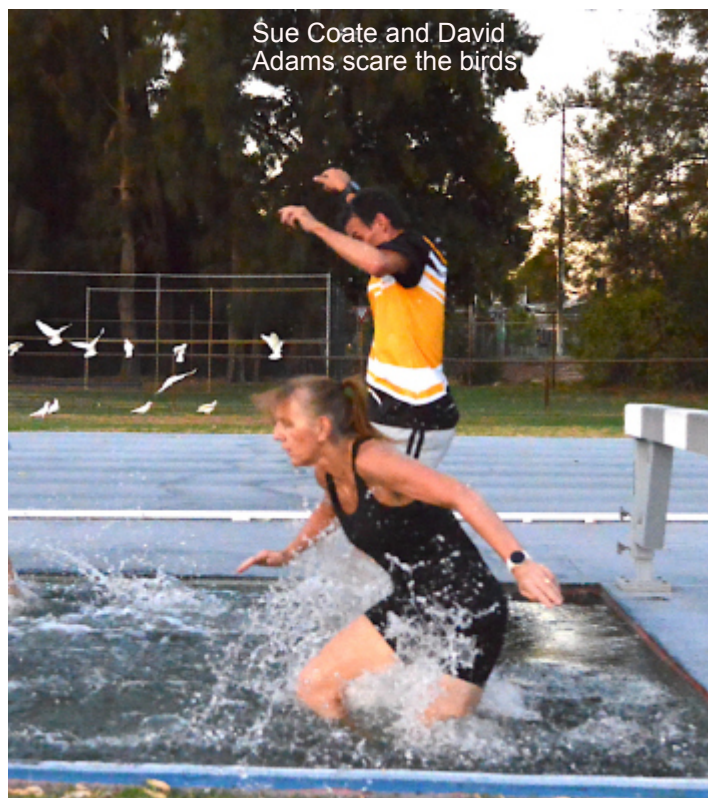
David Gardiner walks on water while Gabriel waits his turn



Paul Every



Julie Wilson



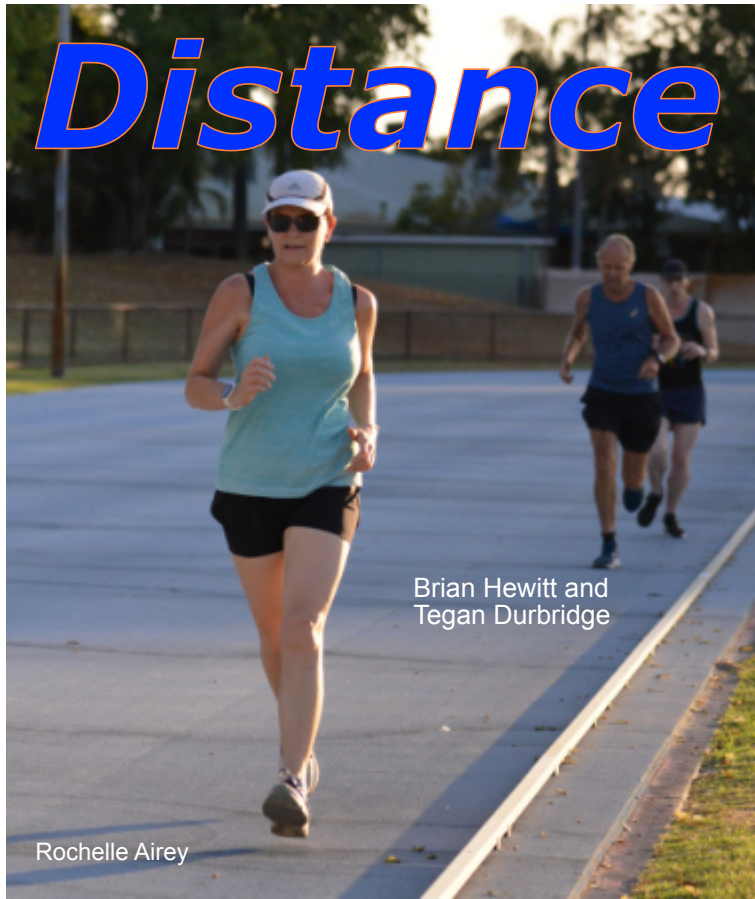
Sue Coate and David Adams scare the birds



Tammi Doyle



Fiona van Heerwaarden prepares for splash down



Rochelle Airey

Brian Hewitt and
Tegan Durbridge



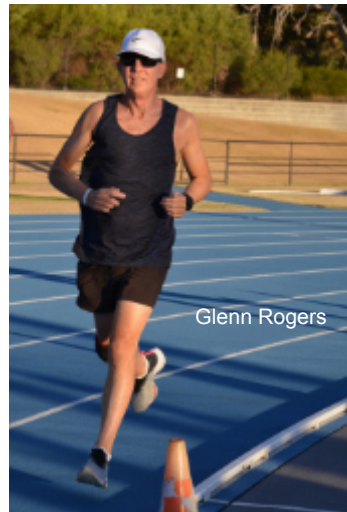
Bob Schickert
Jacquie McQueen,
Fiona van
Heerwaarden



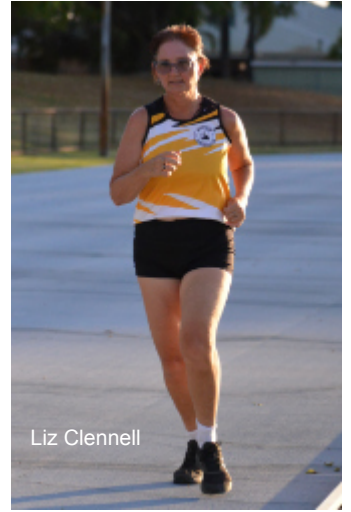
Clare Wardle

Lynne Schickert

Tristan Bell



Glenn Rogers



Liz Clennell



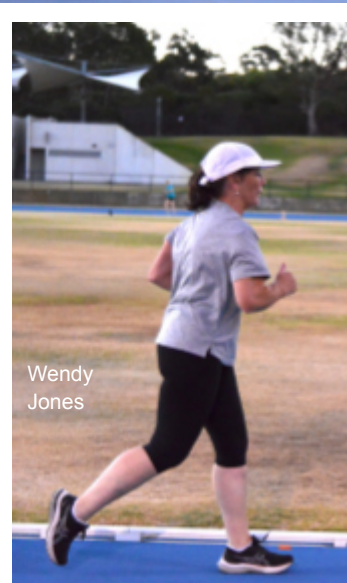
Anthony Grendon, Michael Lee, Campbell Till, Paul Every



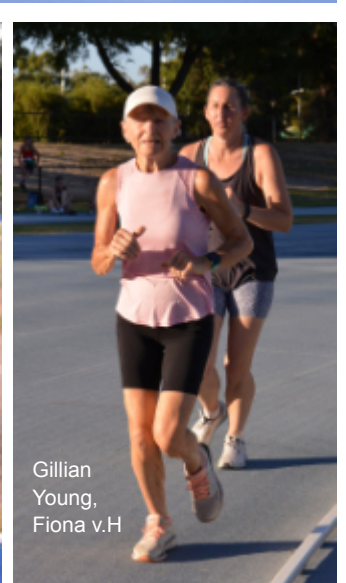
David Adams, Rob Catrall



Geoff Vine



Wendy
Jones



Gillian
Young,
Fiona v.H

Sprints



Kieran and Harvey Johnson, Norm Richards, Juliana Kelly



Surging off the line are Gin Ang and visitor from Germany, Reinhold Michelchen. Sue Coate obscured



Kevin Murphy, Andy Roach and Margaret Saunders

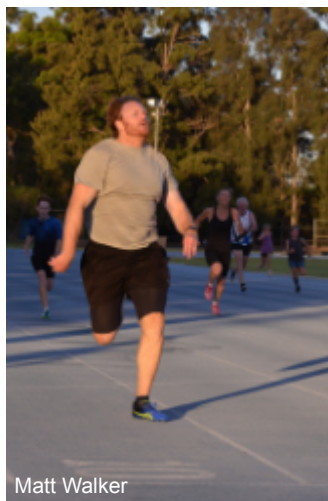


Tegan Durbridge

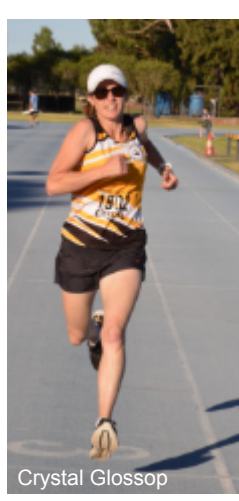
John Miolini



Trevor Scott
...and friend



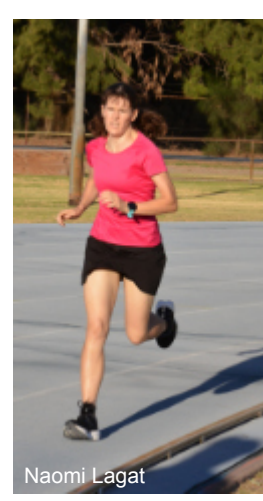
Matt Walker



Crystal Glossop



Dominic Lagat



Naomi Lagat



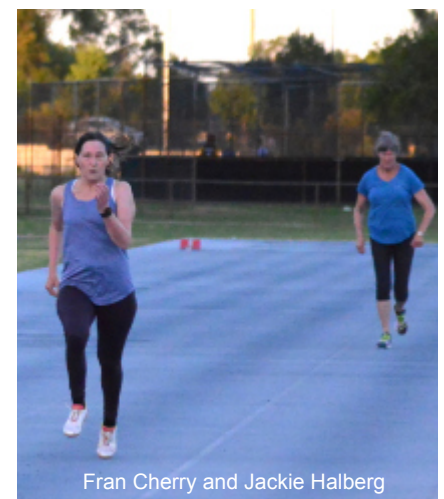
Michelle Shuck



Harold Membrey Barbara Blurton



Greg Kennedy, Maureen Keshwar and Bob Schickert



Fran Cherry and Jackie Halberg

With tongue planted firmly in cheek, here are some valuable DIY tips from the irrepressible all-rounder Dave Wilkie.



If you need some T&F equipment but, like me, you're too cheap to actually buy it, here are some tips for some dodgy DIY.



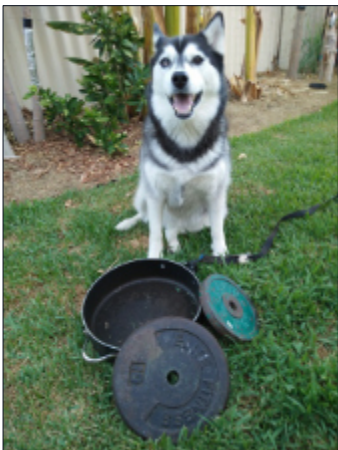
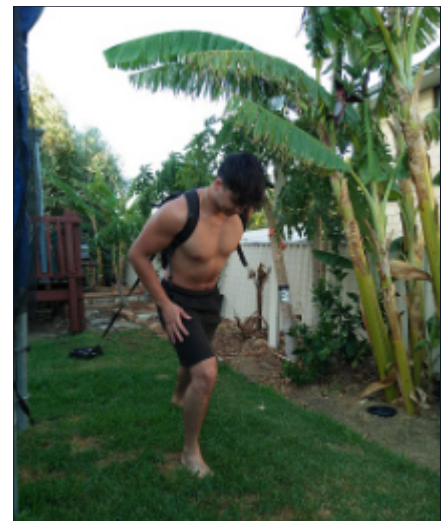
Make good use of that poly pipe that's been in your shed since 1993 to whip up some hurdles. Put some pebbles or sand in the bottom to stop them blowing over.

Poly pipe makes great javelins. Slide in a smaller grade pipe to get the weight and balance right.



Bigger diameter poly is good for low altitude pole vault drills. You'll need a bit of dowel or an old curtain rod inside to stiffen it up. You can make the box with those timber off cuts you found under the poly pipe in your shed.

How about a sled for leg strength development? Grab an old oven dish, a back pack, a bit of rope and you're away.



Don't have any weights handy and your dog's too big to fit in the dish? Use a toddler. This is a great way to combine baby sitting with sprint training. The mothers may whine a bit about child safety but babies are more bendable than most people realise.



Medicine ball too heavy for shot put practice? Brick too light? Scavenge a bit of concrete from your neighbour's driveway pour, mould it in a plant pot and you're in the Goldilocks zone.



This one's a real winner. Old wheels from wheelie bins are the same size and weight as a 1 kg discus. They're ready made. I've found three just lying on the verge while out jogging.

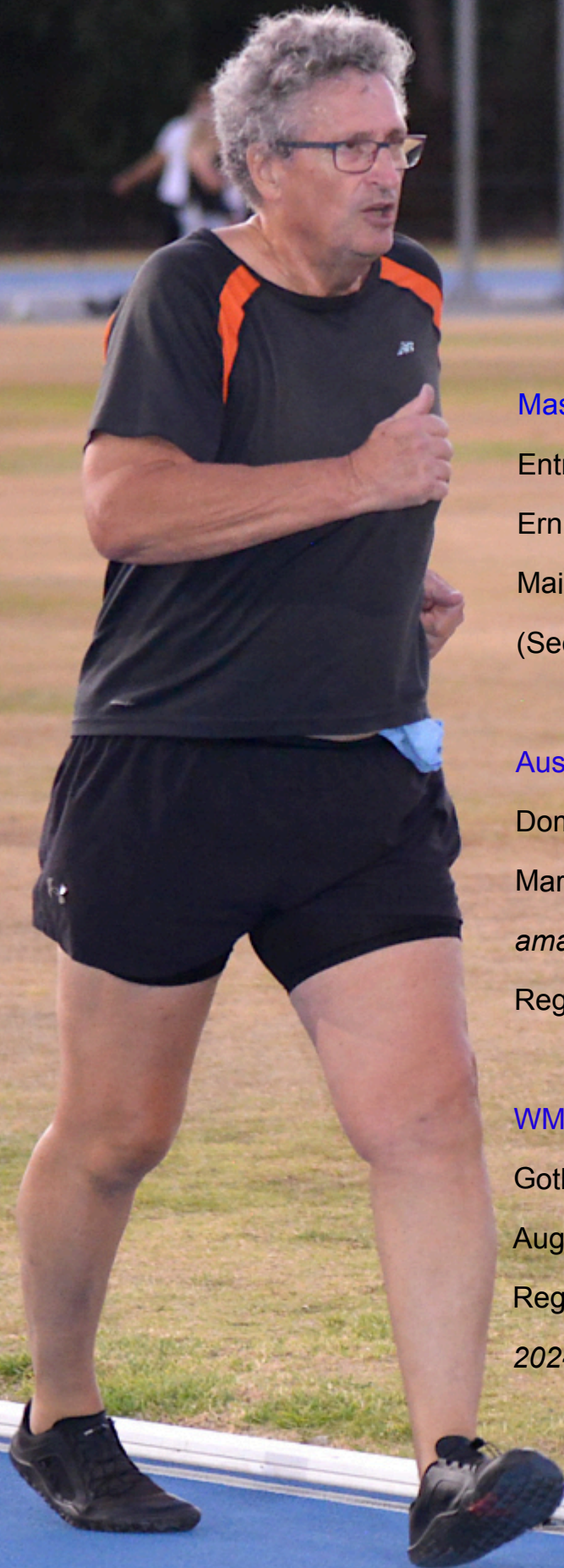


At WAAS, Juliana Kelly runs a lap as M85 Morland Smith completes a solid 3000m

Coaching 23/24

Coach	Discipline	Venue	Time
Tom <u>Lenane</u> 0414 970 514 	Sprints/Hurdles	ECAC	Monday and Wednesday 5.00pm
John Dennehy 0402 520 839 	Middle Distance	WAAS	Saturday 8.30am
Barbara Blurton 0434 287 757 	Sprints and Middle Distance	ECAC	Monday 7.15am (summer) 7.30am (winter)
Ann Masters 0407 470 949 	Jumps/Sprints Jumps/Sprints	<u>McGillvray</u> WAAS	Mon. 4.30pm Wed. 5.30pm Sat. 3.30pm Tues. 5.15 pm Sun. 10.30am
Keith <u>Redpath</u> 	Endurance/ Sprints	<u>Byford</u>	0401 298 532 for details
Karyn <u>Tolardo</u> 	Race walk technique	Perth	Call 0402 831 915 to discuss
Geoff Brayshaw 	Pole Vault	WAAS	Call 0412 387 233 to discuss

Looking ahead



Race-walker Steve Travell

Masters State Championships

Entries CLOSED February 23, 2024

Ern Clark Athletics Centre, Cannington

Main weekend - March 16 and 17, 2024

(See MAWA website for more details)

Australian Masters Athletics Championships

Domain Athletics Centre, Hobart, Tasmania

March 29 - April 1, 2024

amahobart2024.com.au

Registrations close February 29, 2024

WMA Championships

Gothenburg, Sweden

August 13-25, 2024

Registrations close June 4, 2024

2024wmac.com