

TFNL

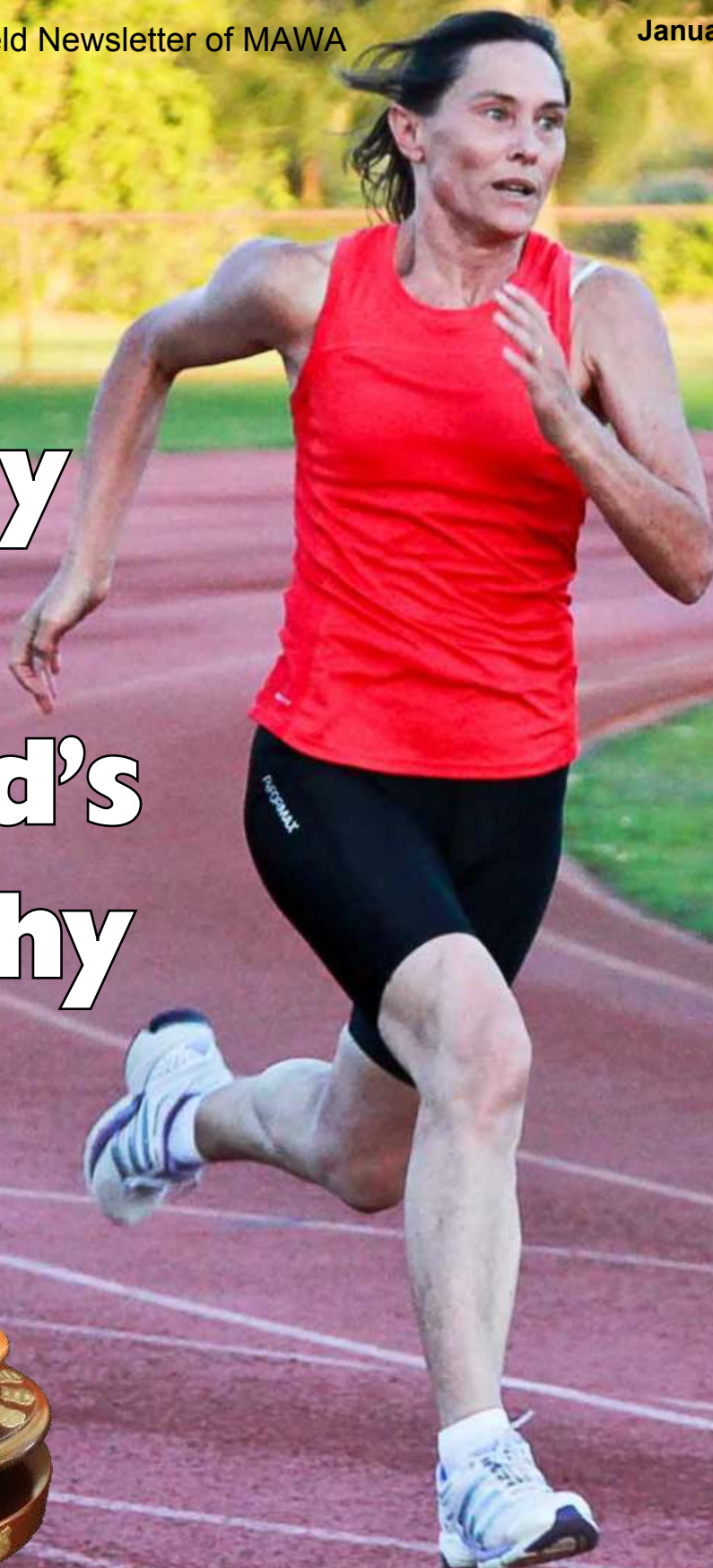


Season 7 Issue 4

The Track and Field Newsletter of MAWA

January/February 2014

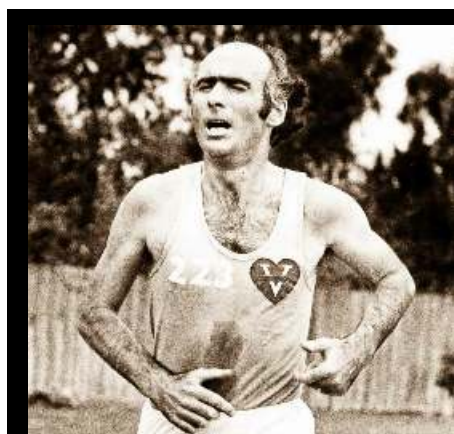
**Cathy
and
David's
trophy
wins**





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cobwebs in
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Bob wins 10km
to beat
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WHAT a busy December and January it has been with the Patron's trophy rounds before the Christmas break and the two January rounds to decide the winners.

The battle went down to the final round on January 23 at Ern Clark Athletic Centre (Coker Park) with Cathy McCloskey and David Carr taking victory. Turn to pages 4-5 for final night's results.

Early in January more than twenty MAWA athletes headed to Bendigo to compete in the 2014 Oceania Games. A special TFNL on MAWA athletes will be out in a couple of weeks.

The State championships are in March and entries close on February 25. Turn to page 6 for further information.

In this issue Christine Oldfield has an "early bird" offer for her book *Right from the Start* which covers the history of our club. It will be launched on February 9.

Christine's profile this month features Margaret Saunders and her love of athletics.

One of the club's stalwarts Bob Schickert tells of the time he won the Zatopek 10,000m and beat then world record holder Ron Clarke.

If you have a story you would like to share on your younger running days via TFNL then send it in.

John Oldfield highlights some of the stand out performances of the track and field season in his regular Analysis of Results section.

Happy reading.

GRAEME DAHL

graemedahl@gmail.com

Matt's wrecking ball

For several weeks recently **Matt Staunton** has been a man on a mission. His target has been **Ed Neimanis'** M35 hammer throw state record of 46.85m. Set in 1975, this is almost certainly the oldest record on the MAWA books. Matt has edged closer and closer by the week, coming tantalisingly close – within 30cm.

However, another landmark has also been edging closer – Matt's 40th birthday. In December, at a specially added hammer throw event it happened! And how! The tape read 47.29m, almost half a metre above the old mark. Many congratulations Matt.

Now that Matt has moved into the M40 age group he has set a hammer throw record of 45.11m and a weight throw record of 12.89m.



High and triple jump official Les Beckham's wife passed away just before Christmas. She died on a Thursday morning and Les came to Ern Clark Athletic Centre that night to do the triple jump.

ROLL OF HONOUR

Sandra Voesenek	W40	3000m	29-Nov	Strive	10:28.9	SR
John Oldfield	M70	3000m	29-Nov	Strive	12:49.6	UKR
Paula Kennedy	W45	Discus	26-Nov	Bunbury	28.64m	SR
Paula Kennedy	W45	Shot	26-Nov	Bunbury	9.09m	SR
Matt Staunton	M35	Weight	5-Dec	ECAC	14.67m	SR
Paul Edmiston	M40	110mH	6-Dec	Strive	15.72	SR
Scott Tamblin	M30	1500m	6-Dec	Strive	3:53.86	SR
Todd Davey	M45	Weight	10-Dec	WAAS	12.50m	SR
Matt Staunton	M35	Hammer	10-Dec	WAAS	47.29m	SR
Paula Kennedy	W45	Shot	10-Dec	Bunbury	9.62m	SR
Paula Kennedy	W45	Weight	10-Dec	Bunbury	9.02m	SR
Paula Kennedy	W45	Th. Pent	10-Dec	Bunbury	2595pts	SR
Matt Staunton	M40	Hammer	19-Dec	Strive	45.11m	SR
Scott Tamblin	M30	1500m	19-Dec	Strive	3:51.35	SR
Sandra Voesenek	W40	1500m	19-Dec	Strive	4:45.52	SR
Greg Wilson	M65	H/Jump	4-Jan	Bendigo	1.46m	SR
Greg Wilson	M65	D/cathlon	5-Jan	Bendigo	4347m	SR
Greg Wilson	M65	Pole vault	6-Jan	Bendigo	=2.00m	SR
Margaret Saunders	W60	2km stpl	11-Jan	Bendigo	9:28.99	SR
Matt Staunton	M40	Weight	9-Jan	ECAC	12.89m	SR

Cathy pips Carmel

Carmel Meyer puts everything into the 200m to record a season's best.



Women

Cathy McCloskey	698.91
Carmel Meyer	678.75
Sue Bourn	622.83
Lynne Schickert	597.91
Delia Baldock	594.31

OF the 14 competitors still remaining in the Patron's Trophy, all but one were at ECAC on January 23 for its conclusion. Each completed both events – the long jump and 200m. Two women and three men had a chance of seeing their names engraved on this year's trophy. The climax produced a scintillating evening's competition.

Carmel Meyer knew that she had to jump and run at her very best to topple Cathy McCloskey. In the end Cathy had the edge, with a stunning PBA of 83% over 200m, backed up with a solid 4.19m in the sand. Carmel's 200m SB of 81%, plus another SB in the long jump were just not enough to take the trophy. So we have a new name on the women's pot – and well-deserved too!

ECAC – January 23

200m			% pts
Cathy McCloskey	W50	30.6	83.20
Sue Bourn	W45	31.8	76.45
Carmel Meyer	W50	32.3	81.39
Delia Baldock	W50	37.0	69.54
Lynne Schickert	W70	50.9	62.28

Long Jump			% pts
Cathy McCloskey	W50	4.19	69.95
Sue Bourn	W45	3.80	60.13
Carmel Meyer	W50	3.67	63.94
Delia Baldock	W50	3.43	58.14
Lynne Schickert	W70	2.27	54.70

David triumphs

THE men's trophy stays in its usual home – David Carr's trophy cabinet. But it was not without a battle. Long-time front-runner Giovanni Puglisi could not have asked for more on this final evening; PBAs in each

event, 79.7% in the sprint and almost 64% for the long jump kept him clear of a resurgent Campbell Till to snatch second place. However, David always seems to be able to pull out the stops when needed. His long

jump of 63% kept his nose in front by a mere three points. With Giovanni bagging a PBA, it needed something special in the 200m and the great man obliged with 90.82%.

Early rounds – pages 13-16.



Men

David Carr	742.20
Giovanni Puglisi	727.98
Campbell Till	719.89
Ivan Brown	663.67
Kim Thomas	662.91
Colin Smith	637.62
Rob Colton	631.37
Bob Schickert	565.32

Giovanni Puglisi sails through the air in the second last event of the Patron's Trophy.

ECAC – January 23

200m		% pts
Colin Smith	M50	26.5 85.17
Campbell Till	M55	27.3 85.57
Kim Thomas	M40	29.0 71.83
Rob Colton	M50	30.1 74.49
Giovanni Puglisi	M60	30.7 79.71
David Carr	M80	34.2 90.82
Ivan Brown	M65	34.2 74.82
Bob Schickert	M70	35.7 74.51

Long Jump		% pts
Campbell Till	M55	4.65 70.67
Kim Thomas	M40	4.60 57.14
Colin Smith	M50	4.00 56.82
Giovanni Puglisi	M60	3.79 63.91
Robert Colton	M50	3.48 48.81
Ivan Brown	M65	3.06 56.88
David Carr	M80	2.69 63.29
Bob Schickert	M70	2.16 42.35

MAWA State champs



Saturday, March 15 from 7.30am
Outdoor pentathlon at WAAS

Saturday, March 15 from noon
Throws pentathlon at WAAS

Thursday, March 20
Not before 6pm 10,000m ECAC

Tuesday, March 25
Steeplechase at WAAS
3000m at 7.30pm
2000m at 7.50pm

Main weekend WAAS
Saturday, March 29 from 8.30am
Sunday, March 30 from 7.45am
(Both main weekend days start in the morning).

PLEASE read the information sheet members have been sent carefully before entering and note the days on which various events take place. All are at WAAS with the exception of the 10km which is at ECAC.

Online entry if at all possible. If you do need a paper form and cannot download and print from

the website please contact Barbara on 9293 0190. Allow plenty of time to post.

NO LATE ENTRIES. Closing date is Tuesday, February 25.

A detailed timetable will be available on the website and at club events as soon as possible after the closing date.

If you are not competing on any particular day, please consider helping out in some way. No previous experience needed! Contact Barbara, preferably by email, vetrunners@iinet.net.au or phone or speak to Richard Blurton at a Sunday run.

Barbara Blurton
Competition Director

Save on book with early bird offer

TIME is running short for you to take advantage of the 'Early Bird' offer.

Order and pay cash by Sunday February 2nd and pay only \$10.

The book will be launched at the special birthday celebrations on Sunday February 9th at McCallum Park, the venue once known as 'Club HQ'.

All will be welcome and it would be great if track and field athletes joined Sunday participants for the occasion. You don't have to take part in the run (or walk) but you would be welcome to do so.

Christine Oldfield has spent more than two years delving into MAWA's past and the resulting book covers all

aspects of the Club over the forty years of its existence, 1974 – 2014.

Even if you miss the 'Early Bird' offer, the regular price of \$15 is still a bargain – thanks to a contribution from Lotterywest. **You** could be mentioned – read it and find out.

You can elect to pick up your copy at the special event, pay \$2.50 to have it posted to you or arrange to collect it at some other time.

And if you know of any former members who may be interested in buying a copy, please pass on the information.

To order, see Christine Oldfield or make contact on 0434 191 611 or at oldfield.jc@gmail.com



CHRISTINE OLDFIELD

Blow out the cobwebs



Colin Smith and Nick Miletic blast off the line in Bunbury.

WANT to blow the cobwebs out due to the WAAS Track upgrade and/or want some competition before the state Championships? Then head down to the Bunbury Regional Athletics Arena for the annual City versus Country clash on **Saturday, February 1st at 3pm.**

The provisional programme with actual events to be determined on the day will consist of:

2 Sprints
2 Middle distance
2 Throws
2 Jumps (new inclusion for those with a spring in their step)
Mixed distance "special relay"

Last year, a number of MAWA members made the trek 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. The winner receives the perpetual Golden Spike made from local jarrah and a well worn running shoe – if it can be found.

For further details telephone co-ordinator Rob Antonioli (Tolli) on (08) 97541412 (m 0439 285371) or Colin Smith on 0407 598226. Entry fee is just \$5 and competition starts at 3pm. The track is at Hay Park off Parade Road.

Track and Field Programme

Thursday 6pm start at ECAC (Coker Park) Wharf Street, Cannington \$3 club members, \$5 visitors

Feb-14	06	60	1 mile	400	3k r/w	TJ + HJ	discus	weight throw
	13	200	800	100	5k r/w	LJ	shot	javelin
	20	60	1500	200	3k r/w	LJ	weight throw	discus
	27	100	1000 r/w	600	4k r/w	TJ + HJ	javelin	shot
Mar-14	06	400	1500	100	5k r/w	LJ	weight throw	discus
	13	60	800	200	3k r/w	LJ + HJ	javelin	shot
	20	100	2k r/w	400	****	TJ	discus	weight throw
	27	300	1000 r/w	60	3k r/w	LJ	javelin	shot

		WAAS STARTING AT 6.30pm						STARTING AT 7.15pm	
TUES		event 1	event 2	event 3	event 4	jump	field 1	field 2	steeple
Feb-14	04	200	1500	400	3k r/w	LJ	weight throw	discus	Closed for track upgrade
	11	60	1 mile	400	3k r/w	TJ + HJ	shot	javelin	2k + 3k steeplechase
	18	200	800	100	5k r/w	LJ	weight throw	hammer	
	25	60	1500	200	3k r/w	LJ	shot	discus	
Mar-14	04	100	1000 r/w	600	5k r/w	TJ + HJ	weight throw	javelin	
	11	400	1500	100	4k r/w	LJ	shot	hammer	2k steeplechase
	18	60	800	200	3k r/w	LJ + HJ	weight throw	discus	
	25	100	2k r/w	400	1500	TJ	shot	javelin	State Champs 2k/3k steeple

Electronic timing now required for world records

Please be aware that for Masters World Records, electronic timing is now mandatory for all distances 800m and below, plus hurdles. A revised application form is now on the WMA website. It is probable that this rule will also be adopted for Australian Masters Records.



Head South to Albany for Games

The 13th Albany based WA State Masters Games are to be held on Saturday April 26 and Sunday 27.

On the Saturday track and field will be held at the Mike Biddulph Athletic Track (Albany Athletics Club grounds) on the corner of North & Sanford Roads. Events include 3000m, 5000m, long jump, shot put, javelin, discus, 100m, 200m, 400m and 2km walk. A canteen will be open for lunches and snacks. Registration at 8am for 3000m and 5000m. And 9am for other events.

The Jim McCann Memorial Mile will be held on the Saturday at 5pm (Registration from 4:30pm) at the Anzac Peace Park next to the Albany Entertainment Centre at the bottom of York St. Once again the McCann family are offering cash prizes for the first three male and female competitors based on the WAVA age grading percentages and is free to games competitors.

On the Sunday the Fallen Comrades Memorial Cross Country 4km and 6km runs will be held at The Forts, Mt Adelaide start time 9:15am for registration. Morning tea will be provided for all competitors.

For further details telephone Barbara Wilson on 9841 5728, Carey Dickason on 9844 8801 or check the following website: <http://wasmg.myclub.org.au>

Entries to close for championships

IF you are going to Hobart for the 2014 Australian Masters Athletic Championships and have not entered you only have a few days to do so. Entries close on February 7.

The championships are to be held on March 8 to 10. You can enter online at the following link: www.amahobart2014.com.au

**Moneghetti meets
MAWA masters at
Oceania Games –
Read all about it in a
special TFNL out
soon.**



‘ I was fortunate to win with a time of 33:58’

The day Bob Schickert beat Ron Clarke to win Zatopek

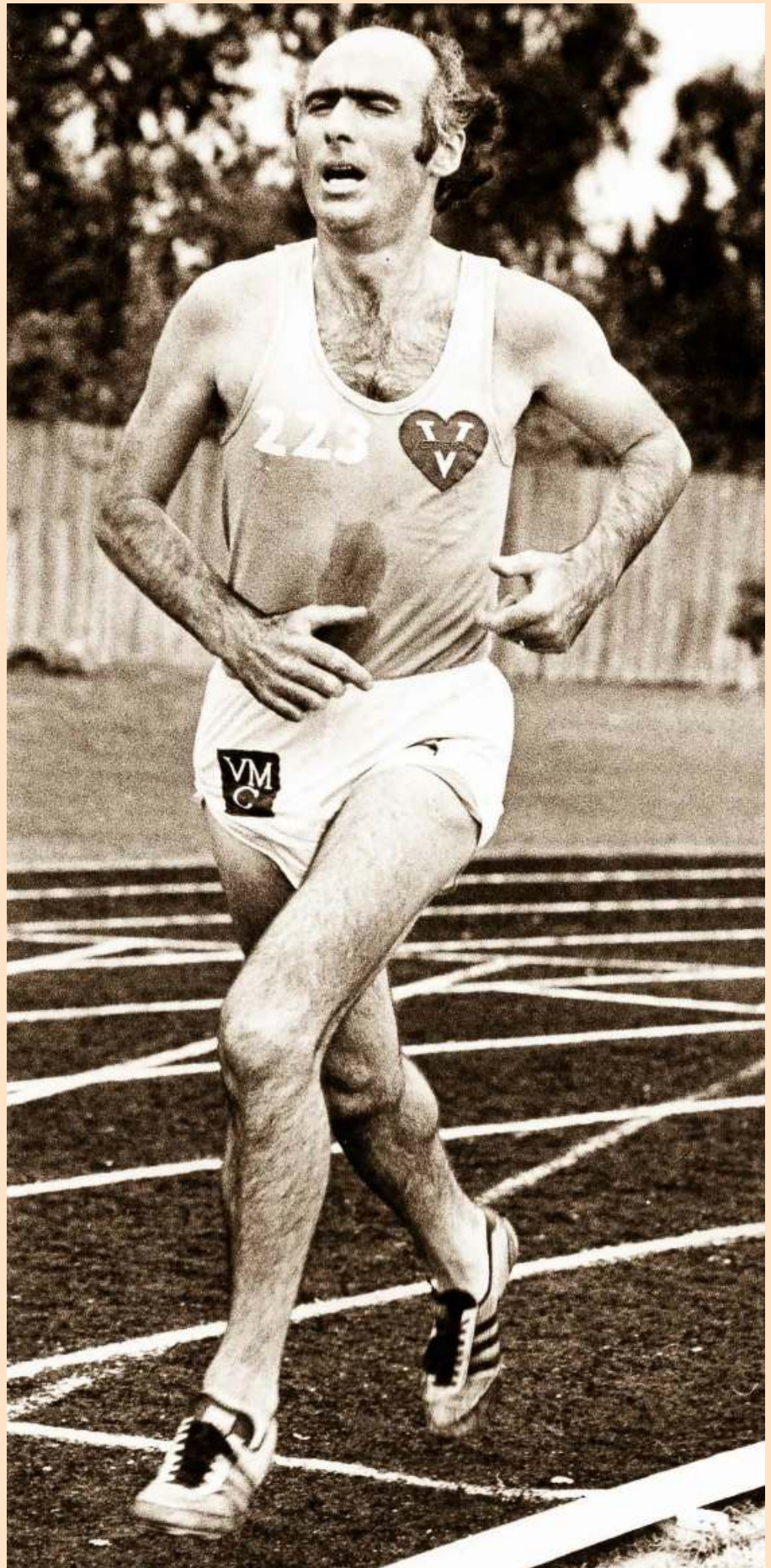
By BOB SCHICKERT

BEFORE the Zatopek Track 10,000 m event in Melbourne was taken over by Athletics Australia and became an International event it was run by the Victorian Marathon Club under the guidance of the VMC “Guru” Fred Lester who was club secretary. Fred is fondly remembered as an organiser by the the now older brigade of the now defunct VMC. He was inspirational. One year Fred arranged for the famous Emil Zatopek to be present at the event.

In 1969 it was held on the old grass track on Swan Street opposite Olympic Park and I was fortunate enough to win the then handicap event with a time of 33.58. My 10km PB of 33.12 was also recorded in the Zatopek some years later.

Then 10,000m world record holder Ron Clarke ran in 1969 and had the fastest of 28 or 29 minutes, but I took home and still have the coffee percolator trophy.

RIGHT: Bob Schickert competes in the 5000m at the VMA Championships held at the Box Hill track in Victoria.



Margaret Saunder's

Love of athletics

Margaret tackles the hurdles as a teenager at Perry Lakes.



In focus

With Christine Oldfield

A PERTH girl through and through, Marg (as she is usually called) grew up in Mount Lawley and Karrinyup. She was a high school PE teacher for about 15 years but now teaches Business Ed/Information Technology. Family life was athletics oriented with her brother a runner and her parents being officials.

Marg and her younger sister first went along to meetings to watch but they then also became 'runners', running the race results from the judges to the timekeepers and then to the announcer. Marg was about 10 at the time and as a 'little official' she learned the rules of the sport and the many different roles involved "from some wonderful and very knowledgeable officials". She was an official herself for many years, including being in charge of winter senior season for a couple of years.

She joined Mount Lawley athletics club at age 12 or 13, in the era before Little Athletics and, as she says, "certainly before females could do distance running before they turned 16 years of age". So she did sprints, hurdles and long jump, "not very

well", being generally "last in last division".

However she loved the sport and enjoyed the friendship of other athletes.

Marg competed in her school athletics team and later, at 23, in her first appearance in the state cross country team, she beat long jumper Eileen Hindle and decided she should take training a bit more seriously. She improved, and, in national track and cross country championships, she achieved sixth places in both disciplines.

At school her coach had been Beryl Byrne, who had greatly influenced Marg's athletics career. She had taught her coaching strategies by teaching her to coach hurdlers. So, when Marg damaged a nerve in her foot in 1979 and then, in the early 80s,

suffered from chronic fatigue and had to give up

running, she coached instead. She did not run for many years except to warm up or cool down with her athletes, but has been coaching ever since. Her philosophy is still based very much on what she had learned from Beryl when she was very young.

She has coached many senior athletes and also a number of masters. As a distance coach she has achieved level 5 and amongst her successes is Ray Boyd, one of WA's best distance athletes.

CONTINUED NEXT PAGE



Photo: JACKIE HALBERG

A photograph of Margaret Saunders, an older woman with blonde hair and glasses, wearing a white polo shirt with black trim and dark green athletic pants. She is sitting on a red running track, leaning forward and stretching her right leg. Her left leg is bent, and she is holding her right foot with both hands. The background is slightly blurred, showing other people and a green fence.

At full stretch

Margaret Saunders stretches between events at the World Masters Athletic Championships in Porto Alegre, Brazil.

FROM PREVIOUS PAGE

SHE has been the team manager/coach of many state teams in cross country and also track and field and has also been involved in two Australian junior teams as a coach. She takes great pleasure from coaching and watching how junior athletes learn so much from their participation in the sport.

And as if that wasn't enough for one person, Marg has also served on various club committees – starting at age 17 as club registrar and then treasurer with Scarborough Womens AC. Both Stirling Swans and AWA rewarded her service with life membership.

After a car accident in 2003 Marg had trouble walking very far for many years and thought she would never run again. But she started jogging slowly and over a very short distance with her training group in 2007. She joined masters for the Sunday runs,

knowing that the range of abilities would mean she would have a group to run with. She had no intention of *“doing any racing or championships”*. But she is grateful to Niamh Keane for encouraging her back into racing with a challenge to compete in the state masters championships in 2008. She surprised herself with the results she achieved and so enjoyed the experience that she continued to race. She has competed in all the state and national championships since then, being *“very surprised to run well and actually win a race in 2009”*. Despite having torn her Achilles at Easter in 2011 she was delighted not only to qualify for the final of the 800m at the world championships in Sacramento but to finish it – as 5th in the world. All her rehabilitation work in the gym and her water running had obviously been worthwhile.

In the 2012/2013 Club Tops, Marg came 1st in her age group by quite a

way in the 200m, 400m and 800m. And she passes on useful training tips to others by way of her coaching columns in both TFNL and Vetrin. On Sunday mornings she just runs how she feels, soaking up *“the friendship and camaraderie of other masters athletes”*, many of whom were very supportive when she was injured.

In the 2013 World Masters Championships in Brazil she again reached the final of the 800m and finished a creditable fifth. And she was *“absolutely rapt”* to win gold and become world champion in only her second ever attempt at the 2000m steeplechase. As an added bonus, she was part of the W55 team which took silver in the 4x400m relay.

Marg says *“I just love the sport and enjoy being fit. I am not driven by my results, but enjoy training and racing”*. Having turned 60 in December, she might now just become a little more interested in results.

WAAS track upgrade



Re-opens February 7th





Patron's Trophy



5000m



Carmel Meyer
heads down the
back straight with
Campbell Till in
pursuit.

WEEK 5 of the Patron's Trophy saw epic 5000m races at both ECAC and WAAS. In the ECAC race, **Sue Bourn** (72.3%) maintained her strong challenge with a very solid sub-22 time. **Lynne Schickert** more or less guaranteed her place in the top three ladies. Lynne does not enjoy running events, but battles gamely and today added another 61 points to her total.

Most of the men aiming to complete the trophy were on view in this race. **Kim Thomas** took line honours, with a very swift 18:07 (73 points). However, our current Trophy leader M60 **Giovanni Puglisi** ran a new PBA of 19:44 to gather another 80+ score. **David Carr**, his only real challenger for top spot, could not quite match this, but his 77 points keeps him close

on Giovanni's heels with David's two best track events still to come. **Bob Schickert**, **Rob Colton** and **Greg Wilson** also completed the 5000m and kept themselves in the pack.

Round 5 was completed at WAAS with the second 5000m race. **John Oldfield** bagged 78 plus points with a sub-22 minute performance to keep his name in the hat for a podium spot. **Ivan Brown** (71 pts) and **Campbell Till** (69 pts) remain on track to complete the Trophy.

Carmel Meyer, our current women's leader, notched up 68 pts to maintain her position at the top of the leader board. Despite carrying an injury for the early weeks of the Trophy she still has a significant advantage at the top of the leader board.

5000m ECAC November 29

			% pts
Kim Thomas	M35	18:07.1	73.14
Giovanni Puglisi	M60	19:44.3	80.89
Rob Colton	M50	20:29.3	70.40
Bert Carse	M70	21:10.3	83.53
Sue Bourn	W45	21:59.7	72.30
Bob Schickert	M70	25:23.7	69.64
David Carr	M80	27:23.0	76.98
Monique Thomas	W35	29:30.1	49.64
Bob Fawcett	M60	34:15.1	47.46
Lynne Schickert	W60	37:51.9	61.41

WAAS December 3

			% pts
Rob Nichols	M35	16:54.8	76.67
Steve Weller	M35	19:07.1	68.80
Grahak Cunningham	M35	19:53.5	65.19
Mark Dawson	M50	21:33.6	68.00
Campbell Till	M55	21:51.2	69.36
John Oldfield	M70	21:59.8	78.37
Keith Edmonds	M45	22:13.8	62.87
Matt Kelly	M30	22:43.7	55.95
Milton Mavrick	M60	23:13.7	66.95
Ivan Brown	M65	23:33.1	71.63
Carmel Meyer	W50	25:07.2	68.28
John Dennehy	M50	27:03.4	55.09
Greg Wilson	M65	27:55.6	59.29



Rob Nichols and
Grahak Cunningham



MATT KELLY



Patron's Trophy



800m

**John Dennehy leads
Cathy McCloskey up
the back straight in
the 800m.**

THE final running event before the Christmas break is one of the great features of the PT over 800m. It usually guarantees well-fought races, with the spectators trying to do the mental calculation of converting race position into points. So it was at ECAC with the first three races.

Kim Thomas, effectively in a race for the Trophy third place with **John Oldfield**, won the top heat comfortably in 2:21, gathering 74.6 points in the process. Behind him two trophy contenders stood out. **Rob Colton** (79 points) and **Colin Smith** (76) each ran new PBAs. The second heat appeared to belong to Trophy front-runner **Giovanni Puglisi**. He won the race with just under 80 points. However, lurking behind in one of his feature events was M80 **David Carr**. David's 3:04 was some way

below his best for this distance – at which he holds the world record – but still converted to 90+ points. Theirs is going to be a fascinating battle to the Trophy line in late January.

On the Tuesday at WAAS there were two more heats. **Campbell Till** (84.73 points) won the first in convincing fashion ahead of **Mark Dawson** (79 pts). Campbell is a long way back in the standings, and must do every event to complete the Trophy, including all three jumps and the javelin. But don't write off the 2009 champion yet. **John Oldfield** (PBA, 76 pts) and **Ivan Brown** (73) maintained their respective positions. The second heat saw **John Dennehy** (66pts) tow home **Cathy McCloskey** (69); **Greg** and **Julie Wilson** recorded good points behind these two.



JULIE WILSON



MARK DAWSON

800m

ECAC – December 5

			% pts
Kim Thomas	M35	2:21.2	74.60
Rob Colton	M50	2:26.5	79.39
David Solomon	M45	2:30.8	76.45
Colin Smith	M50	2:32.1	76.47
Giovanni Puglisi	M60	2:41.4	79.43
Steve Fuller	M60	2:44.5	77.34
Sue Bourn	W45	2:57.8	69.06
Carmel Meyer	W50	3:04.5	70.63
David Carr	M80	3:04.7	90.67
Colin Shaw	M50	2:59.5	64.80
Carol Bowman	W55	3:21.9	70.10
Bob Schickert	M70	3:30.4	67.86
Delia Baldock	W50	3:48.0	56.42
Lynne Schickert	W70	5:00.1	62.35

WAAS – December 10

			% pts
Campbell Till	M55	2:24.3	84.73
Mark Dawson	M50	2:29.9	78.89
Grahak Cunningham	M35	2:35.8	65.70
Matt Kelly	M30	2:36.7	64.52
John Collier	M45	2:53.5	65.29
John Oldfield	M70	3:02.5	75.90
Ivan Brown	M65	3:05.8	72.93
John Dennehy	M50	3:02.3	65.97
Cathy McCloskey	W50	3:04.1	69.00
Greg Wilson	M65	3:36.1	61.37
Julie Wilson	W60	3:37.4	68.98
Christine Oldfield	W65	4:07.9	67.07



Patron's Trophy



Triple jump, javelin



DELIA BALDOCK

MAIN PHOTO: Lynne Schickert takes off in the triple jump.

KIM THOMAS

TWO field events took place this week – the triple jump and javelin. Whilst jumps and throws are not the priority for many of the contestants, they can have a critical impact on the outcome of the Trophy.

Big movers this week were certainly **Lynne Schickert**, **Cathy McCloskey** and **Fran Cherry** amongst the women; male movers were **David Carr**, **Kim Thomas** and **Greg Wilson**. Each of these scored

heavily, particularly with the triple jump, moving themselves into prime positions on the leader board.

Lynne Schickert and **Giovanni Puglisi** still head the leader-boards, but if anything neither is favourite to be there at the conclusion of the competition.

All is nicely in the balance over the break until mid-January, when a number return from Bendigo.



SUE BOURN



COLIN SMITH

ECAC – December 12

TRIPLE JUMP

David Carr	M80	5.56	62.82%
Lynne Schickert	W70	5.58	66.83%
Kim Thomas	M35	10.18	58.98%
Delia Baldock	W50	8.16	69.04%
Colin Smith	M50	8.98	59.63%
Cathy McCloskey	W50	8.46	70.56%
Fran Cherry	W50	7.06	58.88%
Gay Wyatt	W55	6.82	64.95%
Greg Wilson	M65	7.09	59.83%
Campbell Till	M55	9.44	68.11%
Rob Colton	M50	7.78	51.66%
John Dennehy	M50	6.69	46.91%

JAVELIN

John Dennehy	M50	15.20	21.28%
Campbell Till	M55	23.75	34.59%
Greg Wilson	M65	26.54	45.49%
Ivan Brown	M65	17.18	31.67%
David Carr	M80	13.22	28.90%
Sue Bourn	W45	13.03	22.82%
Kim Thomas	M35	29.85	33.65%
Colin Smith	M50	15.29	19.86%
David Carr	M80	16.25	35.52%
Bob Fawcett	M60	17.50	28.66%
Lynne Schickert	W70	9.17	29.54%



Patron's Trophy



Trophy race hots up



Campbell Till leads
Giovanni Puglisi
and Suzi Graves in
the 1500m.

Photos: JOHN OLDFIELD

IT was the busiest week of the Trophy series so far. Two very full heats of the 1500m followed an inaugural Trophy high jump with 13 competitors.

The success of the move to replace hammer with high jump this year was shown with a very large field. **Campbell Till** (77.54%) was the star with a height of 1.45m, but all thirteen jumpers scored over 55%, a very respectable field event mark. In the men's contest, **Giovanni Puglisi, Ivan Brown** and **Colin Smith** each boosted their chances with points in the 60s. Women to the fore were **Cathy McCloskey** and **Carmel Meyer**. It is going to be a very tight finish for both trophies.

The 1500m races also kept each contender's hopes alive. A string of PBAs for four of the men hoping to unseat holder **David Carr** means it will all be down to the final week. **Giovanni's** 82.75% was the stand-out male performance, with **Carmel** and **Cathy** nose to nose yet again – 69% and 68.5%.

Two of the potential podium finishers withdrew from the Trophy injured. **Julie Wilson** (hamstring) and **John Oldfield** (knee tendons) called it a day for this year.



MAURICE CREAGH and
CATHY McCLOSKEY

ECAC – January 16 1500m

			% pts
Sue Bourn	W45	6:08.2	71.49
David Carr	M80	6:42.4	84.13
Carmel Meyer	W50	6:50.8	69.10
Tina Runnion	W50	7:37.3	61.27
Delia Baldock	W50	7:49.8	59.64
Monique Thomas	W35	8:09.1	48.67
Christine Oldfield	W65	8:21.5	71.52
Carolyn Fawcett	W60	9:27.8	57.49
Lynne Schickert	W70	10:21.4	61.79
Kim Thomas	M40	4:56.3	74.06
Giovanni Puglisi	M60	5:22.4	82.75
Rob Colton	M50	5:25.0	74.16
Campbell Till	M55	5:32.9	76.26
Colin Smith	M50	5:39.9	71.52
Suzi Graves	W45	5:42.2	77.87
Steve Fuller	M60	6:03.3	72.85

Ivan Brown	M65	6:14.6	75.42
Maurice Creagh	M65	6:20.7	72.98
Bob Schickert	M70	6:37.8	73.85
Cathy McCloskey	W50	6:43.9	68.49

High Jump

		% pts
Colin Smith	M50	1.25 63.13
David Carr	M80	0.75 56.39
Ivan Brown	M65	1.10 69.18
Carmel Meyer	W50	1.05 65.22
Campbell Till	M55	1.45 77.54
Cathy McCloskey	W50	1.15 68.45
Giovanni Puglisi	M60	1.10 63.22
Gay Wyatt	W55	1.10 74.32
Steve Fuller	M60	1.15 65.34
Sue Coate	W45	1.15 65.71
Rob Colton	M50	1.10 55.00
Delia Baldock	W50	1.10 66.27
Kim Thomas	M40	1.25 56.31

Season in full swing

OUR colleagues at Bunbury Regional Athletics Club run Track & Field programmes every Tuesday and Saturday through the summer season. Around twenty regular competitors are MAWA members. A quick glance at the results would prove that a number are talented all-rounders, with good ability across the whole range of events.

The season began in late October. Much like here in Perth, it started quietly. A number were injured, away in Geelong or Brazil or just holding fire until the weather warmed up. Early highlights noted were few and far between as folk eased their way into the season. Field events are always well-subscribed in Bunbury, with high calibre discus competitions noted on both October 29 and November 2.

The first two Tuesday competitions of November saw a good increase in numbers. Prominent in the sprint races were M60 **Rob Antonioli** and M75 **Leon Sander**; good performances both on the track and in throws and jumps went to M70 **Brian Waldhuter**. Amongst the ladies, W70 **Ruth Johnson** was getting into the swing of things, whilst W45 **Debbie Cox** also showed her ability in jumps and throws.

However, it was mid-November before the performances began to shine. Race walk specialist **Garry Hastie** produced an excellent 1500m walk on the 19th, backing it up with a very solid javelin approaching 30m. New MAWA member **Paula Kennedy** had her debut javelin throw of 24.51m on the same day before setting two state records the following week. She threw



Rob Antonioli (Tolli) has put in some top performances at Bunbury meetings.

the javelin 28.64m, then put the shot out to 9.09m to set new W45 marks for each.

At the same meeting (November 26), in a classy 60m, **Rob Antonioli**, **Leon Sander** and **Ruth Johnson** each set new PBAs. The wind speed is not recorded, but even if over the legal limit it was still a worthy effort. Sandwiched between these Tuesday meets the Bunbury club squeezed

in a pentathlon, with five MAWA members' all-round ability again on display.

W70 **Ruth Johnson** notched 2570 points, with W45 **Debbie Cox** also completing a solid event. **Garry Hastie** (2314) led the points score for the men, with **Rob Antonioli** and **Brian Waldhuter** hot on his heels.

Tolli's smashing decathlon time

ON the last weekend of November, **Rob Antonioli** joined several younger athletes to complete a decathlon. In fact, but for winds above the legal limit, Rob would have smashed his own M60 state record by more than 200 points.

His 4208, comprising six season's bests and a PBA of 1.75m in the pole vault, can only be recorded as a PBA. This was not the only multi-event of

the month. **Paula Kennedy** took advantage of a throws pentathlon late in the month to establish a new W45 SR, also beating her own shot put and heavyweight SR.

These were the only December records from Bunbury, but there was much to admire in the other meets. Confirming the all-round ability of Bunbury's MAWA members, **Ruth Johnson** joined **Steve Chilcott** in an

outdoor pentathlon, and **Garry Hastie** showed that he is so much more than just an ace race walker with a solid 800m. **Leon Sander**, **Harold Membrey**, **Brian Feutrill**, **Debbie Cox**, **Brian Waldhuter**, **Rob Young**: all have produced some top performances showing that the city mob will face a tough challenge in this year's City versus Country challenge in February.

John breaks 20-year-old record

Drizzle and a cool breeze were on the agenda at the final Strive meeting for November. It could have been made to order for the eight MAWA members who lined up in the three 3000m heats.

WAAS (Strive) – November 29

First up was a mixed race in which **Sandra Voesenek** smashed the state W40 record set almost 16 years ago by **Jan Kelly**. Sandra crossed the line in 10:28.9. Some way behind, but knocking spots off an old record was your reporter **John Oldfield**. John's time of 12:49.6 shaved 19 seconds off the 20-year old British M70 time, setting his second UK record in successive weeks. In the same race, both **Mark Dawson** and **John Collier** ran season's bests.

The top heat over this distance saw **Scott Tamblin** inch very close to his own M30 SR set exactly a year ago. His time of 8:36.6 is still mightily impressive..... and in the final heat, **Xander van Rijen** (M45, 9:37.1) made it a good day for the **van Rijen-Voesenek** household with an excellent PBA. **Kim Thomas** was another pocketing a PBA (10:05.8), edging ever closer to a sub 10-minute time. **Andrew Brooker** (10:32.8) was our final representative in the series.

Conditions were far from ideal for the sprinters, who like it hot. It was, however, good to note the return of **Paul Jeffery** (200m) and **Paul Edmiston**, (60m) each of whom will have gone home happy with swift runs. **Alan Deans** was another with a smile on his face after a 60m PBA.

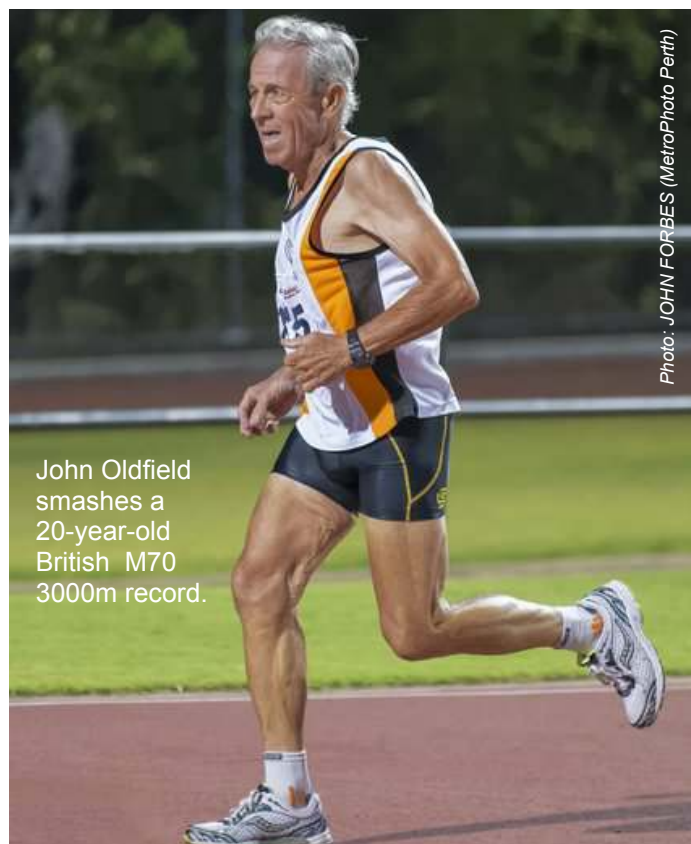


Photo: JOHN FORBES (MetroPhoto Perth)

John Oldfield smashes a 20-year-old British M70 3000m record.

WAAS – November 26

A stiff following breeze was warmly greeted by the sprinters at WAAS on Tuesday. In the opening 60m event, **Rudy Kocis** stormed home in 7.6s, some way ahead of the field. The second heat was won by new member **Matt Kelly**; his debut 8.7s gave a good indication that there was



BARRIE KERNAGHAN

much more to come. Welcome back from Brazil also to **Barrie Kernaghan**, easing himself back into fitness after the worlds' exertions.

A good field for the 800m gave us some excellent racing. **Grahak Cunningham** and **Matt Kelly** had a close tussle to the line, with Grahak just prevailing. Four others were close behind led by **Rob Colton**. It was a similar story in the subsequent 3000m, with **Steve Weller** comfortably first across the line as many were preparing for the final event – the Patron's Trophy 100m, covered elsewhere in this issue.

ECAC – November 28

Turnout is improving at ECAC. Two good heats over 400m got us underway. **Colin Smith** and **Carmel Meyer** (SB) took line honours. Good performances also noted by **Kim Thomas** and **Rob Colton** (both SBs) in heat 1; plus a PBA to **Julie Willmott** and SB to **Carol Bowman** in heat 2.

A couple of "occasional" members were welcomed back into the fold; each performed well in the next event –

1500m. First, **Colin Shaw** lowered his PBA to sub-6 minutes. Then **Lee Holliday**, walking for this event, clocked a good 8:08.

There were no special times to report from the sprint (100m), but it was good to see two "visitors" **Janne Wells** and **Sally John**. Normally we do not report on visitors, but when they are coaches from our hosts – Canning Districts – at ECAC we can make an exception. Good to see you competing ladies, both in the sprint and the javelin.

In the field, a very well supported javelin competition saw a PBA for **Julie Willmott** as several of our trophy contenders got in some practise before the competition proper in two weeks' time. An excellent 4m plus from **Colin Smith** was the highlight in the long jump pit, backed up by a season's best (4.06m) for **Rob Colton**. **Mark Hamilton** was our field organiser this evening, and he will have enjoyed his winning shot put of 11.24m.

The Trophy 5000m is reported elsewhere.

Analysis of the results

Sprinters impress



Rob Nichols surges down the main straight at WAAS.

WAAS – December 3

A very brisk southerly greeted athletes at WAAS tonight; great for the 100m sprinters, but not so good for the 400m which opened the evening's entertainment. Not that you would have noticed from the results. True, only five took the challenge, but two of these – **Rob Nichols** (59.8s) and **Wendy Seegers** (60.2s) – set PBAs. **Colin Smith** took line honours with yet another sub-60s to add to his impressive season's results over this one lap event. Newest member **Jeremy Love** (63.0s) showed that there is good promise to come.

With most of the trackies keeping their powder dry for the Trophy 5000m reported elsewhere, the main interest then switched to the field. A good long jump competition saw **Fran Cherry** set a new PBA, although with the stiff following wind. **Leanne Hyland** topped results with 4.28m. **Matt Staunton** continued his fine form from November. A PBA of 13.04m with the shot, backed up with yet another near-46m hammer throw kept the smile on the jovial postie's face for another week. Other notable shot distances went to **Todd Davey** (12.90m) and **Geoff Gee** (11.95m), with **Greg Urbanowicz'** 40m+ hammer the other stand-out performance in the field.

ECAC – December 5

Three heats over 200m got the evening underway at ECAC, with the conditions good for running. **Colin Smith**, **Vicki Cobby** (on a short trip from Broome) and **Bob Schickert** were heat winners. A 4km race ensued, with more visitors than members. **Kim Thomas**, jogging in anticipation of his 800m trophy race to come, was first member home.

The final track race saw three heats of the short 60m dash. **Colin Smith** took out the lead heat, edging **David Solomon** into second place. **Rob Colton**, although third, was mightily pleased with his PBA of 8.9s. The second heat, won by **Colin Shaw**, was notable more for the dead-heat for second place. It is very rare that none of the judges can split two athletes; it would have required photo finish to separate **Vicki Cobby** and new member **Kristy Devereux**. This could be indicative of some good battles ahead.

Highlight in the field was undoubtedly **Matt Staunton's** state record with the heavyweight. **Greg Urbanowicz** took Matt's previous record in October, but in his final month as an M35, Matt has raised the bar by a further 30cm. This followed a season's best with the discus earlier in the evening, a feat matched by both **Andrew Ward** and **Steve Fuller**.

WAAS (Strive) – December 6

The 1500m was our feature event at the Strive meet this week. **Scott Tamblin** lowered his M30 state record to 3:53.86 in a sterling performance. It does not seem too long ago that I was lauding the fact he was the first MAWA member to run 1500 in sub-4 minutes. When I spoke to him afterwards he was berating himself for not kicking earlier; "I could have won that I still had plenty in the tank at the line." **Xander van Rijen** (4:17.67) set a personal best behind Scott. This followed wife

Sandra Voesenek's 4:49 in the opening heat.

Another state record fell in the final race of the evening. **Paul Edmiston** lowered his own M40 110m hurdles to 15.72s. The sprinters all did well in the opening event too. **Rudy Kocis**, **Wendy Seegers** and **Alan Deans** each set new PBAs over 100m. Other performances of note came from **Daniel Lowe** (3000m walk) and **Greg Wilson** (javelin).



RUDY KOCIS

Bunbury boys light up

ECAC December 12

Steve Chilcott surges down the main straight at Ern Clark Athletic Centre.

IT'S always good to welcome our friends from Bunbury to Perth. This evening we had three of them. **Steve Chilcott**, **Rob Young** and visitor **Dan Smith** each concentrate mainly on throws, but the two younger ones are also excellent sprinters. Opening his evening with a 60m dash, **Steve** won the opening heat in 8.1s ahead of **Colin Smith** and **David Solomon**.

An excellent mile race followed this. **Kim Thomas** won with one of the five PBAs in the race. **Mickey Muroi**, **Kem Hassan** and both **Bob** and **Carolyn Fawcett** were the others. For good measure **John Smith** had the same personal mark as a race walker.

The main emphasis then switched to the javelin runway. Following the trophy throwers, reported elsewhere, our three from Bunbury took centre stage. **Steve** and **Dan** peppered the upper 40m area of the sector, each hoping for the elusive 50m. It was not to happen with Steve taking the honours at 47.74m.

WAAS – December 10

YOU will have read about **Matt Staunton's** exploits elsewhere in this issue. Another highlight in the field tonight was a state record for the prolific **Todd Davey**. We are currently blessed with a number of top throwers, as the results at the Worlds bear out. Todd's weight throw of 12.51m marks the fourth time he

has broken the M45 record this calendar year. SBs with the heavyweight also went to **Mal Clarke** and **Geoff Gee**, whilst **Ali Matautia** set new PBAs with both hammer and discus. **Andrew Ward** joined in the fun too – a new PBA with the discus.

Twins **Fran Cherry** and **Cathy McCloskey** also went home smiling. Fran had a season's best over 200m following a PBA in the long jump pit. Cathy's PBA came in the 60m dash. Add to this a 200m PBA for **Mark Dawson** – having a terrific season at both Strive and WAAS – and a storming 24.6s win for **Rudy Kocis** in the top 200m heat and you'll have a feel for what a superb evening's athletics we enjoyed tonight.

WAAS (Strive) – December 13

As the Strive season winds down towards the extended Christmas – New Year break, only a handful were at

WAAS tonight. **Glenn Ross** was our sole sprinter, but was pleased to clock two season's bests; 23.48s was his 200m time, and 11.76s in the straight sprint. **Melissa Foster** returned to competition for the first time since her double gold medal show in Brazil. Both jumps were only marginally less than the golden ones.

The other track event with MAWA interest was an 800m. **Xander van Rijen**, wearing his Joondalup colours, knocked another second off his M45 best with 2:04.46, whilst **John Collier** also ran a season's best.

Christine Schelfhout continues to improve week-by-week. Both shot put and hammer throw saw further increments on previous bests. **Andrew Ward** also joined in the fun with a PBA discus throw. And finally **Greg Wilson** broke out of the run of 1.35m high jumps he's been recording of late. His SB of 1.40m tonight was only 3cm below his best.



MARK DAWSON

Analysis of the results

Sensational Scott

WAAS (Strive) –
December 19

The final meeting involving MAWA for 2013 was a cracker! Highlight was a sensational series of 1500m races. **Sandra Voesenek** (4:45.52) slashed a full second off **Karen Gobby's** 1996 W40 state record in the top women's race. It was then the turn of the men. **Scott Tamblin** paced his race brilliantly. Sitting comfortably in the leading pack in fourth place, moving on to the shoulder of the second-placed runner at the bell and making his move with 200m to go. It looked as though he might take the race with 80m to go, but the leader just has enough to hold our M30 rocket. Scott's time of 3:51.35 is more than two seconds better than his previous state record. In January 2012 he was the first MAWA member ever to break four minutes, and now he is within sight of 3m50s.

There were a number of other highlights at WAAS tonight: **Matt Staunton's** 40th birthday celebrated with a hammer SR; **Michael Lee's** 9:07 steeplechase; **Glenn Ross** and **Rudy Kocis** both under 12s for the 100m; **Daniel Lowe's** PBA in the 5000m walk; **Melissa Foster's** 11.53m PBA in the triple jump; **Ali Matautia** setting PBAs with both discus and javelin; **Christine Schelfhout** continuing her improvement as she set three PBAs – discus, javelin and hammer; and **Greg Wilson's** hammer PBA.

What a fantastic close to 2013.

Scott Tamblin
heads around the
bend at WAAS.

WAAS – December 17

The presence of a mile race on the programme brought out a surprise tonight. **Bruce Wilson** returned for the first time since February. Along with **Michael Lee** (6:26), Bruce's 6:18 was also a PBA. **Grahak Cunningham** won the race, ahead of **Mark Dawson**. **Michael** closed a good meeting with another PBA of 3:53 for the one km race that closed the evening.

Sandwiched in between these was a 60m sprint and a 300m training run. Two heats of the short dash saw **Bernard Riviere** and **Lynne Choate** with line honours, Lynne a centimetre or so ahead of PBA-bound **Fran Cherry**. **Cathy McCloskey** set a new PBA behind Bernard in the top heat.

As well as a Trophy javelin event, the regular throwers completed a

conventional six-throw javelin. **Sue Coate** returned to the fold with a solid 23m throw. **Rob Shand** had a season's best, still about a metre short of his record from last season. But **Grahak Cunningham** (29.19m) showed that he can not only master runs over almost any distance, including cross-USA, but can also throw the javelin.

ECAC – December 19

There was a pretty good turnout at the final pre-Christmas meet at ECAC. A shortage of timekeepers meant a maximum of three runners in each 100m heat. **Colin Smith**, **Lisa Limonas**, **Julie Willmott** were heat winners. Three heats of the second sprint (200m) also kept us entertained. **Colin Smith** headed **Lisa Limonas** in the top heat, with **Carmel Meyer** and **Bob Schickert** taking the other heats.



LISA LIMONAS

Analysis of the results

Gay stars



Gay Wyatt was the star of the night at Ern Clark Athletic Centre.

ECAC – January 2

With many already en route to Bendigo, and some still recovering from the celebrations, there was a surprisingly good turnout tonight.

Star of the evening was undoubtedly **Gay Wyatt**. Chasing **Dot Jarvis'** W55 high jump record of 1.11m, **Gay** equalled her PBA of 1.10, but just failed to snatch the record by failing at 1.12m. She has one more chance in two weeks' time before turning W60 and going for that record as well! Earlier in the evening **Gay** has also set a new PBA in the long jump (3.52m).

Six others practised both high jump and long jump in preparation for the Trophy show-down later this month.

Probably the major highlight on the track tonight was **Michael Lee** knocking almost half a minute off his 5000m PBA, ably paced throughout by his son David. Several other visitors swelled the ranks, including a welcome return from Darwin-based **Bruce McGeorge**.

ECAC – January 9

Big numbers tonight, with a particular focus being the long jump. Recently bereaved **Les Beckham** manfully coped with 13 jumpers, and some spectacular distances too.

Top of the bill was **Greg Brush** with a season's best 5.70m; **Chris Neale**, after a year's absence, also leapt over 5m, with **Dave Wyatt** and **Campbell Till** not far short of that figure. **Rob Colton's** PBA and **Geoff Brayshaw's** SB were also noteworthy.

The women were out in force on the track, with a number of heats over each of the shorter distances being male-free. In the forefront was **Lisa Limonas**, one day short of her new age-group, but already signing in for tomorrow's age! **Kristy Devereux**, **Tina Runnion**, **Julie Willmott**, **Carmel Meyer** and **Rebecca MacKinnon** kept her company for much of the evening. **Robin King** seems to be shaking off her recent injury, but is still some way short of her best.

Amongst the men, it is good to see **Kem Hassan** continue to bring down his times. A new PBA over 800m was



Chris Neale leapt more than 5m after a year's absence.

tonight's new benchmark. The sprints brought a few tight finishes. There was some debate over the winner of the top 60m heat, with the chief judge's opinion giving it to **Colin Smith** over a resurgent **Campbell Till**. No doubt in

the longer 200m, with **Colin** the clear winner.

Only three throwers ventured forth this evening, but **Matt Staunton**, newly turned 40, made it a memorable one with a state record chucking the heavyweight.

Analysis of the results

Bert's back



Bert Carse heads down the main straight on his way to a 12min 15secs 3000m at ECAC.

ECAC – January 23

THIS was by some distance the busiest evening of the season so far, with close to 50 athletes in attendance. A good number were busy with Patron's Trophy business but there was plenty of top athletics in both track and field events elsewhere.

With twenty long jumpers keeping **Les Beckham** and his helpers busy, enough interest in the 800m still meant two full heats. **Kim Thomas** won the opening heat. The second heat also packed with good visiting runners, but **Kristy Devereux** was first member across the line with a PBA. **Colin Shaw** had a similar landmark in the first heat.

A plethora of SBs littered the results for the three 100m heats. Perhaps the most notable was the final (ladies') heat where all four set SBs. **Julie Willmott** was given the nod by the judges, but with the same time as **Maureen Kershwar** with the battle raging throughout the race.

A well-contested 3000m followed. It almost goes without saying that **Kim Thomas** won. However, most pleasing was a 12:15 run from **Bert Carse** on his return to the track. Bert has struggled with form of late but was back close to his best in showing that he will be a force to reckon with in the upcoming championships season.

Notable throws performances came from **Ossie Igel** with the discus (40.75m) and **Andrew Ward** with the heavyweight (10.19m). Each threw a new PBA, Andrew's being his first time over 10m.

ECAC – January 16

WITH two major Trophy events it was almost back to old times at ECAC tonight. Most of our Bendigo brigade had returned, so there was a vibrant atmosphere as medals were shown and stories told.

Many were off practising the high jump as the track opened with a 400m race. **Suzi Graves**, Little Athletics' coach and official, also newly joined MAWA member, gave us a taste of her abilities. She managed to separate **Kim Thomas** and son **Mitch Thomas** with a sound debut race, following this up later with an excellent 5:42 over 1500m.

With the high jump still the focus of attention, fields for the 2000m and

100m were quite small. **Kim** and **Mitch** led the longer race from start to finish. Then **Kim** eased ahead of **Rob Colton** in a season's best 14.8 to claim his third win of the night. (The "Kim clean sweep" followed in the Trophy 1500m.)

Only three jumpers occupied **Les Beckham** for the triple. However, there was quality, with **Colin Smith** just shy of 9m, **Rob Colton** jumping a PBA and **Fran Cherry** also producing a season's best.

Although the high jump was principally designed as a Trophy event, mention must be made of **Gay Wyatt's** 1.10m jump – tantalisingly short in her final attempt to break the W55 1.12m state record. She turns 60 before the next HJ competition.



SUZI GRAVES

Looking ahead

Sue Bourne puts everything into this jump at the Patron's Trophy long jump at Ern Clark Athletic Centre.

Australian Championships 2014
T&F and throws pentathlon, Launceston
Friday, March 7
Main championships, Hobart March 8-10

WMA World Indoor Championships
Budapest March 25-30

MAWA State Championships
Pentathlons – Saturday, March 15, WAAS
10,000m – Thursday, March 20, ECAC
2k/3k Steeplechase – March 25, WAAS
Main Weekend – March 29-30, WAAS