

TFNL



Season 12 Issue 2

December 2018

The Track and Field
Newsletter of MAWA



Trophy action

David Brook leads the pack chasing Ian Hannaby (inset) on the first lap of the Patron's Trophy 5000m at WA Athletics Stadium. Hot on David's heels are Alan Gray (left) and David Baird.

MAWA athletes head OMA awards



MAWA athletes feature in the OMA nominations for WMA awards. Lyn Ventris and David Carr have been nominated for the overall category and their categories of walks and middle distance. Gillian Young has also been nominated for the middle distance category.

Nominations for categories are Sally Gibbs, Alastair Prangnell and Mark Cumming (NZL) and Julie Brims, Gillian Young, Jan Banens, Margaret Taylor, Gabi Watts, Trevor Young, Geoff Shaw and Ralph Bennett (AUS).

The WMA Council will make their decision for the Awards by mid January and the winners will then be notified and announced shortly afterwards.

Presentations will be made at the World Indoor Championships at Torun in Poland if the two winners are there. For the category awards, each winner or runner up will receive a certificate which their region will present at an appropriate time (eg national championship etc).

Lyn Ventris is a dual winner of the WMA Athlete of the Year Award and David Carr was nominated for the WMA Athlete of the Year Award in 2013 and 2015.

LEFT: David Carr and (lower) Lyn Ventris each won three gold medals at the World Championships in Malaga. *Photos: GRAEME DAHL*

LOWER LEFT: Gillian Young competes in the 1500m in Spain.



Photo: EMMANUEL TARDI

WMA Athletes of the Year Nominations

Overall



LYN VENTRIS



DAVID CARR

Throws



JAN BANENS



MARK CUMMING

Sprints



JULIE BRIMS



TREVOR YOUNG

Jumps



MARGARET TAYLOR



GEOFF SHAW

Middle distance



GILLIAN YOUNG



DAVID CARR

Race walks



LYN VENTRIS



RALPH BENNETT

Distance



SALLY GIBBS



ALASTAIR PRANGNELL

Combined events



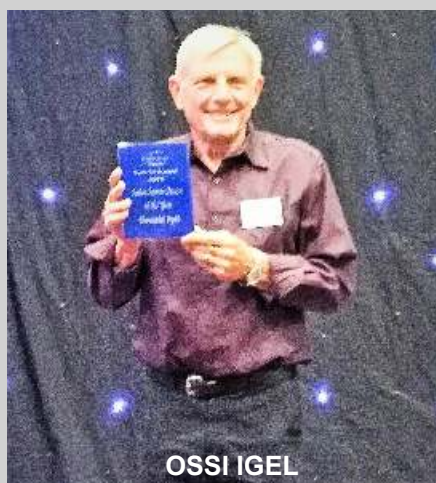
GABI WATTS



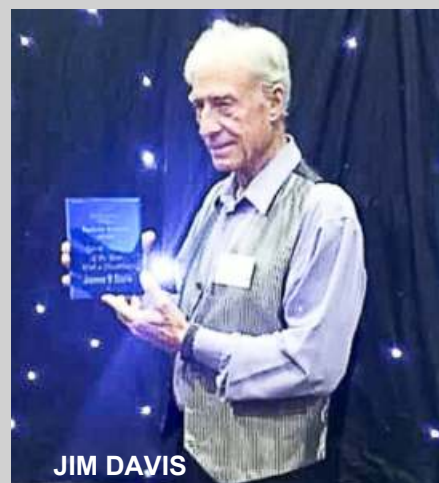
GEOFF SHAW



SHARON DAVIS



OSSI IGEL



JIM DAVIS

MAWA athletes honoured at Mandurah Sports Awards

Three MAWA athletes performances were recognised at the recent City of Mandurah Sports Awards.

Sharon Davis won the Sports-person of the Year Award following her success at the World Masters championships at Malaga in Spain (two

Silver and two bronze medals) plus one Australian title at the Nationals and four State records.

Jim Davis received the Sports-person of the Year with a disability for his four titles at the Nationals in Perth.

Oswald "Ossi" Igel was awarded the Senior Sports-person of the Year award for a successful year comprising two titles at the Oceania Masters Championships at Dunedin in New Zealand, four titles at the Nationals and seven State records.

Richard takes the reins from Wilma



AMA board members for 2018-2019 (from left, back row) Stuart Paterson, Jim Langford (treasurer), Steve McGugan (vice-president), Richard Blurton (president) (front row) Lisa Attenborough, Judy Farrell, Janet Naylor and Donna Hiscox (secretary).

There was a changing of the guard at the Australian Masters Athletics (AMA) annual general meeting when long serving president and board member, Wilma Perkins stepped down. Wilma has served on the board since 1996.

MAWA's Richard Blurton has taken over the role of president and fellow club member Jim Langford takes on the role of AMA treasurer. Lynne Schickert was another MAWA member who was AMA president from 2003 to 2009.

The annual meeting was held at Wollongong in New South Wales.



Incoming AMA President, Richard Blurton with outgoing President Wilma Perkins.

Records

Geoffrey Gee	M65	Discus	12.47m	ECAC	25/10/2018	SR
David Graieg	M30	1000m	2:54.4	WAAS	13/11/2018	SR
Todd Davey	M50	Hammer	51.27m	WAAS	13/11/2018	SR
Todd Davey	M50	56lb weight	9.91m	ECAC	15/11/2018	*AR
Janne Wells	W50	56lb weight	2.59m	ECAC	15/11/2018	SR
Todd Davey	M50	Hammer	51.38m	WAAS	27/11/2018	SR
Todd Davey	M50	Shot	16.47m	RCAC	29/11/2018	SR

*Pending AR



Masters turn out for John Gilmour 10,000m classic

Several MAWA members competed in the annual John Gilmour 10,000m at Ern Clark Athletic Centre in early November.

Split into two races the 40mins plus event was held first and won by Oliver Knuckey in 39:21.8. Oliver often competes in MAWA Sunday runs. MAWA's Bert Carse ran 48:54.6 and Simone Solomon 53:44.4.

In the second race, Roberto Busi led the field home in 32:03.0. Ross Langford finished fourth in 34:11.1 and Steve Weller ran 38:23.3. Rochelle and Leigh Rodgers ran together for the majority of the race posting times for 41:12.1 and 41:52.7 respectively.

LEFT: Steve Weller runs the bend in the opening laps of the sub 40 mins 10,000m.

Photos: Focused Ninja Photography



SIMONE SOLOMON



OLIVER KNUCKEY



BERT CARSE



ROSS LANGFORD



ROCHELLE AND LEIGH RODGERS



There were ideal conditions for the highlight of the meet which was the men's 5000m. Matthew Ramsden and Nic Harman decided to try and better Ray Boyd's 1995 WA state record of 13:59.2. Marc See ran as a pacemaker for the first few laps with Matthew and Nic running strongly, however, it was not meant to happen, with Matthew so close at 14:03.62 and Nic 14:13.16.

Matthew Ramsden strides out in the 5000m record attempt.

Sunday opener

By JOHN DENNEHY

Although the 5000m State record attempt was the highlight of the first day of Athletics WA's summer season, several MAWA members competed at WA Athletics Stadium on the last Sunday in October.

Competitors were greeted with a beautiful spring day with a light breeze, changing to a westerly just in time to be a tailwind for the 200m.

Spotted in the crowd were Lisa Limonas there to watch Matthew Ramsden run, Sharon Davis, fresh from multiple medal success in Malaga, seen leaning on the fence checking out the opposition and

Silke Peglow, just back from running the Melbourne Marathon and there to watch her daughter compete in the long jump. Andrew Duncan won the 10,000m race walk in 51:29.7.

Fiona Leonard and Chris Gould ran the 800m with Fiona crossing the line in 2:41.54 and Chris in 2:05.28.

World champion Melissa Foster jumped 5.32m in the long jump and ran the 200m in a time of 27.72.

In the 200m, Lee Stergiou placed second in his heat in 25.54 and John Dennehy ran 35.36 in the final heat.

All these athletes achieved excellent results for the first day of open competition.



ANDREW DUNCAN



CHRIS GOULD



FIONA LEONARD



LEE STERGIOU

Injury stops Sue



Sue Coate (left) and Jenn Parker are all smiles in the early laps of the 5000m as Campbell Till prepares to lap them. Sue was forced to retire with injury.

By JOHN DENNEHY

Ian Hannaby attacked the distance at WA Athletics Stadium right from the gun and maintained a sizeable lead after the initial kilometre, his finishing time more than two minutes quicker than the improving David Brook. Campbell Till and David



DELIA BALDOCK and DES WALSH

Baird both ran measured races; David scoring the highest points on the night. Des Walsh lost no fans with his race over an unfamiliar distance.

Sue Coate led the women for several laps before her 'dodgy' ankle forced her retirement. Jenn Parker was then left in 'no girls land' but produced a fine run with Delia Baldock completing the 5km substantially quicker than her recent parkruns.

At Ern Clark Athletic Centre Ian Hannaby ran only six seconds slower than his WAAS time. Once again Colin Smith showed great endurance and appeared untroubled by the distance. Alan Gray crafted an impressive performance following his DNF from WAAS to fully redeem himself.

Gillian Young produced a master class in 5km running, scoring a well deserved 86 percent age-graded performance. Janne Wells scored well with a fine run with Lynne Schickert demonstrating true grit with her performance.

5000m

WAAS November 27

% pts

Ian Hannaby	M50	20:48.2	67.74
David Brook	M55	22:54.8	61.50
David Adams	M40	23:02.0	56.76
Campbell Till	M60	23:52.5	64.02
David Baird	M75	24:59.1	72.37
Jenn Parker	W45	26:21.9	59.74
Des Walsh	M60	28:32.6	53.55
Delia Baldock	W55	28:54.7	60.06

ECAC November 29

% pts

Patrick Jones	M45	20:19.9	n/a
Ian Hannaby	M50	20:54.1	67.42
Colin Smith	M55	21:24.6	68.49
Graeme Dahl	M65	22:38.1	n/a
Alan Gray	M55	22:57.2	63.88
Gillian Young	W70	24:34.8	86.26
Claire Walkley	W50	26:32.2	n/a
Janne Wells	W50	27:16.2	60.57
Bob Schickert	M75	30:18.4	59.66
John Dennehy	M55	33:17.2	44.05
Lynne Schickert	W75	41:42.3	56.10

Jumpers take off

By JOHN DENNEHY

Favourable conditions prevailed at WA Athletics Stadium for the long jump competitors with David Graieg soaring out to 5.88m with his sound technique. Top points scorer, Campbell Till, in his first jump for several years engaged a hitch kick to stop over-rotation and spurred his competitors on. Des Walsh put in a solid effort finishing with the same distance as Sue Coate, the women's top scorer.

Delia Baldock drew upon her vast jumping experience to score well and the consistent Carol Bowman increased her distance in each round.

At ECAC Campbell extended his distance by 24cm and gained the commensurate four extra points (as did Des Walsh) to again top score. Distance wise, Campbell was closely followed by Colin Smith who put his considerable speed to good use with a consistent series of jumps. Ossi Igel added over 70 points to his tally with a splendid best of 4.14m.

Jenn Parker hit the board perfectly to grasp valuable points, outscoring Sue Coate's Tuesday performance. Gillian Young enhanced her reputation as a steely competitor under pressure, with her effort in an unfamiliar event. Far more at home over long distance running races, her competitiveness covers her lack of speed and puts her at the pointy end of a variety of competitions. Aleisha Sutton made the journey to ECAC to keep herself in the competition and made it worth the effort by jumping over 4m – no mean feat.



Colin Smith's hat goes flying as he sails through the air in the long jump at Ern Clark Athletic Centre.



OSSI IGEL

Long jump

WAAS October 30

ECAC November 15

			% pts				% pts
David Graieg	M30	5.88m	65.70	Campbell Till	M60	4.54m	71.38
Melissa Foster	W40	5.08m	75.04	Colin Smith	M55	4.50m	65.98
Ian Hannaby	M50	4.55m	62.50	Jenn Parker	W45	4.35m	68.08
Campbell Till	M60	4.30m	67.61	Ossi Igel	M65	4.14m	70.29
Lisa Limonas	W45	4.06m	n/a	Des Walsh	M60	4.13m	64.94
Sue Coate	W50	3.87m	64.50	Aleisha Sutton	W40	4.08m	60.27
Des Walsh	M60	3.87m	60.85	Julie Gaglia	W40	3.69m	54.51
Alan Gray	M55	3.53m	51.76	Janne Wells	W50	3.47m	57.83
Delia Baldock	W55	3.43m	61.14	Gillian Young	W70	2.60m	58.56
John Dennehy	M55	3.21m	47.07	Bob Schickert	M75	2.13m	42.86
Carol Bowman	W60	2.69m	51.53	Lynne Schickert	W75	2.06m	51.24
Mark Dawson	M55	2.66m	39.00				
Ivan Brown	M70	2.55m	46.96				

High flyer



High jump ECAC November 1

			% pts
Craig Tyrrell	Vis	1.60m	n/a
Campbell Till	M60	1.40m	74.47
Ossi Igel	M65	1.35m	76.27
Alan Gray	M55	1.30m	65.00
Colin Smith	M55	1.25m	62.50
Reid Barron	M40	1.25m	53.42
Jenn Parker	W45	1.25m	69.44
Greg Kennedy	M70	1.20m	72.73
Sarah Correia	Vis	1.20m	n/a
Franz Schlechter	M65	1.15m	64.97
Des Walsh	M60	1.10m	58.51
Kevin Collins	M50	1.10m	n/a
Janne Wells	W50	1.00m	58.48
John Dennehy	M55	1.00m	50.00
Gillian Young	W70	1.00m	75.76
Carol Bowman	W60	0.95m	62.50
Bob Schickert	M75	0.95m	61.69
Lynne Schickert	W75	0.85m	69.67
Delia Baldock	W55	NH	

WAAS November 13

			% pts
David Graieg	M30	1.60m	65.31
Hans Venter	M50	1.45m	68.72
Mal Clarke	M45	1.40m	63.06
Ian Hannaby	M50	1.35m	63.98
Michael Farro	Vis	1.35m	n/a
Aleisha Sutton	W40	1.30m	68.78
Sue Coate	W50	1.25m	73.10
Greg Kennedy	M70	1.20m	72.73
Ivan Brown	M70	1.15m	69.70
Delia Baldock	W55	1.15m	71.43
Mark Dawson	M55	1.10m	55.00
Julie Gaglia	W40	1.10m	58.20

Gillian Young clears the bar on her way to the highest percentage of the women's high jump competition.

By JOHN DENNEHY

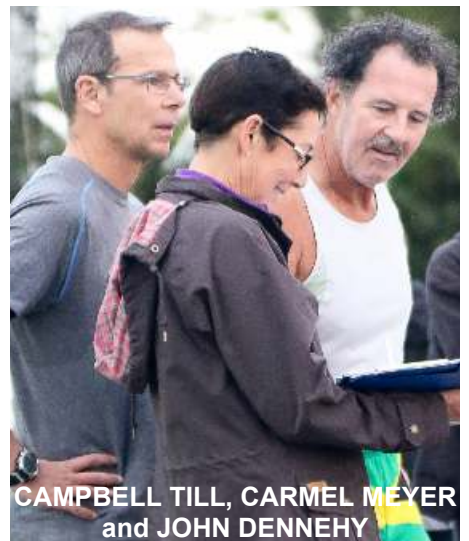
Campbell Till took out the top height honours and employed the rarely seen 'straddle' technique (not the Western roll) and that the onlookers were excited as they rarely see anything other than the 'scissor' and 'fosbury' method of jumping. Ossi Igel must now be considered a true multi-eventer with his top score of the night and had his 'game face' on. Alan Gray also showed a talent beyond his distance running with his efforts.

Gillian Young was a surprise with an impressive height to top score in the women's event, despite a severe lack of training, with Jenn Parker and Lynne Schickert both attaining just under 70 points each. It must be said the high jump was conducted under closing darkness with many jumpers entering the competition early due to their lack of confidence and training in the discipline. Carmel Meyer earned everyone's respect by displaying outstanding patience under pressure for an inordinate amount of time to enable the event to be completed successfully.

At WAAS Hans Venter demonstrated sound technique adding just shy of 70 points to his total with Ivan Brown just edging him in their duel. 'Youngster'

David Graieg soared over 1.60m to score well and delight everyone with his eager attitude to competition.

In the women's event, it was Sue Coate to the fore with a confident display and grabbed the overall best score of the night. A talented athlete, Sue appears to relish the opportunity to compete no matter the event. Aleisha Sutton was close behind in a very closely fought competition. Delia Baldock pushed her title claims with her effort along with the ever smiling newcomer Julia Gaglia.



CAMPBELL TILL, CARMEL MEYER and JOHN DENNEHY

Patron's Trophy



One-lap dash

By JOHN DENNEHY

Campbell Till displayed his Malaga gold medal-winning form over the one-lap dash with a judicious mix of focus and determination giving him the highest points of the evening. Unhampered by illness he enhanced his reputation as a clutch performer. Ian Hannaby had his customary assertive race and Alan Gray displayed a surprising turn of speed to pick up valuable points. Mark Dawson looked



ALAN GRAY

casual despite a classy run with Ivan Brown unwittingly pacing John Dennehy and gaining over 66%.

Envious technique took Julie Gaglia to a sub-75-second run to pip Sue Coate by less than two points with Delia Baldock not far behind.

Overall it was Colin Smith's stunning 57.5 performance that top scored at 88.83%. Despite the recent passing of his mother, Colin displayed exceptional focus and determination to produce a time that would have had him in the recent final at the world titles, with little competition. Once again, David Baird ran a strong race and missed the 80% mark by the smallest of margins. Alan Gray and John Dennehy both ran faster than their WAAS times. Ossi Igel ran a sub eighty lap to again surprise onlookers with his long stride and smooth action.

Gillian Young used her nous to produce the best women's percentage of 78.71 overcoming her lack of speed with her incredible endurance and aggression. The consistent Janne Wells and Lynne Schickert gained valuable points with Carol Bowman running a fine lap to put herself in the picture.

400m

WAAS October 23

			% pts
Lee Stergiou	M45	58.8	81.11
Ian Hannaby	M50	61.2	80.60
Campbell Till	M60	63.2	83.80
David Adams	M40	74.4	n/a
Melissa Foster	W40	68.5	74.00
Des Walsh	M60	72.1	73.45
Julie Gaglia	W40	74.8	67.77
Alan Gray	M55	77.8	65.66
Mark Dawson	M55	69.5	73.50
Sue Coate	W50	84.1	66.00
John Dennehy	M55	86.7	58.92
Ivan Brown	M70	87.3	66.30
Aleisha Sutton	Vis	78.1	n/a
Barrie Kernaghan	M75	83.4	n/a
Carol Bowman	W60	85.0	62.31
Quentin Gould	Vis	86.9	n/a
Delia Baldock	W55	89.4	65.19

ECAC October 25

			% pts
Colin Smith	M55	57.5	88.83
Graham Griffin	Vis	68.5	n/a
Reid Barron	M40	70.5	65.48
Fiona Leonard	W50	71.4	77.75
Rohit Dodia	M35	75.2	59.48
Rob Colton	M55	76.4	66.86
Alan Gray	M55	76.5	66.77
David Baird	M75	77.3	79.99
Ossi Igel	M65	79.9	68.96
Janne Wells	W50	83.0	66.88
John Dennehy	M55	85.3	59.88
Kristine Wells	Vis	1:30.2	n/a
Delia Baldock	W55	1:31.3	63.83
Gillian Young	W70	1:31.6	78.71
Carol Bowman	W60	83.8	73.63
Bob Schickert	M75	1:34.0	65.78
Karyn Tolardo	W50	1:46.0	52.37
Lynne Schickert	W75	2:24.3	56.02
Cecil Walkley	M85	4:49.5	n/a

Patron's Trophy



Mark Dawson posted the second highest percentage of 72.80 at the 1500m round at WA Athletics Stadium.

Mark scores highly

By JOHN DENNEHY

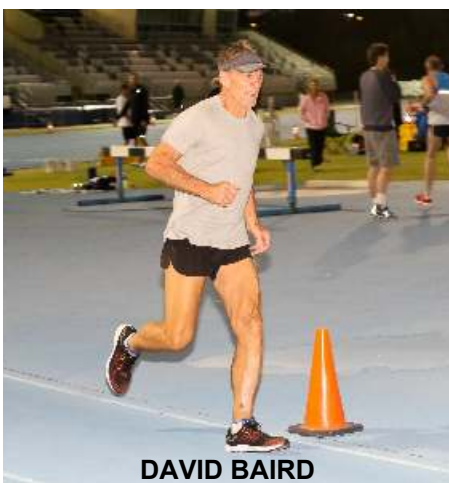
The Patron's Trophy for 2018 opened at WAAS, the metric mile taking centre stage with a varied mix of runners, throwers and jumpers. Ian Hannaby showed his hand early and led a strong field for the entire journey, unusually also scoring the highest age-graded percentage. Quality athletes, Mark Dawson and Campbell Till (a previous winner) also scored highly with measured performances. Ossie Igel relived his junior decathlon days, albeit starting with the 1500m not finishing with it and gave a surprisingly competent run.

Noted field eventer, Jenn Parker allayed fears of a further knee injury with a finely

executed run to score the highest in the women's event, marginally ahead of former winner, Sue Coate and newcomer Julie Gaglia.

Two days later at ECAC, a similar sized field completed the 1500m with several athletes keen to improve on their performances from Tuesday. Malaga world relay medallist, Colin Smith, aligned himself early with Alan Gray (who improved his performance), before striding away to record an exceptional time belying his status as a sprinter and looked comfortable in the process. David Baird, showing much improved pacing judgement also excelled recording a 75% only topped by the Masters' Patron himself, David Carr, who not surprisingly scored over 90% to strike fear into competitors before reluctantly admitting he would be unable to fulfill requirements for the trophy as he was about to undergo a medical procedure requiring up to six weeks of recovery.

Gillian Young, as befits a world record and title holder, raced to an 83% performance unhindered by a nagging hamstring that has plagued her in recent times. Janne Wells safely executed her race plan with Karyn Tolardo also 'looking the goods'.



DAVID BAIRD

1500m

WAAS October 16

			% pts
Ian Hannaby	M50	5:17.6	74.29
Mark Dawson	M55	5:39.4	72.80
Campbell Till	M60	6:00.0	72.08
Stuart Manning	M40	6:02.6	59.68
Ivan Brown	M70	6:59.8	69.32
Alan Gray	M55	6:00.1	68.62
David Brook	M50	6:35.9	59.60
Julie Gaglia	W40	6:37.6	61.83
Jenn Parker	W45	6:40.7	64.16
Des Walsh	M60	6:50.9	63.15
Sue Coate	W50	6:59.3	64.27
Ossi Igel	M65	7:40.7	59.39
Delia Baldock	W55	7:45.3	60.84
John Dennehy	M55	8:27.1	48.73

ECAC October 18

			% pts
Colin Smith	M55	5:34.6	73.85
Alan Gray	M55	5:55.3	69.54
David Baird	M75	6:54.8	75.75
Kristine Wells	Vis	6:55.5	n/a
Janne Wells	W50	7:00.5	64.08
Gillian Young	W70	7:02.0	83.03
David Carr	M85	7:24.7	90.46
Karyn Tolardo	W50	7:35.1	59.21
Claire Walkley	W50	7:54.0	56.85
Delia Baldock	W55	8:06.1	58.24
John Dennehy	M55	8:42.5	47.29
Bob Schickert	M75	8:44.1	59.95
Lynne Schickert	W75	11:55.3	54.97
Cecil Walkley	M85	19:11.2	n/a

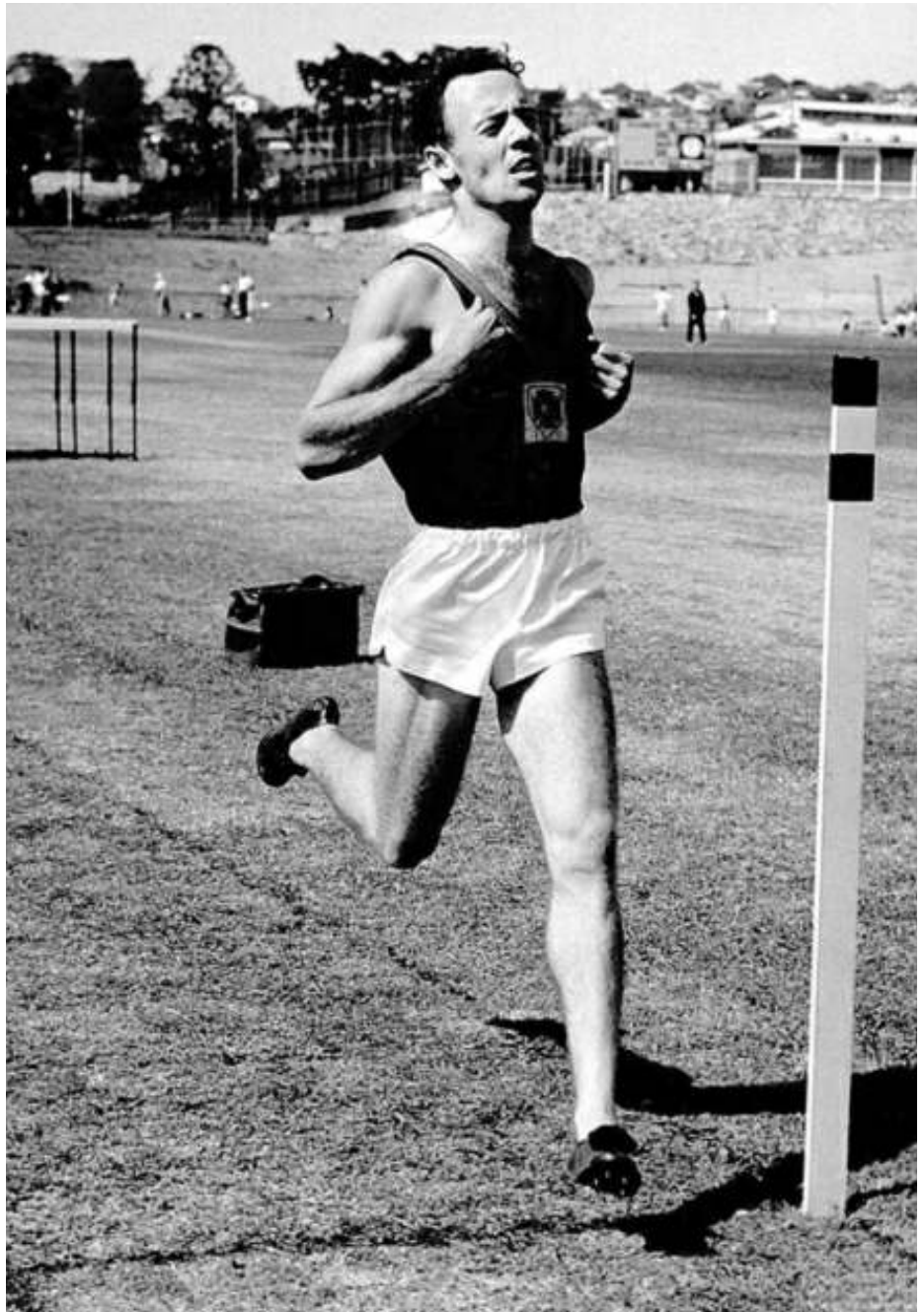
Morland's positive

At an age when most people are saying "I can't do that anymore," Morland Smith just gets on and does it. Whilst most people in their 80s would laugh ruefully if you mentioned them riding a bike, Morland has found an age-appropriate solution and rides to and from Saturday training on his e-trike. This attitude of 'can' typifies his approach to life and explains his sixty-year involvement with athletics.

Born and raised in Queensland, Morland gained his Bachelor and Masters Degrees in Science at the University of Queensland. He forged his career as a geologist, at first in academia and then in professional mineral exploration. Morland married Jan Poggio in 1962 before his studies took them to live in Canada for five years. Whilst in Canada, he gained his PhD at Queen's University Ontario. Two sons were born in Canada and later, a daughter in Kalgoorlie. Kalgoorlie was home while Morland worked on exploration projects and an eventual career highlight, the discovery of a new mineral deposit – Windarra South Nickel deposit near Laverton. Morland's work as a geologist has meant extensive world travel. In addition to Canada and the US, he has seen stints in Indonesia, Argentina, Papua New Guinea, Japan, Georgia, Malaysia and Africa to name a few.

Morland attended Queensland's Warwick State High School, one of the state's oldest educational institutions. He only started running in year 11 and won races over 880 yards and 1 mile. His best performance at that time was winning the Queensland secondary school championships 1-mile event in 4:46.0. In addition to his track successes, he was also accorded the honour of being named WHS athletics champion boy and captain of the school athletics team. He later captained the University of Queensland athletics team. After high school, running mostly took a backseat to Morland's university studies but towards the end of his UQ days, he committed to taking running seriously again.

In 1959-1960 Morland benefitted from a training stint with club-mate and Olympian Dr Tony Blue who was preparing for the Rome Olympics. A run of stellar performances and accolades



Morland Smith wins the mile in 4:11.3 in 1960 at Lang Park Brisbane.



In focus

With Carmel Meyer

followed for Morland and he bested his training mate on numerous occasion. In April 1960 Morland ran his fastest 880yd ever (1:52.8) in a match race between Herb Elliot and Tony Blue. Morland continued to make headlines throughout 1960 and '61. He recorded his best mile

time of 4:10.5 in December 1960, however in an example of the pleasure and pain of running (and life!) Morland's main intention that day had been to celebrate his engagement to Jan by running 4:10.4 and breaking the Queensland 1 mile record.

At this point, Morland had to make a difficult choice between pursuing athletic goals and academic study. When he was awarded a scholarship to Queen's University in Ontario his mind was made up.

CONTINUED – next page

approach to life

FROM – previous page

He continued to run in Canada for fitness and in intercollegiate competitions but study came first. In the 1980s Morland joined MAWA, returning to competition if work and injury concerns allowed. In 1980 he ran the City to Surf 12km in 47.08 minutes. In 1981 at the age of 43, he ran his first Perth Marathon in 3hrs 3mins. In 1993 Morland set a masters state record for 1500m. Morland would describe himself as a part-time athlete over these years but in 2006 when he was 69 he again returned to serious training.

Morland's favourite events have traditionally been the 800m and 1500m but he now favours the 1500m and 5000m. In an example of the 'can do' attitude which belies his age, this year he discovered the 2000m steeplechase and this event is now on top of his favourites list!

Although Morland has never had a coach he approaches his running with the same academic rigour evident throughout his life and has been an avid reader of running books by the likes of Franz Stampfl, Sebastian Coe, John Gilmour, Percy Cerutti and others. That same Percy Cerutti (Herb Elliot's coach) may have inadvertently spurred Morland's drive to succeed. When he saw Morland run at university he derisively told him he had a 'terrible style' and would never become a good middle distance runner. Morland says 'I hope I have proved him wrong'. The record books would confirm he has indeed!

Having joined David Carr's training group Morland credits David's training programme for performance improvements. In general, however, Morland says he prefers long slow runs in the winter and faster track work leading up to competition season. He feels he has had 'the usual' in terms of running injuries; his most serious injury occurred off the track – a broken leg resulting from a motorcycle accident in 1997.

Morland competed in the 2018 Oceania championships in Dunedin and came home with five gold medals and one silver. He was particularly pleased to win his first ever steeplechase. His steeple age-graded result was also higher than his other five events. For the 2018 Perth Nationals Morland aimed to win a gold medal in the M80 division. He ended up winning six! At the recent WMA Championships in Malaga he won gold in the 2000m steeplechase.

One of Morland's retirement goals was to write biographies of the families of his four great-grandparents. He has completed three to date and the resulting impressive manuscripts have been published. He is also an accomplished photographer. Morland says this was inevitable as there was always a camera on hand to record life in the Smith household as he grew up. Morland says he was pleasantly surprised with the first image he ever created, using a home made pin-hole camera. The seed was sown and he has amassed an extensive catalogue of works. Ever the academic Morland has created a website which contains an in-depth trove of memorabilia arising from his fascinating life journey. I thoroughly recommend a visit to - morlandsmith.com

Morland's enthusiasm for athletics burns as brightly as ever. He is motivated by his love of running and the health benefits accrued and hopes to continue into his 90s if possible.



Morland Smith competes in the 1500m at the WMA world championships in Malaga.



Planning essential

Welcome to this summer season. I hope your winter training programme is proving beneficial and the beginning of the season has been positive. I am sure that most athletes will enjoy the sunnier conditions after a wet winter. It does appear to be easier to perform well when the weather is warmer. If you are planning to compete in the national championships in 2019 then note that they will again be held at the end of April in Melbourne, which is again a longer summer season. Planning is essential to achieve your potential.

Set your goals for the season relative to your age, level of fitness, injury history and ensure they are achievable and measurable. These goals may be based on time or distance, technique, one aspect of competition or a combination of these. Organise your training and racing programme to ensure your set goals can be achieved and your performance can show improvement.



the edge

With Margaret Saunders

Research also appears to demonstrate that older athletes are more susceptible to injuries. After an intense training session, the body does take longer to recover, therefore remember the very important training sessions of rest and recovery. As masters athletes age, these recovery sessions become more important.

The research appears to show a linear decline in performance until the age of about 70, but then this decline becomes more rapid. However, there is no definitive age – some athletes will have this decline occur earlier and some much later. Many older athletes have spoken to me and state it is as though overnight something just gets turned

off and they cannot produce the same times or distances again – even if the performance was a very short while ago. Where there appears to be no physical reason such as injury or illness for this rapid change in the level of performance, and with no obvious reason this will be very frustrating to the athlete. It is a good idea to talk to other athletes who have been through similar experiences and discuss how they managed.

There can be many possibilities for this performance decline occurring. Muscle size, power and strength decrease as we age. Older athletes appear to lose flexibility – an essential component for many events. The rebuilding of muscles takes longer in older masters athletes and this relates to rest and recovery training sessions.

Enjoy the challenges of the coming season.



Peter Hopper, Ivan Brown and John Dennehy head up the main straight in a 100m at WAAS.

2018-2019 Summer Track and Field Programme

TUESDAY at WA ATHLETICS STADIUM, MOUNT CLAREMONT at 6.30pm

\$8 (\$4 for senior card holder) entry to WAAS.

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

Oct-18	event 1	event 2	event 3	event 4	Jump	field 1	field 2
2nd	60	1 mile	400	5k r/w	LJ/TJ	hammer	shot
9th	200	800	100	3k r/w	HJ	javelin	discus
16th	400	60	1500	5k r/w	LJ/TJ	discus	shot
23rd	100	1000	400	3k r/w	HJ	javelin	hammer
30th	200	800	60	5k r/w	LJ	hammer	shot
Nov-18							
6th	300	1500	200	3k r/w	LJ/TJ	javelin	shot
13th	400	1000	100	5k r/w	HJ	hammer	discus
20th	100	1500	200	3k r/w	TJ	discus	shot
27th	60	800	300	5000	LJ/TJ	javelin	hammer
Dec-18							
4th	400	1500	100	3k r/w	HJ	hammer	discus
11th	200	1 mile	400	3k r/w	LJ/TJ	javelin	shot
18th	100	60	800	5k r/w	HJ	hammer	discus
Jan-19							
8th	100	800	60	5k r/w	LJ/TJ	javelin	discus
15th	200	1500	100	3k r/w	HJ	hammer	shot
22nd	60	400	200	5k r/w	LJ/TJ	javelin	hammer
29th	100	800	60	3k r/w	HJ	discus	shot
Feb-19							
5th	200	1500	100	5k r/w	LJ/TJ	javelin	hammer
12th	60	800	300	3k r/w	HJ	discus	shot
19th	100	1000	200	5k r/w	LJ/TJ	javelin	discus
26th	60	1 mile	400	3k r/w	HJ	hammer	shot
Mar-19							
5th	100	1500	200	5k r/w	LJ/TJ	javelin	shot
12th	60	800	300	3k r/w	HJ	hammer	discus
19th	400	1500	100	5k r/w	LJ/TJ	javelin	hammer
26th	200	1000	60	3k r/w	HJ	discus	shot



2018-2019 Summer Track and Field Programme

THURSDAY at ECAC STARTING at 6.00pm

Thursday at ECAC Wharf Street, Cannington \$3 entry fee

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

<i>Oct-18</i>	<i>event 1</i>	<i>event 2</i>	<i>event 3</i>	<i>event 4</i>	<i>event 5</i>	<i>Jump</i>	<i>field 1</i>	<i>field 2</i>
4th	200	3k r/w	100	800	2k steeple	U	weight	discus
11th	60	1 mile	400	short hurdles	5k r/w	U	javelin	shot
18th	100	1500	300	3k r/w		HJ	weight	hammer
25th	1000	60	400	5k r/w		TJ	discus	shot
<i>Nov-18</i>								
1st	200	800	100	5k r/w		HJ	weight	javelin
8th	100	1500	60	3k r/w		U	discus	hammer
15th	60	1 mile	400	short hurdles	5k r/w	U	weight	shot
22nd	300	800	100	3k r/w		TJ	javelin	weight
29th	60	1500	200	5000		U	discus	shot
<i>Dec-18</i>								
6th	400	100	800	3k r/w		TJ	javelin	weight
13th	60	200	800	5k r/w		U	hammer	weight
20th	1500	400	3k r/w	100	2k steeple	U	javelin	shot
<i>Jan-19</i>								
10th	long hurdles	60	1000	200	3k r/w	U	hammer	shot
17th	400	1500	100	5k r/w		U	discus	weight
24th	200	800	3k r/w	100	2k steeple	TJ	javelin	shot
31st	100	1500	200	short hurdles	5k r/w	U	hammer	weight
<i>Feb-19</i>								
7th	60	1 mile	400	3k r/w		U	discus	shot
14th	100	1000	200	5k r/w		TJ	hammer	weight
21st	800	300	3k r/w	60	2k steeple	U	javelin	discus
28th	60	1500	200	short hurdles	5k r/w	U	javelin	weight
<i>Mar-19</i>								
7th	100	1 mile	400	3k r/w		TJ	hammer	weight
14th	300	800	100	5k r/w		U	javelin	shot
21st	200	1500	3k r/w	400	2k steeple	U	weight	discus
28th	long hurdles	1000	60	5k r/w	200	TJ	javelin	weight

Track and Field – WAAS



Julie Gaglia clears the bar
to record a best of 1.20m
on the night.



DAVID ADAMS



DAVID GRAIEG



JOHN DENNEHY



STUART MANNING



LEE STERGIOU

Track and Field – ECAC



Janne Wells (10.2s), Colin Smith (8.7s), Des Walsh (9.2s) and David Solomon (9.4s) power off the line in a 60m heat.



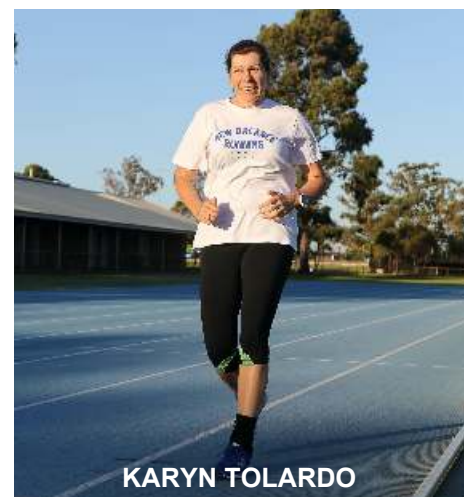
PATRICK JONES



Bob Schickert (11.7s) and Julie Wilson (12.3s) stride to the finish in a 60m.



CLAIRE WALKLEY



KARYN TOLARDO

Track and Field – throws



JENN PARKER

RIGHT: Todd Davey steps down the runway on his way to a 31.18m throw in the javelin. In November, Todd set a pending Australian record of 9.91m in the 56lb weight throw, broke the M50 hammer state record twice with a 51.27m and 51.38m distance and set a state record in the shot with a 16.47m mark.



PHIL SMYTH



NORMAN STANGER




MAL CLARKE



SUE COATE

Looking ahead



Lee Stergiou runs the bend in a 200m at a Strive meeting at WA Athletics Stadium.

2019 - WMA Indoors - Torun, Poland - March 24-30.
www.wmaci2019.com

2019 MAWA Championships (10,000m), Thursday, April 4.

2019 MAWA Championships (Pentathlon), Saturday, April 6.

2019 MAWA Championships (Steeplechase), Thursday, April 11.

2019 MAWA Track and Field Championships (Main weekend), April 13-14

2019 AMA Track and Field Championships - Melbourne, April 26-29.
www.melbourne2019.com.au

2019 - Oceania - Mackay, August 31-September 7
<http://athleticsnorthqld.org.au/Oceania-Masters-Athletics-Championships-2019>

2020 - WMA Champs - Toronto, Canada - July 20 to August 1. www.wmatoronto2020.com

2021 - Oceania - Norfolk Island - January 17-23

2021 - WMA Indoors - Edmonton, Canada - April 6-12.
www.wma2021.com

2022 - WMA Champs - Gothenburg, Sweden - August 17-27. www.masters2022.com