

TFNL



The Track and Field Newsletter of MAWA

Season 16 Issue 4
January 2023



Lisa Limonas sails
confidently over the high
jump bar at ECAC

**‘The Bar
is our Friend...’**

- said Lisa to Jenn

High Jump Action Inside

2022-23 Track and Field Programme

The Patron's Trophy (highlighted events) commences on October 13. Athletes compete in a minimum of 9 events with the best 9 giving the total score.

Thursday at ECAC, Wharf St, 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 pay no visitor fee)

Thurs	event 1	event 2	event 3	event 4	event 5	jump	throw 1	throw 2
13 Oct	60	800	200	5000		long/triple	discus	weight
20 Oct	100	1500	400	3000		long	weight	shot
27 Oct	200	800	60	5000		long/triple	javelin	weight
03 Nov	400	1 mile	S hurdles	100	3000	high	discus	shot
10 Nov	60	400	200	5000		long/triple	shot	javelin
17 Nov	200	1500	3000	100	steeple	high	discus	weight
21 Nov	100	1500	400	5000		long/triple	javelin	shot
01 Dec	60	800	200	3000		high	javelin	weight
08 Dec	100	400	60	5000		triple	weight	discus
15 Dec	100	1000	200	3000		high	shot	javelin
29 Dec	200	800	3000	100	steeple	long	hammer	shot
05 Jan	60	L hurdles	1000	200	5000	high	discus	javelin
12 Jan	60	1 mile	400	3000		triple	hammer	weight
19 Jan	400	1500	100	5000		high	discus	shot
26 Jan	200	800	3000	60	steeple	long/triple	javelin	weight
02 Feb	1500	200	S hurdles	3000		high	hammer	shot
09 Feb	60	1000	400	5000	100	long/triple	discus	javelin
16 Feb	200	1500	100	L hurdles	3000	high	hammer	weight
23 Feb	800	200	3000	60	steeple	long/triple	discus	shot
02 Mar	300	1500	60	10000 State	Champs	high	javelin	weight
09 Mar	100	1 mile	400	3000		long/triple	hammer	shot
16 Mar	100	800	200	5000		high	discus	weight
23 Mar	60	1500	100	Steeple State	Champs	long/triple	javelin	shot

Saturday 18 March
 Saturday 25 March
 Sunday 26 March

State Champs Pentathlons, 5000m + High Jump
 State Champs Day 1
 State Champs Day 2

MAWA RECORDS



file photos:

ABOVE: David Carr

LEFT: Sue Coate

RIGHT: Lynne Schickert



Sue Coate	W55	Heptathlon	04/12/2022	SR	5097 points	ECAC
David Carr	M90	100m	08/12/2022	SR	21.34	ECAC
Lynne Schickert	W80	1000m	22/12/0222	SR	7:42.95	ECAC

Patron's Trophy

Javelin (1) Dec 1 ECAC

Dominic Lagat	M35	37.31m	38.37%
Sue Coate	W55	26.80m	53.16%
Naomi Lagat	W35	20.50m	29.83%
Jack Reid	M50	19.52m	24.34%
Jenn Parker	W50	19.50m	35.12%
Jacinta Thompson	W45	17.51m	29.93%
Gillian Young	W75	10.96m	34.22%
John Dennehy	M60	10.94m	15.71%
Steve Barrie	M60	12.78m	18.35%
Fiona van Heerwaarden	W45	9.73m	16.63%
Carol Bowman	W65	9.10m	22.65%
David Carr	M90	5.85m	17.31%



All eyes on the sky for Sue's throw
...except for official Glenn who
keeps his eyes on the foul line.

By John Dennehy

Sue Coate gave a masterclass in javelin with a fine series of throwing, culminating in a 26.80m effort and earning her 53.16 valuable points on the first day of summer at ECAC. Dominic Lagat launched the 800g spear out into the gloom, his best of 37.31m gaining him 38.37 points. He continues to impress all with his positive attitude and remarkable ability to master the intricacies of the various disciplines in the Trophy.

Jenn Parker was notable as the only other competitor with a javelin technique, grabbing 35.12 points for her 19.50m throw. Naomi Lagat threw 20.50m for 29.83 points with the rest of the field struggling with the technical aspects of this surprisingly complicated discipline. Gillian Young and Jacinta Thompson showed promise with their efforts with Steve Barry, Fiona van Heerwaarden, Carol Bowman, David Carr and John Dennehy all seemingly pleased to register a mark.



L-R: John Dennehy, Steve Barrie, Carol Bowman, Jacinta Thompson, Fiona van Heerwaarden, Gillian Young, David Carr

The 100m was held into an unforgiving headwind with the 'fast' heat facing a -3.0 but still producing good times. Dominic Lagat trounced the field with a 12.65 and 78.42 points, but it was Campbell Till newly into the M65 age group who amassed 86.59 points with a sterling 13.94 time. David Adams continues to amaze with 71.99 points in a sprint event a fortnight after running a half Marathon.

Sue Coate continued with her heavy schedule after her weekend state Heptathlon running a low 15 and 81.73 points, with training partner Jenn Parker also scoring well (77.87 points) followed by Naomi Lagat (67.47 points). John Dennehy threw himself over the line in the second heat to out-lean Jacinta Thompson, both athletes scoring over sixty points.

The Fiona van Heerwaarden (who also did the Heptathlon on the weekend) and Carol Bowman battle, produced good points for both athletes as did the competition between Gillian Young (71.62), David Carr (79.99) and Steve Barrie (45.42). David Carr's 21.34 sec effort was also a State record as a bonus, despite the wind reading of -2.3.

100m (1) Dec 8 ECAC

				Wind -3.0
Dominic Lagat	M35	12.65	78.42	
Campbell Till	M65	13.94	86.59	
David Adams	M45	14.64	71.99	
Sue Coate	W55	15.11	81.73	
Jenn Parker	W50	15.23	77.87	
Naomi Lagat	W35	15.71	67.47	
				Wind -2.3
John Dennehy	M60	17.84	65.25	
Jacinta Thompson	W45	17.89	63.78	
Fiona van Heerwaarden	W45	19.66	58.04	
Carol Bowman	W65	19.97	67.45	
Gillian Young	W75	21.07	71.62	
David Carr	M90	21.34 SR	79.99	
Steve Barrie	M60	25.63	45.42	

High Jump



Patron's Trophy



Fiona van Heerwaarden

Triple Jump (1) Dec 8 ECAC

Dominic Lagat	M35	11.69	64.37%
Campbell Till	M65	8.96	72.49%
Jenn Parker	W50	8.57	67.48%
Sue Coate	W55	7.85	66.19%
Naomi Lagat	W35	7.38	48.49%
David Adams	M45	6.57	40.48%
John Dennehy	M60	6.06	45.46%
Jacinta Thompson	W45	6.05	44.68%
Fiona van Heerwaarden	W45	5.80	42.84%
Steve Barrie	M60	4.53	33.98%
David Carr	M90	3.21	45.21%

By John Dennehy

Campbell Till capped off a successful evening of competition, scoring the highest points score in both events with his 72.49 points courtesy of 8.96m distance. It has been several seasons since Campbell has graced the field events but there were more than a few glimpses of the technique that brought him state titles in the pentathlon and he is a two-time winner of the Patron's Trophy.

Dominic Lagat controlled his long limbs to record the longest distance of the evening stretching the tape out to 11.69m (64.37 points). Jenn Parker and Sue Coate continued their battle scoring 66.19 and 67.48 respectively, Jenn outscoring Sue. Despite very limited training Naomi Lagat showed improved core strength from last season to jump a personal best of 7.38m. David Adams earned over forty points in what he would admit is one of his weaker events. John Dennehy edged out Jacinta Thomson by a single centimetre with both athletes scoring in the mid-forties for their efforts.

Fiona van Heerwaarden, Steve Barrie and David Carr completed the field with advice from the more experienced competitors who were full of admiration for them taking on a very technical event, especially given its prerequisite 'need for speed' rather than endurance.



Dominic Lagat

100m (2) Dec 22 ECAC

Dominic Lagat	M35	12.43	79.81
Sue Coate	W55	15.03	82.17
Jenn Parker	W50	15.03	78.91
Naomi Lagat	W35	15.71	67.47
John Dennehy	M60	17.16	67.83
Carol Bowman	W65	19.43	69.33

The 'second chance' Patron's Trophy 100m was significant with six competitors lining up in good conditions and five of those improving their points score from the first competition.

Once again Dominic Lagat recorded the fastest time (12.43 – 79.81 points) compared to the 12.65 – 78.42 points in an impressive display despite a lack of competition. Sue Coate and Jenn Parker both ran 15.03 closely followed by Naomi Lagat who amazingly equalled her previous time of 15.71 seconds. John Dennehy grabbed another few points with his run. Carol Bowman chipped off another few tenths from her last effort, benefitting from some extra start coaching from the W70 world champion and good friend, Maureen Keshwar.

The Edge

with Marg Saunders



Thinking of a topic for this month's TFNL caused me to be a little self-reflective. I am generally at the WAAS track most summer track season weekends watching the Open and Junior athletes compete. However, I have not attended a meet yet this season and rarely watched last season. At these events and Masters events I generally get the inspiration for topics - by talking to other athletes or listening to their conversations.

Health issues have had a major impact on my life for the last 19 months. This has caused me to really monitor many aspects of my life - running being only one. I also note that I am not unique in this predicament. Many masters athletes are affected by injury or health issues which may cause issues for them both short and long term.

I will discuss some factors which I have looked back on, and now realise the importance of, to myself and my healing process. Each athlete is different but I believe these principles can help any athlete in a similar situation.

Patience is paramount - nothing will speed up the recovery from some issues, and in some cases activities we undertake will actually prevent, or slow down, the healing process. I have had to be totally regimented in what I have been able to participate in each day, or else my healing would have been compromised. This may sound simple but despite the guidance of specialists I did overdo it on some occasions and this created unwanted negative symptoms. Some athletes will have a rehabilitation program to follow. Many will have specialists monitoring their health in order to determine their return to exercise. It is important to listen to their advice.

Surround yourself with positive people. They should be supportive of what you are trying to achieve and help you through the days when you feel that progress is not being made. I have had a number of people who have inspired me, and ensured that I have always felt supported. Some of these inspirational athletes have had a more severe prognosis than mine, yet have been a motivational influence in my life. The camaraderie of many members of the Masters athletics club who have been so caring has been wonderful. I thank you all so much.

The new year is a wonderful time to reflect back on what you have achieved in the last year and then look forward to what you hope to achieve in 2023. I wish all Masters athletes a happy and healthy year ahead. May your hopes and dreams be fulfilled.

Our Wonderful Young Visitors



know how to work hard...



Patron's Trophy

Shot (2) Dec 22 ECAC

Sue Coate	W55	9.80m	59.36%
Jenn Parker	W50	9.67m	53.87%
Dominic Lagat	M35	8.39m	37.64%
Naomi Lagat	W35	6.29m	28.81%
David Carr	M90	4.19m	35.39%



Naomi Lagat

By John Dennehy

Four competitors lined up for a chance to improve their standings in the 'second chance' Patron's trophy shot put. Sue Coate again deservedly scored heavily with her impressive 9.76m throw. Both Dominic Lagat (8.39m - 8.18m) and Jenn Parker (9.67m - 8.85m) improved their previous efforts but Naomi Lagat caught the eye with her improvement from 5.80m to push through the six metre barrier and gain a 6.29m result. David Carr's presence, in one of his least favoured disciplines, ensured a competitive atmosphere although he did not improve on his distance from the initial event.



Carol Bowman

800m (2) Dec 29 ECAC

Dominic Lagat	M35	2:10.04	78.41%
Naomi Lagat	W35	2:51.74	66.29%
Sue Coate	W55	2:55.54	77.79%
Carol Bowman	W65	3:36.93	71.12%
Gillian Young	W75	3:41.68	84.42%
Fiona van Heerwaarden	W45	3:42.13	55.90%

Dominic Lagat led the field with a very aggressive yet controlled effort in the 'second chance' 800m in hot conditions and battling a young athlete all the way in the home straight. Dom was rewarded with a 2:10.04 time 78.41 points; superseding his initial performance by over seven points. His wife Naomi produced a fine time of 2:51.74 (66.29 points) with an equally impressive effort. She was closely followed by Sue Coate (2:55.26) who gained 77.79 points, in what could be described as one of her weakest events.

Carol Bowman drew on her reserves to battle through the heat and wind to record 3:36.93 (71.12 points), a significant improvement on her previous effort by over five points. Gillian Young top scored for the evening with a typically 'gutsy' performance gaining 84.42 points courtesy of a superb 3:41.68 run in her only attempt in the discipline in this year's competition. Fiona van Heerwaarden, more comfortable in the race walking events, none the less donned her running shoes and displayed fierce determination scooping up 55.90 points with a 3:42.13 effort.



Lone thrower Mike Anderson sends the weight on its way



And the big men fly...around the 200m bend.
L-R: Chris Neale, Lee Stergiou, Dominic Lagat



Enjoying a twilight walk is John McDonough

A
C
T
I
O
N



60m finish line. L-R: Jack Reid, Emily Bailey, David Adams,
Dominic Lagat



ABOVE: John Dennehy puts the bright green shot while
David Carr waits his turn



LEFT: M60 distance runner Mitch Cleasby finishes a speedy
5000m in 20:38.37

Patron's Trophy

Long Jump (2) Dec 29 ECAC

Dominic Lagat	M35	5.25m	60.48%
Jenn Parker	W50	4.30m	71.67%
Sue Coate	W55	4.27m	76.11%
Naomi Lagat	W35	3.13m	43.72%
John Dennehy	M60	3.05m	47.96%
Fiona van Heerwaarden	W45	2.46m	38.50%
Lynne Schickert	W80	2.16m	62.25%
Carol Bowman	W65	2.15m	44.51%
Gillian Young	W75	2.13m	52.99%
David Carr	M90	0.93m	25.98%



By John Dennehy

Jenn Parker

Jenn Parker's prowess in the 'second chance' PT long jump provided valuable points with the all-rounder improving from 63.83 points to 71.67 (3.83m - 4.30m). Sue Coate was edged out distance-wise by her training partner by three centimetres but she outscored her friend to grab 76.11 points.

Naomi Lagat established a season's best, jumping 3.13m (43.72 points), a big improvement on her previous best of 2.94m (41.06 points). Her husband Dominic, fresh from the 800m, soared out to 5.21m, splaying arms and legs everywhere, by far the furthest distance in the competition. This easily eclipsed his first jump of 4.75m and earned him an extra five points. John Dennehy improved upon his first effort, scraping over the three metre barrier with a 3.05m, while Gillian Young scored very well, (52.99 points), despite having run an excellent 800m beforehand.

Coaching

Coach	Discipline	Venue	Time	
Tom Lenane 0414 970 514	 sprints/hurdles	ECAC	Mon & Wed 5.00pm	
John Dennehy 0402 520 839	 middle distance	McGillivray	Sat 8.30am	
Barbara Blurton 0434 287 757	 sprints and middle distance	ECAC	Monday 7:30am	
Anne Masters 0407 470 949	 jumps sprints hill work general fitness	McGillivray	Mon 4:30 - 6.30pm Tues 5.45 - 7pm Wed 5:30 - 6.30pm	Timetable update when WAAS reopens
Keith Redpath 0401 298 532	 endurance/sprints	Byford	call for details	
Karyn Tolardo 0402 831 915	 race walk technique	Perth	call for details	

Looking Ahead



WORLD ATHLETICS CROSS COUNTRY CHAMPIONSHIPS BATHURST 23

February 18 - 19, 2023

See MAWA website for details & worldathleticscrosscountry.com

MAWA STATE CHAMPIONSHIPS 2023

ERN CLARK ATHLETICS CENTRE

March 2 - 10000m

March 18 - Pentathlons, 5000, HJ

March 23 - Steeplechase

March 25/26 - Main weekend

AMA NATIONAL TRACK AND FIELD CHAMPIONSHIPS

Friday March 10 - Monday March 13, 2023

Sydney Olympic Park Athletic Centre, Edwin Flack Avenue,
Sydney Olympic Park.

website: www.sydney2023.com.au

WMA INDOOR CHAMPIONSHIPS, TORUN, POLAND

March 26 2023 - April 1 2023 website: <https://wmaci2023.com>

OMA CHAMPIONSHIPS 2023

June 22 - 26, 2023, To be held concurrently with Oceania Cup

in Oleai Stadium, Saipan, Northern Mariana Islands

Entry information and timetable to be published by end 2022

AUSTRALIAN MASTERS GAMES

October 7 - 14, 2023, Adelaide, South Australia australianmastersgames.com

Registrations now open

ALICE SPRINGS MASTERS GAMES have been deferred to October 12 - 19, 2024

Talented race walker
and coach
Karyn Tolardo