

TFNL



The Track and Field
Newsletter of MAWA

Season 13 Issue 5
March 2020



MAIN PHOTO: Lee Stergiou upsets the field with victory in the Open 400m final. INSET: Des Walsh wins the first of his two victories in the Masters' 300m final

Lee and Des
snare three
wins at
Bunbury Gift –
Report inside



Triple treat

Bumper entries

X



Chris Neale lands during his long jump at last year's championships.

After just falling short in recent years we finally reached the 200 milestone for entrant numbers.

Since last year we have purchased high jump equipment and are now self-sufficient for the championships with the exception of pole vault.

For the first time we are recognising decathlon and heptathlon as Championship events, and so are including the

results from the State multis championships in January.

This year the disabled athletes will join us on our pentathlons day, March 21. This will give them greater availability of both track and field facilities.

Yet again Elaine Dance has agreed to manage the canteen and a coffee van has been booked for all weekend days.

**Barbara Blurton,
Championship Director**



TIMETABLE OF EVENTS

Thursday, March 12

(Ern Clark Athletic Centre)

7.00pm W40+ 10,000m
7.00pm M30+ 10,000m

Saturday, March 21

(Ern Clark Athletic Centre)

7:30am M60+ 5000m
8:30am M30-59 5000m
9.20am W40+ 5000m

10:45am W50 Long Jump
10:45am W75 Long Jump
10:45am M65 Long Jump
11:45am M30-54 Long Jump

1:30pm W35-44 Long Jump
1:30pm W65 Long Jump
1:30pm M55-64 Long Jump
1:30pm M70-84 Long Jump

Saturday, March 21

(Ern Clark Athletic Centre)

Pentathlon

W50+
8:00am 100m
8:15am Shot
8:45am Long Jump
9:15am Javelin
10:00am 800m

M55+
8:00am Long Jump
8:30am Javelin
9:10am 200m
9:25am Discus
10:15am 1500m

M30-54
9:15am Long Jump
9:50am Javelin
10:20am 200m
10:40am Discus
11:15am 1500m

Throws Pentathlon

W40+
11:45am Hammer
12:30pm Shot
1:15pm Discus
2:00pm Javelin
2:45pm Weight

M30+
12:30pm Hammer
1:15pm Shot
2:00pm Discus
2:45pm Javelin
3:30pm Weight

Thursday, March 26

(Ern Clark Athletic Centre)

Steeplechase

7:00pm M30-59 3000m
7:25pm W40+ 2000m
7:45pm M60+ 2000m

Saturday, March 28 Ern Clark Athletic Centre

8:00am W50+ 5000m RW	10:30am W35-79 800m	1:00pm W35-79 Triple Jump
8:00am M40+ 5000m RW	10:40am M75-94 800m	1:00pm M60 Triple Jump
8:15am M65-84 High Jump	10:45am W35-79 High Jump	1:00pm M30-59 Hammer
8:15am W40-79 Hammer	10:55am M65-74 800m	1:00pm M30-59 High Jump
9:25am W65-79 200m	11:05am M55-64 800m	1:00pm M65-89 Javelin
9:30am W50-59 200m	11:15am M45-54 800m	1:00pm W40-89 1500m RW
9:35am W35-49 200m	11:25am M30-44 800m	1:25pm M40-94 1500m RW
9:40am M75-94 200m	11:30am W65-79 Javelin	2:00pm W65-84 60m
9:45am M65-74 200m	11:30am W35-59 Shot	2:05pm W55-64 60m
9:45am W35-59 Javelin	11:55am W50 300m Hurdles	2:10pm W40-54 60m
9:50am M45-64 200m	11:55am M70 300m Hurdles	2:15pm M75-94 60m
9:55am M30-44 200m	12:05pm M60-69 300m Hurdles	2:20pm M65-74 60m
10:30am M60-89 Hammer	12:15pm W35-49 400m Hurdles	2:25pm M50-64 60m
10:30am M30-64 Javelin	12:25pm M30-59 400m Hurdles	2:30pm M30-49 60m

Sunday, March 29 at Ern Clark Athletic Centre

8:00am W40-74 1500m	9:30am W40-79 Weight	10:30am W50+ 3000m RW
8:00am M80-94 1500m	9:30am M30-64 Discus	10:30am M30+ 3000m RW
8:15am W35-79 Discus	9:30am W55-79 400m	11:15am M65-89 Shot
8:15am M65-89 Weight	9:35am W40-54 400m	11:15am M30-64 Weight
8:15am M40-64 Shot	9:40am M75-94 400m	11:15am W70-84 100m
8:25am M55-79 1500m	9:50am M65-74 400m	11:20am W55-69 100m
8:40am M30-54 1500m	9:55am M55-64 400m	11:25am W40-54 100m
9:00am M30 110m Hurdles	10:00am M45-54 400m	11:30am M75-94 100m
9:00am M50-59 100m Hurdles	10:05am M30-44 400m	11:35am M65-74 100m
9:10am M70 80m Hurdles	10:30am M30-59 Triple Jump	11:40am M45-64 100m
9:10am W40-54 80m Hurdles	10:30am W65-79 Shot	11:45am M30-44 100m
9:30am M65-84 Triple Jump	10:30am M65-89 Discus	



Photo: Graeme Dahl

Masters star at Bunbury

This photograph of Sharon Davis and Colin Smith encapsulates the camaraderie of masters running. It was taken following a thrilling finish to the masters' 300m at the Bunbury and Geographe Gift. Several masters making the journey down to Bunbury all starring in their own way and Clive Choate's excellent report in the following pages highlights the success of the weekend.



Melissa snares silver and bronze



Melissa Foster (pictured) returned to Perth to compete in the WA State Open Championships last month and was rewarded with a silver and bronze medal. In the triple jump, Melissa jumped 11.89m to secure the silver medal and the day before jumped 5.44m to claim the bronze medal in the long jump. Mark Jeffery and Andrew Brooker claimed the minor positions in the pole

vault with Mark winning silver in 3.50m and Andrew the bronze with a height of 2.80m. In the men's 2kg discus, Paul Jeffery threw 37.76m to place fourth. Sharon Davis competed in the 400m and 800m placing fourth in the one-lap race in 62.77 and backed up the following day to place fifth in the 800m with a time of 2:19.41

Records

Barbara Blurton	W65	400m	71.34	20/02/2020	ECAC	SR
Todd Davey	M50	Weight	19.12m	20/02/2020	ECAC	SR
Barbara Blurton	W65	200m	31.1	27/02/2020	ECAC	SR
Warren Button	M30	Hammer	60.18m	22/02/2020	WAAS	SR
Jenn Parker	W50	Throws Pent	3446	22/02/2020	Bunbury	SR
Melissa Foster	W40	Triple Jump	11.89m	22/02/2020	WAAS	*AR
Andrew Brooker	M50	Pole Vault	2.95m	07/03/2020	WAAS	SR
*Pending AR						

Bunbury Geographe Gift

Catch me if you can



Des Walsh takes the win in the Masters' 300m final from Lee Stergiou and Colin Smith.

By CLIVE CHOATE

What a weekend at the 2020 Westrac Bunbury Geographe Gift, held February 29th – March 1st at the Bunbury Recreation Ground.

Desmond Walsh took home two sashes with exciting wins in the Masters' 100m and Masters' 300m, while Lee Stergiou won the Open 400m race with masterful front running tactics!

Saturday's competition saw athletes face a stiff headwind at the colourful track, located close to the pounding Indian Ocean near Bunbury's back beach.

The Masters' 100m heats were the first on the programme and saw Daniel Leseberg off 1.0m come home well to win in 12.99 secs. Des Walsh with a fast start off 19.0m took second ahead of Reinhard Michelchen off 7.5m.

Colin Smith was convincing in taking the second heat in 12.83 secs. Mandy Mason 9.5m held the field out but was pipped to finish second and Luke Linden 6.5m came through for third.

The community programme, the second richest 'Gift' in Australia with a \$64,000 prize pool, offered plenty of variety. Little Athletic events saw local youngster Tom Cross, make up 250m to win the 800m contest, while other sprint events for

young athletes were enthusiastically received.

Open athletes included Olympians, Paralympians, State Champions, and Eastern states visitors. The programme was live-streamed with commentators Raf Baugh, a former eight-time state champion and world biathlon athlete, together with Paralympian Brad Scott, entertaining the crowd with their track interviews, race calling and wonderful knowledge of athletes and athletics.

The first Masters' final, the 300m, saw Des Walsh go out hard. "Off the front, I was going to be the hare and the rest will have to catch me", he quipped.

Going around the bend Des stumbled, but this seemed to lift him to another gear, and made him run faster on the grass track. As he turned into the straight he could hear them coming.

"As I straightened up my legs were slowing down, so I just concentrated on my arms. 'Move your arms Des and your legs will follow', I thought. I was waiting for the field to catch me, and we all came together, but the finishing line was thankfully coming faster! I passed it clear of the pack, just ahead of Lee Stergiou, Colin Smith, Daniel Leseberg and Sharon Davis. Wow, what a feeling!"



Mandy Mason eases down after finishing second in her heat of the masters' 100m won by Colin Smith.

Cream rises to the top



MAIN PHOTO;
Backmarker
Matthew Ramsden
chases the pack in
the men's mile.



Lee Stergiou's up

p as Lee wins in upset



Michael Roeger salutes the crowd on his way to victory in the men's mile.



Upset win put him on the top step of the podium.

The open events saw the cream rise to the top, with fit lithe athletes strutting their stuff! The open men's mile was a classic race where a bunch of four ran down the front runners, before world Paralympian marathon champion Michael Roeger dived through in the last 10 metres for the win.

Preselected Tokyo Olympian, Matt Ramsden, 'the Rockingham Rocket', made up a huge amount from the back mark to challenge up the straight in a thrilling finish where any of the first six could have won. The congestion on the finish line was confusing, and placings were only separated by the camera!

But in the upset of the meet, it was the masters' athlete Lee Stergiou who stole the show in the open 400m. In the qualifying heats, Lee won in 51.72secs, but was not confident going into the final, being the seventh fastest qualifier. Only 0.5 seconds separated the top nine athletes in the three heats.

At the gun in the final, Lee raced to a lead, but the big pack was coming. So relaxed was he moving, that the commentators remarked 'Stergiou, poised and polished, look at him he's elegant' as he moved down the back straight.

Entering the straight and using the tailwind, he had five metres, and despite several athletes lunging at the line, he held off the fast-finishing pack to record an exciting win. A great win for Lee Stergiou and masters' athletics! Speechless after the win, Lee crawled to the dais to accept his sash.

Bunbury Geographe Gift



Day 2 of racing saw conditions reverse to a howling 5-6 metre following wind. This pleased the front markers who knew it would be harder for the chasers.

Colin Smith who was a winner here last year and had won his masters' 100m heat was a warm favourite, but he had committed to a big programme, racing open events as well. Commentators described him as 'a fine wine', just getting better with age.

But it was masters Desmond Walsh who was the celebrity of the meet when he attacked his 100m to add this event to his 300m win the day before.

In the final of the Masters' 100m, the tailwind complemented a smart start by Des. Colin Smith began well, but his big programme took its toll. Meanwhile, Daniel Leseberg and Gin Ang were closing, with three runners, black, red and blue colours, hitting the line together.

The camera was needed to separate them, giving Des Walsh his biggest win ever. The exuberant athlete won by 4/1000th of a second in the closest of close finishes!

At presentations, commentator Brad Scott was surprised to learn that this 65-year-old had to use a walking stick five years ago and that a double hip operation had turned his life around, back to the enjoyment of his love for running. The

crowd was gob-smacked by this revelation!

Proudly making his way through the crowd and new fans, his green winner's sash announcing his arrival in pro-running.

He had prepared well for this meet, knowing he would be backing up for several races. He recently did three consecutive days of three-hour sessions in the Mandurah Recreation Centre to strengthen his legs in the gym. Sprints down the 50-metre corridor, running drills and flexibility work in the pool, complemented his preparations.

"I thought this would lift me to a new level as it is a long time since I trained three days in a row", calculated Des.

"The Westrac Bunbury Gift was a fabulous weekend, one I will remember for a long time. Sharing the competition with all the master's athletes who came down really made it. I always enjoy shopping in Bunbury and getting some bargains, so with the prize money I bought a set of kitchen knives to celebrate the win!

"I thought every time I use these I will think of Bunbury and winning the two sashes at the Geographe Gift", Des added.



Des Walsh celebrates his win in the 100m with Gin Ang and Daniel Lesberg.

14,000 reasons to celebrate

The final Open events over 120 metres, with \$14,000 prize money to each winner, produced plenty of excitement. Six-time state 100m champion Aaron Bresland stormed through from the backmark off scratch with a dominating run to win the men's race, while in the ladies' race, the winner was Summer Walters who held out powerful City of Perth beach sprinter Sophie Watts.

The final two events were the men and women's skins' 120m handicap races. Each run was repeated every two minutes and saw the last athlete dropped each time. The last three standing raced off for the prizes.

In a very successful weekend of athletics, with superb input from masters' officials Fran Cherry, Fiona Brown, Richard Blurton and photographer Graeme Dahl, and the local organising committee, the community of athletes across all ages enjoyed what handicap running can produce.

This is one for the calendar, and given good handicapping it meant any athlete on the day had the thrill of running for the line and a win.



Aaron Bresland pumps the air as he wins the Men's Open 120m final.



Summer Walters shows off the winner's trophy.



Summer Walters (blue) sprints to the line on her way to a \$14,000 pay day.

Bunbury Geographe Gift



Raf Baugh interviews Des Walsh after Des' win in the Masters' 100 final..

Bib 7	Sharon Davis	36.00	5	40.58
Bib 8	Louise Soia	36.00	6	41.03
Black	Reinhard Michelchen	32.00	7	41.08
Green	Mandy Mason	32.00	8	42.30
Bib 9	Barrie Kernaghan	60.00	9	42.50
White	Oliver Berry	7.00		Scr

Male 400 FINAL

Col	Name	HCP	PL	TIME
Bib 8	Lee Stergiou	33.00	1	50.68
Black	Noah Mcaneny	23.00	2	51.47
Red	Timothy Throssell	0.00	3	51.50
Blue	Josh Keatch	22.00	4	51.71
Yellow	Kai Metzner	22.00	5	52.10
Bib 7	Owen Spicer	27.00	6	52.11
White	Luke Burrows	5.00	7	52.14
Green	Matthew Konsolis	23.00	8	52.99

Masters 100 Heats

Qualify: 1st & 2nd plus 2 times to final wind -2.0

Heat 1

Col	Name	HCP	PL	TIME
Red	Daniel Leseberg	1.00	1	12.99 Q
Yellow	Desmond Walsh	19.00	2	13.08 Q
White	Gin Ang	6.50	3	13.14 q
Blue	Reinhard Michelchen	7.50	4	13.28 q
Green	Lynne Choate	22.00	5	13.75

Heat 2

White	Colin Smith	2.00	1	12.83 Q
Yellow	Mandy Mason	9.50	2	13.30 Q
Blue	Luke Linden	6.50	3	13.34
Green	Barrie Kernaghan	20.00	4	14.24
Black	Brenda Painter	30.00	5	14.63
Red	Oliver Berry	0.00		Scr

FEMALE 120 FINAL

Col	Name	HCP	PL	TIME
Blue	Summer Walters	5.00	1	14.32
White	Sophie Watts	1.00	2	14.49
Yellow	Imogen Herrington	5.50	3	14.70
Red	Jasvir Kang	0.00	4	14.81
Black	Jesse Huria	10.00	5	14.90
Green	Carryne Gibbs	8.00	6	15.00

MALE 120 FINAL

Col	Name	HCP	PL	TIME
Red	Aaron Bresland	0.00	1	12.34
Green	Jeremy Boyle	7.00	2	12.36
Black	Caleb White	8.50	3	12.46
Yellow	Asadollah Hosseini	5.50	4	12.49
Blue	William Bailey	5.00	5	12.56
White	Fejiro Omuvwie	0.75	6	12.79



Aaron Bresland holds the winner's trophy after the final of the Open 120m sprint.

MASTERS 100 FINAL

wind + 3.0

Black	Desmond Walsh	19.00	1	12.57
Red	Daniel Leseberg	1.00	2	12.57
Blue	Gin Ang	6.50	3	12.59
Yellow	Reinhard Michelchen	7.50	4	12.69
Green	Mandy Mason	9.50	5	12.72
White	Colin Smith	2.00	6	12.77

Masters 300 Final

Col	Name	HCP	PL	TIME
Bib 10	Desmond Walsh	60.00	1	39.48
Red	Lee Stergiou	0.00	2	39.79
Yellow	Colin Smith	16.00	3	40.14
Blue	Daniel Leseberg	12.00	4	40.35



2019 AMA Awards

Congratulations to the following members on being selected as finalists for the 2019 AMA Awards.

The winners will be announced at the National Championships Social/Awards Function on Sunday evening, 12 April in Brisbane. There will also be two inductees to the AMA Hall of Fame.

Sprints and Hurdles

Julie Brims, W50, QLD
Ruth Johnson, W75, WA
John Lamb, M65/70, ACT
Ashley McMahon, M40, NSW
Tim Potter, M50, TAS
Sue Turner, W55, SA
Andrew Wilcox, M50, VIC

Jumps

Luke De Biasi, M55, VIC
Miriam Cudmore, W80, SA
Melissa Foster, W40, WA
Nick Moroney, M45, NSW
Wilma Perkins, W65/70, QLD
Margaret Taylor, W70, ACT

Most Outstanding Female Athlete

Marge Allison, W70/75, QLD
Miriam Cudmore, W80, SA
Melissa Foster, W40, WA
Cathy McKeown, W45, TAS
Margaret Taylor, W70, ACT

Middle Distance and Steeplechase

Caroline Campbell, W75, ACT
Marlene Gourlay, W65, VIC
Vicky Gunn, W55, TAS
Michael Jukes, M80, QLD
Belinda Martin, W45, NSW
Allan Mayfield, M70, SA
Margaret Saunders, W65, WA

Throws

Ian Cole, M70, TAS
Miriam Cudmore, W80, SA
Jayne Hardy, W55, ACT
Lajos Joni, M60, QLD
Jo Peters, M65, WA
Philip Spivey, M55, VIC
Mary Thomas, W75, NSW

Most Outstanding Male Athlete

Andrew Brooker, M50, WA
Colin Heywood, M65, NT
John Lamb, M65/70, ACT
Allan Mayfield, M70, SA
Tim Potter, M50, TAS

Long Distance

Mick Davis, M45, TAS
Kerri Hodge, W45, QLD
Ros Lowe, W70, SA
Belinda Martin, W45, NSW
Lavinia Petrie, W75, VIC
Dee Roe, W50, WA
Clare Wall, W65, ACT

Multi Events / Relays

Don Fraser, M80, ACT
Vicki Townsend, W55, NSW
Cathy McKeown, W45, TAS
Andrew Millerd, M55, QLD
Luke De Biasi, M55, VIC
Paul Jeffery, M45, WA
4x200m Relay M35, AUS
(Adam Farlow, William Little,
Ashley McMahon, Jay Stone)

Most Outstanding Individual Performance

Paul Shard, M45, QLD
Shaun Creighton, M50, ACT
Geoff Gibbons, M40, TAS
Colin Heywood, M65, NT
Paul Jeffery, M45, WA
Karen Pienaar, W40, SA

Walks

Heather Lee, W90, NSW
Colin Heywood, M65, NT
Ignacio Jimenez, M50, QLD
George White, M70, SA
Heather Carr, W65, VIC
Andrew Duncan, M50, WA

Administrator of the Year

Bob Banens, ACT
Irene Davey, QLD
Lisa Attenborough, SA

Athletics became a



In focus

With Carmel Meyer

I was born in Melbourne, lived in Ballarat until Grade 5, then back to Melbourne for high school. I was always running and participating in sport, especially Hockey, which I continued to play until I was 35, even representing the Army. I joined the Army straight after school. Every day started with PT (Physical Training). We regularly ran for 5-10 km and I became very fit. The Army was not so much about sprinting; more the distance runs for endurance. I met my husband in Queenscliff, Victoria. Ian is from Perth and also joined the Army. We had three kids and had postings to Canberra, Perth and Brisbane. In 1999, I was deployed to Timor for seven months. On return, I discharged from the Regular Army after serving 17 years. The family settled in Perth and I have worked at Thales as a Systems Engineer for more than 18 years. I never stopped running after leaving the Army and even did a few triathlons. At lunch break, I go to the local parks to practise my runs or throws.

Our children were always active, and our daughter Rachael became a State high jumper. At WAAS we first saw "old" people doing athletics – it was a revelation! Where do we sign up? Not long after, in 2012 when I had just turned 45, Ian and I joined Masters. After a career in the military, we thought we would do pretty good at "old people's"

athletics – but we were quickly humbled. I ran a 200m against a lady who was 20 years my senior and got beaten (this couldn't be right). Little did I know I was running against the legendary Peggy MacIver. Even Ian was shocked when he sprinted 100m and couldn't shake another older lady who finished neck and neck with him (legend, Lynne Choate). Being surrounded by such athletes certainly motivated us.

I tried all the events and I also put Ian in everything as well – we had a lot of fun competing against each other (loser would cook dinner). At times our eldest daughter would come down to join us. That year, all three of us were the high jump state champions in our age groups.

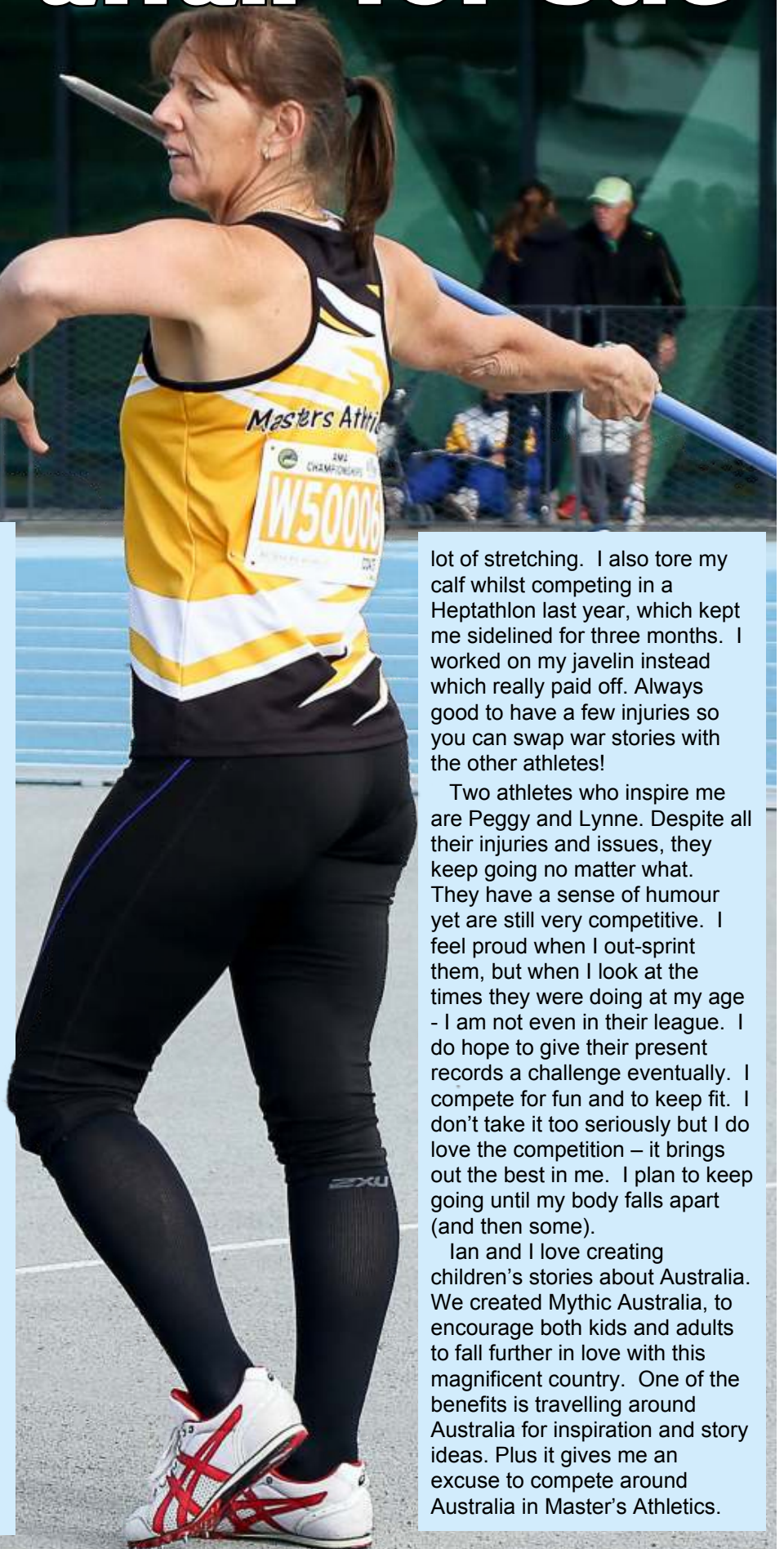
After the States in 2012, I joined Dave Wyatt's Saturday training group. I love my Saturday mornings. Dave has taught me a lot and the training group always pushes and encourages me. Although we lose a few with injury, they eventually come back.

I couldn't have achieved what I have without Dave's coaching and everyone's support.

The high jump is my favourite event, followed closely by the javelin. I give most events a try, which is probably why I like Multi's so much.

CONTINUED – next page

family affair for Sue



FROM – previous page

The Heptathlon and Pentathlon are a lot of fun because you can go around with a group of girls and have many laughs. A great memory was the Pentathlon at my first AMA championship in Melbourne (2012) with my family watching on. The competition was so close that we didn't know who won until the end. (Sue won W45 gold with 2376 points) Another highlight was competing with Vicki Townsend in the Mackay Oceania Games (2019). We did most of the same events and had an absolute ball. I did way above expected and enjoyed every moment, especially finishing without injuries.

In 2019/20 my targets were to get over 4000 Heptathlon points and over 30 metres in Javelin. I did that in Mackay (Hep. 4412 Javelin 31.65m) and also PB's in Long Jump, High Jump, 100m, 200m, hurdles, and Pentathlon. (Sue won six gold and broke four state records)

So my new goal is to help some of my competition get their targets. I love competing with the girls and when you have helped them reach their potential you don't even mind when they beat you. I would still like to try Pole Vault; it is one for the bucket list.

In 2012 I did my back and was out for a couple of years. I am still a bit wary with my back and do a

lot of stretching. I also tore my calf whilst competing in a Heptathlon last year, which kept me sidelined for three months. I worked on my javelin instead which really paid off. Always good to have a few injuries so you can swap war stories with the other athletes!

Two athletes who inspire me are Peggy and Lynne. Despite all their injuries and issues, they keep going no matter what. They have a sense of humour yet are still very competitive. I feel proud when I out-sprint them, but when I look at the times they were doing at my age - I am not even in their league. I do hope to give their present records a challenge eventually. I compete for fun and to keep fit. I don't take it too seriously but I do love the competition – it brings out the best in me. I plan to keep going until my body falls apart (and then some).

Ian and I love creating children's stories about Australia. We created Mythic Australia, to encourage both kids and adults to fall further in love with this magnificent country. One of the benefits is travelling around Australia for inspiration and story ideas. Plus it gives me an excuse to compete around Australia in Master's Athletics.

Grizzly groin



Osteitis pubis is tissue damage and inflammation at the pubic symphysis (where the right and left pubic bones join) which then results in groin pain in the lower pelvic region. It is generally an overuse injury where groin pain develops gradually over time. There will be pain when firmly touching the pubic bone at the front of the pelvis and frequent abduction will cause discomfort. The athlete may previously have suffered a hernia in the similar area. The more the athlete continues to train, the longer the injury will take to heal.

Several muscles such as the adductors and the abdominals attach near the pubic symphysis. As these muscles contract, they exert a force on the pubic symphysis. Repetitive activities such as running, kicking, changing directions or even repetitive sit-ups can cause this overuse injury.

Initially, the area may ache and this may persist when the activity has finished. When warmed up, the pain may lessen. However, as the condition worsens, the athlete may



the edge

With Margaret Saunders

be unable to complete the training session.

There are many possible causes of this injury. Some of these are poor biomechanics, muscle weakness, muscle tightness, fatigue, incorrect technical model, increase in training frequency or intensity or change in training surface.

The following tests may be used to eliminate some possible reasons for the pain or may assist with diagnosis and severity of the injury – Xray, bone scan, and MRI.

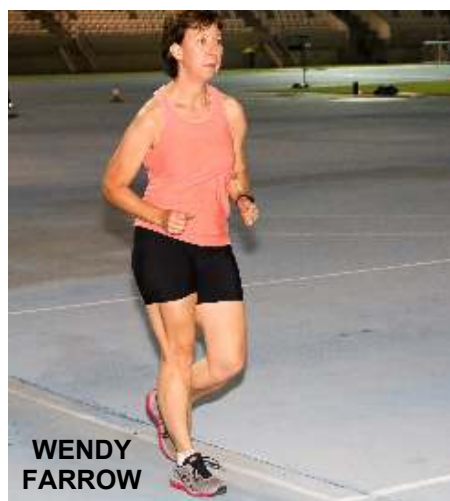
Initially, resting from exercises that cause pain is essential to allow the inflammation to heal. If the athlete continues to train or compete with pain, the injury will take longer to heal. Massage of surrounding muscles may alleviate soreness if muscle tightness is one possible cause. Correction of biomechanical issues may be vital,

and orthotics may be considered for the athlete if foot biomechanics is an issue.

Anti-inflammatory medication may alleviate some of the symptoms.

Once the pain has diminished, a gradual return to exercise may be started. However, if symptoms or pain return, then more rest is required. A return to fitness may be aided by swimming or cycling if there is no pain when doing those activities.

Before commencing hard training or competition a plan must be created. The rehabilitation programme may include some, or all of, the following – flexibility, core stability, strength and conditioning exercises. This programme should be established and monitored by a health professional. Exercises to stabilise the pelvic area may be given to avoid future injuries. An adductor stretch may be part of the rehabilitation. Muscles around the pubic symphysis may require strengthening. Biomechanics may be assessed.



2019-2020 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

03-Mar	100	1500	200	5000	high	Javelin	Shot
10-Mar	60	800	300	3000	long/triple	Hammer	Discus
17-Mar	400	1500	100	5000	long/triple	Javelin	Hammer
24-Mar	200	1000	100	3000	high	Discus	Shot
31-Mar	60	1 mile	200	3000	long/triple	Hammer	Shot



The field in a 200m head into the straight (from left) David Adams, Brielle Hort, Megan Hordyk and Keith Redpath.



Andrew Spratt leads Stuart Manning (left) and Chris Groom on the first lap of an 800m.



LYNNE CHOATE



SUE ZLNAY



BARBARA BLURTON

2019-2020 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)

05-Mar	800	200	3000	60	steeple	long	Hammer	Weight
12-Mar	300	1500	60	10,000 State Champs		high	Javelin	Shot
19-Mar	100	1 mile	400	3000		long	Weight	Discus
26-Mar	60	800	100	Steeple State Champs		high	Javelin	Weight
02-Apr	100	1500	200	5000		long	Hammer	Shot

Throws and Jumps



Looking ahead



Trent Harris (left) and David Graieg run stride for stride in a 1500m at WA Athletic Stadium. Trent gained the upper hand stopping the clock at 4:45.8.

MAWA 10,000m Championships, Thursday, March 12

MAWA Steeple Championships, Thursday, March 26

MAWA Pentathlons, March 21, ECAC

MAWA State Championships, March 28-29, ECAC

2020 AMA Track and Field Championships - Brisbane, April 10-13 (Easter).

www.brisbane2020nationals.com.au

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 16-28. www.masters2022.com