TFNL

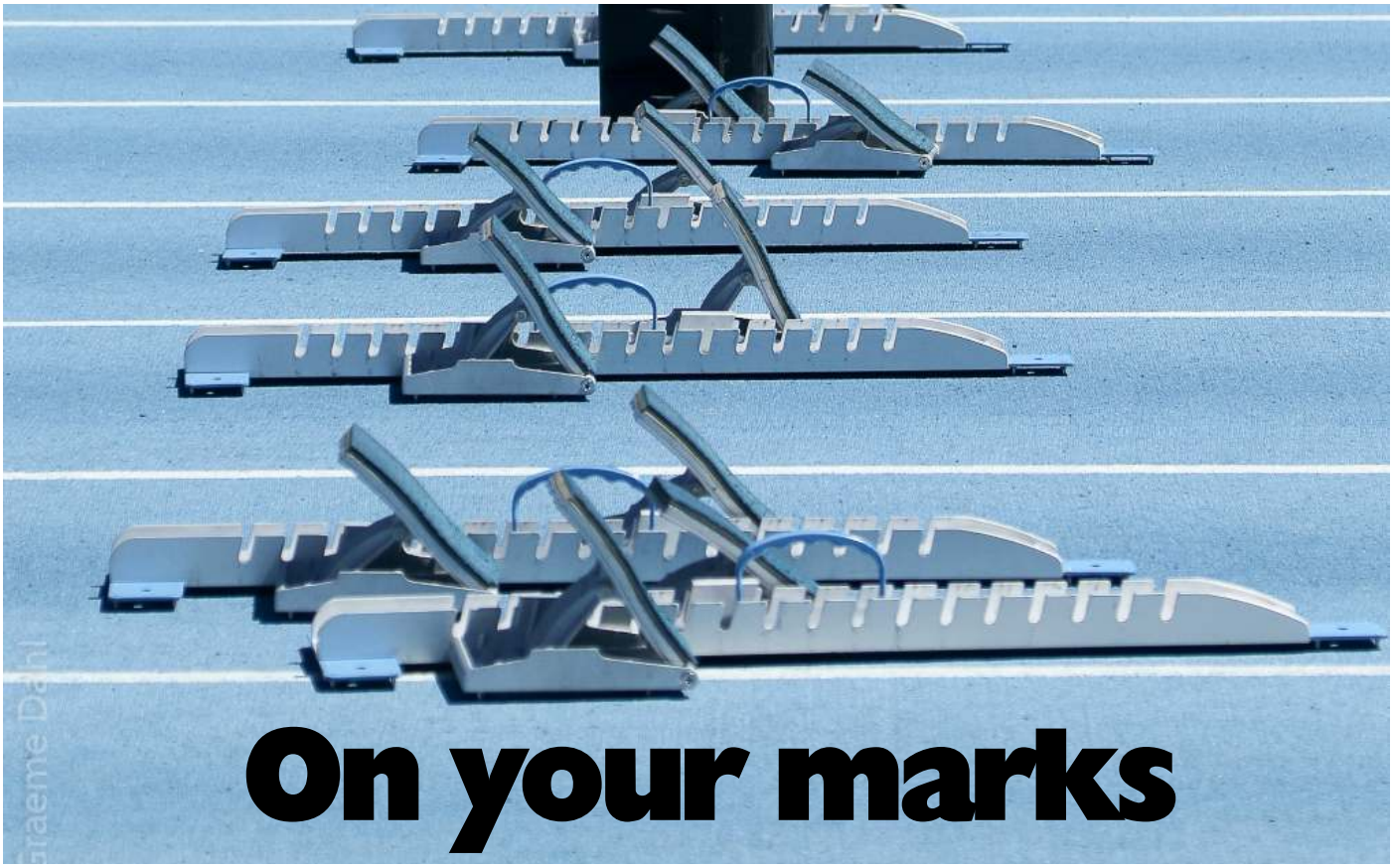
The Track and Field Newsletter of MAWA

Season 11 Issue 5
APRIL 2018

Wally Groom tackles the the hurdle in the 300m event at Ern Clark Athletic Centre.

Aussies honoured – Pages 5-9

Who is she? Pages 10-11



On your marks

With only a couple of weeks to the Australian Masters Athletics Championships in Perth, all is in readiness for the big event.

Despite it being less than two years since the world championships in Perth and the world champs in Spain later this year, entry numbers are strong with a total of 573 entries. This compares with 600 in Darwin last year and 669 in Adelaide the year prior.

The Championships timetable is now on the website and on pages 16 to 19 of TFNL, so you can see exactly when you will be competing. The organisers have ensured that no-one who has entered usual combinations will have a clash.

However, if you do have a clash it is possible within the rules to do two events which overlap, but the critical requirement is that you report to each event site before the start and tell the officials you intend leaving that event at some point. Please read that rules section in the programme carefully.

Entry numbers for Perth

	2018	2010
Western Australia	250	211
New South Wales	99	97
Victoria	82	74
Queensland	39	48
Overseas	31	8
South Australia	28	32
ACT	28	31
Northern Territory	11	–
Tasmania	5	26
Total	**573**	**527**

Reporting requirements are noted on the website and will be included in the programme. The most important requirement is that if you are entered in an event with heats, you must sign-in at least one hour before the scheduled heat time.

Also if you are in a non-laned track race, (800m and above), you must collect a hip number before you report for the race. There will be signage pointing to the location for sign-in and hip number collection. For those doing the Cross Country or Road Walk, you should be aware that there is a hockey carnival on that morning so parking could be limited. A good option will be to walk or jog across from the main stadium, as there should be ample parking in the stadium precinct.

All athletes must collect their registration pack before their first event. It contains their bib numbers, programme book, plus any pre-ordered merchandise and dinner tickets. The registration desk will be open from noon to 5pm on April 25th and from one hour before the first event on competition days. It will be on the upper level of the grandstand on 25th and 26th, and the lower level on other days – follow the signposts.

Records

Todd Davey	M50	Shot	15.61m	WAAS	6/02/2018	SR
David Carr	M85	200m	40.2	ECAC	15/02/2018	SR
Jenn Parker	W45	Shot	9.76m	ECAC	15/02/2018	SR
Ossi Igel	M65	Hammer	35.87m	Bunbury	17/02/2018	SR
Ossi Igel	M65	Shot	12.45m	Bunbury	17/02/2018	SR
Ossi Igel	M65	Throws pen	3812pts	Bunbury	17/02/2018	SR
Ossi Igel	M65	Weight	15.68m	ECAC	22/02/2018	SR
Fiona Leonard	W50	1 mile	6:03.0	ECAC	08/03/2018	=SR
Ossi Igel	M65	Weight	16.15m	ECAC	15/03/2018	SR
Xander van Rijen	M50	1000m	2:53.8	WAAS	27/03/2018	SR
Vanessa Carson	W35	1000m	3:15.0	ECAC	29/03/2018	SR
David Carr	M85	60m	11.6	ECAC	29/03/2018	SR
David Carr	M85	200m	38.1	ECAC	29/03/2018	SR
Nenad Peisker	M60	High jump	1.53m	WAAS	03/04/2018	SR
Jenn Parker	W45	Discus	33.63m	WAAS	03/04/2018	SR
Gillian Young	W70	3000m	14:07.8	ECAC	05/04/2018	SR

AMA Award Nominations

The MAWA nominees for this year's AMA awards to be presented at the Awards Dinner to be held at The Forrest Centre in Perth on Saturday, April 28th.

Best male athlete: David Carr

Best female athlete: Byrony Glass

Best overall performance: David Carr 800m World Record. 100.7% age-graded.

Sprints

Colin Smith had an outstanding year with Australian indoor records and two runner up places in Darwin.

Jumps

Photo: DOUG SMITH

Even at the end of the age group **Melissa Foster** won three golds at World Indoors and consistently achieved 80% age-gradings.

Middle Distance/Steeples

David Carr broke four world records in an amazing two-month period just after his 85th birthday.

Distance

Rochelle Rogers joined the club on her 30th birthday and ran a stunning Australian record at the Melbourne marathon.

Throws

Byrony Glass with three Australian Records during the year

Walks

Photo: VIC WATERS

New member **Andrew Duncan** was the best of our walkers achieving age gradings of more than 85%.

Multis

This was a close run. Jenn Parker, Ruth Johnson and Peggy Macliver set state records, but the nomination goes to **Matt Staunton** for his win in Darwin and an Australian record in the Weight Pentathlon

Photo: DOUG SMITH

Dynamic speaker featured

Recently, ABC television screened the *Pacemakers* programme, a documentary on a group of men, all over the age of 90, involved in masters athletics.

One of the men featured was British athlete Charles Eugster, 97, in his pursuit to break the world long jump record at the WMA World Indoor Championships in Daegu, South Korea. Just before the documentary was completed, Charles passed away from a heart attack. He was an accomplished speaker and an avid proponent of exercise. One of his speeches, at the age of 93, can be accessed from the link below.

LEFT: Charles Eugster and Australia's James Sinclair in at the WMA World Indoor Athletics Championships.

https://www.youtube.com/watch?v=rGgoCm1hofM&sns=fb

Age no barrier at US Indoor Championships

Lesley Hinz, 60, set a World Record in the W60 800 meters with a time of 2:36.57 at the 2018 US Indoor Championships in Landover, Maryland.

One of the few Masters Athletes to hold simultaneous World Records in Sprints and High Jump, Kathy Bergen, 78, Fosbury Flopped her way to Gold in the W75 High Jump with a 1.15 result. Yes, she is 78.

Words and photos :ROB JEROME

Athletes honoured

1st MEN OVERALL

Photo: ROB JEROME

ROBERT LIDA

1st WOMEN OVERALL

Photo: ROB JEROME

KATHY MARTIN

WMA recently announced its 2017 WMA Best Masters Athletes with Robert Lida and Kathy Martin from USA receiving the overall winners awards.

Australian athletes figure prominently with Mary Thomas awarded the female Throws category and Heather Carr the female Race Walks category. Julie Brims (Sprints), Lavinia Petrie (Middle Distance) and Geoff Gibbons (Combined Events) were runners-up in their respective categories.

In the following pages the Australians describe their life in athletics. The stories were initially published in MastersRankings.com which can be accessed by the link at the foot of this page.

MEN			
OVERALL			
1	Robert Lida	M81	USA
2	José Luis López Camarena	M67	MEX
Sprints			
1	Robert Lida	M81	USA
2	Hiroo Tanaka	M85	JPN
Middle Distance			
1	Hans Smeets	M70	NED
2	Paul Osland	M53	CAN
Long Distance			
1	Jean-Louis Esnault	M77	FRA
2	Sergey Polikarpov	M55	KAZ
Throws			
1	William Harvey	M72	USA
2	Takumi Matsushima	M85	BRA
Jumps			
1	Oleg Fedorko	M62	UKR
2	Washington Flores	M92	URU
Combined Events			
1	Jeferson Souza	M42	USA
2	Geoff Gibbins	M40	AUS
Race Walks			
1	Jose Luis Lopez Camarena	M65	MEX
2	Normunds Ivzans	M45	LAT

WOMEN			
OVERALL			
1	Kathryn Martin	W65	USA
2	Angela Copson	W70	GBR
Sprints			
1	Carol LaFayette-Boyd	W75	CAN
2	Julie Brims	W51	AUS
Middle Distance			
1	Kathy Martin	W65	USA
2	Lavinia Petrie	W73	AUS
Long Distance			
1	Angela Copson	W70	GBR
2	Yoko Nakano	W80	JPN
Throws			
1	Mary Thomas	W73	AUS
2	Marcela Barrientos	W52	CHI
Jumps			
1	Akiko Ohinata	W65	JPN
2	Carol LaFayette-Boyd	W75	CAN
Combined Events			
1	Checa Eseribano	W58	ESP
2	Rita Hanscom	W63	USA
Race Walks			
1	Heather Carr	W67	AUS
2	Rosemary Pelaez	W61	COL

https://www.mastersrankings.com/rankings/these-athletes-shined/

Heather Carr (Vic) Women 1st Race Walks

Photo: TOM LENAINE

It was indeed an honour and a privilege to be awarded the 'Walks category for the 2017 WMA Awards.

I will attempt to illuminate what this award means to me by firstly recognising the abilities and strengths of all walkers from Australia and every other country that is involved with WMA.

We, in Australia, are extremely fortunate to have top quality and high calibre racewalking athletes, from Juniors through Seniors then to Masters. Our racewalking fraternity is very cohesive, supportive and collaborative with strong networking. Exceptional coaches are available to assist athletes and give their time willingly, training athletes with advice and knowledge gained from years of experience. Of course, we wouldn't be able to achieve anything without all the officials who spend so much of their time assisting and contributing to racewalking.

Secondly, this award is one that I am particularly proud of. I worked extremely hard with a particular goal in mind. I was particularly focused; it paid off with my success in breaking the W65 3km indoor world record that had stood for many years. That indeed was my highlight for 2017!

My 'other' life? I am now retired, but for many decades was a Kindergarten Teacher, teaching children from three years to five years. A most enjoyable occupation.

My hobbies include reading, watching new release movies and caring for my seven grandchildren. I also relish travelling, and of course with WMA, this opportunity comes around regularly, even more so now, with so many competitions available both in Australia and overseas.

I was born in Warragul, a rural town in Victoria, Australia. Always loved being outdoors, being active, enjoying clean, pristine air and fresh food. We were very lucky indeed to grow up in the era we did.

Our family moved then to another rural town, Avoca, where I spent my primary years at school. I finished off my secondary education at Castlemaine High School, in the centre of Victoria's gold mining region. Then I moved to Melbourne where I completed my training as a kindergarten or pre-school teacher. After marriage followed four children, living on a farm where beef cattle were raised. Then I discovered racewalking through my children's involvement in Little Athletics. Well, that started off a whole new interest, and I've been smitten now for more than 30 years! I began my international competition in 1987 when the World Veterans Athletic Championships were held in Melbourne. How fortunate was I to find my niche at the ripe old age of 38! Previously I had played a lot of team sports, e.g. hockey, softball prior to athletics, but racewalking was the one that really 'got' me!

My husband, Bill, is an athlete; a sprinter, so our training is vastly different from one another, but athletics is the 'glue' that binds us together. We love travelling to new and exciting places, being able to experience different cultures and languages. Lastly, but most importantly is our group of close and connected friends who hold similar values and attitudes to life as we do. We are indeed very fortunate to be a part of WMA and all the benefits it brings.

https://www.mastersrankings.com/rankings/these-athletes-shined/

Mary Thomas (NSW) – Women 1st Throws

What does this award mean to you: It is the highlight of my 60 years of throwing. I am very shocked and it is a privilege to receive it.

What were your highlights of 2017: Winning five Gold medals at the WMA Indoors in Daegu, South Korea and five Gold and one Silver at the World Masters Games in Auckland, New Zealand.

What else, other than Track and Field, do you do: I play Pennant Lawn Bowls and swim in a Ladies Swimming Club.

What are your hobbies: Fishing and going Camping with our Motorhome Club.

What did/do you for a living: I was a bread carter and delivered to homes and shops my run was 170km a day for 12 years, then I was a store person in catering at a public hospital for 24 years.

Where did you grow up: I was born in New Zealand and came to Wollongong, Australia when I was three years and have lived in the same house my father built for 70 years.

Where did you go to school: I went to a small Catholic Primary School St Brigids which was a house. I then went to Smith's Hill Girls High School which was an all-girls School and we had one male teacher who took us for sport and that is where I started my career in throwing 1958.

What else is interesting about you: I am known as the Bionic Women because I have had so many of my joints replaced and set off alarms when I go through an airport. I have also been called Monica Seles of athletics because of my loud grunt when throwing.

2017 WMA Best Masters Athletes

Photo: GRAEME DAHL

Julie Brims (Qld) – Women 2nd Sprints

I was so excited about my nomination by Oceana Masters. In 2015 I was not in a position to run at all and only dreamed of one day getting back on the track. I could never have imagined I would place so high in World Masters Athletics for the Female Sprint Award 2017, coming in behind the legendary Carol LaFayette-Boyd! What an honor and absolute thrill to receive such an accolade as this! I'm still pinching myself this is real!!

I grew up in a small country town of Maryborough, Queensland. I'm the youngest of five girls, my identical twin Jan, being 20 minutes older! I had a go at athletics for two seasons when I was 12 years old but my predominant sport was basketball where I played in the ABA league for Brisbane Spartans. After my two children were born I wanted to get some fitness back so I decided to become a basketball referee where I ended up on the ABL panel, then I thought I needed to get fitter for referring so I started doing athletics with my children. At one of the pre-season fitness tests for the NBL referees, the men and women were all doing the beep test together, one by one the 20-year-old men dropped off to where it was just myself continuing on, the men became embarrassed and ended up turning the machine off to stop me from running!! After this, I decided athletics would be more rewarding on a personal level so I made the change to athletics.

The most memorable moment in 2017 I would have to say, was winning the World Masters Indoor 200m in Daegu!I had the opportunity to race against the World 200m Indoor record holder, Maryvonne Icarre who ran in my pocket the whole way! This was the first time I had ever run on a banked track and I can't wait to experience this again in Torun, Poland in 2019.

In my spare time from working in Micropropagation, I enjoy shopping, jigsaw puzzles and training of course. I'm looking forward to the next World Championships in Malaga, Spain.

Photo: MICK GIBBONS

Geoff Gibbons (Tas) Men 2nd Combined Events

My highlights from 2017 were: Winning the world double decathlon title in Belgium in August with the second highest score ever recorded in the M40 age group.

Winning the decathlon at the World Masters Games in Auckland in April.

Setting a new Australian decathlon record in winning the Australian Championship in January.

Setting a new Australian indoor pentathlon record in finishing second at the WMA Indoor Champs in Daegu in March.

Of interest, I am taking a year off multi-events to run a half marathon and recently ran 36.34 for 10k on the road. My next major decathlon will be Toronto in 2020.

Photo: DOUG SMITH

Lavinia Petrie (Vic) – Women 2nd Middle Distance

I was very surprised and thrilled to be named as Runner-up in the World for Women's Middle Distance Running.

It is also an exciting innovative concept of Awards for World Masters Athletics which encompasses all disciplines.

Korea was my first experience of Indoor Athletics Championships and the highlight of competition for me was breaking a World Record in the 3000m. I also won the 1500m and 800m. This was all topped off with a Gold Medal in the 4x200m Relay alongside Noreen Parish, Fran Harris and Jean Hampson. My first ever Masters Relay!

I have been an active athlete in England from 1959 to 1966.

My husband and I emigrated to Australia with a two-year-old and we both became involved in the Athletics Community, competing, coaching and Administration.

I was a founding member of Masters in Victoria and been a regular competitor in Open and Masters competition in Australia since 1966.

Over the years I have competed with distinction in all events from 800m to 100 kilometers and run Comrades Marathon twice,

I am passionate about running and will continue to do so for as long as I am able.

A new Age Group beckons later this year!!!

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What am I doing?

In focus

With Carmel Meyer

Lisa Limonas joined MAWA in late 2013 and has since managed to hone her Masters skills despite training and competing often having to take a backseat while she supports the athletic pursuits of her two '*awesome'* teenagers Madi and Jake. Lisa would not have it any other way. She is a self-described Proud Mum and says '*I am so lucky and proud to have Madi and Jake excel, and share my love of athletics and sport in general.'* Lisa is great fun to have around at the track, able to compete seriously but also able to match the inimitable John Dennehy at trackside banter.

Lisa started in Little Athletics U10's for Inglewood, back in the day when competitors ran barefoot. She recalls *'…running as fast as we could to deflect the prickles, doublegees and swooping magpies.'* Lisa's favourite events were the 100m, 200m, high jump and long jump. She also had a love/hate relationship with the 400m which she still has to this day. It's true,– prior to the start of a recent 400m Lisa was heard to mutter *'why am I doing this?'* She went on to Little A's U13's and then one year of juniors. However, as Lisa readily admits, when the teenage years kicked in, she took a short break *'…for about 35 years!'*

Around five years ago Lisa was thrown *'…a bit of a curve ball…'* and during that time she realised she had to make some changes, look after herself a bit more and do some things that made her happy. However, she then did what generous people often do – she saw a need and stepped up to help. At that time Madi and Jake were part of Baldivis Little A's. When their club Settlers Hills needed a new president, Lisa put up her hand and took over the position. As she also had her level 1 coaching accreditation she suddenly found herself *'El Presidente'* and coach of a Little Athletics club.

When Lisa's daughter Madi was training middle distance with her previous coach Shane Ellis, he suggested Lisa take up masters athletics. *'He suggested I train for middle distance but I had other ideas and went for the shorter option of sprints and jumps!'* Lisa now trains with Dave Wyatt's *'amazing'* group on Saturdays – a.k.a 'Dave's Girls, and Norm'. During the week, in between work and mum duties, Lisa joins her kids' training group 'Team Purser'.

CONTINUED – next page

She lights up track

FROM – previous page

The group was originally coached by Steven Purser who has since returned to the UK. He now coaches long distance, setting goals and coaching program, which are ably implemented by local coach James McCoeey. Lisa says she finds training with the youngsters is a challenge, to say the least… *'…my brain is telling me I can still run like a 15-year-old and my body is telling me to act my age!'* Tongue very firmly in cheek Lisa says she especially loves the days when the training regime is 8 x 400's. The 6 x 150m and 4 x 80's with walk back recovery sessions are her favourites; certainly a challenge for a masters athlete but I am guessing Lisa rises to the challenge every time! With her usual great sense of humour Lisa says *'…but when 800s are mentioned I practise my block starts, which need a lot of attention!'* However, she goes on to say '… *the kids are so encouraging as a lot of the parents join in, and fellow masters athlete Chris Neale is right up there, running with the best of them.'*

Competing in Parkrun at Rockingham, Bibra Lake or Applecross, has become a more regular occurrence for Lisa especially since son Jake has developed an interest in middle distance running. With a wry smile Lisa comments, "*As I want to set an example I will join them but unfortunately, by the time I have finished, they have cooled down and are sitting patiently in the car, hence the reason I love sprinting!"*

About 18 months ago at high jump training Lisa felt a niggle in her left knee. A diagnosis of patellar tendonitis followed. After many visits to the physio and gym, she is slowly getting it to a stage where she can jump without any discomfort, but it has been a long process. Lisa feels lucky that her running has not been compromised by this injury.

I asked Lisa what the highlight of her masters' career to date was and like many others, she quickly replied that it was competing at the 2016 World Championships in Perth. Lisa says she went in hoping for a PB in at least one event but surprised herself with a Gold medal in the W40 4x100m relay (other teammates were Ranell Hobson, Karen Long and MAWA's Wendy Seegers).

Lisa was originally named as a reserve for the event but was surprised and delighted to find out that being reserve can sometimes lead to bigger and better things! Lisa says *'…my knee often complains, "What are you trying to do to me?"* but on triple jump day it gave her a reprieve and she won a bronze medal in the event. PB's in both the 100m and 200m, *'… thanks to that wonderful wind down the straight!',* completed Lisa's successful championships.

Lisa was absent from the track recently as she spent a week at the Australian Junior Athletics Championships cheering on Madison who, in her best Nationals performance so far, ran PB's in the 800m (2.17.70) and 1500m. (4.43.88). Not to be outdone thirteen-year-old Jake ran a PB at a recent Parkrun (19.12min.)

Proud Mum Lisa laughs and says, *'… I could go on and on about them!'*

Though only a recent arrival compared to many MAWA members, Lisa has had many career highlights already including a State record for W45 High Jump, a win plus State record in the 4 x 400m relay at the 2017 Darwin Nationals (with Sharon Davis, Jody Brownley, and Cathy McCloskey) and a 4 x 100m State record (with Anne-Marie O'Donovan replacing Jody). Another thrill for Lisa was finding herself up on a banner at the WAAS entrance last year. (Colin Smith is the 2018 Masters banner athlete). Lisa says this was a very proud moment for her but she gets just as much of a thrill running a PB at the regular Tuesday evening competition. Lisa is looking forward to taking part in the Nationals here in Perth in April this year. She is training for her pet events – sprints and jumps and says with a big grin *'…and I have bravely signed up for the 400m!'*

Lisa's thoughts on where the last five years have taken her: *'It has been life-changing for me and I have met so many wonderful and inspirational athletes who are my Masters Family. I will be a part of Masters Athletics until my body decides otherwise. Every Masters athlete has inspired me to give it a go, have fun with a lot of laughs along the way… and for that, I say thank you.'*

On the last lap

the edge

With Margaret Saunders

The National masters track and field championships are nearly here. All the hard training should now have been concluded and the tapering is about to begin. You will only know when the championships have concluded if you have competed well and achieved the goals you set for yourself. If you have not, then learn from your disappointments and also understand what was successful from the positive aspects of your competition.

World masters track and field championships are being held in Malaga Spain later this year. The experiences from the national championships should be a starting point in planning your training and competition program from now until September. You will want to achieve your peak performances in Malaga.

Work out how many weeks you have to train until your next competition date. Break this time down and plan the future general training into blocks of training where each block has an important aspect or physical demand. The physical demand may be endurance, strength or speed. Volume and intensity are gradually increased during the early phases but if increased too quickly the chance of injury is greatly heightened. Base level training is usually completed before the more specific training.

Once you have planned the general nature of your training sessions it is then important to plan the purpose of the individual training sessions. What is the goal of the training session? Is it speed, endurance, speed endurance, technique improvement? Do you require extra flexibility? There should be a planned approach to the sessions where you are working towards your goal. As the date of the competition approaches event-specific training, such as ensuring the jumps run up is perfected or improving the start for sprinters, becomes very important.

Become aware of your strengths and areas that need improvement. Improvements can be made by masters athletes of all ages, even though times may be slower and distances less as we grow older. Areas like flexibility and skill acquisition can be further developed.

However, if you have carefully planned all your training sessions, it is still possible for injuries to occur. If you are feeling ill or very tired, change what is planned for training or competition that day and maybe for the next few days. This will allow the body time to recover. Remember a rest day is a training session, particularly as masters athletes grow older. Recovery is very important as a training session. If you have a “niggle” then a lighter load may be necessary to ensure you do not become injured.

Enjoy the competition and learn from all experiences.

Tuesday and Thursday night competition

Sue Coate clears the hurdle at Ern Clark Athletic Centre.

JULIE WILSON

CHRIS GROOM

Sharon Davis and Trevor Scott battle in the 1000m at WAAS. Sharon ran 3:06.6 to lead Trevor home by 3.4s.

April 2018 Track and Field Programme

TUESDAY at WAAS STARTING at 6.30pm. JUMPS START AT 5.30pm

Apr-18	event 1	event 2	event 3	event 4	Jump	field 1	field 2
3rd	100	800	200	5k r/w	HJ	discus	shot
10th	200	1500	60	3k r/w	LJ/TJ	javelin	hammer
17th	60	400	100	5k r/w	HJ	javelin	shot

THURSDAY at ECAC STARTING at 6.00pm. THROWS START AT 5.30pm

Apr-18	event 1	event 2	event 3	event 4	event 5	field 1	field 2
5th	60	1500	400	100	5k r/w	hammer	shot
12th	100	800	short hurdles	1 mile	200	discus	weight
19th	200	1500	60	300	3k r/w	weight	shot

Long and Triple jump equipment available for practice on Thursdays

New blood lifts establishment

MAIN PHOTO: Chris Gould leads Xander van Rijen on his way to a 2:46.8 1000m. Xander broke the State record with a 2:53.8 run. INSETS: (from left) Clare Wardle (3:16.4) and Petra Jerejian (3:18.6) cross the finish ine.

New masters members have made their presence felt over the last few months at WA Athletics Stadium with established athletes raising their performances as a result.

Chris Gould (M40) announced his arrival with a 1500m 4:32.8 1500m run and backed it up with an all the way win in the 5km in 17:45.4 (6/02/18). His tactical nous has yet to be tested, but his pace judgement is beyond reproach.

Paul Jeffrey (M40) showed men are able to multi-task with a welcome return to competition undertaking three events with equanimity – 23.8 for 200m, 39.70m discus and 52.22m javelin in under an hour (27/03/18). Lisa Limonas (W45) is now comfortably under 30 seconds in the 200m, however, her sub 70-second 400m runs indicate where her real potential lies. Lisa has also presented a 9.19m for triple jump and excellent high jump performances. Barrie Kernaghan (M75) is on the upswing with 15.5 and 31.5 consistently for the sprints.

Clare Wardle (W40) and track novice, Petra Jerejian (W40) also impressed onlookers. Petra's outgoing personality and competitiveness have added to the Tuesday evening's atmosphere. The former Czech triathlete of quality, with a strong swim leg, has shown her running

PAUL JEFFREY

is top class with her 3km/5km times (10:55.7) 19:37.8 5km (6/03/18). Petra dropped her 5km time down to 19:02.1 on April 3 with Clare hanging tough for a 19:23.4 in the same race.

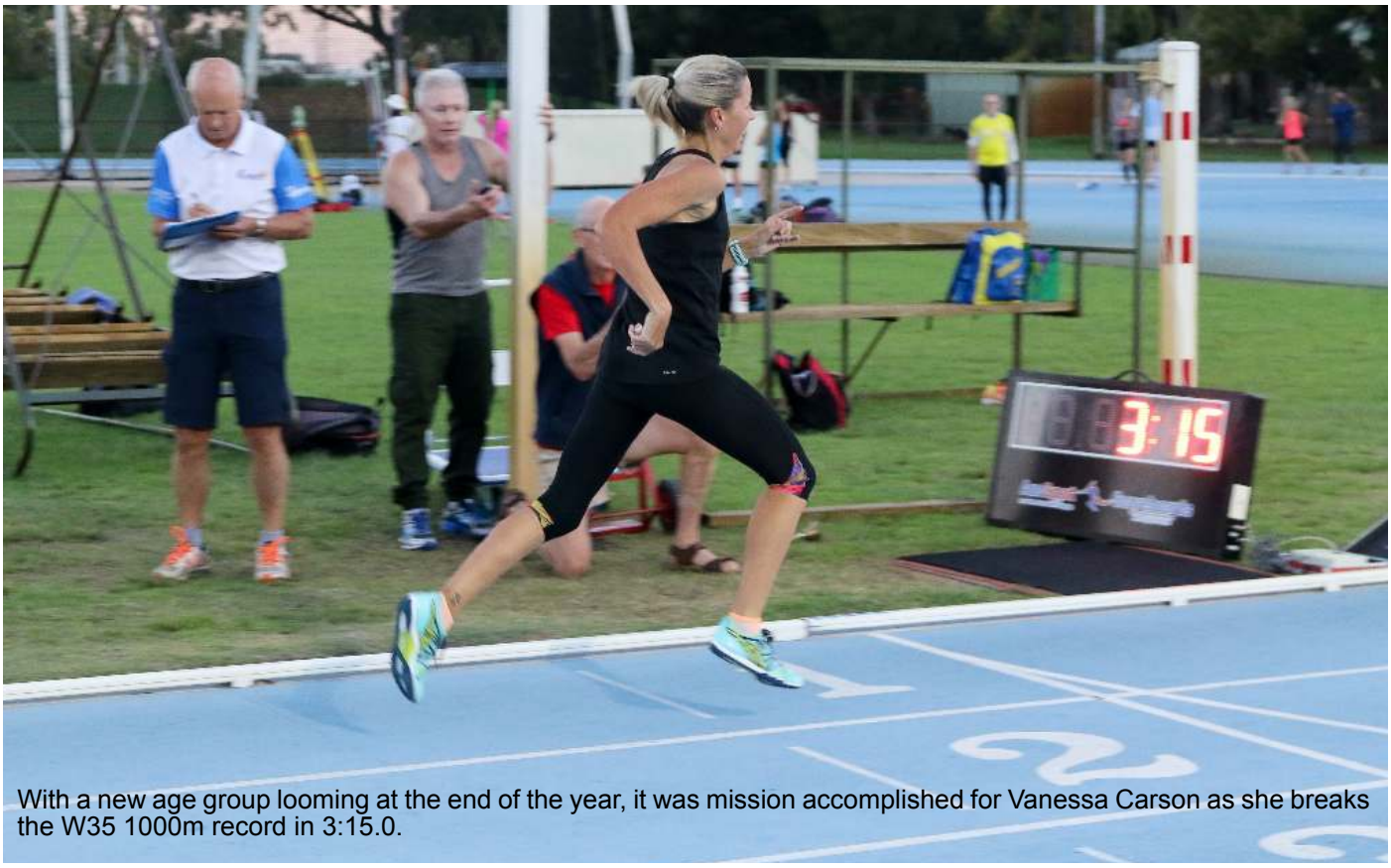
Sue Coate (W50) with 9.0 for 60m and throws: 9.84m shot (20.02.18) and 27.66m for javelin, is proving to be a true multi-eventer. Her 800m on April 3rd (3:07.8) showed all her grit and determination in finishing with David Baird (M75) who ran 3:07.5. Janne Wells (W45) is also improving in her events with a 21.61m javelin, sub-10-second 60m efforts and 400m in sub 80 seconds twice. An accomplished steeplechaser, she is going under the 11-minute barrier with regularity.

Enthusiastic Nicola Hibbert (W35) runs low 14 second 100m times after quality 10km Sunday runs to defy logic. Her friend, Mish Iskra, appears to be relishing competition and is being rewarded for her efforts with field events (26.44m, discus) and sprint personal bests.

Allan Gray (M55) is producing good times with 3:45.8 for 1km (20/02/18) of particular merit. Sometime training partner, Paul Scott-Taylor (M60) produced a stunning 15-second PB of 21:12.3 (3/04/18) in a confident performance in perfect conditions.

Newcomer Mandy Mason (W50) runs sub-nine seconds over 60m despite having a marathon time under her belt! Dave Wyatt (M65) has triple jumped 8.24m (27/03/18) while coaching a squad including Gay Wyatt (W60) 6.94m and Jaime Lovell (W30) 9.60m, with a long jump of 4.61m.

Significantly, Todd Davey (M50) increased his SR to 15.61m in the shot (6/02/18) even with a reduced weights programme.



With a new age group looming at the end of the year, it was mission accomplished for Vanessa Carson as she breaks the W35 1000m record in 3:15.0.

Vanessa's gutsy state record run

In windy conditions displaying focus and determination, Vanessa Carson (W35) set a state record of 3:15.0 for the 1km (29/03/18) at Ern Clark Athletic Centre. She paced herself well and was applauded for her run. Also applauded on the night was WAMA's newest World Record holder, Gillian Young (W70). The 2km steeplechaser's 10:03.49 from the OMA Championship's is a just reward for her hard work with coach, David Carr and her unbridled joy at the announcement was embraced by all.

The records kept coming with David Carr (M85) returning 11.6 in the 60m and 38.1 in the 200m. Barbara Blurton (W65) is continuing to progress with her 'comeback' with a 33.7 200m (22/03/18) effort to trounce a quality field indicating her training is on track for higher honours.

Karyn Tolardo (W50) leads the walking contingent each week providing a role model both in terms of technique and attitude. Recovering from injury, Karyn has steadily increased her mileage and appears to be on target for the upcoming national titles. In her wake, John McDonagh (M65), Haydn Gawne (M70) and Lynne Schickert (W75) are no less impressive with their efforts.

BARBARA BLURTON

Ossi Igel (M65) set a weight SR of 16.15m (15/03/18) but his 1.30m high jump (WAAS) surprised onlookers. His warm-ups are involving much more running and rumour has it that a Patron's Trophy appearance may be in the offing.

Colin Smith (M55) continues to run quality sprint times at every outing, often thwarted by windy conditions (57.7) particularly over the 400m. He is often battling with the ever smiling Bernie Riviere (M50) both being rewarded with fast times. Patrick Jones (M45) and Matt Godfrey (M40) newcomers to the track are welcome competitors and are progressing well with increasing track craft and fitness.

Fiona Leonard (W50) equalled the state mile time (8/03/18) after several attempts running 6:03.0 with a remarkably controlled run. Coached by her husband, Simon (no slouch himself in his heyday), Fiona manages to race a wide range of distances equally well.

Todd Davey (M50) despite a low key approach to the season has performed well and is often on hand to lend his expertise to other throwers. Looking slimmer than in previous seasons, he nonetheless continues to throw exceptional distances. Jenn Parker (W45) appears to be equally at home in the field as she is on the track with consistent, quality performances including a shot of 9.62m (22/03/18) and a 4.28m long jump (15/03/18).

New dad, Matt Staunton (M40) maintains a high level of performance across the throws. His 42.79m effort (15/03/18) and 11.36m shot put (1/03/18) commensurate with his gym work.

Day 1 – Thursday, April 26

Track

Starts at	Event#	Age	Event	Round
8:00am	#1	W30+	10,000m	Finals
8:00am	#2	M70+	10,000m	Finals
9:45am	#12	M35-69	10,000m	Finals
11:30am	#20	W50	60m	Heats
11:40am	#21	M50	60m	Heats
11:50am	#23	M45	60m	Heats

CATHY McCLOSKEY

12:30pm	#24	M30-49	400m Hurdles	Finals
12:40pm	#28	M50-59	400m Hurdles	Finals
12:50pm	#29	W30-49	400m Hurdles	Finals
1:00pm	#30	W50-69	300m Hurdles	Finals
1:10pm	#31	M60-69	300m Hurdles	Final
1:20pm	#32	M70-79	300m Hurdles	Finals
1:20pm	#33	M85	200m Hurdles	Finals
1:30pm	#34	W70-84	60m	Finals
1:34pm	#38	W65	60m	Finals
1:38pm	#39	W60	60m	Finals
1:42pm	#40	W55	60m	Finals
1:46pm	#20	W50	60m	Finals
1:50pm	#41	W45	60m	Finals
1:54pm	#42	W40	60m	Finals
1:58pm	#43	W30-39	60m	Finals
2:04pm	#45	M85-94	60m	Finals
2:08pm	#46	M80	60m	Finals
2:12pm	#47	M70-79	60m	Finals
2:16pm	#48	M65	60m	Finals
2:20pm	#49	M60	60m	Finals
2:24pm	#50	M55	60m	Finals
2:28pm	#21	M50	60m	Finals
2:32pm	#23	M45	60m	Finals
2:36pm	#53	M40	60m	Finals
2:40pm	#54	M30-39	60m	Finals
2:50pm	#55	W60-84	800m	Finals
3:00pm	#56	W55	800m	Finals
3:00pm	#57	W45	800m	Finals
3:05pm	#59	W50	800m	Finals
3:10pm	#60	W30-44	800m	Finals
3:20pm	#62	M80+	800m	Finals
3:35pm	#63	M70-79	800m	Finals
3:40pm	#64	M65	800m	Finals
3:45pm	#65	M60	800m	Finals
3:50pm	#66	M55	800m	Finals

Track

Starts at	Event#	Age	Event	Round
3:55pm	#67	M50	800m	Finals
4:00pm	#68	M45	800m	Finals
4:05pm	#72	M30-44	800m	Finals
4:15pm	#74	M55	100m	Heats
4:25pm	#75	M50	100m	Heats
4:35pm	#76	M45	100m	Heats
4:45pm	#77	W50	100m	Heats

Jumps

8:00am	#3	W40-49	Long Jump	Finals
8:00am	#4	M30-49	Long Jump	Finals
9:00am	#8	W55	Long Jump	Finals
9:00am	#9	M75-84	Long Jump	Finals
9:45am	#13	W50	Long Jump	Finals
10:00am	#14	W30-39	Long Jump	Finals
10:45am	#17	W60-69	Long Jump	Finals
11:45am	#22	W70-84	Long Jump	Finals
1:30pm	#35	M50-59	Long Jump	Finals
4:10pm	#73	M60-74	Long Jump	Finals

Field

8:00am	#5	M35-49	Hammer	Finals
8:15am	#6	W70-84	Shot	Finals
8:15am	#7	M75-89	Shot	Finals
9:00am	#10	W40-49	Hammer	Finals
9:00am	#11	W30-39	Shot	Finals
10:00am	#15	M60	Hammer	Finals
10:00am	#16	M50-59	Shot	Finals
11:00am	#18	W50-59	Hammer	Finals
11:00am	#19	W60-69	Shot	Finals
12:30pm	#25	W70-84	Hammer	Finals
12:30pm	#26	M75-89	Hammer	Finals
12:30pm	#27	M30-49	Shot	Finals
1:30pm	#36	W30-39	Hammer	Finals
1:30pm	#37	M65-74	Shot	Finals
2:00pm	#44	W60-69	Hammer	Finals
2:30pm	#51	W45	Shot	Finals
2:30pm	#52	W40	Shot	Finals
3:00pm	#58	M65-74	Hammer	Finals
3:15pm	#61	M60	Shot	Finals
4:00pm	#69	M50-59	Hammer	Finals
4:00pm	#70	W55	Shot	Finals
4:00pm	#71	W50	Shot	Finals

OSSI IGEL

Day 2 – Friday, April 27

Track

Starts at	Event#	Age	Event	Round
7:30am	#78	W30-94	5000m Race Walk	Finals
8:30am	#80	M40-89	5000m Race Walk	Finals

ANNMARIE O'DONOVAN

9:30am	#86	M30-49	110m Hurdles	Finals
9:35am	#89	W30	100m Hurdles	Finals
9:35am	#90	M50	100m Hurdles	Finals
9:40am	#91	M55-69	100m Hurdles	Finals
9:45am	#92	W40-49	80m Hurdles	Finals
9:50am	#93	W50-59	80m Hurdles	Finals
9:55am	#94	M70-79	80m Hurdles	Finals
10:00am	#95	W60-79	80m Hurdles	Finals
10:15am	#100	W55-84	1500m	Finals
10:30am	#101	W45-54	1500m	Finals
10:45am	#103	W30-44	1500m	Finals
11:00am	#104	M70+	1500m	Finals
11:30am	#108	M60-69	1500m	Finals
11:40am	#111	M55	1500m	Finals
11:50am	#112	M30-54	1500m	Finals
12:30pm	#116	W70-84	100m	Finals
12:35pm	#118	W60-69	100m	Finals
12:39pm	#119	W55	100m	Finals
12:43pm	#77	W50	100m	Finals
12:47pm	#120	W45	100m	Finals
12:51pm	#121	W40	100m	Finals
12:55pm	#122	W30-39	100m	Finals
1:00pm	#123	M80-94	100m	Finals
1:06pm	#124	M75	100m	Finals
1:10pm	#125	M70	100m	Finals
1:14pm	#126	M65	100m	Finals
1:18pm	#129	M60	100m	Finals
1:22pm	#74	M55	100m	Finals
1:26pm	#75	M50	100m	Finals
1:30am	#76	M45	100m	Finals
1:34pm	#132	M40	100m	Finals
1:38pm	#133	M30-39	100m	Finals
2:00pm	#134	M30-59	3000m Steeplechase	Finals
2:25pm	#137	W30-79	2000m Steeplechase	Finals
2:50pm	#140	M60-89	2000m Steeplechase	Finals

Athletes Forum

The Athletes Forum will be held on Friday, April 27 at the Stadium. It is an opportunity for all athletes to discuss matters of interest and concern, both amongst themselves and with AMA Board Members.

Track

Starts at	Event#	Age	Event	Round
3:30pm	#143	W30-84	Sprint Champion of Champions	Finals
3:40pm	#145	M30-94	Sprint Champion of Champions	Finals
3:50pm	#147	W55	400m	Heats
4:00pm	#148	W50	400m	Heats
4:10pm	#150	M60	400m	Heats
4:20pm	#151	M55	400m	Heats
4:30pm	#152	M50	400m	Heats
4:40pm	#153	M45	400m	Heat

Jumps

8:15am	#79	M30-49	High Jump	Finals
9:00am	#84	W60-79	High Jump	Finals
10:00am	#96	M50-59	High Jump	Finals
11:30am	#109	M70-84	High Jump	Finals
1:15pm	#127	W45-59	High Jump	Finals
2:45pm	#139	M60-69	High Jump	Finals
3:45pm	#146	W30-44	High Jump	Finals

Field

8:30am	#81	M65	Discus	Finals
8:30am	#82	W45	Discus (at UWA)	Finals
8:30am	#83	W50	Javelin	Finals
9:15am	#85	M30-44	Discus (at UWA)	Finals
9:30am	#87	W70-84	Discus	Finals
9:30am	#88	M60	Javelin	Finals
10:00am	#97	W30-39	Discus (at UWA)	Finals
10:00am	#98	M80-89	Javelin	Finals
10:00am	#99	W55	Javelin	Finals
10:30am	#102	M70-79	Discus	Finals
11:00am	#105	W50	Discus (at UWA)	Finals
11:00am	#106	W60-69	Javelin	Finals
11:00am	#107	W45	Javelin	Finals
11:30am	#110	W40	Discus	Finals
12:00pm	#113	M50-59	Discus (at UWA)	Finals
12:15pm	#114	M65	Javelin	Finals
12:15pm	#115	M30-44	Javelin	Finals
12:30pm	#117	M80-89	Discus	Finals
1:15pm	#128	W40	Javelin	Finals
1:30pm	#130	M60	Discus	Finals
1:30pm	#131	W55	Discus (at UWA)	Finals
2:00pm	#135	W30-39	Javelin	Finals
2:00pm	#136	M70-79	Javelin	Finals
2:30pm	#138	M45	Discus (at UWA)	Finals
3:00pm	#141	W70-84	Javelin	Finals
3:00pm	#142	M50-59	Javelin	Finals
3:30pm	#144	W60-69	Discus	Finals
4:00pm	#149	M45	Javelin	Finals

SHARON DAVIS

Day 3 – Saturday, April 28

Track

Starts at	Event#	Age	Event	Round
8:00am	#154	W50+	5000m	Finals
9:00am	#158	W30-49	5000m	Finals
9:45am	#161	M70+	5000m	Finals
10:45am	#164	M55-69	5000m	Finals
11:30am	#166	M35-54	5000m	Finals
12:15pm	#169	W70-84	400m	Finals
12:25pm	#172	W60-69	400m	Finals
12:30pm	#147	W55	400m	Finals
12:35pm	#148	W50	400m	Finals
12:40pm	#174	W40-49	400m	Finals
12:45pm	#175	W30-39	400m	Finals
12:50pm	#176	M85+	400m	Finals
1:00pm	#177	M80	400m	Finals
1:05pm	#178	M70-79	400m	Finals
1:10pm	#179	M65	400m	Finals
1:15pm	#150	M60	400m	Finals
1:20pm	#151	M55	400m	Finals
1:25pm	#152	M50	400m	Finals
1:30pm	#153	M45	400m	Finals
1:35pm	#183	M30-44	400m	Finals
1:45pm	#184	W65+	1500m Race Walk	Finals
1:45pm	#185	M70+	1500m Race Walk	Finals
2:10pm	#186	W30-64	1500m Race Walk	Finals
2:30pm	#187	M40-69	1500m Race Walk	Finals
2:50pm	#188	W55	200m	Heats
3:00pm	#189	W50	200m	Heats
3:10pm	#190	M65	200m	Heats
3:20pm	#191	M60	200m	Heats
3:30pm	#192	M55	200m	Heats
3:40pm	#193	M50	200m	Heats
3:50pm	#194	M45	200m	Heats

Jumps

8:00am	#156	M30-59	Triple Jump	Finals
9:30am	#159	W60-84	Triple Jump	Finals
10:30am	#163	W30-44	Triple Jump	Finals
11:30am	#167	M60-84	Triple Jump	Finals
12:15pm	#170	W40+	Pole Vault	Finals
12:15pm	#171	M45+	Pole Vault	Finals
1:20pm	#182	W45-59	Triple Jump	Finals

Field

8:00am	#155	M70-84	Throws Pent #1 Hammer	Finals
8:45am	#157	W45-54	Throws Pent #1 Hammer	Finals
8:45am	#155	M70-84	Throws Pent #2 Shot	Finals
9:30am	#160	W60-89	Throws Pent #1 Hammer	Finals
9:30am	#157	W45-54	Throws Pent #2 Shot	Finals
9:30am	#155	M70-84	Throws Pent #3 Discus	Finals
10:15am	#162	W55-64	Throws Pent #1 Hammer	Finals
10:15am	#160	W60-89	Throws Pent #2 Shot	Finals
10:15am	#157	W45-54	Throws Pent #3 Discus	Finals
10:15am	#155	M70-84	Throws Pent #4 Javelin	Finals
11:00am	#165	M60	Throws Pent #1 Hammer	Finals
11:00am	#162	W55-64	Throws Pent #2 Shot	Finals

Field

Starts at	Event#	Age	Event	Round
11:00am	#160	W60-89	Throws Pent #3 Discus	Finals
11:00am	#157	W45-54	Throws Pent #4 Javelin	Finals
11:00am	#155	M70-84	Throws Pent #5 Weight	Finals
11:45am	#168	M30-49	Throws Pent #1 Hammer	Finals
11:45am	#165	M60	Throws Pent #2 Shot	Finals
11:45am	#162	W55-64	Throws Pent #3 Discus	Finals
11:45am	#160	W60-89	Throws Pent #4 Javelin	Finals
11:45am	#157	W45-54	Throws Pent #5 Weight (at UWA)	Finals
12:30pm	#173	W30-44	Throws Pent #1 Hammer	Finals
12:30pm	#168	M30-49	Throws Pent #2 Shot	Finals
12:30pm	#165	M60	Throws Pent #3 Discus	Finals
12:30am	#162	W55-64	Throws Pent #4 Javelin	Finals
12:30pm	#160	W60-89	Throws Pent #5 Weight	Finals
1:15pm	#180	M65	Throws Pent #1 Hammer	Finals
1:15pm	#181	M50-59	Throws Pent #1 Hammer	Finals
1:15pm	#173	W30-44	Throws Pent #2 Shot	Finals
1:15pm	#168	M30-49	Throws Pent #3 Discus	Finals
1:15pm	#165	M60	Throws Pent #4 Javelin	Finals
1:15pm	#162	W55-64	Throws Pent #5 Weight (at UWA)	Finals
2:00pm	#181	M50-59	Throws Pent #2 Shot	Finals
2:00pm	#180	M65	Throws Pent #2 Shot	Finals
2:00pm	#173	W30-44	Throws Pent #3 Discus	Finals
2:00pm	#168	M30-49	Throws Pent #4 Javelin	Finals
2:00pm	#165	M60	Throws Pent #5 Weight	Finals
2:45pm	#180	M65	Throws Pent #3 Discus	Finals
2:45pm	#181	M50-59	Throws Pent #3 Discus	Finals
2:45pm	#173	W30-44	Throws Pent #4 Javelin	Finals
2:45pm	#168	M30-49	Throws Pent #5 Weight	Finals
3:30pm	#180	M65	Throws Pent #4 Javelin	Finals
3:30pm	#181	M50-59	Throws Pent #4 Javelin	Finals
3:30pm	#173	W30-44	Throws Pent #5 Weight	Finals
4:15pm	#180	M65	Throws Pent #5 Weight	Finals
4:15pm	#181	M50-59	Throws Pent #5 Weight	Finals

The Awards Dinner will be held on Saturday, April 28 at The Forrest Centre, 221 St George's Terrace.

Day 4 – Sunday, April 29

Track

Starts at	Event#	Age	Event	Round
7:55am	#196	W70-84	200m	Finals
8:00am	#198	W60-69	200m	Finals
8:05am	#188	W55	200m	Finals
8:10am	#189	W50	200m	Finals
8:15am	#200	W45	200m	Finals
8:20am	#201	W40	200m	Finals
8:25am	#202	W30-39	200m	Finals
12:30pm	#219	M85-94	200m	Finals
12:35pm	#220	M80	200m	Finals
12:40pm	#221	M70-79	200m	Finals
12:45pm	#190	M65	200m	Finals
12:50pm	#191	M60	200m	Finals
12:55pm	#192	M55	200m	Finals
1:00pm	#193	M50	200m	Finals
1:05pm	#194	M45	200m	Finals
1:10pm	#222	M40	200m	Finals
1:15pm	#223	M30-39	200m	Finals

ANDREW BROOKER and GREG BRENNAN

1:50pm	#225	W200+	4x100m Relay	Finals
2:00pm	#226	M220+	4x100m Relay	Finals
2:10pm	#228	W160+	4x100m Relay	Finals
2:20pm	#229	M170+	4x100m Relay	Finals
2:30pm	#230	W120+	4x100m Relay	Finals
2:40pm	#231	M120+	4x100m Relay	Finals
3:00pm	#233	W200+	4x400m Relay	Finals
3:10pm	#234	M220+	4x400m Relay	Finals
3:20pm	#235	W160+	4x400m Relay	Finals
3:30pm	#237	M170+	4x400m Relay	Finals
3:40pm	#238	W120+	4x400m Relay	Finals
3:50pm	#239	M120+	4x400m Relay	Finals

Multi events

7:30am	#195	M50-64	Outdoor Pent #1 Long Jump	Finals
8:15am	#199	M65-84	Outdoor Pent #1 Long Jump	Finals
8:15am	#195	M50-64	Outdoor Pent #2 Javelin Finals	
8:35am	#205	W60-84	Outdoor Pent #1 100m	Finals
8:45am	#206	W30-49	Outdoor Pent #1 100m	Finals
9:00am	#195	M50-64	Outdoor Pent #3 200m	Finals
9:00am	#199	M65-84	Outdoor Pent #2 Javelin	Finals
9:00am	#210	M30-49	Outdoor Pent #1 Long Jump	Finals
9:15am	#205	W60-84	Outdoor Pent #2 Shot	Finals
9:15am	#206	W30-49	Outdoor Pent #2 Shot	Finals

Multi events

Starts at	Event#	Age	Event	Round
9:30am	#212	W50-59	Outdoor Pent #1 100m	Finals
9:30am	#195	M50-64	Outdoor Pent #4 Discus	Finals
9:45am	#199	M65-84	Outdoor Pent #3 200m	Finals
9:45am	#210	M30-49	Outdoor Pent #2 Javelin	Finals
10:00am	#205	W60-84	Outdoor Pent #3 Long Jump	Finals
10:00am	#206	W30-49	Outdoor Pent #3 Long Jump	Finals
10:00am	#212	W50-59	Outdoor Pent #2 Shot	Finals
10:15am	#195	M50-64	Outdoor Pent #5 1500m	Finals
10:15am	#199	M65-84	Outdoor Pent #4 Discus	Finals
10:30am	#210	M30-49	Outdoor Pent #3 200m	Finals
10:45am	#205	W60-84	Outdoor Pent #4 Javelin	Finals
10:45am	#206	W30-49	Outdoor Pent #4 Javelin	Finals
10:45am	#212	W50-59	Outdoor Pent #3 Long Jump	Finals
11:00am	#210	M30-49	Outdoor Pent #4 Discus	Finals
11:15am	#199	M65-84	Outdoor Pent #5 1500m	Finals
11:30am	#205	W60-84	Outdoor Pent #5 800m	Finals
11:30am	#212	W50-59	Outdoor Pent #4 Javelin	Finals
11:45am	#206	W30-49	Outdoor Pent #5 800m	Finals
12:00pm	#210	M30-49	Outdoor Pent #5 1500m	Finals
12:15pm	#212	W50-59	Outdoor Pent #5 800m	Finals

Field

8:00am	#197	W40-54	Weight Throw	Finals
8:45am	#207	W65-84	Weight Throw	Finals
9:30am	#213	M60	Weight Throw	Finals
10:15am	#214	M70-84	Weight Throw	Finals
11:00am	#216	W55-64	Weight Throw	Finals
11:45am	#217	M50-59	Weight Throw	Finals
12:30pm	#218	M40-49	Weight Throw	Finals
1:15pm	#224	W30-39	Weight Throw	Finals
2:00pm	#227	M65	Weight Throw	Finals
2:45pm	#232	W30+	Throws Champion of Champions	Finals
3:20pm	#236	M30+	Throws Champion of Champions	Finals

Non stadia

8:30am	#203	W70+	6k Cross Country	Finals
8:30am	#204	M70+	6k Cross Country	Finals
9:00am	#208	W30+	10,000m Race Walk	Finals
9:00am	#209	M40+	10,000m Race Walk	Finals
9:30am	#211	W30-69	8k Cross Country	Finals
10:30am	#215	M30-69	8k Cross Country	Finals

GIOVANNI PUGLISI and KEITH HILL

Looking ahead

Fiona Leonard strides out in the 1000m at Ern Clark Athletic Centre.

AMA Championships, Perth, April 26-29, 2018

British Masters Championships, Birmingham, England August 25-26, 2018

WMA Stadia Championships, Malaga Spain, September 4-16, 2018

WMA Indoor Championships, Torun Poland, March, 24-30, 2019

AMA Championships, Melbourne, April 26-29, 2019

OMA Championships, Mackay. August 31 to September 7, 2019

WMA Stadia Championships, Toronto Canada, July 22 to August 1, 2020