

# TFNL



The Track and Field Newsletter of MAWA

Season 14 Issue 2  
December 2020



**World**

**class**

With a pending 400m world record only a few strides away, Barbara Blurton's face shows the strain of the effort.

**Barbara  
breaks  
own mark**



Christine de Vries is a picture of concentration on her way to a 1.32m jump to break the W55 State record.



Photo: JANET NAYLON

## Donna joins MAWA

AMA secretary Donna Hiscox flew the MAWA colours at the NSW Masters Indoor Throws Championships.

Donna is NSW born and bred and lives in the Eastern states, but has recently joined MAWA.

At the championships she won a silver and bronze medal.

Donna also competed for MAWA at the AMA Masters Winter Throws in Wollongong on October 5, where she came second in the Weight Throw, Shot and Discus.

## MAWA RECORDS

W45	Andrea Penny	100lb Weight	1.05m	Bunbury	03/10/20	SR
W50	Jennifer Parker	100lb Weight	1.30m	Bunbury	03/10/20	SR
W75	Luella Jenkins	100lb Weight	0.72m	Bunbury	03/10/20	SR
M45	John Fettus	100lb Weight	3.70m	Bunbury	03/10/20	SR
M55	Andrew Ward	100lb Weight	1.81m	Bunbury	03/10/20	SR
M55	Andrew Ward	HW Pentathlon	2584pts	Bunbury	03/10/20	SR
M65	Jo Peters	100lb Weight	3.00m	Bunbury	03/10/20	SR
W50	Jennifer Parker	WT Pentathlon	3102pts	Bunbury	03/10/20	SR
W70	Barbara Blurton	400m	72.76	ECAC	08/10/20	<b>WR</b>
M70	Geoff Brayshaw	Triple Jump	8.89m (+0.8)	WAAS	13/10/20	SR
W50	Mandy Mason	60m	8.56 (+1.6)	WAAS	17/10/20	SR
M35	Gerry Hill	3000m	8:30.66	WAAS	17/10/20	<b>AR</b>
M40	Roberto Busi	3000m	8:40.37	WAAS	17/10/20	SR
M70	Phil Smyth	Pole Vault	=2.70m	WAAS	17/10/20	SR
M70	Geoff Brayshaw	Pole Vault	=2.70m	WAAS	17/10/20	SR
W75	Luella Jenkins	HW Throw	10.82m	Bunbury	17/10/20	SR
M70	Rocky Cloete	Shot Put	11.29m	WAAS	20/10/20	SR
W70	Barbara Blurton	200m	32.78 (-2.0)	ECAC	22/10/20	<b>AR</b>
M55	Hans Venter	High Jump	1.61m	ECAC	05/11/20	SR
W55	Christine de Vries	High Jump	1.32m	ECAC	05/11/20	SR
W70	Barbara Blurton	High Jump	1.05m	ECAC	05/11/20	SR
W70	Barbara Blurton	400m	72.51	ECAC	12/11/20	<b>**WR</b>
W50	Mandy Mason	100m	13.36 (+0.8)	WAAS	13/11/20	SR
M70	Greg Kennedy	Super Weight	4.62m	ECAC	19/11/20	SR
W45	Clare Wardle	5000m	18:15.74	WAAS	18/11/20	SR

**\*\* Pending world record**

ECAC is open every Monday for training from 7.30 to 9am.

# Barbara's world record

By JOHN DENNEHY

Five weeks after setting a women's W70 400m world record of 72.76, Barbara Blurton lowered that time to a pending mark of 72.51 at Ern Clark Athletic Centre during the Patron's Trophy 400m on November 12.

Barbara's world record broke the previous record, set in the 2016 Perth world final, by Aletta (Toy) Ungerer of South Africa.

Finally, Barbara has been able to put some consistent training behind her over the winter after being cruelly denied the chance of setting the record earlier in the year. Her seventieth birthday falls on March 19, a Thursday and she had planned to attempt the record at ECAC that evening, however, a minor tear in her hamstring resulted in the attempt being aborted. Days later any further attempts were cancelled as the Covid-19 restrictions closed down all sporting endeavours. Informed that had she run that night it would have sustained serious damage, she set about rehabbing for another build-up.

Conditions were good as Barbara got away safely from the blocks and was quickly into stride. Having training stalwart, Carmel Meyer, in the lane outside her provided familiar territory and she held her form down the back straight, hitting the halfway point in under 35 seconds. Spurred on by a small but vocal crowd the record was 'on'. A slight gust of wind greeted her on the entrance to the home straight, serving as a reminder to maintain her technique and a very strong finish provided Barbara with a fitting result for all her hard work. A hug from husband, Richard followed by a glass of champagne an hour later concluded a very successful night.

A windy night on November 12<sup>th</sup> did not stop Barbara from eclipsing her world record, running 72.51 seconds, suggesting an even faster time is on the cards.



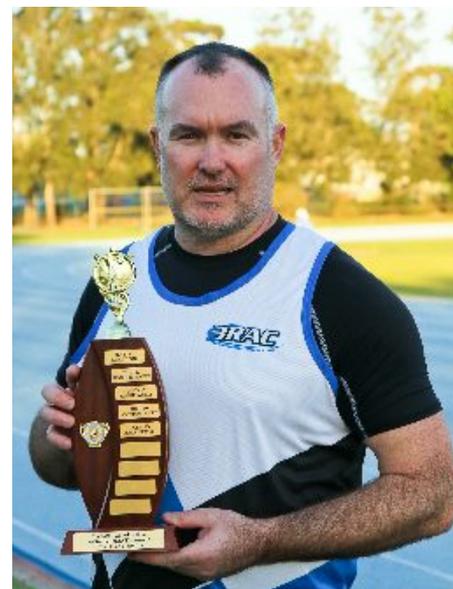
Barbara Blurton runs the first bend in her pending 400m world record run.

## 2020-21 Coaching Schedule

Coach	Discipline	Venue	Time
Tom Lenane	sprints/hurdles	ECAC	Wednesday 5:00pm
John Dennehy	middle distance	WAAS	Saturday 8:00am
Margaret Saunders	middle distance	McGillivray	Thursdays 10:00am
Dave Wyatt	jumps	WAAS	Tuesday 5:00pm
Ann Masters	jumps/sprints	McGillivray	Mon 4:30, Wed 5:30, Sat 3:30
Ann Masters	jumps/sprints	WAAS	Tue 5:00, Sun 10:30
Keith Redpath	endurance/sprints	Byford	0401298532 for details



John Fettus dances across the circle at the 2019 State Championships.



### John receives award

Bunbury's John Fettus was presented with MAWA's Achievement Award for Track and Field at a recent Thursday night competition at Ern Clark Athletic Centre.

It is awarded for the greatest improvement in performances during the club's year over recorded achievements in the previous two years as a club member. The award was announced at the Annual General Meeting held in October.



### Record tumbles

Clare Wardle ran a sensational race when she broke Anne Shaw's W45 5000m record at WA Athletics Stadium on November 18.

Running in a small field of eight, Clare was a picture of metronomic precision as she clicked off the laps to stop the clock at 18:15.74.

Anne was one of MAWA's top distance runners and set a brace of records.

LEFT: Clare Wardle strides out at the 2019 State Championships.

Event 17 Mixed 5000 Metre Run			
Name	Year	Team	Finals
Finals			
1	Brandon Ford	M03 Joondalup Tr	14:35.48
2	Adrian McLean	M89 Athletics We	15:40.95
3	Daniel Barnes	M97 Athletics We	15:49.68
4	Simon Crispe	M79 Athletics We	16:05.89
5	Jack Ball	M98 Joondalup Tr	16:06.15
6	Clare Wardle	W74 Masters Athl	18:15.74
7	Matt Smith	M96 Athletics We	18:32.96
8	Aleisha Wesley	W99 Athletics We	18:33.23

# Duo's decathlon deeds

By OLIVER BERRY

On November 21-22, MAWA members David Adams and myself completed a decathlon in Athletics West's first multi-event competition of the season.

For those unaware, multi-events use a formula to score each event, the sum of each event make up the final standings (similar to age-grading and the Patron's Trophy). Being combined with the Little Athletics state championships brought a bit of a crowd to watch the senior athletes during their events, somewhat of a novelty.

David had a frustrating event, after failing to clear a height in both pole vault and high jump, missing out on a chance at a personal best.

"I was jumping off the wrong side in high jump and just couldn't make it over a height, I want to keep practising for the state championships in January," David said.

He was very happy with his flat track events, composing himself well after another athlete broke in the 100m and running a strong back straight in the 400m into a heavy headwind to record strong times. David's next focus will be on his throws, which he said: "were all OK, but I can definitely get better and smoother".

Now to my weekend, I came away with a personal best for the event, which was mostly down to improvements with throws.

I felt rather slow all weekend, which translated to not ideal performances for



David Adams (left) and Oliver Berry compete at ECAC the following week.

pretty much everything on the track and long jump. However, my practice over the winter with the throws has paid off with some massive points improvements, particularly discus, which I swear was cursed in my previous decathlons.

The highlight for me was finally nailing a frosby-flop in a competition, something I generally struggle with even in

training/stuffing around at ECAC. I don't even know what happened, I ran in and jumped, thinking I would scissor kick or something ... and without realising all of a sudden was upside-down and over the bar.

The MAWA multi-event state championships will be held on January 30 and 31.

## Get set for virtual Oceania comp



MAWA's Greg Brennan at the 2019 Oceania Champs in Mackay.

Oceania Masters Athletics (OMA) is holding a virtual event in lieu of the Norfolk Island Championships which had been planned for January. All performances to be submitted must take place in January 2021. The events must be carried out in accordance with this schedule:

January 8: Go for 2 & 5 100, 400, 1500, short hurdles, steeple, men shot, men discus, women javelin, women hammer.

January 12: WAAS 100, 200, 1500, LJ, TJ, hammer, shot.

January 14: ECAC 100, 400, 1500, 1500w, 5000, HJ, discus, shot.

January 21: ECAC 100 200, 800, steeple, LJ, javelin, weight.

January 22: Go for 2 & 5 200, 800, long hurdles, women shot, women discus, men javelin, men hammer.

January 30/31: Go for 2 & 5 heptathlon, decathlon.

Your results must be submitted to Oliver Berry, [oliverjberry@gmail.com](mailto:oliverjberry@gmail.com), by February 3 at the latest. Information required is Event, Venue and Date, Name and DOB, Performance, Wind Reading if applicable

Only one entry per event is permitted, but you may do an event more than once and submit the best performance.

The postponed Oceania Championships have been scheduled for January 10-14, 2022. Turn to pages 16-17 for details.

# Early Trophy action



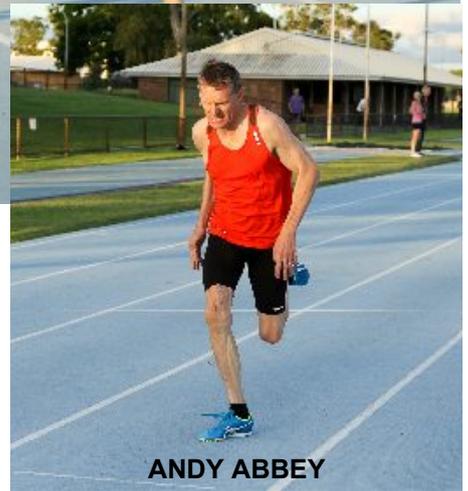
The discus was one of the events held so far in the Patron's Trophy and in the following pages John Dennehy reviews the early action.

Dani Fuda prepares to throw the discus in the Patron's Trophy event at WA Athletics Stadium on November 24.

# One-lap dash



Oliver Berry (left) and Colin Smith push themselves to the limit within sight of the finish line in the Patron's Trophy 400m.



ANDY ABBEY

**By JOHN DENNEHY**

The highest score in the 400m was always going to be a 'lay down misere' for Barbara Blurton given her recent world record run, barring unforeseen circumstances.

The WAAS event introduced Matt Dean (M30) to Masters' members, dragging several of the younger brigade to fast times. Rob Nichols sped to a 62.3 behind Matt's 61.5 effort. Dani Fuda debuted facing the worst of swirling winds with Greg Kennedy and Ivo Davies both venturing out in distance to press their credentials as quarter milers. A typically aggressive, yet controlled race by Wayne

Bariolo was rewarded with valuable points, as were the efforts of Geoff Brayshaw and Gay Wyatt.

ECAC on November 12 bore witness to another superb exhibition of running by Barbara Blurton. Sustaining her solid technique in the straight she produced a new world record and a brilliant 99.60% score. Despite a recent injury, Jenn Parker used her undeniable strength to complete the circuit. Andy Abbey, Colin Smith and Oliver Berry all ran well in the windy conditions to summarily 'tick off' another Patrons Trophy discipline and keep their title hopes alive.

400m			
WAAS October 20			
			% pts
Matt Dean	M30	61.5	70.21
Rob Nichols	M40	62.3	74.09
Max Graieg	M60	87.8	60.32
Dani Fuda	W35	80.4	60.42
Greg Kennedy	M70	83.3	69.48
Ivo Davies	M70	1:35.6	60.54
Patti Algie	W45	72.2	73.39
Geoff Brayshaw	M70	1:32.9	62.30
Gay Wyatt	W65	1:35.5	69.21
Wayne Bariolo	M50	64.7	76.24
Mark Dawson	M55	77.3	66.08
ECAC November 12			
Oliver Berry	M30	58.44	74.04
Colin Smith	M55	59.01	86.74
Andy Abbey	M50	66.24	74.61
Barbara Blurton	W70	72.51**	99.60
David Adams	M40	76.44	60.48
Jenn Parker	W50	77.16	72.05

\*\* Pending world record

**BARBARA BLURTON and JENN PARKER**



# Patron's Trophy

# High flyers in action

Jenn Parker posted the second highest points score at ECAC with 75.68 points.

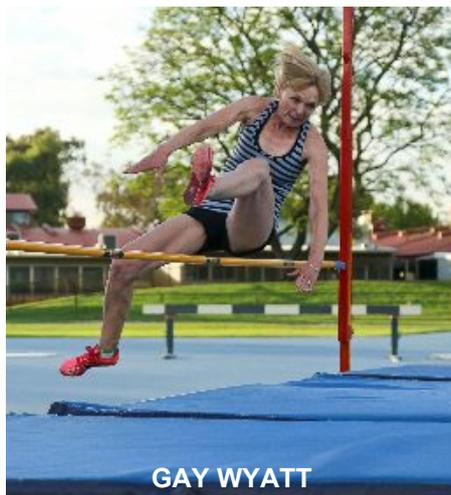
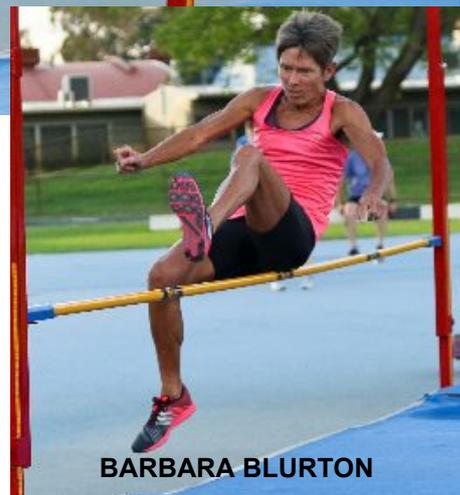


By **JOHN DENNEHY**

No less than five athletes scored over 70% in the Patron's Trophy high jump indicating a quality competition and dispelling the notion that perennial winners, Peggy Macliver and David Carr had left a vacancy filled by lesser talents. The two champions are sorely missed but the value of the trophy is enhanced by their past performances. Newcomers, Dani Fuda and Matt Dean added excitement to the WAAS event with their enthusiasm and competitiveness and a serious serve of talent. Matt cleared 1.50m to head off his competitors, but it was Geoff Brayshaw claiming 74.55% who scored

highest on the night. Geoff is in sparkling form this season with top class efforts in the sprints and jumping events, recently setting a state record in the triple jump. Less than a point behind Geoff was Gay Wyatt with her clearance of 1.05m showing solid technique, courtesy of her coach/husband, Dave.

New father Oliver Berry put his sleepless nights behind him and soared over 1.45m, with Jenn Parker and Colin Smith both recording 1.26m respectively to keep their trophy chances open. Barbara Blurton scored a state record and highest score and the only known picture of her sitting on a bar all in one competition.



## High jump WAAS November 10

			% pts
Matt Dean	M30	1.50m	61.22
Rob Nichols	M40	1.40m	59.83
Geoff Brayshaw	M70	1.23m	74.55
Dani Fuda	W35	1.15m	57.79
Gay Wyatt	W65	1.05m	73.94
David Adams	M40	1.00m	42.74

## ECAC November 5

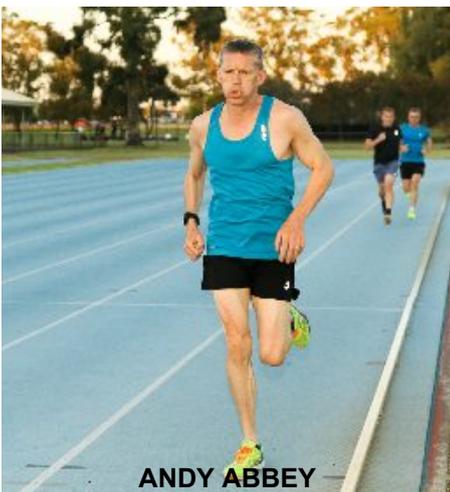
Hans Venter	M55	1.61m*	n/a
Oliver Berry	M30	1.45m	59.18
Christine de Vries	W55	1.32m*	n/a
Jenn Parker	W50	1.26m	75.68
Colin Smith	M55	1.26m	63.00
Jacqui O Neill	W40	1.20m	n/a
Gay Wyatt	W65	1.05m	73.94
Barbara Blurton	W70	1.05m*	79.55
David Adams	M40	0.99m	42.31

\* State records

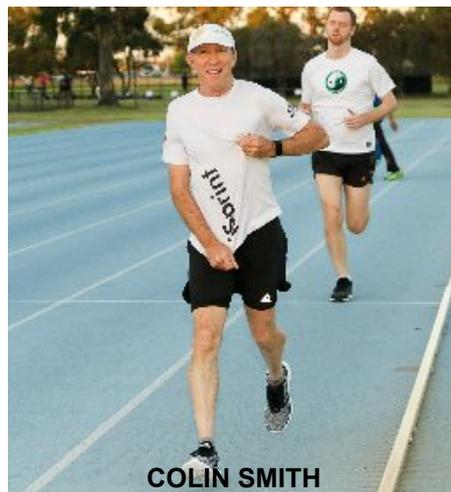
# Heat tests runners



Patti Algie leads Alan Gray and Mercurio Cicchini in the early laps.



ANDY ABBEY



COLIN SMITH

By JOHN DENNEHY

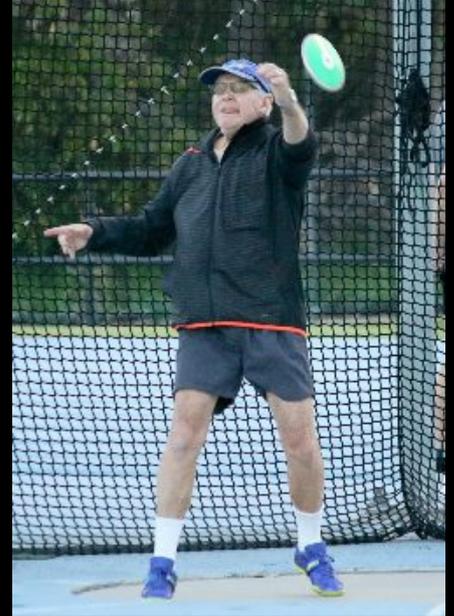
A humid evening reduced hopes of fast times over the 5000m event at ECAC with several athletes reduced to walking at stages. Andy Abbey was rewarded for his conservative early pace with the fastest time of 21:14.3. He was initially disappointed with his time until he realised that the conditions took an even greater toll on his competitors still on the track. 'Blue' Algie drew on substantial reserves to debut, surprising herself with her time.

Colin Smith, affected by the heat, illness and the stress of a busy work schedule, 'ground out' a respectable performance. Mercurio Cicchini's Sunday running rose to the fore as he ran strongly throughout. Barbara Blurton easily outscored all others, however, like others, she slowed markedly over the final stages, running significantly slower than training times indicated. Jenn Parker battled throughout, recording a meritorious time considering her injury and sprint/throws background – a stellar effort under trying circumstances.

There were only two Patron's Trophy competitors at WAAS, state record holder in the steeplechase, Rob Nichols, ran impressively in his best discipline, showing remarkable pacing, resisting the temptation to push too hard early, achieving his aim of 17:20 with a sustained kick over the final lap. David Adams ran a solid 25:22.1 for 51.53 points.

5000m				
WAAS November 17				
				% pts
Rob Nichols	M40	17:17.7		75.59
Barbara Hossack	Vis	18:38.6		n/a
Steve Hossack	M55	21:42.4		n/a
David Adams	M40	25:22.1		51.53
ECAC October 29				
Drew Langford	M40	18:29.7		n/a
Grant Langford	M40	18:30.7		n/a
Jeff Hughes	M50	20:14.3		n/a
Andy Abbey	M50	21:14.3		66.35
Gerrit Myburgh	M45	21:37.4		n/a
Patti Algie	W45	24:01.1		65.58
Colin Smith	M55	24:21.4		60.20
Mercurio Cicchini	M70	25:16.6		66.73
Barbara Blurton	W70	26:11.4		80.96
Jenn Parker	W50	29:05.0		56.79
(hand times)				

# Stand and deliver



Geoff Brayshaw posted the top points score of the WAAS round of the Patron's Trophy discus.

By JOHN DENNEHY

Jenn Parker was the undoubted star of the discus competition in the Patrons Trophy scoring a massive 53.98% to add to her total. Wayne Bariolo 'muscled' the platter out to 24.43m but Oliver Berry outpointed him with a 29.65m effort.

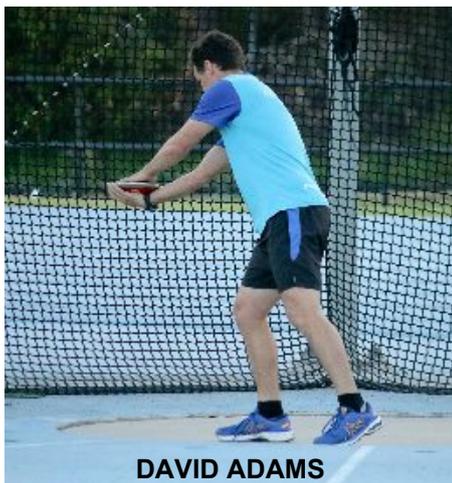
The two female 800m specialists, Barbara Blurton and Sharon Davis were seen engaged in conversation during the event although it was not clear if it was related to discus technique or, more likely, tactical advice about their more favoured event. Both displayed a fierce competitive spirit responding to the efforts of their fellow athletes each round.

Geoff Brayshaw is revelling in a purple patch of great form with stellar performances in sprints and jumps. His throws are following along with a 46.43% to his credit. David Adams recorded his usual honest effort. State steeplechase record holder, Rob Nichols, took time from his warmup to post a throw result despite an admittedly 'agricultural' technique. His children, Rachel and Marcus, are Rob's biggest supporters and are regulars at WAAS on Tuesday evenings.

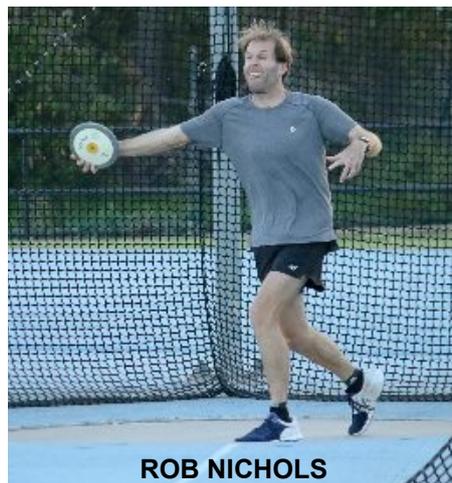
Newcomers Dani Fuda, Matt Dean and Joe-Anne Buchan all appeared to enjoy learning a new discipline although they had mixed results.



DANI FUDA



DAVID ADAMS



ROB NICHOLS

## Discus

### ECAC October 22

			% pts
Jenn Parker	W50	31.58m	53.98
Oliver Berry	M30	29.65m	40.02
Wayne Bariolo	M50	24.43m	33.70
Colin Smith	M55	18.66m	27.97
Sharon Davis	W45	15.66m	24.59
Mercurio Cicchini	M70	15.52m	26.78
Andy Abbey	M50	14.81m	20.43
David Adams	M40	14.12m	20.99
Barbara Blurton	W70	12.94m	34.61
Joe-Anne Buchan	W45	11.69m	18.35

### WAAS November 24

Geoff Brayshaw	M70	26.91m	46.43
Rob Nichols	M40	17.54m	26.08
Dani Fuda	W35	15.96m	21.55
David Adams	M40	11.17m	16.61
Matt Dean	M30	ND	0

# Patron's Trophy



Barbara Blurton leads Simone Solomon in the Patron's Trophy 1500m at Ern Clark Athletic Centre.

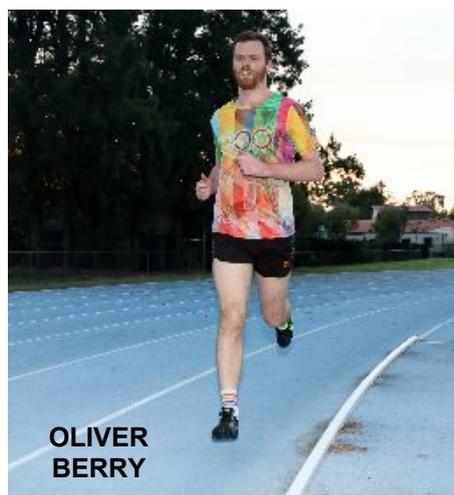
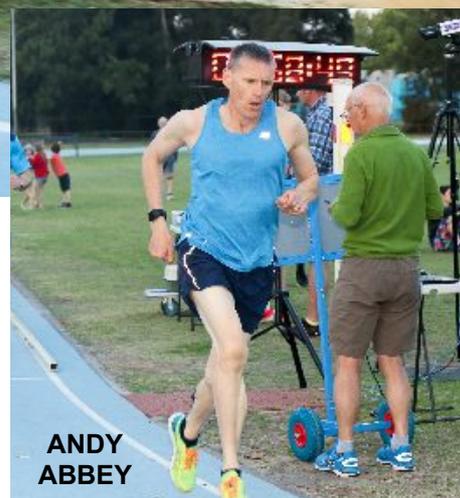
## By JOHN DENNEHY

Nick Best and Rob Nichols led the respective 1500m fields home in the opening races of the 2020 Patron's Trophy with an impressive score. Sharon Davis charged home to shock many of the male competitors, despite a lengthy time off while managing an Achilles injury over the winter, scoring 82.80% in the process.

The top score of the competition went to Barbara Blurton with 86.23% from a carefully measured run, lapping consistently with her familiar kick from the 300m mark. Colin Smith moved out

of the comfort-zone of sprinting to record a fine 5:42.28 dragging multi-eventer, David Adams, along with him.

Wayne Bariolo ran a sub-six-minute metric mile, surprising many with his endurance given his muscular physique and sprint/field event background. These strengths will bring him to the fore as the competition progresses. Jenn Parker, who is of a similar ilk, scored well with a confident run. The long-legged Gay Wyatt displayed the grit and determination she is known for in grinding out her run, rewarded by a 70.85% score.



1500m			
ECAC October 15			
			% pts
Nick Best	M40	5:09.85	69.90
Sharon Davis	W45	5:10.59	82.80
Andy Abbey	M50	5:15.27	74.88
Colin Smith	M55	5:42.28	72.23
David Adams	M40	5:52.84	61.38
Oliver Berry	M30	5:59.95	57.25
Joe-Anne Buchan	W45	6:42.42	63.92
Barbara Blurton	W70	6:46.56	86.23
Mercurio Cicchini	M70	6:50.47	70.96
Jenn Parker	W50	7:00.09	64.16
Janne Wells	W50	7:34.43	59.33
Silke Peglow	W50	7:36.70	59.02
WAAS October 27			
Rob Nichols	M40	4:48.5	75.01
Wayne Bariolo	M50	5:59.8	65.58
Patti Algie	W45	6:26.0	66.61
Gay Wyatt	W65	7:33.1	70.85

# Overuse injuries

An overuse injury occurs as a result of repeated actions rather than a single action and is a very common source of injuries in masters athletes. The injury occurs when the repeated loading is above the level that the body can withstand. The actions of running, jumping or twisting may all contribute to overuse loads. Repetitive movements may cause injury to bones, tendons, muscles and ligaments.

Overuse injuries may be a consequence of many reasons. Some of these are:

- the rapid increase in training volume or intensity
- biomechanically incorrect technique
- returning to training too quickly after injury or illness
- muscle imbalance
- poor strength
- not enough recovery after competition or hard session
- too many hard sessions
- footwear which is ill-fitting or requires updating
- increased risk in older athletes.

Overuse injuries can result from a small injury such as a minor muscle tear. If the muscle tear is undiagnosed or does not recover fully before training commences,



## the edge

With Margaret Saunders

then this area may become injured again as further stressors are applied. Thus, an overuse injury follows and more lasting issues may develop. These overuse injuries then take longer to heal.

Tendons attach the skeletal muscles to bones. These muscles may be very large or very small. The tendon bands of connective tissue made of strong fibrous collagen are much less elastic than the muscles. However, they store energy when stretched, which is returned by springing back.

There are two general types of tendon overuse injuries. One is tendonitis which is inflammation of the tendon. Tendonopathy, or tendinosis, relates to the breakdown of collagen within the tendon.

Tendonitis symptoms generally occur where the tendon attaches to the bone and is associated with a dull ache, mild swelling and tenderness.

Tendonopathy will affect the range of flexibility and range of motion.

Recent research has shown that tendonitis may be the result of tendinopathy. This new understanding has also changed how tendinopathy is treated. Anti-inflammatories, which relieve inflammation, were considered standard treatment but now it is believed that this treatment may slow down the healing.

Rest is important initially, but active recovery is important. Optimal loading allows the body to adapt and then heal, whereas rest does not allow this adaptation. Frequently the pain will resume when the training recommences if rehabilitation has not been undertaken.

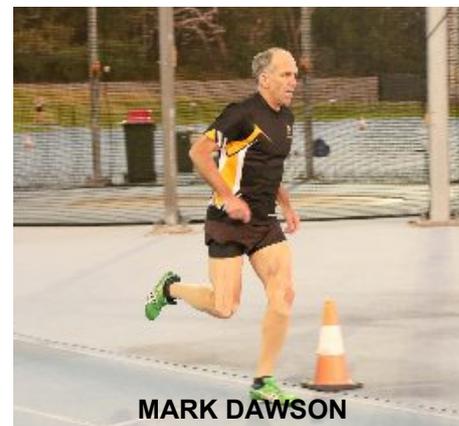
No two athletes will respond in exactly the same way to the same training loads of a session. Perhaps because they have not recovered from a previous session, are undertaking a rehabilitation programme or may be due to the age of the athlete.

Early recognition of the signs of overuse is important to reduce the time lost from training and prevent the injury from becoming chronic.

Determine the cause, set up a rehabilitation programme and gradually increase the intensity and duration.



With 300m to go, David Graieg heads down the back straight in an 800m at WA Athletics Stadium.



MARK DAWSON



CAMPBELL TILL

## 2020-2021 Summer Track and Field Programme

### Patron's Trophy

The Patron's trophy (highlighted events) commences on Thursday 15 October. Athletes compete in a minimum of 9 events with the best 9 giving the total score. The same event from Tuesday and Thursday cannot count twice

**TUESDAY at WA ATHLETICS STADIUM, MOUNT CLAREMONT at 6.30pm**

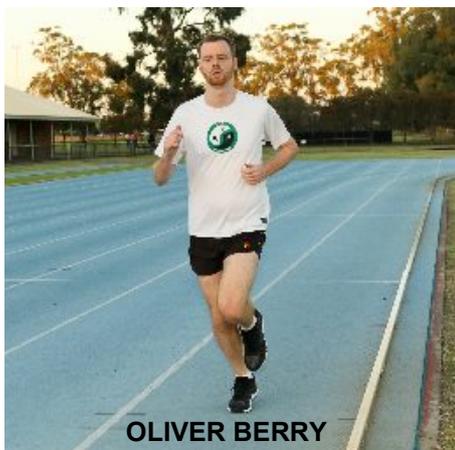
**\$8 (\$4 for senior card holder) entry to WAAS.**

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

01-Dec	60	1000	200	5000	high	Javelin	Hammer
08-Dec	100	1500	400	3000	triple	Hammer	Discus
15-Dec	60	200	800	5000	long/triple	Javelin	Shot
22-Dec	100	1500	300	3000	high	Discus	Shot
05-Jan	100	800	60	5000	long/triple	Javelin	Discus
12-Jan	200	1500	100	3000	long/triple	Hammer	Shot
19-Jan	60	400	200	5000	high	Javelin	Hammer
26-Jan	100	800	60	3000	long/triple	Discus	Shot
02-Feb	200	1500	400	5000	long/triple	Javelin	Hammer
09-Feb	60	800	300	3000	high	Discus	Shot
16-Feb	100	1000	200	5000	long/triple	Javelin	Discus
23-Feb	60	1 mile	400	3000	long/triple	Hammer	Shot
02-Mar	100	1500	200	5000	high	Javelin	Shot
09-Mar	200	800	100	3000	long/triple	Hammer	Discus
16-Mar	400	1500	100	5000	long/triple	Discus	Shot
23-Mar	60	1 mile	200	3000	high	Hammer	Shot



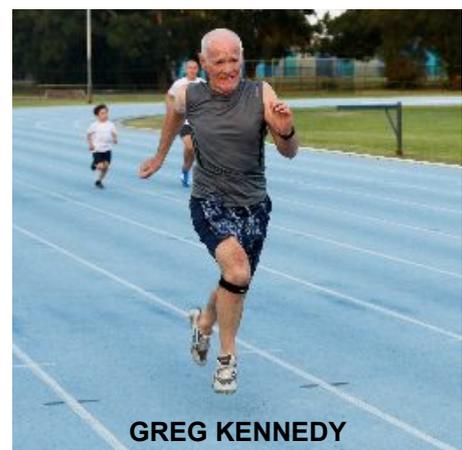
Emily Bailey (left), Christine de Vries (centre) and Joe-Anne Buchan battle in a 100m heat at ECAC.



OLIVER BERRY



DREW and GRANT LANGFORD



GREG KENNEDY

## 2020-2021 Summer Track and Field Programme

**THURSDAY at Ern Clark Athletic Centre (ECAC) starting at 6pm**  
**Wharf Street, Cannington \$3 entry fee**  
**In addition - visitor fee: \$5, (\$2 under 18, members' children no fee)**

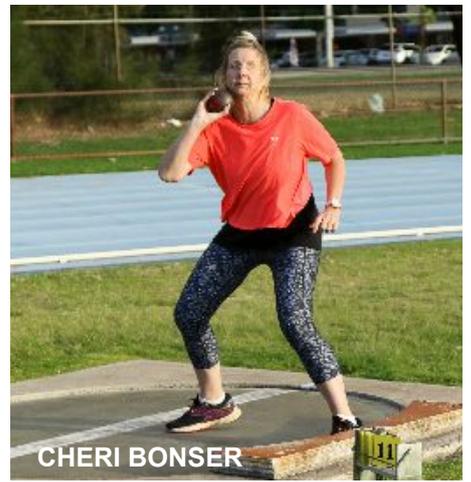
03-Dec	60	800	200	5000		long	Hammer	Discus
10-Dec	100	1 mile	400	3000		high	Javelin	Weight
17-Dec	100	1500	200	3000	steeple	long	Discus	Shot
07-Jan	1 hurdles	60	1000	200	3000	long	Hammer	Javelin
14-Jan	100	1500	400	5000		high	Discus	Shot
21-Jan	200	800	3000	100	steeple	long	Javelin	Weight
28-Jan	60	1500	200	s hurdles	3000	high	Shot	Hammer
04-Feb	100	1 mile	400	5000		triple	Javelin	Discus
11-Feb	200	1500	60	1 hurdles	3000	long	Hammer	Weight
18-Feb	800	200	3000	60	steeple	high	Discus	Javelin
25-Feb	100	1000	400	5000		long	Hammer	Shot
04-Mar	100	1 mile	s hurdles	200	5000	high	Discus	Weight
11-Mar	200	3000	60	800	steeple	triple	Javelin	Weight
18-Mar	400	1500	60	10,000 State Champs		long	Discus	Shot
25-Mar	300	800	100	steeple State Champs		high	Weight	Shot

Saturday 13 March  
 Saturday 27 March  
 Sunday 28 March

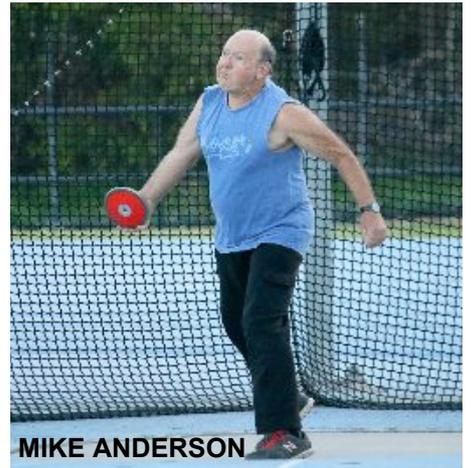
State Champs Pentathlons and 5000 + jump?  
 State Champs Day 1  
 State Champs Day 2



**MICHELLE KROKOSZ**



**CHERI BONSER**



**MIKE ANDERSON**



**DES WALSH**



**INGRID WILCOCK**



**PAUL FOLEY**



**JEMMA FOLEY**



**CHRISTINA FAITHFUL**

# EVENT GUIDE

Monday 10 January 2022 to  
Friday 14 January 2022

Information as at 02 July 2020



## OCEANIA MASTERS ATHLETICS CHAMPIONSHIPS Norfolk Island 2022

Located approximately 1,600km north-east of Sydney and 1,100km north-west of Auckland; Norfolk Island is a South Pacific paradise, abundant with stories, activity and character. A sub tropical island of 3455 hectares and 5 x 8 kilometres, the island moves to a unique cadence, a steady soothing rhythm that's neither fast nor slow, but is in sync with the natural order of life.

Norfolk Island is the perfect escape from a demanding world. The delightful switch to "Norfolk Time" allows the internal clock to release the passing of each hour, and frees the mind from expectation. From a cruisy cafe lunch to a snorkel in Emily Bay lagoon - all the island asks is that you enjoy its offerings. Discover for yourself why visitors return time and time again.

There's so much more to Norfolk Island!



### Fast Facts

- Currency is Australian dollars
- Temperatures in January 20-26°C
- Rainfall average in January 80mm
- Humidity Average in January 75%
- Water temperature in January 23°C
- Time zone in January GMT+12.00
- Norfolk has it's own language (Norf'k)
- Roads are Left-hand drive and speed limit is max 50km
- Cows have the right of way on the roads
- Drivers all wave at each other as they pass
- Wifi will be upgraded to 4G by Jan 2021

### Flights

Norfolk Island is only a 2.5 hr flight from Australia or 2 hr flight from New Zealand.

Air New Zealand operates from Sydney - Friday, Sunday and Monday, and Brisbane - Saturday, Tuesday and Thursday. (Schedules are subject to change)

Air Chathams operates from Auckland every Friday.

Please note Flights to Norfolk Island depart from the International Terminals, if you have connecting domestic flights please ensure you allow sufficient time between each flight (minimum 2.5 hours).

Passports are required for travel to Norfolk Island unless you are an Australian citizen when photographic identification such as a drivers licence is acceptable.



### Accommodation

Norfolk Island has a wide range of accommodation, ranging from hotels, self-contained units and spacious apartments, luxury cottages or villas and holiday homes. Wherever you choose to stay you will have either an amazing ocean, valley or garden view. Norfolk Island accommodation ranges from 3 to 5 star, and most include a hire car.

### More Information

-  facebook.com/OMANI2022
-  athleticsnorfolkisland.com
-  info@athleticsnorfolkisland.com
-  +6723 51151



There's more to  
**NORFOLK ISLAND** 

# EVENT GUIDE

Monday 10 January 2022 to  
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## Venues

### Malcolm Champion Oval

Track and field events will be held on the Malcolm Champion Oval adjacent to Norfolk Island Central School. The Oval is one of the best grass tracks you will ever experience!



### Kingston

The distance runs and road walks will weave through the World Heritage Listed site of Kingston.

The Kingston and Arthur's Vale Historic Area (KAVHA) is a World Heritage site located on Norfolk Island.



## Program Dates

### Day 1 - Monday 10 January

#### Opening Ceremony

5000m  
Pentathlon W 100/800/SP/LJ/J  
Short Hurdles  
60m Heats  
Hammer M & W 30-60  
Long Jump M  
Shot M & W 65+

### Day 2 - Tuesday 11 January

10km Walk  
Pentathlon M 200/1500/LJ/J/D  
1500m  
60m Finals  
100m Heats  
Hammer M & W 65+  
Discus M & W 65+  
Javelin M & W 30-60  
Shot M & W 30-60  
Long Jump W

### Day 3 - Wednesday 12 January

Cross Country  
100m Finals  
1500m Walk  
Long Hurdles  
800m  
200m Heats  
Discus M & W 30-60  
High Jump W  
Javelin M & W 65+

### 5.00pm General Assembly

### Day 4 - Thursday 13 January

5000m Walk  
200m Finals  
Steeplechase  
400m Heats  
Throw Pentathlon M  
Triple Jump  
High Jump M  
Weight Throw W

### Day 5 - Friday 14 January

Half Marathon  
Road Run 10km  
400m Finals  
4 x 100m Relays  
Medley Relays  
Weight Throw M  
Throws Pentathlon W

### Closing Ceremony

### 6.30pm Island Style Dinner \$50 p/p



## Event Registration

OMA Registration Fee AU\$40.00  
Administration Fee AU\$55.00

**TOTAL REGISTRATION AU\$95.00**

Entry Fee per Event \$10.00

Entry Combined Event \$25.00

(Pentathlon & Throws Pentathlon)

# Looking ahead

A photograph of a female athlete, Jacqui O'Neill, in the middle of a javelin throw. She is wearing a light blue long-sleeved athletic top, black leggings with a white patterned waistband, and black sunglasses. Her hair is blonde and curly, and it is blowing in the wind. She is holding a red and blue javelin with both hands, and her right arm is extended upwards. The background shows a grassy field with a blue running track and a fence, with trees in the distance under a clear sky.

Jacqui O'Neill prepares to throw the javelin at Ern Clark Athletic Centre.

March 5-8, 2021: Australian Masters Championships, Canberra.

Saturday, March 13: MAWA State Championships, Pentathlons, 5000m and possibly a jump. Ern Clark Athletic Centre.

Thursday, March 18: MAWA 10,000m State Championships, Ern Clark Athletic Centre.

Thursday, March 25: MAWA Steeplechase State Championships, Ern Clark Athletic Centre.

Saturday, March 27: Day One MAWA State Championships, Ern Clark Athletic Centre.

Sunday, March 28: Day Two MAWA State Championships, Ern Clark Athletic Centre.

October 9-16, 2021: Australian Masters Games, Perth,  
January 10-14, 2022 , Oceania Masters Championships, Norfolk Island.

(This event has been rescheduled from 2021)