

T F N L



Season 9 Issue 3
NOVEMBER 2015

The Track and Field Newsletter of MAWA

Tracy Bauer sails over the bar in high jump competition at WA Athletics Stadium.

**Oceania
Champs
Photos
Pages 4-7**

Masters fly high

WMA checks out Perth

**1 YEAR
TO GO**



Wilma Perkins, Lyn Ventris and Lynne Schickert



Stephen Stingemore (left) with Dominic Staltari (centre) and Jake Trewin.

Function marks milestone

A One Year to Go Celebration for the Perth 2016 World Masters Championships was held at the Bell Tower on October 26, with speeches from Tourism WA Executive Gwyn Dolphin, WMA President Stan Perkins and MAWA athlete Lyn Ventris.

The one year to go WMA Inspection Visit was held over three days in late October. The WMA team consisted of Stan Perkins, Sandy Pashkin, Serge Beckers and Margit Jungmann. The WMA team worked with the Local Organising Committee team to review the athletics schedule and make some minor changes. The revised programme will be put on the Perth 2016 website.

Arrangements for the Athletes Party at Perth Zoo have been firmed up

The travel agent contract was awarded to Motive Travel. Agreement on rates has been reached with 10 hotels, and discussions ongoing with more than 20 hotels.

Around 1700 athletes have signed up to the Perth 2016 facebook page

Engineering reports on the Ern Clark hammer cage have been received. Decisions on the actions required by Perth 2016 should be made by year end.

For ongoing updates on the championships keep an eye on the Perth 2016 Facebook page.



ABOVE: Local Organising Committee head Richard Blurton catches up with WMA's Margit Jungmann.



LEFT: Supporting the event were MAWA legends John Gilmour (left), Lyn Ventris and David Carr.



Gwyn Dolphin, Executive Director Events, Tourism WA and WMA president Stan Perkins show off the Perth 2016 cakes.



Island feast

Hi all,

Just a quick run down on the Oceania Games in Rarotonga Cook Islands.

After arriving via Auckland, we landed at Rarotonga airport to the sounds of island music and a very happy atmosphere, receiving a lei as we left the airport as we ventured to our hotel at the Edgewater Resort. After collecting our hire car, which turned out to be the best option due to some inclement weather, a motor bike was not a good option, although it didn't seem to worry the locals. We were told the only road rules were "stay left", the speed limit around the island is 50 kmh, if you were riding a motor bike without a helmet it was 40 kmh.

The championships started on the Monday and we were amazed at how smoothly they ran, all events were on time and run very efficiently. The meeting attracted 102 athletes from Australia, 43 females and 59 males, of these 12 were from WA. NZ 106, Cook Islands 31, Solomon Islands 6, French Polynesia (Tahiti) 1 and the Czech Republic 1.

All our athletes performed with distinction. Even my partner Gail Castensen entered the 60m, 100m and Pentathlon and came away with a silver medal. Her first completion — well done.

The weather was mostly fine around 26C with a couple of rainy days.

The people of Cook Islands are very friendly and welcoming, the atmosphere of the Islands is very easy paced and relaxing. There is a thing in the Cook Islands known as Cook Island 'Time', when it happens it will happen. We had a marvellous time and would recommend a holiday in the Cook Islands put it on your Bucket List.

Nick Miletic and Gail

PS: The dancing girls were fantastic



Bev Hamilon won a silver medal for the javelin.

Photos: JEAN HAMPSON



Mark Siyver, Gillian Young, Nick Miletic and Gail Castensen check out the action on track.



Oceania Track and Field Championships 2015, Cook Islands



Nick Miletic and Ian Cole battle in the hurdles. Nick went on to win gold in the M60 event.

Photo: JEAN HAMPSON



Todd Davey shakes hands with Laini Inivale after winning another gold medal.

Photo: JEAN HAMPSON



BEV HAMILTON



MARK DAWSON

Oceania Track and Field Championships 2015, Cook Islands



Gail Castensen (left) throws the javelin in the pentathlon. Lynne Schickert (below) shows off her medal.

Photos: JEAN HAMPSON



Place **W70 Lynne Schickert**

2 10,000m walk	1:24.58
3 Triple Jump	4.34m (+1.4)
6 60m	15.38
3 Long Jump	1.89m (-1.2)
2 5000m walk	39:37.90
1 High Jump	0.91m
2 3000m walk	23:49.23

3 Shot Put	8.98m
2 Weight Throw	8.77m
2 Throws Pentathlon	2174

1 WeightThrow	14.32m
1 Throws Pentathlon	3729

Place **W65 Bev Hamilton**

2 Javelin	17.55m
2 Weight Throw	10.20m
1 Shot Put	7.91m
1 Hammer	26.30m
1 Discus	22.43m
1 Throws Pentathlon	3296



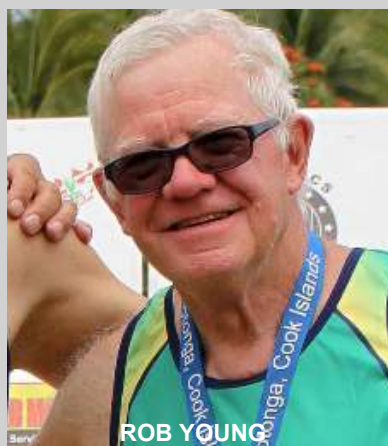
TREVOR SCOTT

Place **M50 Andrew Ward**

3 Discus	28.71m
3 Javelin	34.09m
3 Javelin	34.09m
3 Shot Put	8.88m
2 Weight Throw	10.20m
2 Throws Pentathlon	2334

Place **M55 Trevor Scott**

7 Javelin	23.03m
1 5000m	18:48.58
2 800m	2:28.33
1 8km cc	33:15.16
1 1500m	4:57.45
1 3000m steeple	12:16.42



ROB YOUNG

Place **M70 Rob Young**

2 Discus	23.07m
2 Hammer	18.91m

Place **M45 Todd Davey**

1 Discus	44.56m
1 Javelin	37.17m
1 Hammer	38.03m
2 Shot Put	13.57m

Oceania Track and Field Championships 2015, Cook Islands



Bjorn Dybdahl (left) and Trevor Scott (below) won gold medals in their steeple chase events.

Photos: JEAN HAMPSON



NICK MILETIC

Place M60 Nick Miletic

1300m Hurdles	69.18
360m	10.18 (+0.7)
68km cc	48:55.97
1 High Jump	1.15m
4 100m	16.90 (-2.4)
2 200m	36.01 (-0.3)
4 Pentathlon	1252

Place M60 Bjorn Dybdahl

15000m	20:55.49
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1 800m	2:37.04
3 8km cc	36:08.77
1 2000m steeple	8:29.67
2 400m	70.90

Place M70 Bob Schickert

5 5000m	30:47.06
8 8km cc	56:54.44

Place M50 Mark Dawson

3 5000m	20:56.39
2 800m	2:29.62
2 8km cc	35:35.69
2 1500m	5:19.19
5 400m	65.50

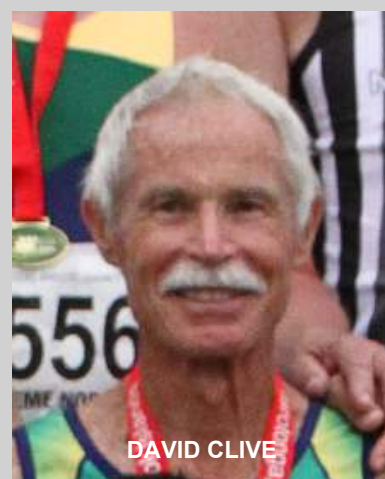
Place W60 Gail Castensen

5 60m	12.30
4 100m	20.80 (+0.1)
2 Pentathlon	915

Place M75 David Clive

1 60m	9.33 (1.3)
1 100m	15.82 (-1.9)

2 Long Jump	3.76m (-2.1)
1 200m	32.32 (+0.2)
1 Triple Jump	7.35m (+0.8)
1 400m	1:26.29



DAVID CLIVE

M30+ 4x100m relay 240+ years

- 1) Sinclair, James 67.20
- 2) Clive, David
- 3) Nick Miletic
- 4) Howden, Keith



Farewell to a gentleman

MAWA club member Don Chambers passed away after suffering a heart attack while holidaying in Rome.

Don lived in Rutherglen, Victoria and was also a member of the Victorian Masters. Despite living in Victoria he would often visit Perth to compete. He also competed at masters' events around the world where his late wife Margaret would check his progress from the stand.

Don loved athletics and excelled in hurdles at Scotch College when he was young which continued when he ran masters. He even had a 400m track between the grape vines on his brother's vineyard.

His passion for the community was evident with involvement as a councillor with the Indigo Shire and the Keep Australia Beautiful organisation.

IAAF names top Masters for 2015

Western Australia's David Carr was named as second placed athlete in the IAAF Male Masters Athlete of the Year which was won by Great Britain's David Heath.

Germany's Silke Schmidt was named the Female Masters Athlete of the Year with Australia's Lavinia Petrie third.

Heath won the M50 800m and 1500m events at the Lyon World Championships in August and set a world record in the 1500m.

Schmidt dominated the W55 800m, 1500m, 5000m, 10,000m and half marathon at the championships. The German distance runner broke the world

records in both the 10,000m and half marathon.

After the Lyon championships, Heath won the masters 800m event at the IAAF World Championships in Beijing.

The two athletes will receive their awards at the IAAF Gala event to be held at Monaco at the end of November.



DAVID CARR



DAVID HEATH



SILKE SCHMIDT

ROLL OF HONOUR

Bev Hamilton	W65	Javelin	5/10/15	17.55m	SR	Sylvia Byers	W80	1500m walk	5/10/15	11:33.38	SR
Todd Davey	M45	Weight	4/10/15	14.37m	SR	Todd Davey	M45	Shot	22/10/15	14.83m*	SR
Sylvia Byers	W80	3000m walk	4/10/15	23:48.52	SR	(*Now ratified)					

Todd sets the pace



Todd Ingraham leads the field at the start of the 10,000m at West Australian Athletics Stadium.



By JOHN DENNEHY

A power failure threatened the 10km at WAAS as for safety considerations lights were needed for the event. This was averted as, when Carmel Meyer arrived to help with the race, the lights came on. Coincidence? I think not! This is the first event in the Patron's Trophy. David Adams and Ivan Brown were unable to complete the event and the field was down to four athletes very early on.

Todd Ingraham (M40) set off looking fit and focused. A former State marathon champion and M35 Record holder at

2:32.42, he always looked in control even picking up the pace substantially in the last lap, to post an impressive time of 35:38, an age-graded performance of 78.77%. The smooth-striding **Steve Weller** (M40) ran at ECAC on Thursday (39:14) but easily bettered this with a 38:24.3. **Mark Dawson** (M50) ran an even paced race gaining an age-graded percentage of 69.04 and **Irwin Barrett-Lennard** showed great courage and determination in producing a time of 69:55 - 73.50%

Help from Jackie Halberg, Carmel Meyer and Delia Baldock was greatly appreciated.



10,000m

ECAC October 15

			% pts
Kim Thomas	M40	36:20.9	77.24
Steve Weller	M40	39:14.7	71.00
Sue Bourn	W45	45:45.8	72.95
Karyn Tolardo	W50	51:47.4	66.09
David Carr	M80	53:42.4	86.63
Bob Fawcett	M65	72:08.6	47.90

WAAS October 20

			% pts
Todd Ingraham	M40	35:38.4	78.77
Steve Weller	M40	38:24.3	72.55
Mark Dawson	M50	45:03.5	69.04
Irwin Barrett-Lennard	M85	69:55.1	73.50

Night moves

David Carr rounds the bend on his way to collecting 87.09 points for the 3000m at Ern Clark Athletic Centre.

By JOHN DENNEHY

A wide spread of age groups was represented in the 3000m. Dr Andrew Brooker (one of four doctors competing at WAAS tonight!) led out strongly and was never in any danger of being beaten.

He relentlessly lapped the track in a powerful display of focus and

determination in an effort to put early points on the board, scraping under 11 minutes for the journey and being rewarded a 73.88%.

Last year David Carr beat him in this competition by the slimmest of margins and he is endeavouring to prevent this occurring again recording 87.09% at ECAC on the previous Thursday.

At WAAS, David Adams ran 13.34 for 56.76% and Ivan Brown's solid effort (14:19.2) gained him 69.97%.

Usually seen race walking Karyn Tolardo's sub 15 minutes run gained her a valuable 65.71% while John Dennehy's slight improvement on Thursday's effort gained him a % of 55.79.



3000m ECAC October 22

			% pts
Todd Ingraham	M40	10:02.4	77.87
Kim Thomas	M40	10:15.8	76.17
Kepper Knudson	M35	11:57.2	63.06
Sue Bourn	W45	13:01.6	73.36
Carol Bowman	W60	14:43.9	76.25
David Carr	M80	14:52.6	87.09
John Dennehy	M55	15:56.3	55.27
Bob Schickert	M70	16:43.6	62.36
Janne Wells	W45	17:11.6	54.90
Bob Fawcett	M65	19:17.8	49.87
Lynne Schickert	W70	24:22.9	57.93

WAAS October 27

			% pts
Andrew Brooker	M45	10:59.7	73.88
David Adams	M35	13:34.2	56.76
Ivan Brown	M70	14:19.2	69.97
Karyn Tolardo	W50	14:54.9	65.71
John Dennehy	M55	15:47.4	55.79

Patron's Trophy

In her first shot put competition, Karyn Tolardo managed a very useful 36.36 age graded percentage with a put of 5.93m. David Adams gained 21.34% and Todd Ingraham (nicknamed 'Little Todd' for the evening) went way out of his comfort zone in even competing, receiving 31.50%. Silke Peglow, despite injury from the long jump, produced a 30.13% performance. Highest percentage in the event went to Paul Foley (M50) with his put of 9.66m giving him a score of 47.92%.

The previous Thursday David Carr once again topped the points score with a 49.09 point round. Bob Schickert recorded a 34.72 points throw at ECAC.

Lynne Schickert headed the women's results with 48.48 points from Sue Bourn's 40.25 points.



LYNNE SCHICKERT



Sue Bourn keeps her balance during the Patron's Trophy shot put round at Ern Clark Athletic Centre.



KEPPER KNUDSON



DAVID CARR

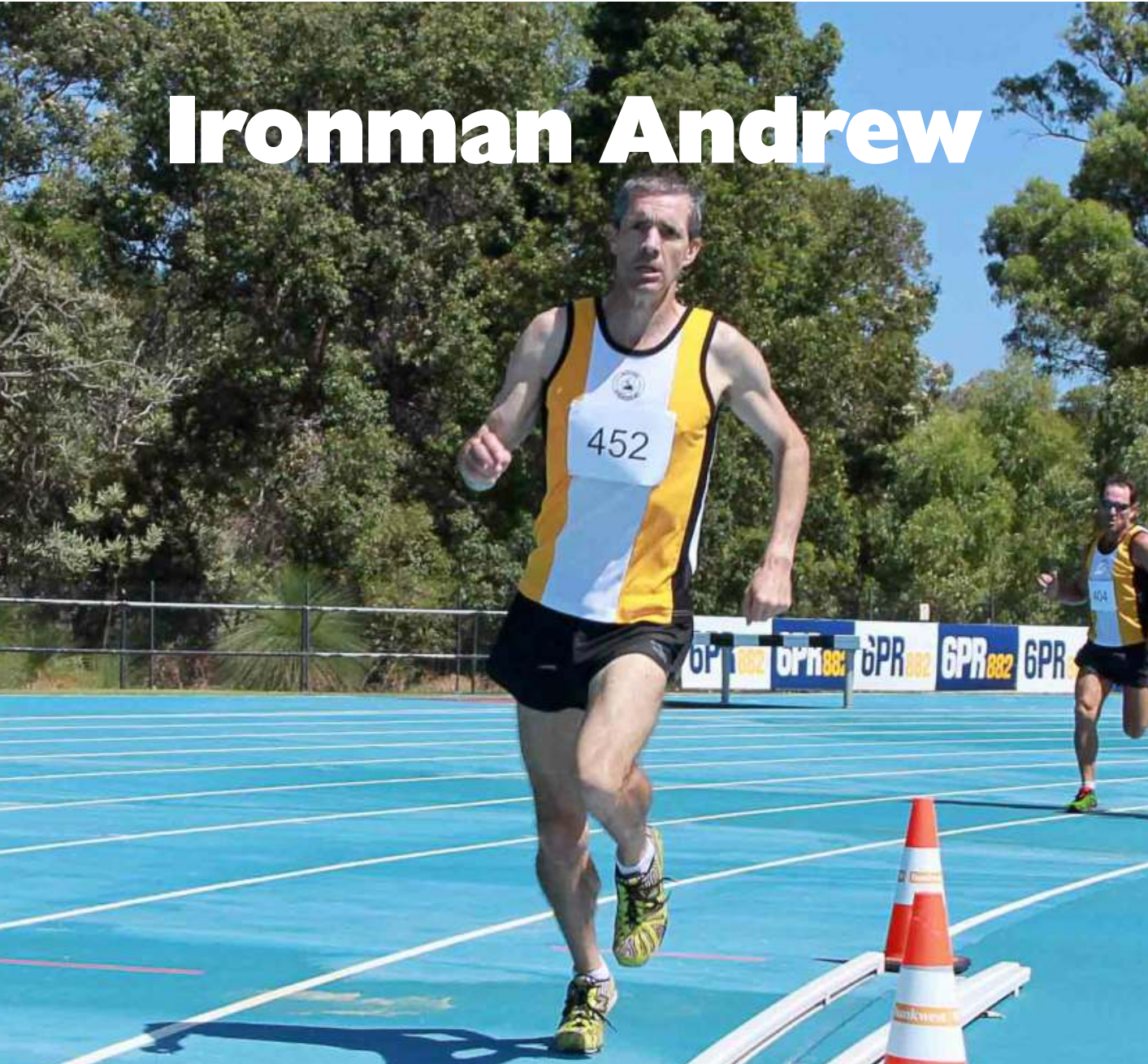
Shot ECAC October 22

			% pts
Kepper Knudson	M35	7.48m	32.52
David Carr	M80	6.45m	49.09
Sue Bourn	W45	6.40m	40.25
Bob Schickert	M70	5.67m	34.72
John Dennehy	M55	5.65m	31.83
Carol Bowman	W60	5.13m	38.06
Lynne Schickert	W70	4.62m	48.48

WAAS October 27

			% pts
Paul Foley	M50	9.66m	47.92
Todd Ingraham	M40	6.98m	31.50
Karyn Tolardo	W50	5.93m	36.36
John Dennehy	M55	5.39m	30.37
Silke Peglow	W45	4.92m	30.13
David Adams	M35	4.83m	21.34

Ironman Andrew



ANDREW Brooker has had an extensive athletics career but for Patron's Trophy devotees he is spoken of in glowing terms as 'that guy' – the man who in 2014 came tantalizingly close (less than one point) to wresting the trophy from superstar David Carr.

Andrew was born in Sydney, spent formative years in Canberra and moved to Perth during high school. He is married with two children and is happy to have had his 'support crew' with him at two World Champs and seven Nationals.

Andrew has an intriguing and varied career history – stints at Universities in Perth and Germany, a position in the UK for a Nuclear Power company, a primary school



In focus

With Carmel Meyer

Phys Ed teacher and his current position for Iron Ore miner Fortescue Metals Group (FMG) doing groundwater analysis.

At the tender age of five Andrew joined Belconnen Little Athletics in Canberra. He continued through until U13s when he joined Belmont Athletics Club in WA and was coached by Peter Muller (whom many current Masters athletes probably know of). Andrew's favourite events in those days were Long Jump, 800m and 1500m walk. Junior highlights included making the

Australian Championships qualifying time for 400m hurdles and completing his first Decathlon in high school.

Andrew's children are now in Little As so he has spent Saturday mornings over the past five years coaching and officiating.

Stress fractures in his back and then in his feet at the end of high school led Andrew into swimming and cycling. The natural progression was into Triathlon which Andrew competed in during his 20s and 30s. During that period, he completed two Ironman and seven half Ironman triathlons as well as two sub-3 hour marathons.

CONTINUED NEXT PAGE

Searching for another goal

FROM PREVIOUS PAGE

In 1999 whilst still in the UK, Andrew returned to athletics at Gloucester Athletics Club. He says he really enjoyed the interclub league competitions and got to do events no one else wanted to do- 400m hurdles, 3000m Steeple, Pole Vault and Javelin. *"That suited me fine!"* says Andrew.

Leaving the English weather behind Andrew got back into triathlon on his return to Perth. Then his friend Katrina Spilsbury (editor of Vetrin 1999 and 2000) convinced him to join Masters. He has been hooked ever since!

The 800m is Andrew's pet event and the one he focuses most of his training around. He says he likes 800m training as he feels it allows him to race at pretty much any distance with only a few modifications to his program. There are multiple ways to train for 800m which keeps things fresh and interesting. Andrew says the most important thing is to be consistent and stay injury-free.

From his earliest days in Little As Andrew can remember the thrill of achieving goals and striving for PBs. He believes that the great thing about competing in so many different events is that every year there is still a 'soft' PBA in one event or another to aim for. And he thinks age-grading tables are fantastic for goal setting. This season Andrew has two goals. One is to build a good aerobic base; the other is to find a way to compete more often in throws and jumps without injuring himself. Let's hope that if Andrew discovers the latter he will bottle it and sell it to the walking wounded among us! Andrew has the Perth World Championships in his sights and will assess his 2015 season before deciding what to focus on for 2016.

Andrew truly is an all-rounder so we will no doubt see some great performances from him in this year's Patron's Trophy. Any events that still beckon?

"Well, I guess I still have the Walks to get back to and the Hammer throw to master!"





Speed

Speed – what does it mean? Speed is obviously the most important fitness component for a sprinter and if you asked most people they would visualise Usain Bolt running a very fast 100m. A definition of speed is the distance travelled divided by the time taken. However speed relates to each discipline of athletics and is undoubtedly defined a little differently for each area. From a sprinter's view point speed can be defined as how quickly we can move across the ground for a given distance. For throwers it relates to the speed of the arm in the throwing movement as well as maximising the approach to the throw. Jumpers need to have optimal speed at take off. Distance athletes require speed endurance.

There are several components relating to speed and they are relevant to the different disciplines. Reacting quickly to the gun and the subsequent starting speed are



the edge

With Margaret Saunders

essential for a sprinter. Acceleration to top speed then occurs and the sprinter attempts to maintain this top speed for as long as possible. The approach is unique to each throwing event. During the approach it is imperative to generate speed into the implement prior to and during the release by acceleration of the thrower's arm and hand. The maximum velocity should be reached as the implement is released.

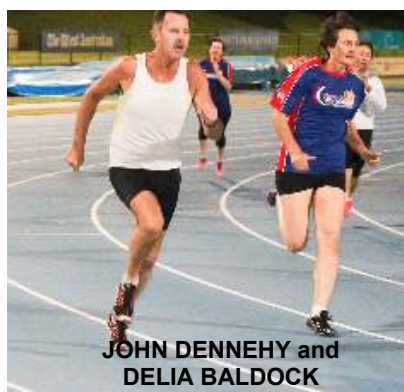
Jumpers need the approach to be as fast as possible but at a speed at which they can control their take off. Acceleration in the final strides will ensure approach speed is maximised. Optimal speed should

be reached rather than maximum speed so as to convert this into a vertical or horizontal direction during the take off.

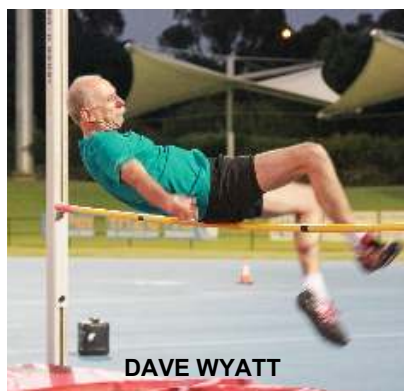
Endurance training or aerobic training is probably the most important fitness component for distance athletes. If the athlete only runs slowly in training, then it generally follows that race pace will be at a similar slower pace. Some training has to be undertaken at quicker than race pace. Speed endurance sessions are essential for middle distance athletes right up to marathon runners.

For athletes who have included very little speed training into their training sessions, caution must prevail. If speed training is added, injuries may occur due to the greater stress placed on the body if the athlete does not gradually add this component to the training sessions. Correct technique will also help reduce the risk of injury.

TUESDAY NIGHT ACTION AT WAAS



JOHN DENNEHY and
DELIA BALDOCK



DAVE WYATT



Fiona Leonard
and David
Adams stride out
at the start of an
800m at WAAS.

2015-2016 Summer Track and Field Programme

Tuesday at WA Athletics Stadium, Mount Claremont

\$6.70 (\$3.60 for senior card holder) entry to WAAS. \$2 visitor fee – pay at sign in table by finish line

Please note starting times. Patron's trophy triple jump, high jump and long jump start at 6pm

Patron's Trophy: The Patron's Trophy (marked with an asterisk on programme) start on Thursday, October 15. Athletes compete in a minimum of ten events and a maximum of 14. Points from their best ten events are added to achieve a total score. The same event from Tuesday and Thursday cannot count twice. The ten events must include three field events, including at least one jump and one throw.

		WAAS STARTING AT 6.30pm						STARTING AT 7.15pm	
TUES		event 1	event 2	event 3	event 4	jump	field 1	field 2	steeple
Nov 15	03	100	1000	400*	5k r/w	TJ	weight throw	javelin	
	10	200	800	100*	3k r/w	HJ	shot	Discus*	2k steeplechase
	17	300	1500 r/w	60	5k*	LJ	weight throw	hammer	
	24	200	3k r/w	100	800*	TJ*	shot	javelin	
Dec 15	01	400	3k r/w	60	1500*	HJ*	weight throw	discus	
	08	60	800	5k r/w	200	LJ*	shot	hammer	2k steeplechase
	15	100	1 mile	200*	3k r/w	TJ	weight throw	Javelin*	
	22	100	1500	60	3k r/w	HJ	shot	discus	
Jan 16	05	60	800	100	5k r/w	LJ	weight throw	hammer	
	12	200	1500 r/w	400	3k r/w	LJ	shot	javelin	2k and 3k steeplechase
	19	100	800	60	3k r/w	HJ	weight throw	discus	
	26	200	1500	60	5k r/w	TJ	shot	hammer	
Feb 16	02	100	1500 r/w	400	3k r/w	LJ	weight throw	javelin	2k steeplechase
	09	200	1500 r/w	60	3k r/w	HJ	shot	discus	
	16	200	600	100	5k r/w	LJ	weight throw	hammer	
	23	100	400	60	3k r/w	LJ	shot	javelin	2k and 3k steeplechase
Mar 16	01	60	800	200	3k r/w	HJ	weight throw	discus	
	08				WAAS	NOT	AVAILABLE		
	15	60	800	400	2k r/w	LJ	weight throw	javelin	STATE CHAMPS 2k/3k steeplechase
	22	100	1 mile	300	3k r/w	HJ	shot	discus	
	29	200	400	100	5k r/w	LJ	weight throw	hammer	

THURSDAY NIGHT ACTION AT ECAC



2015-2016 Summer Track and Field Programme

Thursday at Ern Clark Athletic Centre (ECAC), Wharf Street, Cannington

\$3 club members, \$5 visitors

ECAC STARTING AT 6pm

THURS		event 1	event 2	event 3	event 4	jump	field 1	field 2
Nov 15	05	200	800	100*	3k r/w	TJ	discus*	shot
	12	300	1500 r/w	60	5k*	LJ	javelin	weight throw
	19	200	3k r/w	100	800*	TJ*	discus	shot
	26	400	3k r/w	60	1500*	HJ*	shot	weight throw
Dec 15	03	60	800	5k r/w	200	LJ*	javelin	weight throw
	10	100	1 mile	200*	3k r/w	LJ	javelin*	shot
	17	100	1500 r/w	60	5k r/w	TJ	discus	javelin
Jan 16	07	200	1500 r/w	400	3k r/w	LJ	javelin	shot
	14	100	800	60	3k r/w	LJ	discus	weight throw
	21	200	1000	60	5k r/w	TJ	javelin	shot
	28	100	1500 r/w	400	3k r/w	LJ	discus	weight throw
Feb 16	04	Pentathlon + 200, 1500, 60, 2k				LJ	javelin	shot
	11	200	600	100	5k r/w	TJ	discus	weight throw
	18	100	400	60	3k r/w	LJ	javelin	weight throw
	25	60	1500	200	3k r/w	LJ	discus	shot
Mar 16	03	60	800	200	5k r/w	TJ	javelin	weight throw
	10	200	1500	100	****	LJ	discus	shot
	17	60	400	100	3k r/w	LJ	javelin	weight throw
	24	100	1 mile	300	2k r/w	TJ	discus	shot
	31	100	600	200	5k r/w	LJ	javelin	weight throw

**** State Championships 10,000m (start time to be announced after close of entries)

State Championship dates: Pentathlon – Saturday, March 12 at ECAC. Main weekend – March 19-20 at ECAC

ECAC – October 1

An unseasonably warm day resulted in a perfectly warm still evening for the start of the summer season at Ern Clark Athletic Centre (ECAC). Some came along to try out the new track.

An injured Colin Smith did the housekeeping, using the new blower to remove leaf debris from the track while everyone warmed up and then evergreen starter Tom Lenane got the programme underway. Brenda Painter visited from Walpole, new Sunday runner Phil McSwain hit the track with gusto, Boston marathoner Trish Farr was eager for the 5000m to start, Peter Barrington returned to MAWA after an absence and the Schickerts had a last outing before leaving for the Oceania competition. All except the walking wounded were happy to be back. There was some disappointment that the winter post-comp. cuppa was no more.

ECAC – October 8

New member Kepper Knudson came away with a first and second at Thursday night competition held at Ern Clark Athletic Centre.

The 400m was the first event of the night and Kepper scored a convincing victory from Rob Colton and Fiona Leonard to stop the clock at 64.1 seconds. In the 1500m Kepper (5:39.9) placed second to visitor Rob Catrall (5:19.7).

Rob Colton had a busy night running in all events. He won the 200m in 31.2s, placed second in the 400m (68.9) and the 3000m (12:24.4) and third in the 1500m (6:07.3).

Season kicks off



Kepper Knudson strides out down the back straight in a 400m at Ern Clark Athletic Centre.

WAAS – October 6

By JOHN DENNEHY

Perfect conditions at WAAS welcomed a fit group of Masters athletes back for the first night of track and field for the 2015/2016 season. In front of her parents-in-law, husband and children, **Wendy Seegers** (W35) produced a smooth and stylish run of 12 seconds even in the 100m. It is worth noting Wendy will be entering a new age group for Worlds in Perth 2016. **Mark Elms** (M45), fresh from exploits in Lyon which included a 53.9 relay split, took second in 12.4.

Nicola Hibbert (W35) took out the second heat in 14.4 with new member **Paul Foley** (M50) benchmarking a 14.8.

Andrew Brooker (M45) led from 'go to whoa' in the 600m striding it out in a 1:43.6 followed by Mark Elms in 1:47.4 and meet organiser **Campbell Till** (M55) sneaking under 1:50 by a tenth of a second.

First-time father-to-be, **Lee Stergiou** (M40), looked strong in 1:52.7, later backing up with a sterling long jump in 4.97m. **Rebecca Stergiou** competed in a range of events last season and we wish her the best of health in her pregnancy. **Suzi Graves** (W45) looked as strong as always recording 1:56.9 followed by visitor **Jane Lockwood** in 1:59.1.

David Adams (M35) led the 5km runners home in a brisk 23:21.1. **Danielle Baldock** (W35) showing the benefits of doing some Park Runs followed in 26:51.9 with **John Dennehy** (M55) in 28:24.6. **Juliana Kelly** (W50) showed improved fitness in producing a 3km run in 15:38.9 behind **Suzi Graves'** solid 12:32.1.

Wendy took out the 60m to the raucous cheering of her family in 7.6 courtesy of her usual exceptional start, with other notable performances by **Mark Elms** (8.0), **Lee Stergiou** (8.4), **Nicola Hibbert** (8.9), **Juliana Kelly** (9.7), **Fran Cherry** (10.1) and **Geoff Brayshaw** (M65) 9.4.

Bumper field lines up for 400m

By JOHN DENNEHY

Sixteen athletes lined up for the one lap event at WAAS (Where All Athletes Suffer) in windless conditions. Once again Wendy Seegers (W35) ran aggressively to assert her dominance on the field and produced a 57.7 in a masterclass of controlled sprinting. Lee Stergiou (M40) came home strongly to record 58.1. Nicola Hibbert (W35) took out the next heat running sub 70 (69.7) followed by Jane Lockwood (72.2), Juliana Kelly (81.4) and former South Australian pole vaulter Tracey Bauer in 83.4.

Heat three winner was Suzi Graves in 71.4. Several of her athletes ran PB's tonight enjoying the relaxed atmosphere. Barrie Kernaghan (M75) ran a worthy 83.7 an impressive time given his Lyon campaign was sadly curtailed by Achilles problems. Andrew Brooker (M45) elbows almost at shoulder height in his distinctive style, cruised around in 66.6 with Bjorn Dybdahl, fresh from his Oceania Games triumphs, running 74.7 and the ever elegant Ivan Brown (M70) showing a great turn of speed in 82.6.

Rob Nichols (M35) warmed up for his steeplechase by taking out the 3km in a very handy 9:44.5 with David Adams (M35) in 12:48 and Juliana Kelly in 15:37.9. Sylvia Byers (W80) recorded a smart 24:11.3 in the 3km walk, slightly slower than her victory at the recent Australian Masters' Games in Adelaide.

Best performances in the 200m were Nicola Hibbert's 30.0 and Fran Cherry's improved 35.9. Campbell Till ran sub-six minutes to win the 1500m with Lee Stergiou showing great versatility to run

Juliana Kelly looks relaxed as she runs the final bend at WAAS.



WAAS – October 13

6:04.8. The pentathlon is beckoning for these two athletes, surely.

Of the eight athletes in the 2km Steeplechase, only three were Masters. Luke Graves, son of Suzi, displayed his great potential by running just under six minutes dragging his other underage athletes to some impressive times. The youthful enthusiasm, helpfulness and courtesy shown by these young athletes was impressive to experience. Rob

Nichols (M35) was the best of the masters, backing up with a 7:07; John Dennehy (M55) ran 11:30 with Irwin Barrett-Lennard (M85), the only one running the correct distance and hurdle height for his age group, recording 13:50.4. The field events field was small with only three triple jumpers competing. Geoff Brayshaw (M65) using his great speed jumped 8.42m with Fran Cherry (W50) clearing over 7m and David Adams 6.55m.

ECAC – October 15

With the focus of the distance runners on the Patron's Trophy 10,000m, Kepper Knudson and David Solomon snared the top two positions in the 100m and 300m events prior to the main event. In the 100m, Kepper stopped the clock at 14.2s and 47.1s for the 300m. David was .5s behind in both races.

Not being content with the track Kepper also crammed in a triple jump where he posted a 9.37m jump.

Kim and Mitch Thomas warmed up for the 10,000m in the 300m with a 74.3 and 74.7s respectively.

In the 800m, Fiona Leonard was the only athlete to run sub three minutes with a time of 2:38.9. Carol Bowman placed second in 3:17.2 with Delia Baldock third in 3:27.4.

Although not being eligible for the Patron's Trophy Jury Hotimsky covered the 25 laps in a smart 37:57.5 and Mitch Thomas in 38:48.5. The results of the Patron's Trophy 10,000m can be found on page 9.



MITCH and KIM THOMAS

Wendy whips up a storming run

By JOHN DENNEHY

A slight wind greeted the 100m sprinters to start the programme on Tuesday. Wendy Seegers was first past the judges in 12.1 with Barrie Kernaghan showing a return to form in 15.5. Juliana Kelly had a half second advantage over Fran Cherry, both W50, running 15.5, with Angela Gorey (W35) returning to the track running 17.2.

Fiona Leonard (W45) ran away from the field in the two-lap event to run a shade over 2:40 afterwards stating that she went lactic in her eyeballs! Ivan Brown (M70) ran an even paced 3:14.9 which helped Juliana Kelly to go sub 3:20 for the first time. Tracey Bauer and Angela Gorey both ran well over an unfamiliar distance.

Wendy Seegers maintained her unbeaten record this season with an impressive performance over the rarely run 300m. Lee Stergiou (M40) almost ran her down, but both recorded great times of 39.9 and 40.2 respectively. In the same heat, Andrew Brooker (M45), 44.3 and Campbell Till (M55) 44.9 battled all the way up the straight together. Fiona Leonard came down in distance to run sub 50 seconds and Barrie Kernaghan came up in distance to run 53.1. Fran Cherry bravely ran in a fast heat to surprise herself and ran well under 60 seconds recording a 58.7. Heat three winner Juliana Kelly showed her fitness base backing up her 800m PB with a strong 55 second 300m. John Dennehy (M55) just held off Delia Baldock (W50) 55.2 to 55.8. In the high jump Andrew Brooker, former open State decathlon champion, jumped 1.45m to Dave Wyatt's (M60) 1.40m, Tracey Bauer's 1.20m, with Gay Wyatt (W60), Fran Cherry and Angela Gorey all clearing 1m.



WAAS – October 20

Wendy Seegers sprints down the main straight to win the 100m in 12.1 seconds at West Australian Athletic Stadium.

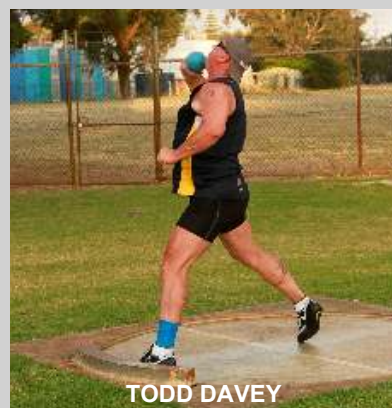
ECAC – October 22

Regular throwers and Patron's trophy hopefuls were lined up ready to put the shot before 6 pm had even ticked over. Thrower Todd Davey showed how it's done by achieving a state record distance of 14.83m. A number of first-time visitors and new members brought great enthusiasm with them and provided numbers for the early track

events. The throwers moved from shot put to the discus cage as Patron's trophy competitors prepared themselves for the 3000m. Todd Ingraham and Kim Thomas used the mile race as a warm-up.

Ever-reliable Les Beckham was set up early for the Long jump. Visitors Donna Abbey and Nick Best took advantage of the quiet runway and happily reacquainted themselves with the jumps.

Carol Bowman got the urn going and a cuppa was enjoyed at the end of proceedings.



TODD DAVEY

Times tumble on Tuesday night

By JOHN DENNEHY

Lee Stergiou (M40) easily set the fastest 60m time of the night in 7.6 heading M60 Dave Wyatt's 8.8 in heat one. Heat two saw the return of Garry Ralston (M60) running a superb 8.8 ahead of Nikki Hibbert (W35) 8.9 Paul Foley (M50) 8.7

In the rarely run 1 Mile visitor Craig Campbell ran 6:53.4 and led Henri Cortis (M65) making a return to the track after too long an absence, in 7:27.8 followed by Paul Foley (M50) 8:21.6 and the redoubtable Cecil Walkely (M85) in 16:02.7. Karyn Tolardo (W50) walked the distance in a brisk 9:08.

In the 400m Lee Stergiou threw caution to the wind and ran the first 180m very aggressively a la Wendy Seegers, to set himself up for a very respectable 58.5 in windy conditions. Campbell Till strode to a comfortable 63.4. Barrie Kernaghan (M75) ran a 78.7. Garry Ralston showed great form in producing a very smooth 65.9 ahead of distance runner David Adams (M35) in 70.6 Delia Baldock 83.5

Both Lee Stergiou 5.36m and Dave Wyatt 4.53m returned to form in the long jump with performances substantially better than their State Championship efforts. Fran Cherry (W50) edged out Nikki Hibbert by a single centimetre with a 3.67m jump. Gay Wyatt (W60) and Silke Peglow (W45) recorded 2.86m and 2.65m respectively.

The specialist shot putters generously coached patron's trophy competitors before their own competition in which Todd Davey demonstrated an outstanding technique to put 13.43m. The battle of the M60's was won by Geoff Gee 11.85m to



WAAS – October 27

Barrie Kernaghan powers up the main straight during Tuesday night competition.

Ossi Igel's 11.17m with the W40's battle seeing Cheryl McMahon (8.08m) outperforming Michelle De Silva (7.13m.) Mike Anderson (M65) recorded 5.82m.

Byrony Glass threw the hammer out to an impressive 49.90m, with Cheryl McMahon 27.04m, Kate Glass (W60)

23.64m, and Michelle de Silva 19.22m. In the men's competition, once again Todd Davey impressed with a 39.52m effort. The three M60 competitors enjoyed a tight contest, Geoff Gee prevailing with 36.05m to Tom Gravestock's 35.94m and Ossi Igel with 29.33m.

ECAC – October 29

Clare Wardle was one of the busiest athletes competing in all four non-Patron's Trophy events at Ern Clark Athletic Centre. She started the night with a second in her heat of the 100m. This was followed by a 3:26.6 1000m, another second in the 400m and a convincing win in the 5000m in 20:50.1.

Justin Vincent won the first heat of the 100m in 13.2 and posted a 5.49m

mark in the long jump. Kepper Knudson jumped 4.85m. Owen Richards ran 13.7m to win heat two of the 100m.

It was good to see Maureen Keshwar return to competition in the 100m.

Damien Hanson was on hand to run the javelin competition and had throwers on the runway Todd Davey threw 42.76m in the javelin and 13.81m in the weight throw. Todd's record-breaking shot put from the previous week has now been ratified at 14.83m. Julie Plackett threw 16m in the javelin and Michelle de Silva 11.28m.



CLARE WARDLE

Heavy hitters come out to play



Andrew Ward keeps his eye on the weight implement at WAAS

WAAS – OCTOBER 6

Tom Gravestock's (M65) solid build-up for Lyon showed in his performances in both throwing events. In the hammer throw, he was edged out by fellow M65 competitor Geoff Gee 38.93 to 38.34. Geoff also heading him in the weight throw, 15.85m to 14.05m. State and national record holder Byrny Glass (W35) threw 48.84m in her favoured event, the hammer, with the effervescent

Sal Sims from the same age group showing the benefits of coaching tips from the group by throwing 19.42m and the heavyweight 8.24m. Chris Schelfhout (W45) threw 25.82m and 8.17m respectively to conclude a busy programme.

WAAS – OCTOBER 13

In the shot put Geoff Gee (M65) put an impressive 12.31m, Christine Scheffhout (W45) 7.11m and Mike Anderson (M65), more familiar as a Sunday 10km road runner putting over 6m. Geoff Gee also led the javelin performances with a 33.19m throw. Versatile competitor Geoff Brayshaw threw just over 26m and Chris Schelfhout launched a 20m throw and Rob Shand (M80) a class 18.83m effort.

WAAS – OCTOBER 20

In the heavy weight throw, Geoff Gee (M60) threw 16.68m ahead of Tom Gravestock (M60) 14.04m with Ossi Igel (M60) 13.24m. Andrew Ward (M50) threw a season opener of 9.71m. Todd Davey (M45) with new state record

certificate nearby, recorded a shade over 14m. Byrny Glass (W35) 30.78m led the women's performances ahead of Sal Sims (W35) 8.34 and newcomer Michelle De Silva (W40) 19.59m. Both Todd and Tom were only several metres from their respective state records in the discus, with promising early season throws. Andrew Brooker threw the platter out to 27.69m. Byrny, Michelle and Sal secured encouraging distances.



OSSI IGEL



GEOFF GEE

Looking ahead



David Clive
prepares to leap in
the long jump at the
Oceania Masters
Championships.

Photo: JEAN HAMPSON

MAWA State Championships

10,000m, March 10, 2016

Pentathlon March 12, 2016

2k/3k Steeplechase March 15, 2016

Main weekend March 19-20, 2016

Australian Championships

Saturday, April 16 to Tuesday, April 19

World Masters Championships

October 26, 2016 Perth