

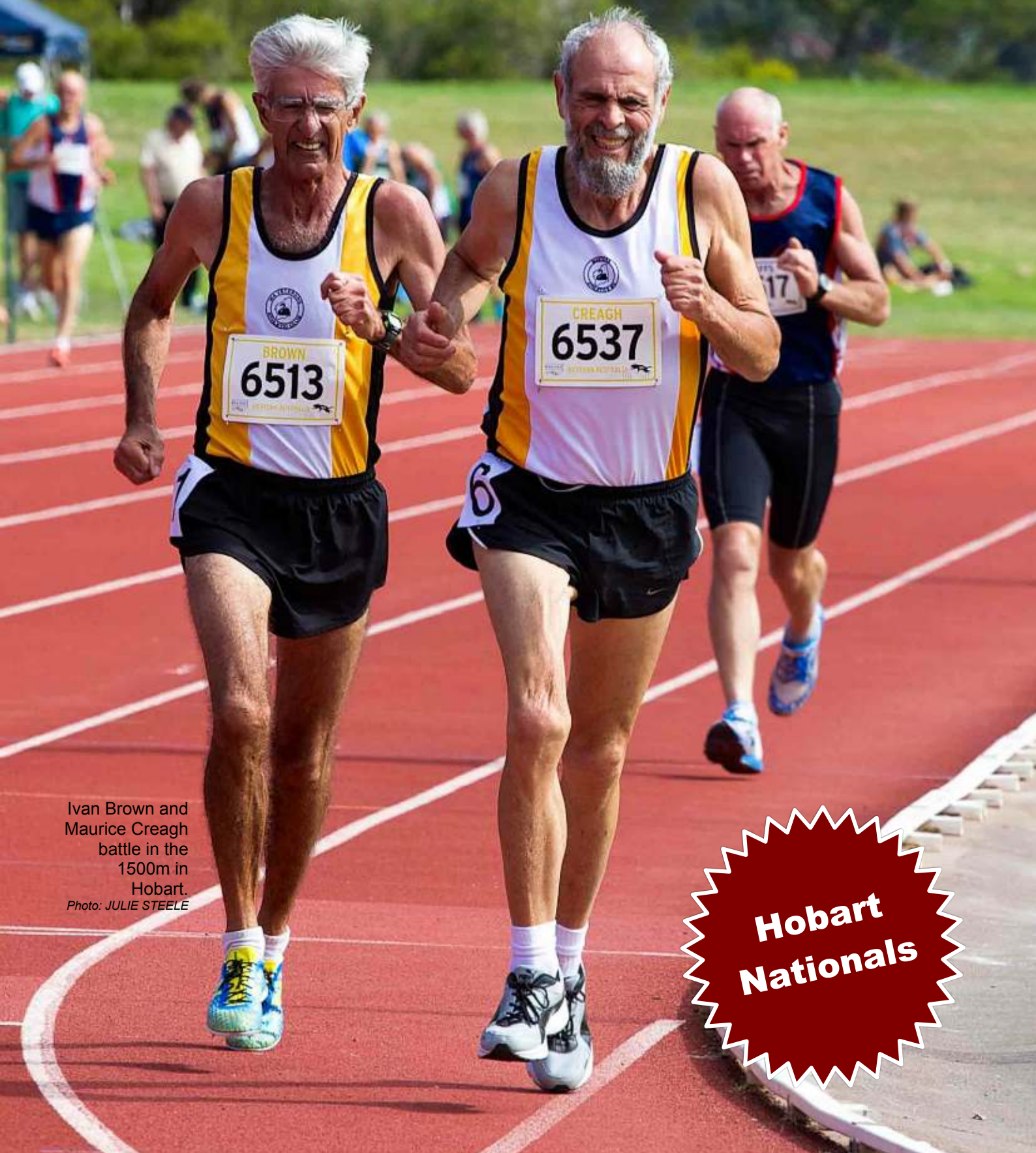
T F N L



Season 7 Issue 7

The Track and Field Newsletter of MAWA

April 2014



Ivan Brown and
Maurice Creagh
battle in the
1500m in
Hobart.

Photo: JULIE STEELE

**Hobart
Nationals**

Impressions

THE Tasmanians took risks with this one. It was early in the season, well before Easter, a curtailed programme, close proximity to the world indoors championships, backlash from throwers (no throw pentathlon), no pentathlon, and a belief (unjustified) that members were not consulted on changes.

The result? More than 500 entrants, a well-conducted competition and a smiling committee. The warm weather, a beautiful site and district and a chance to see the Museum of Old and New Art (MONA), one of Australia's great tourist destinations, were bonuses.

Any championship needs a huge workforce for planning and administration and conducting the events. It is to the hosts' credit that they gathered a hardworking and efficient crew.

The programme ran smoothly, with no undue delays and no protests. There were no wind readings for some of the 60m sprints. Medal ceremonies followed closely after events, where possible. If

The medal tally for the AMA Championships was:

State	G	S	B	T
NSW	121	112	78	311
TAS	90	76	67	233
VIC	87	51	37	175
QLD	54	41	25	120
WA	45	29	20	94
SA	31	27	24	82
ACT	24	13	11	48
NT	22	5	5	32

Official medal count does not include medals for MAWA members Don Chambers (4 gold, 3 silver, 1 bronze) and Todd Davey (2 gold, 2 silver, 1 bronze) who competed for Victoria and Tasmania.

At the Pentathlon held in Launceston MAWA members won 2 gold, 2 silver and 2 bronze medals.

there was a logjam after the final events, it was not as bad as usual.

Medal engraving was free. A pleasant surprise and appreciated.

We saw some super-stars in action, Bruce Gyngell added three metres to the Australian M50 shot record. Gianna Mogentale was me-

tres clear, again, in the champions sprint and Lavinia Petrie, W70, ran 5000m in 21:34. These are inspirational performances.

With a small pool of thirty-three athletes, Colin Smith and Carol Bowman took on the task of selecting relay teams. They recruited three. The women's 4x400 team provided a climax to the championships with their dramatic finish to claim their medal.

The social and awards evening was at Elizabeth Pier. Speeches were brief and presentations were brisk. Pictures of nominees were projected, winners were announced. Certificates and gifts were presented. Efficient. Food and service was excellent. Everyone had time to sleep before the next day on the track.

Our WA athletes were in fine form and very supportive and encouraging to each other. There were many medals, PBs, and some state records.

DAVID CARR

MAWA records set at Hobart

M80-84 100m

David Carr 17.20

M50-54 5000m Walk

Garry Hastie 24:59.28

W40-44 Pole Vault

Vicki Cobby 1.80m

M40-44 Throws Pentathlon

Matt Staunton 3249 pts

Women 4 x 100m relay

Sharon Davis

Vicki Cobby

Carol Bowman

Wendy Seegers

57.91

Women 4 x 400m relay

Carol Bowman

Vicki Cobby

Sharon Davis

Wendy Seegers

4:36.06



Cathy McCloskey,
Lynne and Bob
Schickert keep an
eye on MAWA
athletes from the
sidelines.
Photo: GARRY HASTIE

David wins top male athlete award



At the AMA dinner in Hobart David Carr won the Outstanding Male Athlete Award.

Our recipient has had a most outstanding year setting two world records, four Australian records and winning three world championship gold medals – the events being 400m, 800m, 1500m and steeplechase. When an athlete breaks a world record it is a great feat but when they break the record of one of the legends in the sport then it is a fantastic feat. Five years ago this situation occurred and during 2013 the same person repeated this same fantastic feat, breaking the 800m world record in their new age group set by the same legend.

Congratulations: David Carr M80 Western Australia

LEFT: David Carr with Charles Crowley after they finished first and second in the 100m.

Photo: JULIE STEELE



**ANDREW
TAYLOR**



MAIN PHOTO:
Wendy Seegers
strides out..
Photos: JULIE STEELE



NICK MILETIC



**IRWIN BARRETT-LENNARD
and DAVID CARR**

Sprints



My Nationals

WOW what a different experience than any National Championships I have ever competed in. From all the past competitions I have ever run, my experiences in running at Masters' competitions are the most pleasant ones. I really enjoyed the atmosphere of fellow competitors, the cheering on from people not only from your own state and the smiles and congratulations from athletes.

The relays were one of my favourite events and I was privileged to be in a super team, with super athletes. I ran the 60m, 200m and 400m and it went well. It was nice to meet some of the older athletes that hold the records, and nice to put a face to a name and to watch their progress as they grow older.

What a lovely time it has been to have my husband and kids there to cheer me along. The weather in Tasmania was lovely, everything was well organised and always a happy person to help if it was needed. I have met new faces, new friends and made new memories. Master athletics has something special to offer and I am glad to be a part of it.

WENDY SEEGRS

60m

Prelims

Colin Smith	M50	8.19	+1.7	q
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Finals

Andy Taylor	M35	7.60	nwi	4/6
Greg Brennan	M45	7.90	nwi	5/7
Colin Smith	M50	8.13	nwi	5/8
Nick Miletic	M60	10.09	nwi	6/6
David Carr	M80	10.73	nwi	SILVER
Wendy Seegers	W35	7.92	nwi	GOLD
Brenda Painter	W65	11.08	nwi	SILVER

100m

Prelims

Greg Brennan	M45	12.49	-0.5	Q
Colin Smith	M50	13.11	+0.9	

Finals

Andy Taylor	M35	11.96	-0.8	4/7
Greg Brennan	M45	12.56	-0.8	5/7
Nick Miletic	M60	16.06	+1.5	6/6
Don Chambers*	M75	15.53	-1.7	SILVER
David Carr	M80	17.20	-1.8	GOLD
Carol Bowman	W55	18.36	-0.2	5/5
Brenda Painter	W65	18.01	-1.5	SILVER

*Don Chambers is a member of MAWA, but ran for Victoria.

200m

Prelims

Greg Brush	M45	28.59	+0.2	Q
Colin Smith	M50	26.68	+2.0	q
Wendy Seegers	W35	29.03	+0.7	Q

Finals

Greg Brush	M45	26.62	-0.1	6/8
Colin Smith	M50	27.09	-0.5	7/8
Nick Miletic	M60	35.12	-0.9	6/6
Ivan Brown	M65	35.08	+0.0	5/5
Don Chambers	M75	34.45	nwi	BRONZE
David Carr	M80	34.73	nwi	GOLD
Irwin Barrett-Lennard	M80	41.31	nwi	BRONZE
Wendy Seegers	W35	25.74	+1.0	GOLD
Sharon Davis	W40	29.08	+0.9	BRONZE
Vicki Cobby	W40	30.19	+0.9	4/7
Brenda Painter	W65	40.23	nwi	SILVER

400m

Colin Smith	M50	59.37	4/8
Nick Miletic	M60	86.19	BRONZE
David Carr	M80	94.85	GOLD
Wendy Seegers	W35	60.01	GOLD
Sharon Davis	W40	64.17	GOLD
Vicki Cobby	W40	69.65	BRONZE
Carol Bowman	W55	82.72	BRONZE

800m, 1500m



SHARON
DAVIS



ROSCOE McDONNELL and
STEVE GILES



DAVID CARR

800m

Bjorn Dybdahl	M60	2:40.16	BRONZE
Nick Miletic	M60	3:35.36	5/5
Maurice Creagh	M65	3:08.71	7/8
Ivan Brown	M65	3:09.96	8/8
David Carr	M80	3:00.65	GOLD
Rosemary Giles	W35	2:47.08	BRONZE
Sharon Davis	W40	2:31.69	SILVER
Vicki Cobby	W40	2:58.34	BRONZE



MAIN PHOTO: Bjorn Dybdahl heads off the back straight in the 1500m.

Photos: JULIE STEELE

1500m

Rob Nichols	M35	4:31.08	SILVER
Steve Giles	M55	5:16.86	7/8
Bjorn Dybdahl	M60	5:14.13	4/6
Maurice Creagh	M65	5:57.48	6/10
Ivan Brown	M65	5:59.13	7/10
Bob Schickert	M70		DNF
David Carr	M80	6:31.59	GOLD
Rosemary Giles	W35	5:27.60	SILVER
Sharon Davis	W40	5:25.87	SILVER

My Nationals

AS this was my first experience of the nationals I didn't really know what to expect. Weather, track condition, level of competition, that sort of thing. So I ended up overpacking. First up was the 1500m on Saturday afternoon. Not my favourite event, but a good way to start.

The Sunday was always going to be tough. 5000m in the morning and a steeplechase in the afternoon. The 5000m was a very competitive race and I was pretty happy with my time. Thankfully I was the only M35 stupid enough to try and back up in the afternoon, so all I had to do was not get disqualified in the steeplechase and they would give me a gold medal. Steven Bradbury would be proud.

On the Monday I woke up feeling like my legs had huge lead weights attached to them, and there was the little matter of an 8km cross country race. So I crawled out of my room and made my way to the course, to which I thought after the event was as good a cross country course as I've seen. During the event I was thinking something completely different, with the course consisting of two laps of a circuit that was 2km downhill followed by 2km uphill. The last quarter of the race was clearly designed to impose great amounts of pain upon competitors.

Overall it was a fantastic experience. The track was in great condition (it would be a terrific surface for ECAC if the funding could be arranged), the facilities were good and from what I could see the event was well organised. The weather was also on our side, with generally fine conditions and light winds. The atmosphere of the championships was enjoyable. It was serious racing, but afterwards everyone seemed happy to have a friendly chat and a laugh about how we nearly stacked it on the water jump.

As a postscript, I was talking to David Carr on the first day and he was telling me how in addition to his usual middle distance events, he also entered the 100 metres as he 'wanted an event that he wasn't going to win'. Turns out he won the gold medal and broke the state record. I gather stories like that happen a lot at these championships.

ROB NICHOLS

5km, 10km

5000m

Rob Nichols	M35	16:35.80	SILVER
Bjorn Dybdahl	M60	19:59.97	5/5
Ivan Brown	M65	23:17.20	6/7
Irwin Barrett-Lennard	M80	28:44.50	GOLD
Rosemary Giles	W35	20:15.82	SILVER
Claire Walkley	W45	24:33.78	6/7
Carey Dickason	W60	27:35.32	SILVER

10,000m

Steve Giles	M55	39:25.27	SILVER
Irwin Barrett-Lennard	M80	59:34.39	GOLD
Rosemary Giles	W35	41:45.02	GOLD
Claire Walkley	W45	47:43.90	BRONZE
Julie Wilson	W60	55:57.37	GOLD
Carey Dickason	W60	58:40.63	SILVER

MAIN PHOTO: Carey Dickason heads Julie Wilson in the 10,000m. Julie went on to take Gold with Carey the Silver.
Photos: JULIE STEELE



IRWIN BARRET-LENNARD



STEVE GILES



CLAIRE WALKLEY



My Nationals

I HAD arrived in Hobart a week before my actual race to settle in and have a bit of rest and relaxation prior to racing. After the hot weather in Perth, it was somewhat of a relief to travel to a much cooler climate.

I knew Hobart well and had no difficulty in finding my way around having lived there until 1995 before moving to Perth. I spent the week up until I was due to run in the 8km cross country relaxing and spending time with my parents and friends. I also found time to venture up to the Domain track and train and watch the local Tasmanian masters compete in their inter club on the Wednesday.

On the Sunday, I registered for my event and collected my event "show bag" and met with some of my team-mates. It was great to see some familiar faces some of whom I had known from my younger days as a junior athlete in Tasmania still competing some 35 years on.

The day of my race arrived and I felt good but a little apprehensive as I had not run a cross country race for some 30 years. The cross country course had been very well explained and for me, it was as simple as just follow the faster runners in front of you and grit your teeth and hang on as best you could!!

The race started and a stampede of 100 plus runners charged out of the start line at the Domain Cross Roads Oval. With so many runners competing in this event, I was surprised that there did not appear to be any slips, trips or falls! The race ended and although I did not receive a medal, I was happy just to be a part of the event as it was another great experience in my career as a masters athlete.

I had enjoyed sharing conversation and memories with my colleagues. In addition, I also got satisfaction from seeing those athletes in my age group 45 years plus and older competing and enjoying their running. This summed up the true spirit of what being a masters athlete was all about!

Overall, my view of the nationals in Hobart 2014 was that they were quite well run and organised. I should point out that our small team of 35 or so athletes ranging in ages from 36-84 years (Average age of about 60 yrs old) did us extremely proud and I considered myself both fortunate and honoured to be part of such a hardy, gutsy and stoic team.

DAVID SOLOMON

8km Cross-country

Rob Nichols	M35	29:40	SILVER
David Solomon	M45	32:47	6/10
Steve Giles	M55	33:33	4/5
Michael Lee	M60	40:25	6/6
Irwin Barrett-Lennard	M80	49:42	GOLD
Rosemary Giles	W35	35:29	SILVER
Claire Walkley	W45	44:13	6/8
Carol Bowman	W55	45:09	GOLD
Julie Wilson	W60	48:41	GOLD

Steeple, hurdles

MAIN PHOTO:
Maurice Creagh
clears the steeple
during the 2000m
event.

Photos: JULIE STEELE



DAVID CARR



CAROL BOWMAN

Hurdles

80m

Don Chambers* M75 19.09 +2.3 **GOLD**
Vicki Cobby W40 14.86 +0.7 **SILVER**

300m

Nick Miletic M60 66.14 **BRONZE**
Don Chambers M75 62.00 **GOLD**

400m

Sharon Davis W40 68.45 **GOLD**
Vicki Cobby W40 74.57 **SILVER**

Steeplechase

3000m

Rob Nichols M35 11:00.33 **GOLD**

2000m

Bjorn Dybdahl M60 8:30.24 5/7
Michael Lee M60 9:29.79 6/7
Nick Miletic M60 12:08.53 7/7
Maurice Creagh M65 9:22.57 **GOLD**
David Carr M80 9:52.23 **GOLD**
Carol Bowman W55 11:01.45 **GOLD**
Julie Wilson W60 11:12.01 **GOLD**
Lynne Schickert W70 16:22.02 **GOLD**



Carey Dickason runs her leg of the 4x100m relay.

Photo: JULIE STEELE

Relays

4x100m

Sharon Davis, Vicki Cobby, 57.91 **BRONZE**
Carol Bowman, Wendy Seegers

Julie Wilson, Brenda Painter, 1:21.73 5/5
Lynne Schickert, Carey Dickason

4x400m

Maurice Creagh, Nick Miletic, 5:21.92 4/4
David Carr, David Solomon

Carol Bowman, Vicki Cobby, 4:36.06 **BRONZE**
Sharon Davis, Wendy Seegers

My Nationals

I HAD a good time in Hobart, but in some of my events there was not much competition.

The steeple was interesting to say the least. They had not finished off the water pit and there was just concrete in it at the deep end. Also the water jump was freshly painted with very slippery gloss paint.

Other people had complained about the water jump being a safety issue.

So they had organised an ambulance to park right next to it. Well, that really made me lose my confidence.

My foot slipped on the first water jump and I nearly fell in. I ran a (PW) personal worse, however I won the gold because I was the only one in my age group.

I had to choose between the cross country or the 800m because they were on the same day.

I chose the cross country because it was a very good course and challenging which I really enjoyed and ended up getting the gold.

Julie Wilson also won gold in her age group. Most of the other Perth athletes won medals. Nick Miletic ran his first long hurdles and won bronze.

Vicki Cobby also attempted the pole vault for the first time and won gold.

The most outstanding performances were from Wendy Seegers (W35), who won everything by miles.

Other good performances were from new member Sharon Davis (W40) who excels in just about every event.

We had a hard time trying to find relay teams with not enough runners.

It was Colin's and my job to try and make teams.

We managed to make up two 4x100m women's teams, two 4x400m women teams and one 4x400m male team.

We managed to get two bronze in the W170 4x100m and W170 4x400m. Runners were Vicki Cobby, Sharon Davis, Wendy Seegers and myself.

Cathy McCloskey had bad luck on the first day, injuring herself in the long jump.

Bob Schickert would have loved to run the cross country course but was injured.

The Hobart Nationals was really well organised but crammed into only two and a half days.

CAROL BOWMAN

Throws

Discus

Matt Staunton	M40 41.47	GOLD
Todd Davey	M45 39.40	GOLD
Andrew Ward	M50 30.07	5/8
Greg Wilson	M65 29.87	SILVER
Paula Kennedy	W45 25.90	GOLD

Hammer

Matt Staunton	M40 44.04	GOLD
Todd Davey*	M45 32.19	SILVER
Don Chambers	M75 23.41	GOLD
Paula Kennedy	W45 26.08	GOLD
Carey Dickason	W60 18.10	SILVER

Javelin

Matt Staunton	M40 41.77	BRONZE
Todd Davey*	M45 36.10	BRONZE
Garry Hastie	M50 37.80	SILVER
Andrew Ward	M50 35.12	BRONZE
Greg Wilson	M65 28.62	GOLD
Paul Kennedy	W45 27.20	GOLD

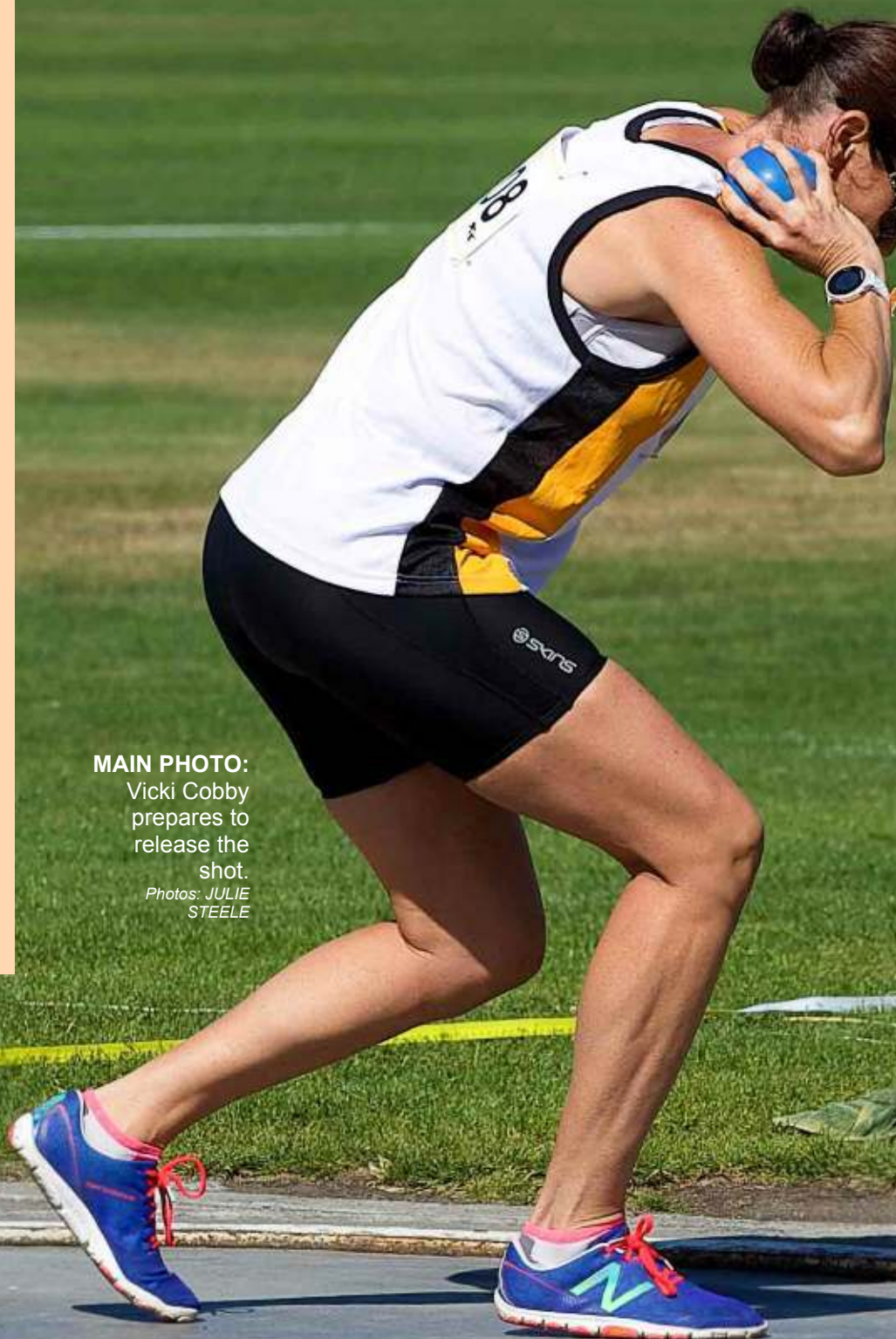
Shot

Matt Staunton	M40 11.60	GOLD
Todd Davey*	M45 11.74	SILVER
Greg Wilson	M65 8.78	SILVER
Vicki Cobby	W40 8.00	5/7
Paula Kennedy	W45 9.21	GOLD

Weight Throw

Matt Staunton	M40 13.57	GOLD
Todd Davey*	M45 11.05	GOLD
Don Chambers*	M75 11.14	GOLD
Paula Kennedy	W45 8.65	GOLD

**Todd Davey competed for Tasmania and Don Chambers competed for Victoria.*



MAIN PHOTO:

Vicki Cobby
prepares to
release the
shot.

Photos: JULIE
STEELE



Paula Kennedy (left), Robyn Smith (NSW) and Andrea Marshall display their medals.



Matt Staunton (right), Michael Mullarvey (centre) and Rodney Watson relax on the dais.

Jumps

MAIN PHOTO:
Lynne Schickert
sails through
the air in the
long jump.

Photos JULIE
STEELE



BRENDA PAINTER

High Jump

Garry Hastie	M50	1.38	BRONZE
Colin Smith	M50	1.35	4/5
Greg Wilson	M65	1.33	SILVER
Vicki Cobby	W40	1.30	SILVER
Brenda Painter	W65	1.02	SILVER

Long Jump

Greg Brush	M45	5.56	-0.9	GOLD
Don Chambers	M75	3.46	-1.5	SILVER
Vicki Cobby	W40	4.37	+0.4	GOLD
Cathy McCloskey	W50	3.63	+0.0	SILVER
Carey Dickason	W60	2.54	+0.0	4/5 PBA
Brenda Painter	W65	2.88	nwi	BRONZE
Lynne Schickert	W70	2.11	-0.6	GOLD

Triple Jump

Don Chambers	M75	7.66	+0.0	SILVER
Vicki Cobby	W40	9.49	+0.0	GOLD
Carey Dickason	W60	5.96	+0.0	BRONZE
Brenda Painter	W65	6.54	+0.5	GOLD
Lynne Schickert	W70	5.35	+0.3	GOLD

Pole vault

MAIN PHOTO:
Vicki Cobby sails over the bar to claim the gold medal and a State record in the pole vault.

INSET: Vicki receives instructions from Greg Wilson on the runway.

Photos: CATHY McCloskey



Greg Wilson	M65 1.90	SILVER
Vicki Cobby	W40 1.80	GOLD

MAWA medal winners are all smiles

**SHARON
DAVIS**



**KELLY ROSAS and
VICKI COBBY**



**GARRY HASTIE and
ANDREW WARD**



Walks



MAIN PHOTO:
Garry Hastie
during the 1500m
race walk.
Photos: JULIE STEELE



DAVID SMYTH and SIMON EVANS



**LYNNE
SCHICKERT**

1500m

Daniel Lowe	M35	8:25.26	GOLD
David Smyth	M40	7:04.86	SILVER
Garry Hastie	M50	6:43.78	GOLD
Lynne Schickert	W70	11:03.90	BRONZE

5000m

Daniel Lowe	M35	30:20.01	GOLD
David Smyth	M40	26:43.28	SILVER
Garry Hastie	M50	24:59.28	GOLD
Lynne Schickert	W70	38:30.94	BRONZE

10,000m road walk

Daniel Lowe	M35	1:01:28	GOLD
David Smyth	M40	0:57:47	SILVER
Garry Hastie	M50	0:51:50	GOLD
Lynne Schickert	W70	1:20:35	BRONZE

Pentathlon

Outdoor Pentathlon Launceston, March 7

Ian Cotton	M45	2107	SILVER
Greg Wilson	M65	1798	BRONZE
Julie Wilson	W60	1695	SILVER
Carey Dickason	W60	1616	BRONZE

Throws Pentathlon Launceston, March 7

Matt Staunton	M40	3249	GOLD SR
Todd Davey	M45	3041	GOLD
Andrew Ward	M50	2086	4/4

**Todd Davey competed for Tasmania*

Ian Cotton
prepares to
throw the javelin.
FILE PHOTO

My Nationals

MY preparation for the pentathlon was influenced by a book I read by Olympian and running coach Jack Daniels called *Daniels Running Formula*. The 1500m was my weakest discipline and I liked what Jack wrote about building the running muscles, increasing lactate threshold, improving aerobic capacity, developing speed and improving running economy. Along with specific training for the other disciplines, I adopted one of his middle distance programs finding it tough, but over 12 weeks it produced results.

Entering a pentathlon your mind is focussed on distances and times, however with 30m to go in the 200m I felt an unpleasant pull in my left hamstring. I immediately slowed down and kept going to cross the finish line. My pentathlon had in an instance

changed from competition to injury management. My first time for a hamstring injury and I was wondering if I could complete the event. Fortunately the discus was delayed so I had additional time to rest, elevate and apply ice kindly provided by St. John's Ambulance.

The discus one of my best disciplines was a nightmare. Three fouls with hamstring related issues. With the 1500m remaining I tested my hamstring with a warm-up and found that I could run but not at full race pace. I decided to run with the proviso that if it felt like it was further aggravating my hamstring I would stop.

There's nothing fun about knowing you are going to run at the back of the field. The gun fired and we were off. I was still running when the bell rang for the last lap and apart from a niggling soreness I decided to pick up the pace. I passed one competitor

with 200 meters to go and on the home straight picked up my pace again to pass another in the last 50 meters.

Pentathlon complete I headed to Hobart, optimistically thinking I would be fit for the 800 meters in two days time. The warm-up the morning of the race proved otherwise. My optimism re-channelled itself to cheering on MAWA athletes from the stand, and so many great performances by athletes from other states.

Tasmania proved to be a perfect location on and off the track. In particular, incredibly friendly athletes, a warm welcome and genuine interest from members of the general public, accompanied by a backdrop of beautiful scenery. The experience was definitely worthwhile and I look forward to next year's AMA championships, injury free, in Sydney.

IAN COTTON

