

# TFNL



The Track and Field Newsletter  
of MAWA

Season 15 Issue 3

January 2022

Jack Reid runs the  
bend in the 1500m  
on his way to  
victory in the  
Patron's Trophy.



Jack wins  
Patron's  
Trophy



Sue dominates  
women





## Doug ‘Shaggy’ Smith meets ‘The Queen’

Any of the MAWA athletes who have attended World Masters Championships would have seen Canadian Doug “Shaggy” Smith photographing the action.

Doug was honoured, at the Athletics Ontario Virtual Awards Gala recently, to receive the Sovereign's Medal for Volunteers from the Governor General, her Excellency the Right Honourable Mary Simon.

The Queen's Medal is the highest award given to a Volunteer in Canada.

He has been the president of Ontario Masters for more than 20 years. He has been heavily involved in organisation of track and field and cross country events.

## WA Sports Award

Athletics stalwart Bob Schickert is a finalist in the Roobix Service to Sport Award May Campbell Medal.

The awards will be announced at a ceremony to be held at Optus Stadium on February 24.

In 2019, Lynne Schickert was awarded the prestigious Roobix Service to Sport May Campbell Medal jointly with Elaine Forward and Valerie Mayger which recognizes the long and outstanding service of an individual to their sport.



## MAWA RECORDS



Coach Dave Wyatt with the 4 x 100m record breaking team of Sue Coate, Cathy McCloskey, Fran Cherry and Kathy Lawson.

W55	Sue Coate	Javelin Throw	29.18	05/11/21	S	WAAS
M45	Adrian McKenzie	60 Metres	7.35	12/11/21	S	WAAS
W75	Bev Hamilton	Discus Throw	21.02	18/11/21	S	ECAC
W80	Lynne Schickert	Mile	13:18.0	21/11/21	S	WAAS
M55	Todd Davey	Super Weight Throw	9.85	25/11/21	*A	ECAC
M55	Todd Davey	56lb Weight	9.85	25/11/21	*A	ECAC
W55	Sue Coate	Pole Vault	2.20	26/11/21	S	WAAS
W65	Gay Wyatt	High Jump	1.10	02/12/21	S	ECAC
M70	Dave Wyatt	High Jump	1.35	02/12/21	S	ECAC
W55	MAWA Team	4 x 100 Metres Relay	61.16	11/12/21	S	WAAS
W55	Cathy McCloskey	4 x 100 Metres Relay	61.16	11/12/21		
W55	Sue Coate	4 x 100 Metres Relay	61.16	11/12/21		
W55	Kathy Lawson	4 x 100 Metres Relay	61.16	11/12/21		
W55	Fran Cherry	4 x 100 Metres Relay	61.16	11/12/21		
W55	Sue Coate	Javelin Throw	29.40	16/12/21	S	ECAC

\* Pending Australian record



# Get set for champs

**Entries open  
January 20,  
close February  
12**

Carmel Meyer practises a start before her 200m at the 2021 State Championships.

## 2022 State Championship dates

**Saturday/Sunday, January 22-23:** Decathlon/Heptathlon  
**Sunday, February 27:** Pentathlons, 5000m and high jump  
**Thursday, March 3:** 10,000m  
**Thursday, March 10:** Steeplechase  
**Saturday/Sunday, March 12-13:** Main weekend  
All events will be held at Ern Clark Athletic Centre with the exception of the Decathlon and Heptathlon.

## New system for helpers

This year MAWA has a new system for helper registration. If you are able to help on any of the State Championship dates, please sign up using the "Helper Registration" link.

Entries open on January 20 and close on February 12.





Vicki Cobby kicks into gear after receiving the baton from Jenn Parker.

# Masters make mark

By JOHN DENNEHY

The open state relays afforded masters athletes the chance to showcase their skills, talent and fitness at WAAS on Saturday, December 11. In a week where on a national level Little Athletics joining with open athletics was rejected, Masters Athletics appeared to have a stronger case for amalgamation with their visibility amongst the colourful spectacle preceding the Christmas break.

The senior women's 4 x 400m team was led off by Jenn Parker, the newly qualified sports masseuse, who ran a very strong leg and lifted her performance to hand off to Broome transplant Vicki Cobby who is returning to form after several seasons. Ann-Marie O'Donovan maintained her form, borne of a new Pilates regime, to finish well and safely passed the baton to Joe-Anne Buchan bravely extending her repertoire to the one-lap event. For their efforts, this team scored a bronze medal.

The mixed medley team needed introductions seeing the return to the track by Kim Thomas who ran the final leg. Claire Wardle had the unenviable task of lining up against the men in the opening three-lap leg and was drawn out quicker over the initial lap than she would have liked, running just over four minutes maintaining good form for the majority of the distance. Andy Abbey, still building racing acumen, ran the 800m leg against an all-female field splitting in 2:36 before handing off to Sharon Davis who ran a season's best of under 66 seconds and impressed all with her technique before the aerobic monster, Kim Thomas brought the team home in the 1600m leg.

**CONTINUED – next page**



Celebrating after sharing a bronze medal in the 4 x 100m the team of Joe-Anne Buchan, Jenn Parker, Vicki Cobby and Ann-Marie O'Donovan.



The mixed medley team of Kim Thomas, Claire Wardle, Sharon Davis and Andy Abbey can still smile after competing in the Open race.



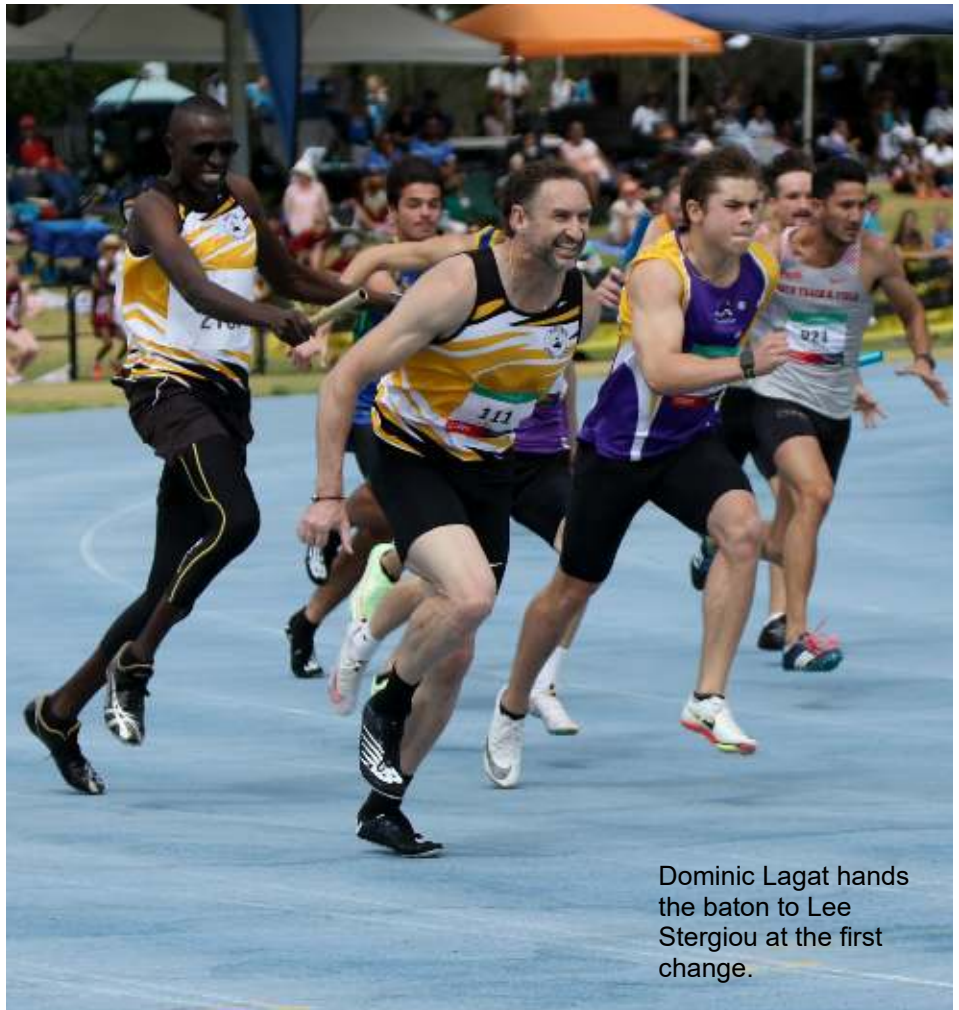
# Flat out in sprint relay

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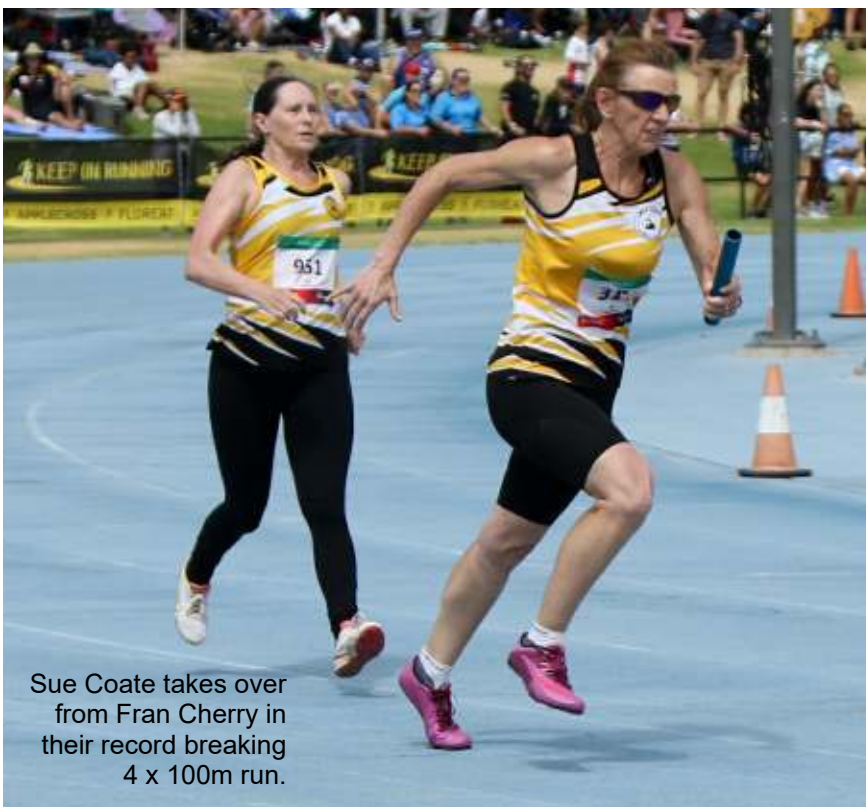
The senior men's 4 x 100m relay managed to get the baton around the track despite a very messy exchange at the second exchange area. Dominic Lagat was with the majority of the field after a safe start finishing with a slick change to Lee Stergiou who tested out his injured foot with a full-out effort down the back straight. Then the 'messy exchange' occurred but importantly the baton remained live however the momentum suffered. David Adams, a fixture at every running event, picked up his pace quickly and safely passed to Bonny Ndungu who stormed home, dyed blonde curls glinting in the sunshine, making quite the fashion statement.

Notably reigning state open champion, Aaron Bresland's team couldn't get the baton to him. A possibly under 9 competitor was heard to adamantly remark to his mother, on seeing Dominic Lagat's run, "Well he runs like Usain Bolt!" A Christmas wish come true...

Club loyalty denied Masters from the availability of athletes such as Brenton Mizen who ran a sizzling final leg for his club, Mandy Mason, Louise Soia, Oliver Berry to name a few. Hopefully, this event will inspire others to sign up for the state relays next year.



Dominic Lagat hands the baton to Lee Stergiou at the first change.



Sue Coate takes over from Fran Cherry in their record breaking 4 x 100m run.

## Women smash 4 x 100m record

In the senior women's 4 x 100m sprint relay, which had Dave Wyatt's imprint all over it, Fran Cherry was nominated starter after Julianna Kelly's untimely injury and ran a very good bend to pass the baton to in form athlete, Sue Coate, whose back straight was impressive. Another safe exchange delivered the baton to Kathy Lawson who used her long legs to negotiate the bend and set Cathy McCloskey on her way to a typically strong finish. The team smashed the state 50-55 record.



# Sue sweeps trophy



**1st**  
**651.62**

**Sue Coate**



**By JOHN DENNEHY**

Sue Coate swept all before her in the 2021 edition of the Patron's Trophy with a dominant performance across the throws, sprints and jumps, even running a superb 1500m to demolish the hopes of any pretenders to her crown. Sue has state records in a variety of events from the sprint hurdles, long jump, high jump, javelin, discus and pole vault and, not surprisingly the heptathlon.

Although she has been blessed with athletic talent it has been finely honed by coach Dave Wyatt and her own work ethic, diligence and competitive spirit. Sue brings an energy and humour to training and competition and her hallmark laugh is often heard around the arena, keeping her fellow competitors entertained and relaxed and making competition more enjoyable.

Not only were Sue's scores high but the consistency across the

competition shows a true multi-eventer at work, with the discrepancy between highest and lowest scores the best of any competitor.

Carmel Meyer put in a fine performance gaining in confidence throughout the competition which should show in her more preferred 400m/800m runs. Lynne Schickert, in third, made her competitive return a success in securing a podium finish, despite her walks not being part of the trophy competition.



# Jack's first-time win



**1st**  
**545.07**

**Jack Reid**



**By JOHN DENNEHY**

Jack Reid's journey to the men's Patron's Trophy was a convoluted and dramatic one, punctuated by uneven performances as he learned new events and extended himself in his familiar ones. Further, he was able to respond to the competition provided by Andy Abbey and Alan Stabler performance-wise and David Carr age-graded-wise.

The competitive, yet friendly rivalry was noted by many of the podium finishers' supporters and fellow competitors during the competition and made it into a significant event on the Masters' calendar. Jack's sporting background remains somewhat of a mystery but his win in the trophy demonstrated an ability to respond well to competition and resilience to continue after a less than exceptional performance. His strengths appear to lie in the middle distance events but

he displayed a somewhat untapped speed over the sprints and certainly was able to adapt very quickly to conquer a serviceable technique in the jumps and throws.

Andy Abbey and Alan Stabler were still in the hunt right up until the final event and David Carr's participation announced his return to the competitive arena in a very pleasing fashion, suggesting a raid on the M90 records next year is definitely on the agenda.



## Patron's Trophy



**2nd**  
**576.09**

**Carmel Meyer**



**3rd**  
**543.77**

**Lynne Schickert**



**4th**  
**460.81**

**Ingrid Wilcock**

		100m	400m	800m	1500m	5000m	HJ	LJ	TJ	Shot	Discus	Javelin	Score
W55	Sue Coate	82.11	80.64	76.77	71.83	68.95	77.64	67.91	64.84	60.93		<b>58.32</b>	651.62
W60	Carmel Meyer	79.32	78.92	71.74	70.06	68.54	72.37	53.26		44.79	<b>32.54</b>	37.09	576.09
W80	Lynne Schickert	58.73	64.36	62.42	61.49		80.36	55.04	75.57	46.75	39.05	<b>30.62</b>	543.77
W40	Ingrid Wilcock	70.86	66.75	58.04	56.86			61.30	65.23	28.69	27.25	25.83	460.81
W40	Jacqui O'Neill	64.46	59.01		62.18		68.48	49.63	47.15	32.42	27.69	31.36	442.38
W65	Carol Bowman	68.48	74.89	0		69.24	65.49	49.69		33.82	22.85	24.30	408.76

Scores in red have been dropped so a total of nine events is counted.



**2nd**  
**536.31**

**Andy Abbey**



**3rd**  
**534.81**

**Alan Stabler**



**4th**  
**528.96**

**David Carr**

		100m	400m	800m	1500m	5000m	HJ	LJ	TJ	Shot	Discus	Javelin	Score
M45	Jack Reid	72.34	73.28	72.94	67.57	60.42	63.06	47.74	54.59	33.13		<b>31.45</b>	545.07
M50	Andy Abbey	75.71	78.88	79.36	76.12	68.91		45.60	52.16	33.91	25.66	<b>24.54</b>	536.31
M45	Alan Stabler	72.44	72.71	76.07	73.57	70.14		50.32	49.29	36.71	33.56	<b>30.50</b>	534.81
M85	David Carr	68.10	81.85	82.79	82.92	71.67	0	38.37	45.55	33.48	24.23		528.96
M65	Des Walsh	76.01	69.54	58.84	43.07		62.15	52.97	52.02	43.14	37.39	<b>27.18</b>	495.13
M65	Bruce McGeorge	60.84	56.12	54.50	55.74	56.94	59.32	42.11		29.61	33.87		449.05
M80	Bob Schickert	51.58	61.32	59.43	61.80	51.58	56.49	34.89		36.46	29.18	<b>15.60</b>	442.73

Scores in red have been dropped so a total of nine events is counted.



## Patron's Trophy

# Sue sweeps javelin

Sue Coate sealed the Patron's Trophy with the highest percentage of 58.32 in the final javelin round.

FILE PHOTOS



DES WALSH

By JOHN DENNEHY

The final chance for Patron's Trophy participants, the javelin, provided Sue Coate with an opportunity to demonstrate her complete mastery of the spear. Despite the throws traditionally being a low-scoring component of the trophy, she scored over twenty-one points more than her next competitor. Such was her dominance that removing her best events from the score would still give her the win.

Carmel Meyer's javelin training paid off handsomely with a fine effort to cement her second-place finish. Ingrid Wilcock

also showed good technique to finish her competition on a good note with Carol Bowman and Lynne Schickert involved in their own personal battle for the precious points on offer.

Amongst the men, it was Jack Reid who showed he was a quick learner in improving his form to gain an edge over Alan Stabler and Andy Abbey. All three were seen to be practising immediately after the previous week's 800m event, such was their competitive spirit and closeness of the title race. Des Walsh, no stranger to the javelin, was solid through the rounds using his speed to good effect.



ANDY ABBEY



JACQUI O'NEILL

### Javelin ECAC December 16

			% pts
Sue Coate	W55	29.40m	58.32
Jack Reid	M45	26.44m	31.45
Alan Stabler	M45	25.64m	30.50
Jacqui O'Neill	W40	19.95m	31.36
Andy Abbey	M50	19.68m	24.54
Carmel Meyer	W60	16.80m	37.09
Des Walsh	M65	17.14m	27.18
Ingrid Wilcock	W40	16.43m	25.83
Carol Bowman	W65	9.76m	24.30
Lynne Schickert	W80	8.24m	30.62



## Patron's Trophy

# Two-lap exhaustion



Des Walsh (left) and Carmel Meyer are spent as coach Barbara Blurton discusses the race with Carol Bowman.



**SUE COATE**

### By JOHN DENNEHY

The penultimate event of the Patron's Trophy for 2021 provided the requisite drama not seen for many of the editions in the last decade or so. The battle amongst the 'three amigos' was not resolved with Andy Abbey (79.36%), Alan Stabler (76.07%) and Jack Reid (72.94%) separated by little in the 800m. Andy's aggression gained him an early lead but he staggered home over a fast closing Alan, courtesy of a more conservative opening lap. Jack Reid followed a small gap back still managing a fine score.

Sue Coate (76.77%) smashed her best ever time going well under the three-

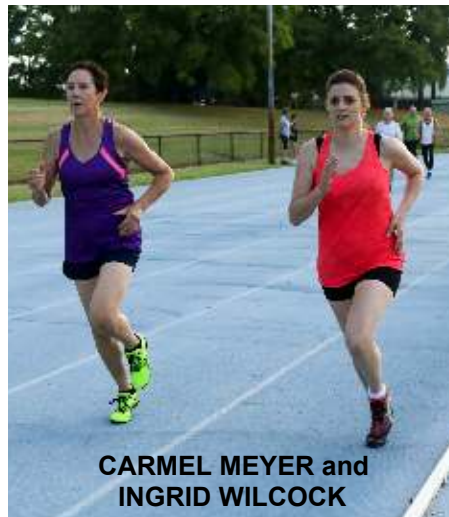
minute barrier to extend her lead in the women's event.

In heat two Carmel Meyer (71.74%) also paid the price for an ambitious first lap although her form made this less noticeable. Ingrid Wilcock (58.04%) dispelled her sprinter tag with a measured effort, unlike Des Walsh (58.84%) who flashed home in the straight to pass David Carr to win their battle.

The points told the opposite story with David scoring the highest total of 82.79% for the evening, rewarded for running splits perfectly and not letting the emotion of the occasion take hold. Whether or not this was enough to hold the trophy aloft again remains to be seen.



**ANDY ABBEY and SHARON DAVIS**



**CARMEL MEYER and INGRID WILCOCK**

### 800m ECAC December 9

			% pts
Andy Abbey	M50	2:24.02	79.36
Alan Stabler	M45	2:24.44	76.07
Jack Reid	M45	2:30.64	72.94
Sue Coate	W55	2:57.88	76.77
Carmel Meyer	W60	3:21.21	71.74
Ingrid Wilcock	W40	3:24.65	58.04
Des Walsh	M65	3:40.99	58.84
David Carr	M85	3:42.95	82.79
Bruce McGeorge	M65	3:58.59	54.50
Bob Schickert	M80	4:30.89	59.43
Lynne Schickert	W80	5:47.66	62.42
Carol Bowman	W65	DNF	0.00



## Sue dominates

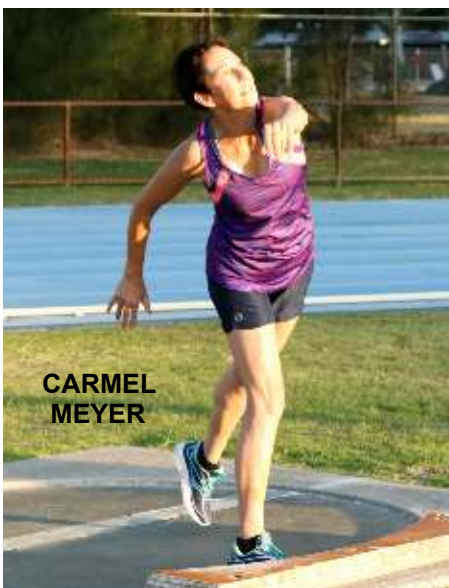
By JOHN DENNEHY

If it wasn't for her engaging personality and self-effacing sense of humour, Sue Coate would be an intimidating competitor in any arena. Such was her dominance in the shot put, where she scored a massive 60.93%, that even Lynne Schickert's 46.75 fine effort in second place would not have caused her any concern. Her talent, combined with sustained hard work is producing formidable results.

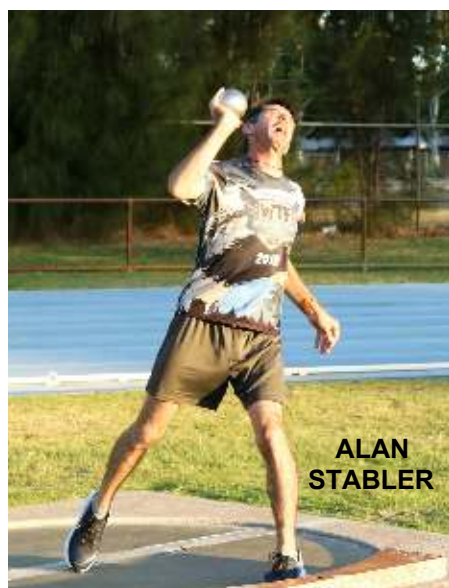
Alan Stabler, Andy Abbey and Jack Reid continued their rivalry with another closely fought contest, punctuated again by good-natured banter that has been the hallmark of the contest this season. Little has separated these three athletes and the prospect of placings in the final two events may decide bragging rights or even the title...

Once again Carmel Meyer produced a confident performance in an unfamiliar event, with former athlete/coach pairing Carol Bowman and David Carr battling it out for valuable points in their respective divisions. The contest was again ably conducted under the knowledgeable auspices of Glenn Bartlett assisted by son Kyle. Glenn was relied upon to ensure the varied age groups competed with the appropriately weighted implement and the smooth running of the competition.

Sue Coate prepares to release the putt on her way to scoring 60.93 points.



**CARMEL MEYER**



**ALAN STABLER**

### Shot ECAC December 2

			% pts
Sue Coate	W55	10.06m	60.93
Des Walsh	M65	7.33m	43.14
Alan Stabler	M45	7.06m	36.71
Carmel Meyer	W60	6.75m	44.79
Andy Abbey	M50	6.69m	33.91
Jacqui O'Neill	W40	6.61m	32.42
Jack Reid	M45	6.37m	33.13
John Dennehy	M60	5.87m	31.70
Ingrid Wilcock	W40	5.85m	28.69
Bob Schickert	M80	5.60m	36.46
Lynne Schickert	W80	5.10m	46.75
Bruce McGeorge	M65	5.03m	29.61
Carol Bowman	W65	4.61m	33.82
David Carr	M85	4.59m	33.48



## Patron's Trophy

# Flat out to the finish



Alan Stabler, Jack Reid, Donna Abbey, Sue Coate, Des Walsh, Bruce McGeorge and Andy Abbey power off the start line in a heat of the Patron's Trophy 100m.

By JOHN DENNEHY

Sue Coate extended her lead in the Patrons Trophy with an impressive display of power, strength and speed in the 100m event at ECAC. Reminiscent of the great Peggy MacIver, whose name is peppered all over the trophy, she is scoring similarly across the events. Andy Abbey, Alan Stabler and Jack Reid flashed over the line together, finishing in that order and ensuring a tight contest for the coveted crown.

Des Walsh continued his good results over the sprint distances with his run as did Carol Bowman and David Carr respectively, with

David leading his competitors out of the blocks in the final heat. Many were disappointed with their times, but the athletes were greeted with a very significant headwind in the front straight.

Bob Schickert was hampered by a quadriceps injury but managed to finish alongside wife Lynne, both impressing with their respective fortitude. Bruce McGeorge re-entered the fray with his sprint and Carmel Meyer is reaping the rewards of a programmed training programme with a fine performance. Ingrid Wilcock, despite her slight build, muscled her way through the event with Jacqui O'Neill also showing a very competitive spirit.



JOHN DENNEHY and DAVID CARR



LYNNE SCHICKERT



JACQUI O'NEIL

### 100m ECAC December 2

			% pts
Andy Abbey	M50	14.37	75.71
Alan Stabler	M45	14.55	72.44
Jack Reid	M45	14.57	72.34
Sue Coate	W55	15.04	82.11
Des Walsh	M65	15.88	76.01
Bruce McGeorge	M65	19.84	60.84
Ingrid Wilcock	W40	15.51	70.86
Carmel Meyer	W60	16.25	79.32
Jacqui O Neil	W40	17.05	64.46
John Dennehy	M60	18.30	63.61
Carol Bowman	W65	19.67	68.48
David Carr	M85	22.38	68.10
Bob Schickert	M80	27.24	51.58
Lynne Schickert	W80	27.82	58.73



# Lift off

By JOHN DENNEHY

Lynne Schickert scored a brilliant percentage (75.57) to head the triple jump competition and edged over the five metre mark to applause from her competitors. Style points for the evening were split between Sue Coate and Ingrid Wilcock with both demonstrating the fine balance between speed, co-ordination and power required to gain maximum distance. The less experienced jumpers adjusted their 'techniques' to make the most of the information which was generously given to them from all involved and there were notable improvements across the board as the competition proceeded in the benign conditions.

Jack Reid, Andy Abbey and Des Walsh all produced at least one good scoring jump with Alan Stabler also doing his title hopes no harm with his best effort. Middle distance athlete, David Carr, put in a 'back up' performance to cover his lack of points in the high jump and gave a glimpse into the mental preparation required of a world record holder. Jacqui O'Neill never quite nailed her run-up on the night although she did enough to demonstrate a solid technique, with John Dennehy managing to improve every round to complete the event.



Ingrid Wilcock bounds down the runway on her way to top the points for the Patron's Trophy triple jump.



JACQUI O'NEILL



ALAN STABLER

## Triple jump ECAC November 25

			% pts
Ingrid Wilcock	W40	9.38m	65.23
Jack Reid	M45	8.86m	54.59
Dave Wyatt	M70	8.81m	n/a
Jenn Parker	W50	8.63m	n/a
Alan Stabler	M45	8.00m	49.29
Andy Abbey	M50	7.96m	52.16
Sue Coate	W55	7.69m	64.84
Jacqui O'Neill	W40	6.78m	47.15
Dave Wilke	M60	6.77m	n/a
Des Walsh	M65	6.43m	52.02
John Dennehy	M60	6.10m	45.76
Lynne Schickert	W80	5.01m	75.57
David Carr	M85	3.79m	45.55



# Sharon's driven by



**This month the effervescent Sharon Davis, an undisputed Queen of the 800m, has put pen to paper to tell us about her life in athletics.**

I was born in Hammersmith, London and grew up in Ashford, Kent, UK. I have been with my husband since the age of 17 and have two beautiful girls, Jordan 23 and Megan 21 and two crazy boy Dalmatian dogs. We moved to Australia in 2009, straight to Mandurah, have been there ever since and love it (apart from the drive to the tracks in Perth).



## In focus

With Carmel Meyer

I trained as a fitness instructor in 1996 and am still doing that for work. I first started athletics at the age of 10 until 25 when I had Jordan. It was very much a club atmosphere in the UK, and we competed for club points, so would be doing just about every track and field event (800m and 400H were always my favourites). Then just as we were shattered at the end of the day, we would have the relays to finish us off. As we all know, relays are so much fun and magically you can find energy even when exhausted. I never achieved any great results, but always had fun. We had the best team and remain lifelong friends.

I joined Masters in 2014 I think it was, at age 40, after doing some fun runs and surf sports that reignited my passion for running, but my heart lies on the track and my body prefers the middle distances. I tracked down MAWA after a chance encounter with the lovely Fiona Brown (WA Athletics official), who attended one of my Body Balance classes in Mandurah wearing a 'Masters Athletics' t-shirt. I approached her after class to find out more. I had a warm welcome from Colin Smith and Carol Bowman and was convinced to go to Nationals in Hobart a few weeks later. I loved the experience and haven't looked back. MAWA has the loveliest members, always supportive and so much fun. I have made some great friends and many MAWA athletes have influenced and inspired my journey and I hope to do the same to others.

I still prefer the 800m, with the 400m as the second choice and do the odd 1500m. I don't run the 400H anymore as I found it aggravates my constantly niggly Achilles. I found a coach relatively close to home in Rockingham, joined his squad and trained for the 2016 Perth World Champs.

I enjoyed this so much and it unlocked something that made me want to train, and train hard, for Malaga. My coach was the one to convince me I had potential and could be competitive.

**CONTINUED -- next page**

Sharon Davis enters the straight in the 800m at the nationals in Melbourne.



# her love of athletics

## FROM -- previous page

Next minute I'm running World Championships, lining up with ex-Olympians and actually beating some! I also joined John Dennehy's Saturday morning sessions. Wow! Definitely the best day of the week. So much fun. John's coaching and knowledge of my competitors around the world continues to be invaluable and has assisted my medal success.

Both Malaga and Poland were fantastic experiences, from bonding with teammates, making new friends from around the world, to the electric atmosphere in the stadiums and of course, winning some medals. Two races from Malaga stand out to me. A photo finish for gold in the 800m final, where I was pipped on the line by an ex-Olympian, and an unexpected silver in the 1500m. So surreal. Poland was amazing too. My first time on an indoor track. So good and so different. Another silver medal in the 800m and an Australian record.

My best achievement in Masters's came just before Malaga. I ran a lifetime PB in the 800m, beating the time of my younger self by one second and breaking the State record at the same time. I still can't believe I did that. All just in the nick of time, three weeks before my 45<sup>th</sup> birthday and a new age group.

With Covid, the plan of running an outdoor and indoor World Championship every year is now out of the window. We can only continue to train and stay fit. I have

feeling a bit lost and not sure where I belonged, then unexpectedly coaching a group of young athletes; and the challenge of living so far away from Perth. My Achilles' are a constant problem and cause inconsistencies in my training, so I must be careful.

I have had a good winter doing base training with the amazing Trevor Scott and have reintroduced Saturday training with John and his squad, slowly improving conditioning for my legs on the track. I am navigating my way forward in my new normal, training hard, but not at the intensity of a few years ago. I'm enjoying not following such a strict program and have loved joining my master's partner in crime, Lisa Limonas during the winter for random sessions from hills to steps to sprints and now Barbara's Thursday night training. Lisa has been through the whole journey with me from training with each other's daughters to running World Championships. Being from different events our training has always been different, so it's been fun just doing something together these past few months.

For this season my plan is to have fun, go with the flow, do whatever training sessions and races come my way and stay injury-free to at least compete this whole season. Who knows what will happen when the World finally reopens?

Sharon Davis  
flies the  
Aussie flag in  
Malaga.

had a rollercoaster two years with injuries, my coach walking away from athletics and the squad subsequently disbanding, therefore





# Hip replacement

The hip joint is a ball and socket joint which connects the leg to the trunk of the body. This type of joint allows the leg to move forwards, backwards and sideways. The head of the femur (thigh bone) is called the femoral head and this fits into the acetabulum (socket) of the hip bone. The hip joint is a stable joint made up of these two bones as well as muscles, tendons and ligaments. Cartilage, a connective tissue, is a smooth surface that cushions the joint to prevent the bones from rubbing against each other during movement.

Many muscles control the hip joint movement. The gluteus group consists of three muscles and the largest one is the gluteus maximus. Other muscle groups are the quadriceps femoris group, hamstrings group, adductor muscle group and abductor muscle group.

A hip injury or trauma may cause the cartilage to become worn down or torn, allowing the bones to scrape together. Damage caused by arthritis, commonly osteoarthritis, is a common reason of this damage. Pain may be experienced, and difficulty may occur when carrying out some movements.



**the edge**

With Margaret Saunders

Anti-inflammatory drugs may be prescribed, and physical therapy may be undertaken, but if these do not provide relieve than an appointment with an orthopaedic surgeon may be required.

Hip replacement is a surgical procedure where the hip joint is replaced by a prosthetic implant where this artificial joint helps to reduce the pain and improve function. There are two types of hip replacement – the total replacement or a hemi (half) replacement. A third surgical option is hip resurfacing where the original joint is covered with a thin sheet of metal. However, this procedure is generally carried out on younger patients.

The total hip replacement (arthroplasty) involves an incision made either posteriorly with an incision on the side and back of the hip, or anteriorly where the incision is at the front of the hip. This allows the muscles to be

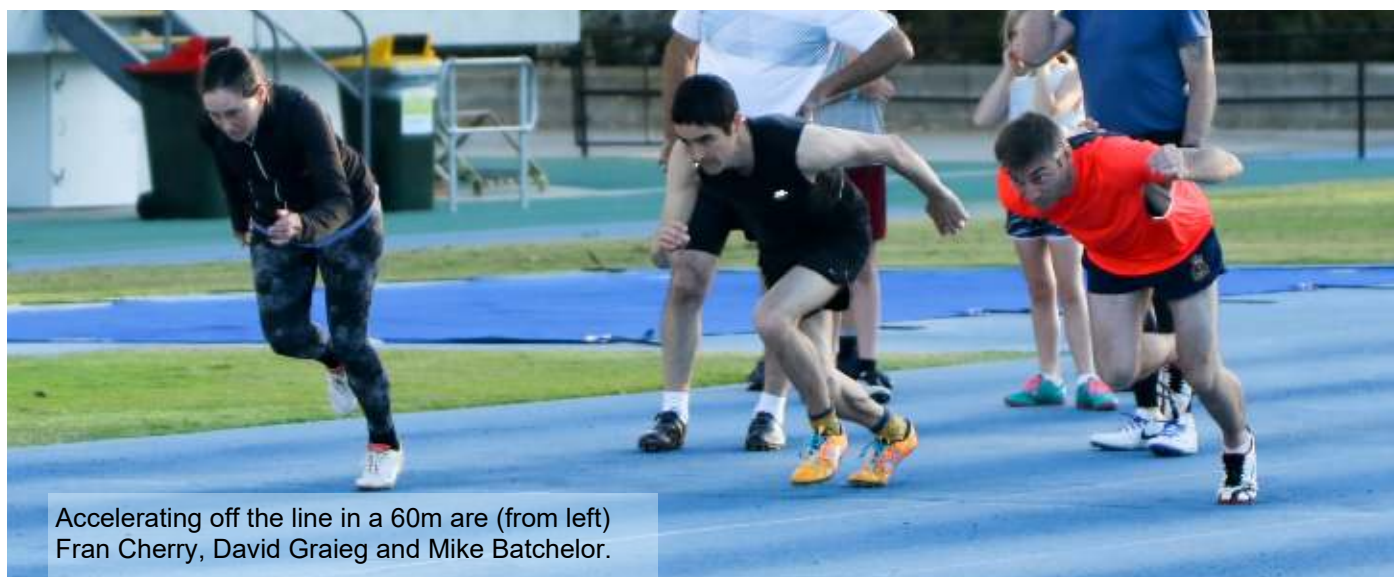
detached and the joint freed. The removal and replacement of the damaged sections of the hip joint — the acetabulum and the femoral head — are then completed. Generally, these are replaced with prosthetics made from ceramic, metal or plastic. The posterior approach allows the surgeon a better view of the hip joint.

The hemiarthroplasty is a partial hip replacement where the ball of the socket is replaced and is not generally used for patients with arthritis issues, but with hip fractures.

Set realistic goals before surgery and talk to the surgeon about any queries you have. Following surgery, rehabilitation is imperative. Prescribed exercises will be given by a physiotherapist, and these will aid in your regaining strength and mobility. Regular walking is considered an important part of the rehabilitation program. Most patients are fully recovered after six months of rehabilitation, but full recovery may take up to one year.



## Tuesday night competition at WAAS



## 2021-22 Coaching Schedule

Coach	Discipline	Venue	Time
Tom Lenane 0414 970 514	sprints/hurdles	ECAC	Monday and Wednesday 5:00pm
John Dennehy 0402 520 839	middle distance	WAAS	Saturday 8:00am
Barbara Blurton 0434 287 757	sprints and middle distance	ECAC	Monday 7:30am
Ann Masters 0407 470 949	jumps/sprints	McGillivray	Mon 4:30, Wed 5:30, Sat 3:30
Ann Masters 0407 470 949	jumps/sprints	WAAS	Tue 5:15, Sun 10:30
Keith Redpath	endurance/sprints	Byford	0401298532 for details





David Graieg enters the back straight on his way to a win in a 1000m event.



MIKE BATCHELOR



GLENN ROGERS



Campbell Till runs the bend during a 1000m race at WA Athletic Stadium.

## 2021-2022 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	throw 1	throw 2
11-Jan	100	800	60	5000	high	Javelin	Discus
18-Jan	200	1500	100	3000	long/triple	Hammer	Shot
25-Jan	60	400	200	5000	high	Javelin	Hammer
01-Feb	100	800	60	3000	long/triple	Discus	Shot
08-Feb	200	1500	400	5000	high	Javelin	Hammer
15-Feb	60	800	300	3000	long/triple	Discus	Shot
22-Feb	100	1000	200	5000	high	Javelin	Discus
01-Mar	60	1 mile	400	3000	long/triple	Hammer	Shot
08-Mar	100	1500	200	5000	high	Javelin	Shot
15-Mar	60	800	300	3000	long/triple	Hammer	Discus
22-Mar	400	1500	100	5000	high	Javelin	Hammer
29-Mar	200	1000	100	3000	long/triple	Discus	Shot





DOMINIC LAGAT



SHARON DAVIS



Ingrid Wilcock and Des Walsh power off the line in a 60m at ECAC.

## 2021-2022 Summer Track and Field Programme

Thursday at ECAC Wharf Street, Cannington - 6pm

**EVERYONE, INCLUDING CHILDREN MUST PAY THE \$3 ENTRY FEE AT THE SIGN IN TABLE**

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

Thurs	event 1	event 2	event 3	event 4	event 5	Jump	throw 1	throw 2
30-Dec	60	1500	400	5000		long/triple	shot	discus
06-Jan	200	800	3000	100	steeple	high	hammer	weight
13-Jan	60	1500	100	1 hurdles	3000	long/triple	discus	shot
20-Jan	200	1000	400	5000		high	javelin	hammer
27-Jan	800	s hurdles	200	3000	100	long/triple	discus	weight
03-Feb	100	1500	60	5000		high	hammer	javelin
10-Feb	400	1 mile	200	1 hurdles	3000	long/triple	discus	weight
17-Feb	200	800	60	5000		high	hammer	shot
24-Feb	60	400	3000	100	steeple	long/triple	javelin	weight
03-Mar	200	s hurdles	800	60	10,000 State Champs		discus	shot
10-Mar	100	1500	300	steeple State Champs			javelin	weight
17-Mar	60	400	100	5000		high	hammer	weight
24-Mar	200	800	100	3000		long/triple	javelin	shot

Sunday 27 February

Saturday 12 March

Sunday 13 March

State Champs Pentathlons and 5000 + high jump

State Champs Day 1

State Champs Day 2





This series of photos shows Warren Button in full swing. Warren threw 57.10m in the hammer at Ern Clark Athletic Centre.



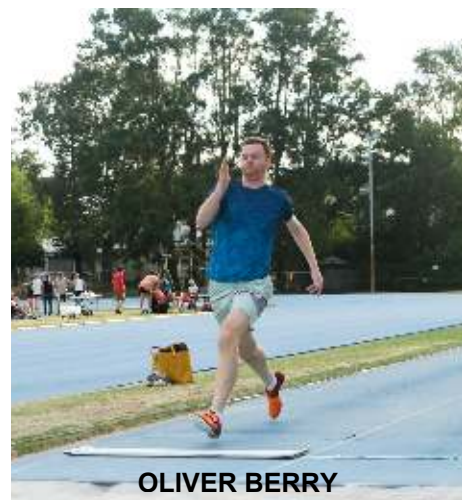
**BEV HAMILTON**



**ANDREW WARD**



Dave Wyatt keeps an eye on his wife Gay in the long jump at ECAC.



**OLIVER BERRY**



# Looking ahead



Andy Abbey takes over the baton from Clare Wardle in the mixed relay at WA Athletics Stadium.

Sunday, February 27: MAWA State Championships, Pentathlons, 5000m and high jump. Ern Clark Athletic Centre.

Thursday, March 3: MAWA 10,000m State Championships, Ern Clark Athletic Centre.

Thursday, March 10: MAWA Steeplechase State Championships, Ern Clark Athletic Centre.

Saturday, March 12: Day One MAWA State Championships, Ern Clark Athletic Centre.

Sunday, March 13: Day Two MAWA State Championships, Ern Clark Athletic Centre.

April 1-4, 2022 Australian Masters Championships, Brisbane.

June 29 to July 10, 2022: WMA Championships, Tampere, Finland.

March 27 to April 3, 2023. WMA World Indoor Championships, Edmonton, Canada.