

T F N L

The Track and Field
Newsletter of MAWA



Season 14 Issue 4
March 2021

Record entries for champs

Details: Pages 2-3

Jessica Smith is a
picture of concentration
during the high jump at
Ern Clark Athletic
Centre.





Melissa Lewis set a W30 state record for the 3000m walk in a stunning 14:15.86 and broke the 10,000m track walk state record in 54:17.66.

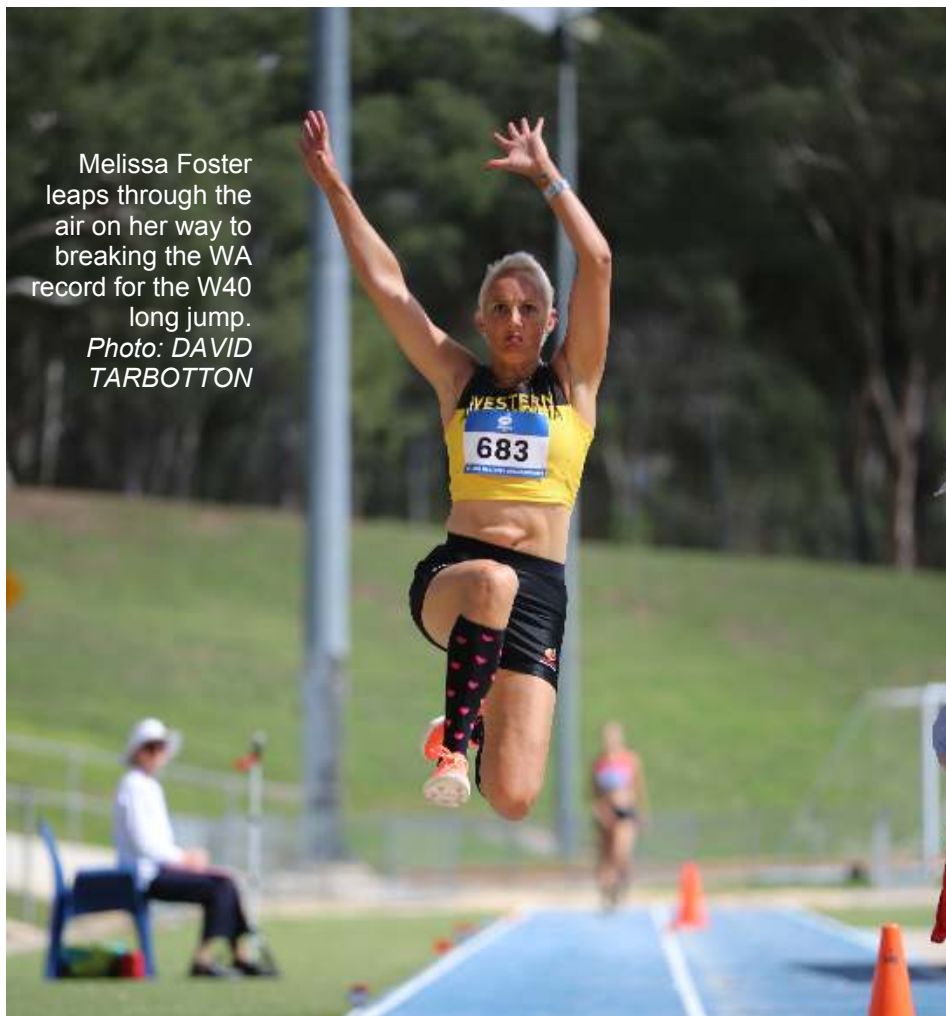
Electronic timing at WAAS

The club recently announced that electronic timing will be required for State Records for 800m and below, in line with the requirement for World and Australian records. If an athlete believes they can achieve a record in these events then electronic timing is available at ECAC and at all Athletics West meets.

It is recommended that the athlete inform the committee they plan a record attempt so that we can ensure all requirements are met. If an athlete has a particular need or desire to attempt a record on a Tuesday at WAAS, then they should discuss that with Richard Blurton to see whether we can arrange for the photofinish equipment to be brought to WAAS.

MAWA RECORDS

M35	Stephen Edwards	Triple jump	12.71m	(-0.3)	05/01/21	WAAS	SR
M70	Geoff Brayshaw	Triple jump	9.00m	(-0.8)	05/01/21	WAAS	SR
M70	Ossi Igel	Weight throw	17.32m		09/01/21	Bunbury	SR
W55	Sharon Maloney	Super Heavy weight	4.97m		09/01/21	Bunbury	SR
M55	Tim Lyons	Super Heavy Weight	5.61m		09/01/21	Bunbury	SR
M70	Ossi Igel	Super Heavy Weight	8.87m		09/01/21	Bunbury	AR
W50	Jenn Parker	100 lb Weight throw	1.51m		09/01/21	Bunbury	SR
W55	Sharon Maloney	100 lb Weight throw	.94m		09/01/21	Bunbury	SR
M55	John Fettus	100 lb Weight throw	3.71m		09/01/21	Bunbury	SR
M55	Tim Lyons	100 lb Weight throw	3.58m		09/01/21	Bunbury	SR
W50	Jenn Parker	Heavy Weight pentathlon	3263pts		09/01/21	Bunbury	SR
W55	Sharon Maloney	Heavy Weight pentathlon	2209pts		09/01/21	Bunbury	SR
M30	Warren Button	Heavy Weight pentathlon	3855pts		09/01/21	Bunbury	AR
M55	Tim Lyons	Heavy Weight pentathlon	2895pts		09/01/21	Bunbury	SR
M70	Ossi Igel	Heavy Weight pentathlon	4682 pts		09/01/21	Bunbury	AR
W70	Barbara Blurton	100m	15.89	(-0.2)	14/01/21	ECAC	SR
M80	Des Foley	Super Weight	4.10m		21/01/21	ECAC	SR
W40	Angie Ross	800m	2:14.32		22/01/21	WAAS	SR
W30	Melissa Lewis	3000m walk	14:15.86		22/01/21	WAAS	SR
W35	Michelle Krokosz	Pole vault	2.00m		22/01/21	WAAS	SR
W50	Sue Coate	Pole vault	2.00m		22/01/21	WAAS	SR
M45	Chris Gould	3000m	8:55.24		22/01/21	WAAS	SR
W70	Barbara Blurton	200m	32.34	(-1.3)	28/01/21	ECAC	AR
W40	Angie Ross	1500m	4:33.19		30/01/21	WAAS	SR
M70	Geoff Brayshaw	Pole vault	2.70m=		31/01/21	WAAS	SR
M70	Geoff Brayshaw	Decathlon	5377pts		30-31/01/21	WAAS	SR
W70	Barbara Blurton	60m	10.14	(-3.1)	11/02/21	ECAC	SR
W40	Melissa Foster	Long jump	5.71m	(+0.1)	14/02/21	Canberra	SR
W70	Barbara Blurton	100m	15.60	(+2.0)	16/02/21	WAAS	AR
W70	Barbara Blurton	200m	32.17	(+2.0)	16/02/21	WAAS	AR
M80	Des Foley	Super Heavy Weight	4.29m		11/02/21	ECAC	SR
M45	Chris Gould	1000m	2:43.6(h)		16/02/21	ECAC	SR
W30	Jessica Smith	2000m Steeplechase	8:07.04		18/02/21	ECAC	SR
W30	Melissa Lewis	10,000m Track Walk	54:17.66		20/02/21	WAAS	SR
M55	Andrew Duncan	10,000m Track Walk	52:29.10		20/02/21	WAAS	SR
W75	Bev Hamilton	Weight	10.89m		20/02/21	Bunbury	SR
M70	Ossi Igel	Discus	38.69m		20/02/21	Bunbury	SR
M70	Ossi Igel	Throws Pentathlon	3902 pts		20/02/21	Bunbury	SR
M45	Chris Gould	5000m	15:36.02		24/02/21	WAAS	SR
W35	Michelle Krokosz	Pole Vault	2.00m		24/02/21	WAAS	=SR
W50	Sue Coate	Pole Vault	2.00m		24/02/21	WAAS	=SR
M30	Callum Dowell	1000m	2:35.29		25/02/21	ECAC	SR



Melissa's record escape

Melissa Foster may live in Victoria, but wore the black and gold when she broke the WA W40 long jump record at the ACT Open Championships held in Canberra in February.

Melissa said she escaped the Victorian lockdown by hours to compete at the national capital. With the wind speed fluctuating, her record jump came at her second attempt when she posted a 5.71m mark. Melissa said she was happy with her long jump, but still has more work to do. The W40 Australian record is 5.77m set by former Olympian Glynis Cearn.

Up against women half her age, Melissa also competed in the triple jump at the championships. In that event, her best jump was 11.76m at her first attempt.

Julie's on top of the world

By DAVID TARBOTTON

Queensland's Masters athlete Julie Brims continued her world record breaking form at the ACT Open Championships in Canberra in February. In the 100m heats, she clocked 12.24, under her previous best of 12.31 – lowering the women's 55 years world record. On day three she ran 25.36 in the B 200m final – outside her best. She explained her recent form.

"It has been a two-year plan from when I started with Andrew Lullam (her coach). I never had a proper coach before. We pulled my technique apart and got my fitness levels up. So I knew it was going to happen it was just a matter of making sure I got everything right," she said.

Julie started athletics age 36 and is now running her fastest ever times. She was a former elite basketball player in the ABL.

RIGHT: Julie Brims strides out in a heat of the 200m at the ACT Open Championships.

Photo: DAVID TARBOTTON



W55 World Records

100m	12.24* (1.5)	Canberra	14/02/21
100m	12.34* (-0.7)	Brisbane	30/01/21
200m	25.18* (0.0)	Brisbane	30/01/21
400m	59.36*	Brisbane	23/01/21

* Pending World record

Sunday pentathlons

mark start of two weeks of championship action



Andrew Ward dances across the circle during a previous championships.

Once again we have had a strong entry (203 competitors) for the State Championships, just beating the all-time record, and will be welcoming a large number of new track and field members to their first State Championships.

We will be sticking with last year's formula with the 5000m and High Jump on the pentathlon day – this year on a Sunday. This really deconstrains the main weekend and helps resolve clashes.

For the first year Athletics West have held a true 'all ages' multi-event

championships which was at the end of January, so these results will count as our decathlon and heptathlon State Championships.

This year Elaine Dance will be away and Margaret Bennett will run the canteen. Our very popular Coffee Lady, Jeanette, will be on site again.

If we are very unlucky and a snap lockdown occurs just before the Championships, we will consider postponing until late April. Queens Park Soccer club no longer use ECAC in the winter, so the track should be available.

Barbara Blurton
Championship Director



TIMETABLE OF EVENTS

Day 1 Sunday, March 14

5000m

7:45am M60+
8:40am M35-59
9:15am W30+

Pentathlon

M30+
8:00am Long Jump
9.15am Javelin
9.55am 200m
10.30am Discus
11.30am 1500m

W35+

8.30am 100m
9.10am Shot
9.30am Long Jump
10.15am Javelin
11.00am 800m

Day 1 Sunday, March 14

High Jump

1.00pm M30-59
2.00pm M60+
3.00pm W30+

Throws Pentathlon

W40+
12.00pm Hammer
12.45pm Shot
1.30pm Discus
2.15pm Javelin
3.00pm Weight

M30+

12.45pm Hammer
1.30pm Shot
2.15pm Discus
3.00pm Javelin
3.45pm Weight

Day 2 Thursday, March 18

10,000m

7:00pm W40+
7:00pm M35+

Day 3 Thursday, March 25

Steeplechase

3000m

7:00pm M30-54

2000m

7:25pm W30+
7:45pm M60+

Day 4 – Saturday, March 27 at Ern Clark Athletic Centre

7:50am	W50+ 5000m RW	9:50am	M30-69 Javelin	11:50am	M55 400m Hurdles
7:50am	M45+ 5000m RW	10:20am	W35+ 800m	12:00pm	W65+ Shot
8:15am	M30+ Triple Jump	10:30am	M70+ 800m	12:20pm	M30-69 Hammer
8:15am	W65+ Javelin	10:30am	W35-54 Triple Jump	12:20pm	W30+ 1500m RW
8:15am	M70+ Hammer	10:40am	M55-69 800m	12:30pm	M70+ Javelin
9:15am	W50+ 200m	10:45am	W65+ Hammer	12:45pm	M30+ 1500m RW
9:20am	W35-49 200m	10:50am	M45-54 800m	1:15pm	W65+ 60m
9:25am	M75+ 200m	11:00am	M30-44 800m	1:20pm	W50-64 60m
9:30am	M65-74 200m	11:20am	W50 300m Hurdles	1:25pm	W35-49 60m
9:30am	W40-59 Hammer	11:20am	M60-69 300m Hurdles	1:30pm	M75+ 60m
9:35am	M55-64 200m	11:20am	W60+ Triple Jump	1:35pm	M60-74 60m
9:40am	M50 200m	11:30am	M70+ 300m Hurdles	1:40pm	M50-59 60m
9:45am	M45 200m	11:30am	W35-59 Javelin	1:45pm	M40-49 60m
9:45am	M70+ Shot	11:40am	M50 400m Hurdles	1:50pm	M30-39 60m
9:50am	M30-44 200m	11:50am	M30 400m Hurdles		

Day 5 – Sunday, March 28 at Ern Clark Athletic Centre

8:00am	W30+ 1500m	9:35am	W40-54 80m Hurdles	11:30am	W60+ 100m
8:00am	W35+ Long Jump	9:35am	M70+ 80m Hurdles	11:35am	W50-59 100m
8:00am	M30-69 Discus	10:00am	W30+ 400m	11:40am	W35-49 100m
8:00am	M70+ Weight	10:05am	M75+ 400m	11:45am	M75+ 100m
8:20am	M65+ 1500m	10:10am	M65-74 400m	11:50am	M70 100m
8:40am	M50-64 1500m	10:15am	M55-64 400m	11:50am	W65+ Discus
9:00am	M30-49 1500m	10:20am	M50 400m	11:50am	W35-59 Shot
9:00am	W40+ Weight	10:25am	M30-49 400m	11:50am	M30-69 Weight
9:10am	M30-39 110m Hurdles	10:30am	W30-59 Discus	11:55am	M55-69 100m
9:15am	M50-64 Long Jump	10:45am	M65+ Long Jump	12:00pm	M50 100m
9:25am	M55-69 100m Hurdles	10:45am	M30-69 Shot	12:05pm	M40-49 100m
9:30am	M30-49 Long Jump	10:50am	W50+ 3000m RW	12:10pm	M30-39 100m
9:30am	M70+ Discus	10:50am	M45+ 3000m RW		

Battle of the ages in 100m sprint



Four generations

It was a family affair with four generations of the Graieg family competing in a 100m heat at WA Athletics Stadium in early January.

In order of seniority, the family comprises Peter, 90; Max, 64; David, 36 and David's daughter Charlotte, 8.

David has been a regular competitor at Masters Athletics Western Australia (MAWA) track nights for the past three seasons and what better way to get into the holiday period than entice your father and grandfather to come to the track.

In what may have been a first in club history the Graieg family lined up for the final 100m heat of the evening to the delight of those present.

The official results show that Charlotte edged out dad David followed by Peter who just pipped his son Max.

Peter played club football in his younger days and Max said he ran cross country in his school days.

Continuing the athletic theme David lives in the housing estate built on the old Perry Lakes athletics track site, just a hop and a step to WA Athletics Stadium.

TOP PHOTO: The Graieg family gets set for starter's gun in their 100m (from left) David, Charlotte, Peter and Max.

Photo: PATSY GRAIEG



Looking relaxed are (from left) David, Peter, Max and Charlotte Graieg are all smiles prior to their 100m heat at WA Athletics Stadium. *Photo: PATSY GRAIEG*

Two-day marathon

By GEOFF BRAYSHAW
and SUE COATE

It's not only *Mad Dogs and Englishmen* who go out in the midday sun, but a hardy group of seven who competed in the Masters women's Heptathlon and men's Decathlon held on the final weekend in January at WA Athletics Stadium.

The first day began at 3pm when the temperature was about 35 degrees with a slight north easterly breeze (which is unusual for WAAS) and finished after 8pm.

Held in conjunction with the open and underage state multi-events championships, the event highlighted the quality of the junior athletes coming through the ranks.

It was Rachel Williams's first Heptathlon and Michelle Krokosz's first in many years. Jenn Parker and Sue Coate have been doing them for the past few years, but unfortunately never seem to finish them together due to injuries occurring during the events.

Day One

With Rachel and Jenn carrying injuries into the event, the first hurdle was getting over them in 100 and 80m hurdles, it wasn't pretty but everyone finished. Next over to the high jump, where everyone did a SB and Rachel a PB. Although different age groups we all have fun competing and the Shot Put was closely contested with another PB for Rachel and only 7cm difference between Sue, Michelle and Jenn. Of course, Michelle would complain because Rachel and Michelle have the heavier weight. The final event for day one was the 200m. It was a tight race, although Rachel aggravated her injury and we were not sure if she would be able to continue.

The grueling Decathlon attracted Oliver Berry, David Adams and Geoff Brayshaw. The trio has competed in a previous decathlon and was aware of what they were in for. The first event is the 100m, where all three started well and posted a good time. There were a few fouls in the long jump, but then Oliver and Geoff gave it their all on the final jump to get good results. Off to Shot put with Geoff's first throw a good result, David's second throw was his best and Oliver left it to the last throw to get a SB and over 1m from his first throw. High jump next, good jumps cleared, but a PB from Oliver had him up with the young ones. The last event was 400m for the night, a good result from all three.



It's all smiles for these gladiators despite the heat and the marathon two-day event. (From left) Jenn Parker, Sue Coate, Oliver Berry, Michelle Krokosz, Rachel Williams, David Adams and Geoff Brayshaw. Photo: GARRY PARKER

Heptathlon

W35	Michelle Krokosz	3304 pts
W35	Rachel Williams	1775 pts
W50	Jenn Parker	4097 pts
W50	Sue Coate	3837 pts

Decathlon

M30	Oliver Berry	3724 pts
M40	David Adams	1815 pts
M70	Geoff Brayshaw	*5377 pts
*State record		

Day Two

It was an 8.30am start the next day which finished at about 2.30pm, and had a maximum temperature of about 37 degrees.

All participants turned up for day two, with the women starting with the Long Jump. With Rachel and Jenn's injuries getting worse they soldiered on to finish what they started. Michelle did a good jump, with the rest of us getting on the board. The next event was Javelin, with only three throws you are a bit more cautious just to get points, but Michelle did a good throw with a very close to 30m. The last event, and with the competition points being close, it could have been anyone's event. With Jenn in pain with her Achilles and Rachel with her hip, they were not sure if they could make it. We always call it the "hate hundred" because we all dread it.

However, the gun went off and Jenn took off like a machine and left us to run 3:05.38. With Michelle breathing down her neck she went through the pain barrier and did a great 800m to take it out. We had so much fun, with laughter tears and pain.

The final day of the Decathlon is taxing and starts with hurdles. After the first day, the body is wondering what you are doing for another day of torture. Geoff did very well in the discus, getting it out there with the younger athletes. Pole Vault is difficult for anyone, but the masters held their own, scoring good results from all and Geoff equaling the state record. All throwing well in Javelin and the temperature was rising. The final event is the 1500 and David showed the younger athletes that he is a distance runner and did a great run. Oliver and Geoff were just happy to finish.

Geoff's aggregate wind readings over the three measurable events were -2.8 which added to the difficulty we all felt over the weekend, but he did very well to achieve the state record. It would be an understatement to say the warm weather made for a very tiring, dehydrating 24 hours. Suffice to say shade and water were at a premium

A big thank you to the officials who did such a great job over the duration, and it did not go unnoticed that quite a number were master's members.

Bunbury record feast



Ossi Igel was one of the stars of the Bunbury Throwing Event and shows his technique at the State Championships.



JO PETERS

By TODD DAVEY

Athletes were treated to a record feast at the sanctioned competition in Bunbury in early January.

No less than 13 State Records and three Australian Records were broken between the dozen athletes that participated.

Among the outstanding performances was Ossi Igel in his new M70 age group when he broke two Australian Records including the great Graeme Rose's Heavy Weight Pentathlon National Record plus the Super Heavy Weight National Record.

Warren Button in the early stages of his rebuild from major surgery broke the M30 Australian Heavy Weight Pent National Record by more than 800 points and got a very respectable Hammer Individual distance too.

Other notables were Tim Lyons with three SR's, Sharon Maloney with three

For the uninitiated, the Heavy Weight Pentathlon gives throwers a chance to indulge their appetite for the Heavy Weight! Not only do they throw their normal size Weight but also the two Weights that are immediately lighter and heavier than their normal weight, resulting in a veritable feast of Heavy Weight throwing. – **Stuart Gyngell, The Waratah, 2013**

SR's, Jennifer Parker with two SR's. John Fettus also broke his SR in the 100 pound Weight Throw by 1cm.

Special mention to Oliver Berry who threw well and also Paul Foley who had an awesome tussle with Tim Lyons all day along with Andrew Ward.

It was good to see Tom Gravestock back throwing.

Heavy Weight pentathlon – January 9, 2021

Warren Button	M30-34	22.09	801	20.65	848	14.60	712	11.19	752	8.71	722	3835	SR & AR
Oliver Berry	M30-34	14.99	513	13.94	539	10.49	479	6.51	375	4.97	334	2240	
John Fettus	M45-49	19.26	819	16.80	802	12.58	718	0.00	0	6.82	644	2983	
Andrew Ward	M55-59	13.61	525	10.94	472	10.11	527	7.66	467	5.30	410	2401	
Tim Lyons	M55-59	15.39	605	12.44	550	11.91	641	8.37	522	6.80	577	2895	SR
Paul Foley	M55-59	15.24	599	14.07	635	11.20	597	8.43	527	5.99	487	2845	
Jo Peters	M65-69	17.12	679	14.81	674	11.86	634	11.23	712	7.98	586	3285	
Ossi Igel	M70-74	21.12	883	19.67	932	17.32	1009	14.21	908	12.22	950	4682	SR & AR
Andrea Penny	W45-49	6.63	268	5.99	287	5.19	295	4.33	273	3.24	238	1361	
Jenn Parker	W50-54	17.61	758	14.07	699	10.18	617	8.39	613	6.77	576	3263	SR
Paula Kennedy	W50-54	14.95	629	11.54	555	10.98	676	0.00	0	6.17	509	2369	
Sharon Maloney	W55-59	10.41	457	8.59	447	7.15	446	6.15	462	4.71	397	2209	SR



World Masters Games 2021 KANSAI has been postponed to 2022.

Entries open for Games

Due to the COVID 19 pandemic major championships have been cancelled for the past year.

However, WA masters are fortunate that the multi-sport Australian Masters Games are scheduled to be held in Perth from October 9-16 later this year. Entries are now open at the following website <https://australianmastersgames.com>

Created by the Confederation of Australian Sport in 1987, the Australian Masters Games is a week-long festival of sport that brings together weekend warriors from around Australia, and the world, to enjoy an extensive sport and social program in an exciting holiday destination.

The Confederation of Australian Sport held the first Australian Masters Games

in Tasmania in 1987 and set the stage for large multisport festivals for the masters age group (30 years and over) in Australia. This is just the second time that Perth has hosted the Australian Masters Games, the first being the fourth edition back in 1993, and it promises to be spectacular!

Among the cancelled events were the 2020 Australian Masters Championships that were to be held in Brisbane, the Toronto World Championships, this year the Canberra Australian Championships and then it was announced that the planned World Masters for Tampere, Finland were not going ahead.

In addition, the multi-sport World Masters Games that were to be held in Kansai, Japan this year have been postponed to next year.



The pain of shin soreness

Shin soreness is a common concern with many athletes, particularly if jumping or running. Pain is felt in the front or side of the shin bone, often felt after walking, running, jumping or any exercise which puts stress on the shin. Symptoms may be mild swelling in the affected leg, pain, tenderness or soreness in the area. There are many possible diagnoses for this general pain, the most common being medial tibial stress syndrome (commonly known as shin splints). If the pain becomes chronic, or localises, then it may be indicative of a stress fracture or compartment syndrome.

The symptoms of medial tibial stress syndrome (MTSS) generally start with generalised pain on the inside of the lower shin. Athletes frequently ignore this pain as it is not severe; often is worse until the athlete warms up and becomes less sore during the training session. The pain will return the day after training and the inside of the shin will be tender. Continuing to train will cause the symptoms to be more acute and pain will be felt during the entire training session. The pain may then extend further along the shin. If the pain localises, with the possibility of a



the edge

With Margaret Saunders

tibial stress fracture, a correct diagnosis is important so the rehabilitation is correct for the injury.

MTSS may be caused by overload or biomechanical issues. Overloading the body is increasing the training intensity or volume too quickly, hence not allowing the body to adapt. Recovery training sessions must be planned and these may be a light session, rest day or going for a walk. At the beginning of a new season, or change in a training program, is a common time for this injury to occur. Sprint training or specific jumps training may cause extra stress on the lower leg as the biomechanics are different from long runs, easy runs or general fitness training.

Changing from training on grass to artificial surfaces is another common occasion when athletes are more prone to suffering from MTSS. Athletes who overpronate or have high and rigid arches may have a greater chance of

suffering greater shin pain. Recent research shows that a cadence rate of fewer than 170 steps per minute may be a factor in this injury.

Treating the issue will involve reducing the inflammation and pain, determining the cause of the injury and then correcting the biomechanical issues or training overload. Depending on how quickly the athlete is aware of the pain, and how quickly they take preventative action, generally determines how long rehabilitation will occur. The RICE principle should be applied. Rest, ice the affected area about three times a day for about 48 hours, compression support and elevating the leg can help alleviate the symptoms.

Rehabilitation will often consist of strengthening the calf muscles and other muscle groups, possibly hips, glutes, feet or core. Return to running or jumping when the pain has diminished, but with a reduced training load, will allow the body to adapt. This process may take several weeks.

Maureen says 'I could



In focus

With Carmel Meyer

Maureen Keshwar emigrated to Australia from South Africa in 1977 with her husband and three-year-old daughter. Over time they added four more children to their family and Maureen is now the proud and busy grandmother of twelve grandchildren.

It was while watching some of those grandchildren as they participated in Little Athletics that Maureen was inspired to become a competitor rather than a spectator. She thought to herself, *"I could do that!"* so she asked some Little A's officials if there was an athletics organisation for people of her age. She was directed to the Masters' session in Cannington on a Thursday night and so, at the age of sixty, Maureen's athletics journey began. She says happily, *"Then began my love for athletics. I never looked back"*. Badminton had been Maureen's main recreational sport for fifteen years up until she took to the track. She says that at the start of her new athletics career she could only do a 60m sprint as 100m seemed too far!

David Carr has been a long-standing mentor of Maureen's. She has also received training from John Dennehy and Tom Lenane in both sprints and field events. As her fitness and skills improved, so did her confidence and her repertoire is now extensive. She favours 60m, 100m, 200m, long jump, shotput, and pentathlon. Maureen says she also loves to hurdle but feels held back by her technique. She hopes further work will enable her to add hurdles to her list of favourite events. She nevertheless holds no less than three State records for the hurdles — W60 and W65 80m and W60 300m. Despite her reservations, Maureen competed in the long hurdles at the 2019 Oceania Championships in Mackay. Increasing tiredness led to a difficult ending where she knocked down the last two hurdles and struggled to the finish line, but she still came away with the gold medal. Maureen is a courageous competitor

and a great role model for her athlete grandchildren.

Maureen loves sprinting and as anyone who has raced beside her in the short sprints will attest, it is hard to get past this lady when she is in full flight. She has great power off the line and acknowledges her determination to better herself and strive to set PB's in her sprints. However, recurring calf pain and swelling following a tear sustained while sprinting does mean she must occasionally watch from the side-lines. She is a generous and gregarious supporter of her fellow athletes and also loves a chat whilst doing slow warm-up laps. Maureen has regularly helped her friend Carol Bowman set up for the Thursday evening competition and a cuppa.

Maureen competed in the Perth Nationals in 2018 and had a very successful meet. She entered eight events, medalling in all – five gold and three silver. In addition to her Oceania travels, Maureen also competed in the Melbourne Nationals in 2019.

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do that' – and she did



Maureen Keshwar and Carol Davis sprint down the straight in the Oceania Championships in Mackay. Carol set a pending world record in the W70 Heptathlon in early February.

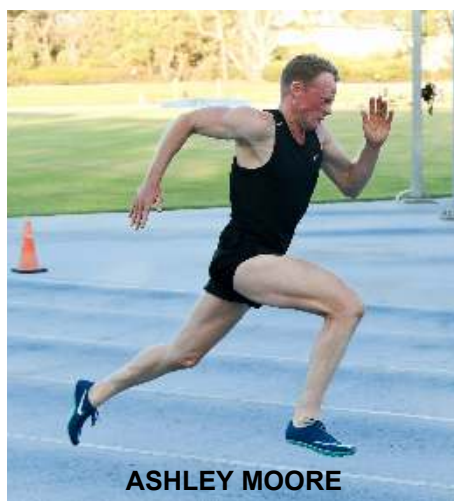
FROM -- previous page

She is full of praise for the quality of athletes in her age group and singles out Queenslander Carol Davis in particular as an inspiration; "...such a gracious lady and a true champion." Maureen ran against Carol in the 60m sprint in Melbourne and surprised and delighted herself by coming away with a bronze medal. It was a tight race with Carol finishing in 9.60sec, Vivienne Cash in 9.77 and Maureen right there in 9.87.

Maureen would love to travel to a World Masters Championships sometime when the world recovers from the current pandemic. She is spurred on by her memories of the 2016 World's held in Perth where she competed in the 100m, coming second in her heat, and following that up with an eighth-place finish in the short hurdles.

Maureen has written some entertaining pieces for the TFNL 'My Nationals' columns, which highlight not only her intent to better her

performances — 'I've learned that I need to relax more in my running as I tend to get stressed and lose form and focus' but also her great sense of humour. Here she writes a commentary of her two-competitor hurdle race alongside 75-year-old Albert Gay from NSW – "At the sounding of the gun we took off head-to-head and were running together, synchronising each step, just like synchronised swimmers."



2020-2021 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

Tues	event 1	event 2	event 3	event 4	Jump	field 1	field 2
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



3

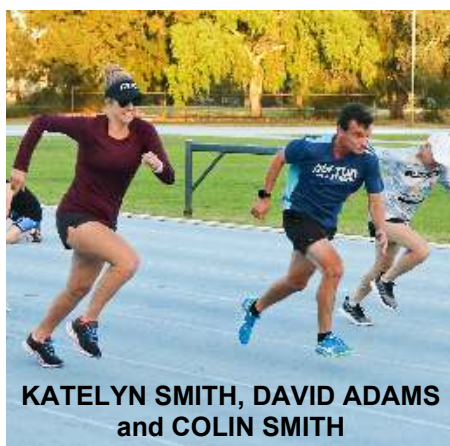
Tim Loh gets the jump on the field in a 60m with Ingrid Wilcock closest to camera.

2

1



DOMINIC LAGAT and NICK BEST



KATELYN SMITH, DAVID ADAMS and COLIN SMITH



KEITH MARTIN and NAOMI LAGAT

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)

Thurs	event 1	event 2	event 3	event 4	event 5	Jump	field 1	field 2
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

Sunday, 14 March

Saturday 27 March

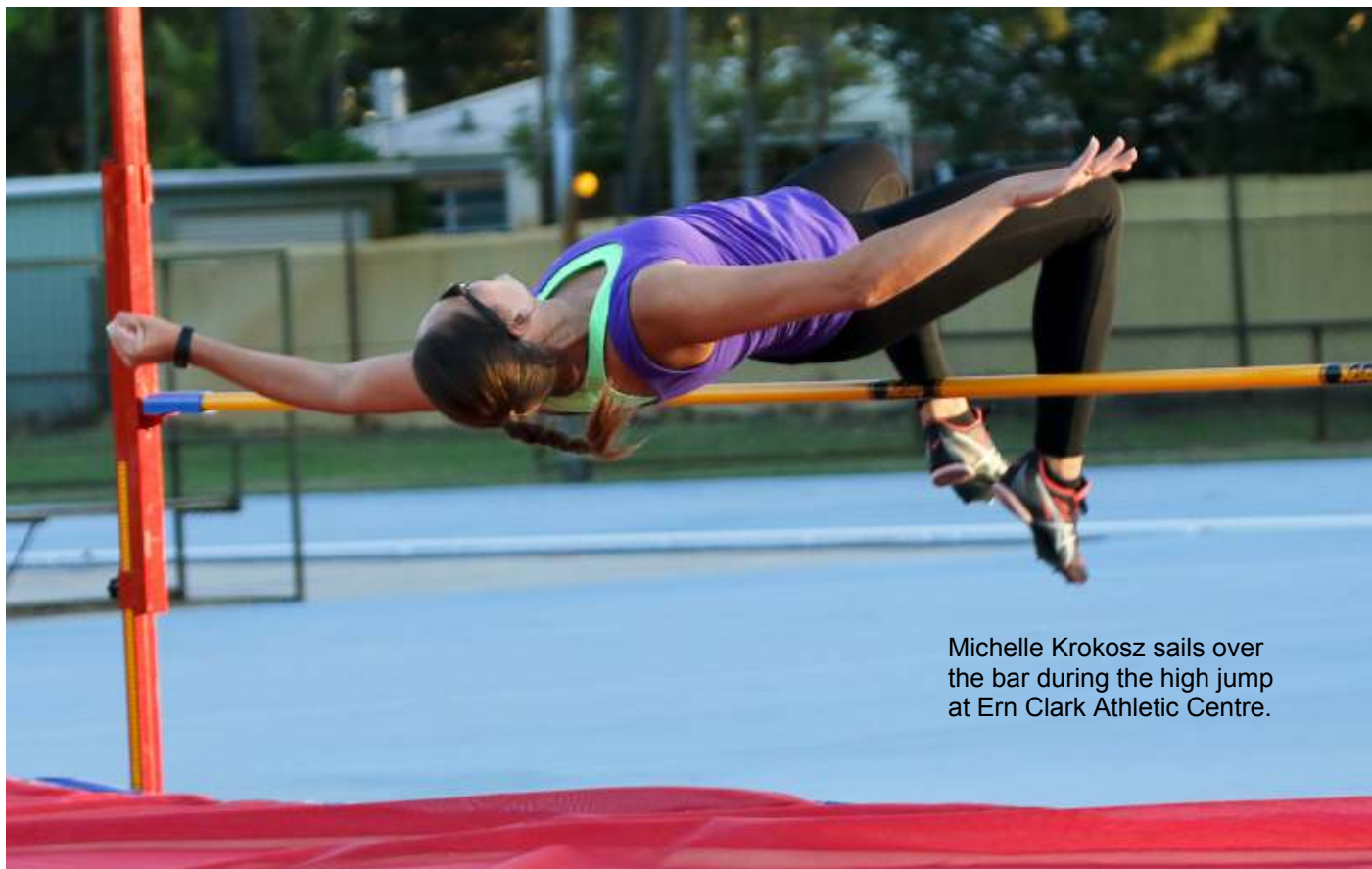
Sunday 28 March

State Champs Pentathlons and 5000 and high jump

State Champs Day 1

State Champs Day 2

Jumps



Michelle Krokosz sails over the bar during the high jump at Ern Clark Athletic Centre.



CARLY BACHE



DOMINIC LAGAT

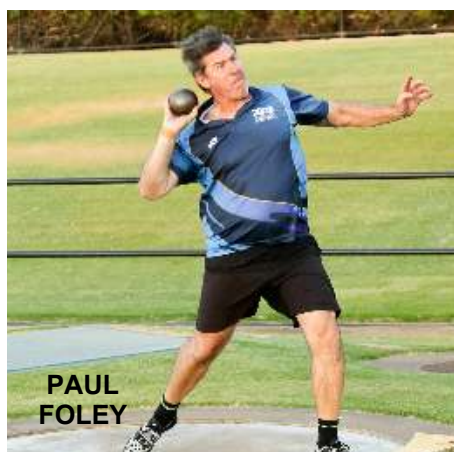


PAUL FOLEY



JONATHAN LESTER


Throws



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 8am
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

Looking ahead

A photograph of Paul Scott-Taylor, an older man with grey hair, running on a blue athletic track. He is shirtless, wearing bright yellow shorts and neon green running shoes. He is captured in mid-stride, running towards the camera. The background shows a green field and trees under a clear sky.

Paul Scott-Taylor runs the bend during Tuesday night competition at WA Athletics Stadium.

Sunday, March 14: 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.
www.australianmastersgames.com/sport/athletics/

January 10-14, 2022, Oceania Masters Championships, Norfolk Island.

(This event has been rescheduled from 2021)