

# TFNL

The Track and Field Newsletter of MAWA



Season 16 Issue 2  
December 2022

## Patron's Trophy 5000m

Gillian Young, 2013 and 2018 Patron's Trophy winner, looks happy to be back on the track after an injury layoff.

Jacinta Thompson follows.



## MAWA RECORDS

M85	Norm Richards	60m	10.25	13/10/2022	SR	ECAC
M90	David Carr	5000m	29:28.60	13/10/2022	<b>WR</b> pending	ECAC
M90	David Carr	800m	3:36.28	27/10/2022	AR pending	ECAC



October 13...Newly minted M85 Norm Richards (right) sets off in the 60m and has a new SR by the time he gets to the finish line.

Nick Fairweather (left) and Daniel Mostert (centre) keep Norm company.



October 27...The strong headwind denied M45 Adrian McKenzie (centre) a 60m SR, but he nevertheless finished in a sizzling 7.58.



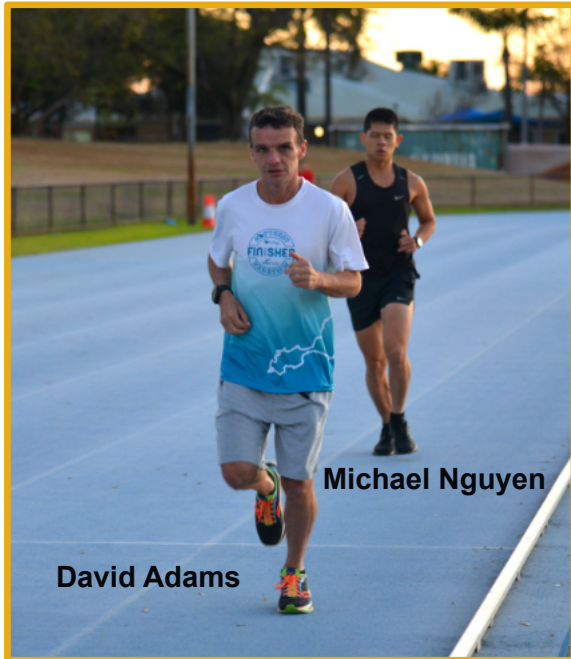
Dominic Lagat



Fiona van Heerwaarden  
5000m walk



# Patron's Trophy



David Adams

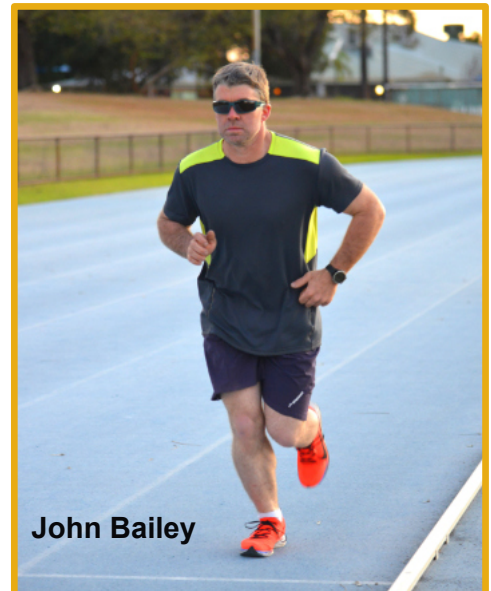
Michael Nguyen

## 5000m ECAC October 13

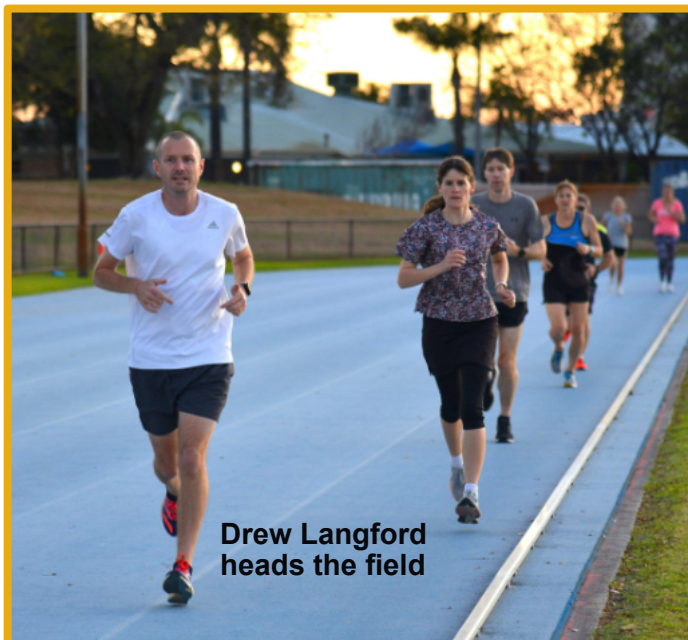
Dominic Lagat	M35	19:29.67	64.72 %
David Adams	M45	20:19.96	66.71%
Vanessa Carson	W40	20:41.00	71.28%
Drew Langford	M45	20:45.24	65.35%
John Bailey	M40	23:57.26	54.57%
Naomi Lagat	W35	23:57.81	60.39%
Stuart Manning	M45	24:08.50	56.18%
Jenn Parker	W50	25:55.58	63.71%
Bruce McGeorge	M65	26:34.88	60.14%
Gillian Young	W75	27:08.97	86.17%
Jacinta Thompson	W45	29:00.93	54.28%
David Carr	M90	29:28.60	96.90%
Silke Peglow	W50	31:38.13	52.21%
John Dennehy	M60	35:12.34	43.41%

### By John Dennehy

The first event in the 2022 Patron's Trophy, the 5000m, was dominated initially by the world record of the patron himself, David Carr, with his effort in smashing his own world record, taking it down to 29:28.60 from 29:47.83. (pending ratification). More significantly in this competition, he scored 96.90 points to emphatically lead the tables. Gillian Young returned to the track to claim an 86.17 score for her run, with Jenn Parker (63.71) and Naomi Lagat (60.39) also scoring well. Dominic Lagat produced a fine performance to be the only participant to go under the twenty minute barrier (64.72 points) to head David Adams (66.71 points) in a closely fought race. Bruce McGeorge began rather conservatively as per usual, to finish strongly (60.14 points) with John Dennehy (43.41 points) holding a steady pace to complete the field.



John Bailey



Drew Langford  
heads the field



Dominic Lagat



# Patron's Trophy

## Long Jump ECAC October 20

Dominic Lagat	M35	4.75m	54.72
Jenn Parker	W50	3.83m	63.83
David Adams	M45	3.42m	44.13
Naomi Lagat	W35	2.94m	41.06
John Dennehy	M60	2.89m	45.44
Bruce McGeorge	M65	2.85m	48.39
Steve Barrie	M60	2.80m	44.03
Carol Bowman	W65	2.02m	41.82
David Carr	M90	1.33m	37.15

By John Dennehy

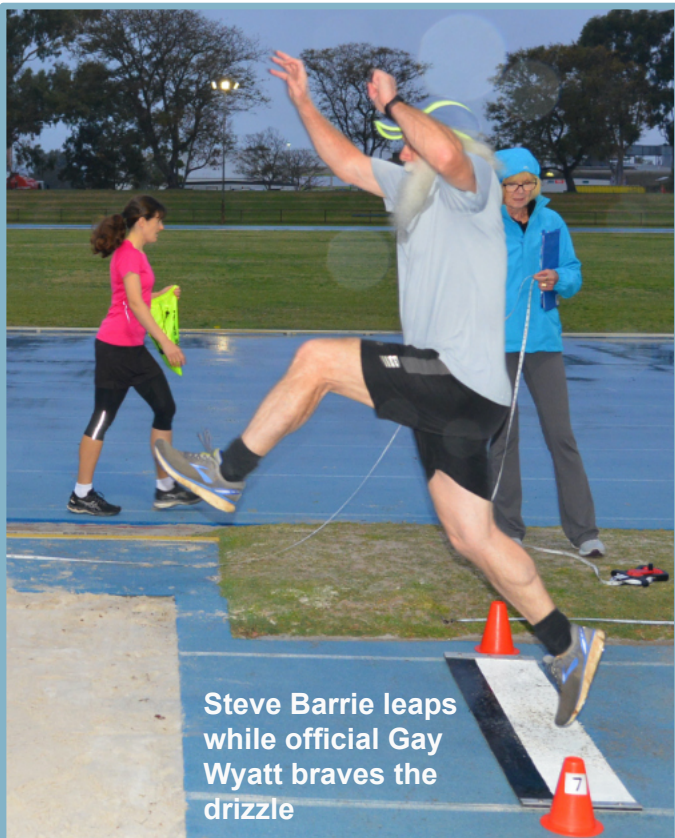
Jenn Parker furthered her claims to favouritism in the Patron's Trophy race with a superb long jump of 3.83m (63.83 points) while aiding other competitors with her expertise. Naomi Lagat (41.06 points) showed a natural aptitude for the event with continued improvement each round. Her husband, Dominic, returned from a gruelling 1500m to jump 4.75m and score 54.72 points. Bruce McGeorge surprised many with his speed down the runway to leap 2.89m and add 48.39 points to his score. David Carr scored 37.17 points with a safe jump as the attrition rate of contenders was evident after only two events.



Jenn Parker



Bruce McGeorge



Steve Barrie leaps while official Gay Wyatt braves the drizzle



John Dennehy

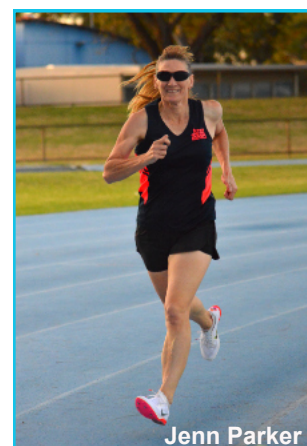
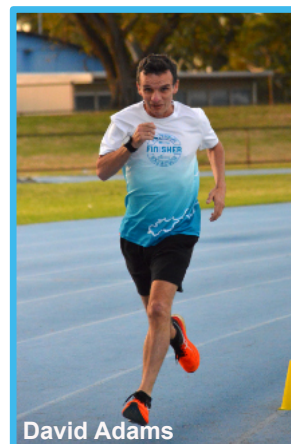


# Patron's Trophy



## 800m ECAC October 27

Dominic Lagat	M35	2:23.24	71.18
David Adams	M45	2:40.07	68.64
Campbell Till	M60	2:48.85	77.01
Jenn Parker	W50	2:57.95	73.09
Bruce McGeorge	M65	3:21.01	64.69
Jacinta Thompson	W45	3:33.95	58.04
David Carr	M90	3:36.28	103.93
Carol Bowman	W65	3:56.04	65.37
Steve Barrie	M60	4:09.22	49.88
John Dennehy	M60	4:11.56	49.42
Lynne Schickert	W80	6:14.60	57.93



The windy home straight played a significant part in the tactics of the Patron's Trophy 800m with Dominic Lagat striding out impressively leading from 'go to whoa' collecting 71.18 points for his assertive running. In contrast, David Adams ran a conservative time but was tracked by former trophy winner, Campbell Till, who is a threat in any discipline.

Jenn Parker continued to demonstrate the results of a regimented winter training program from Barbara Blurton with another sub three minute effort and her second fastest time over the two lap event. Bruce McGeorge set out aggressively to score a season's best by a significant margin and reap the rewards for his strong showing gaining 64.69 points.

Jacinta Thompson played to her strengths with her metronomic pacing unwittingly providing David Carr with the perfect pacemaker, drawing him to a pending Australian Record of 3:36.28 and astounding 103.93 points. Such are the vagaries of the age-grading system that this gives David more points than his world record in the 5000m two weeks ago.

Carol Bowman battled with illness and the conditions to add 65.37 points to her tally with Steve Barrie besting John Dennehy, followed by Lynne Schickert (57.93 points).



# 2023 Oceania Championships

## Press Release for the 2023 Oceania Championships

The Oceania Masters Athletics Association is pleased to announce that the 2023 Oceania Masters Athletics Championships will be held in Saipan, Northern Marianas from **22nd of June to the 26th of June 2023**.

After the cancellation of the 2021 Championships, the Oceania Masters Council had discussion with both Fiji and Norfolk Island to host the Championships in 2023, both federations were deemed unable to host the championships and the Council agreed to award the Championships to Saipan, Northern Marianas.

In a first for the OMA, the Championships will be held in Micronesia, the northern region of the Pacific. The host venue is Oleai Stadium in Saipan, the venue for the 2022 Pacific Mini Games, is currently the best facility in the Pacific. The local Organising Committee and Athletics Federation demonstrated an outstanding record to host major international competitions with the Pacific Mini Games, and the Oceania Masters are excited to bring Masters Athletics to Saipan.

Continuing the strong relations between OMA and Oceania Athletics, the Championships will be held concurrently with the Oceania Cup.

The Oceania Masters Athletics Championships is scheduled to take place from June 22 to 26, 2023 at Oleai Stadium, Saipan, Northern Mariana Island.

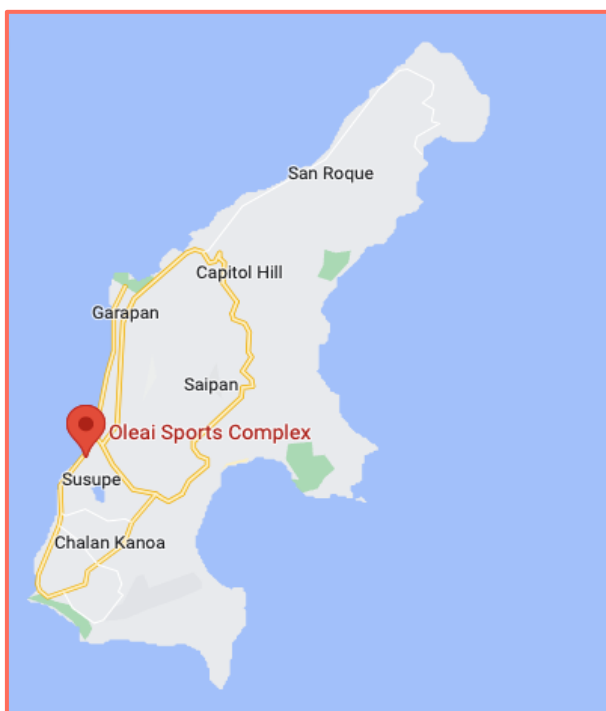
All competition information including entries and timetable will be published by the end of 2022.

### Saipan.

Saipan is the largest island of the Northern Mariana Islands, a commonwealth of the United States in the western Pacific Ocean. (wikipedia) The Marianas form a segment of a chain of volcanic islands that stretch north from eastern Indonesia to Japan, following alongside a deep ocean trench (the Mariana Trench, which includes the deepest points on the planet) along the edges of the Philippine and Pacific tectonic plates. The three larger islands at the southern end of the chain (Saipan, Tinian and Rota) have 99 percent of the population (86 percent on Saipan), and most of the economic activity. (geography.name)



IMAGES: google.com





## 2022-2023 Summer Track and Field Programme

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

**Thursday at ECAC Wharf Street, Cannington - 6pm**  
**EVERYONE, INCLUDING CHILDREN MUST PAY THE \$3 ENTRY FEE AT THE SIGN IN**  
**ABLE 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
13-Oct	60	800	200	5000		long/triple	discus	weight
20-Oct	100	1500	400	3000		long	hammer	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	hammer	javelin
17-Nov	200	1500	300	100	steeple	high	discus	weight
24-Nov	100	1500	400	5000		long/triple	hammer	shot
01-Dec	60	800	200	3000		high	javelin	weight
08-Dec	100	400	60	5000		triple	hammer	discus
15-Dec	100	1000	200	3000		high	shot	javelin
29-Dec	200	800	3000	100	steeple	long/triple	hammer	shot
05-Jan	60	1 hurdles	1000	200	5000	high	discus	javelin
12-Jan	60	1 mile	400	3000		long/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	1 hurdles	3000	high	hammer	weight
23-Feb	800	200	3000	60	steeple	long/triple	discus	shot
02-Mar	300	1500	60	10,000 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 SC		long/triple	javelin	shot

Saturday 18 March

Saturday 25 March

Sunday 25 March

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



'Yes, you CAN jump 5 metres...'

Is Coach Dave Wyatt emphasizing his point or preparing to high-five long jumper Jenn Parker? Either way he should get results.



Ingrid Wilcock enjoyed her first outing of the season in the 200m, striding out with Gin Ang



# Andrew Duncan

I was born in Melbourne and moved around a fair bit as a kid, growing up in Kalgoorlie, Pittsburgh USA and then back in Melbourne where I went to high school and university. I moved to Perth for work when I was 23 and I've been here ever since – I'm 57 now – Perth has always felt very much like home. I'm married with 4 kids and we've lived in the Perth Hills for 20 years – it's the only home that my kids know really.

I discovered Little Athletics in Kalgoorlie and then later back in Melbourne, where I first came across racewalking, probably when I was about 12. Racewalking just seemed to be a natural fit for me. I could move around the track at reasonable speed without getting disqualified. I won a few junior state titles in Victoria in high school years.

The only other event where I had some success was javelin. There does seem to be some sort of weird link between racewalking and javelin that I've seen with other athletes.



In 1983, when I was 18, I managed a silver in an Under 20 Australian 20 km walk champs. Not long after that, I gave up athletics to pursue other things. In my early 30s, just after my eldest kids were born, I got back to racewalking for a couple of years. Looking back on those times now, I realise that my training was very haphazard and I didn't train nearly hard enough. That was around the time of the Sydney Olympics and the idea of being an athlete again was pretty exciting.

I did get to one of the qualifying 20km walks for the Olympics and I was almost 15 minutes behind the winners. It was fun to be doing athletics around that time.

IMAGES THIS PAGE:  
Vic Waters





# Walking in the Zone

I really wish that I'd understood then about how to prepare for endurance races like a 20k or a 50k. I did get to Sydney 2000 as a spectator and watched the men's 50 km walk – very exciting.

In my late 40s, after no sport for 15 years, I started running and worked up to running a half dozen marathons over a few years, but in late 2016 as a 51 year old, I started walking again and I don't plan on stopping soon. I love the feeling of being in the zone when racewalking – with everything working properly the way it was intended. I've never had a coach, but I do have a better appreciation of training methods and walking technique than I did when younger. Perhaps that's down to having good access to on-line information about training, recovery etc and a good network of friends in the walking community in Australia, but in particular in Perth's WA Race Walking Club and in MAWA.

In 2018 I went to Malaga, Spain, for the World Masters Champs. I managed 4<sup>th</sup> in the 10k walk and 5<sup>th</sup> in the 20k walk in the 50-54 group. Quite hot conditions and lots of good competition in my age group. Probably the hardest races I've ever done, ever. In hindsight, it was early in my racewalking re-education. I think I'm a better athlete now and I plan on improving on those performances when I get to a World Champs next time. That's the kind of event that motivates me. In late 2018, I entered the Australian 50k walk champs in Melbourne, but didn't finish. I'll probably stick to 20k walks from here on – I think that's a better fit for me.

I suspect that the most common serious injuries that racewalkers incur are hamstring tears. I've had a few minor ones only and I think they've occurred during training on cooler days when I haven't stretched properly. In my experience, the likelihood of this type of injury goes down with attention paid to stretching and warming up before going too hard, especially in cool weather. Walking posture and recovery are important issues also for general body maintenance.

In my other lives, I'm a geophysicist and a volunteer firefighter. For almost 30 years, I've been running a small business that makes surveying equipment and software for mineral explorers.

I'm a member of the Mount Helena Voluntary Bush Fire Brigade in Perth's Eastern Hills. It's a dedicated group of volunteers that contributes their time and experience to protecting people and property from fire. They could be working anywhere in the Hills or in the vicinity of Perth or WA's south-west during bushfire season. I'm the president of the brigade and I like to tell people that I'm in the same position as Albert Facey was many decades ago. Albert Facey (of 'A Fortunate Life' fame) was one of the founders of Mount Helena's bushfire brigade - he settled in the area later in his life.

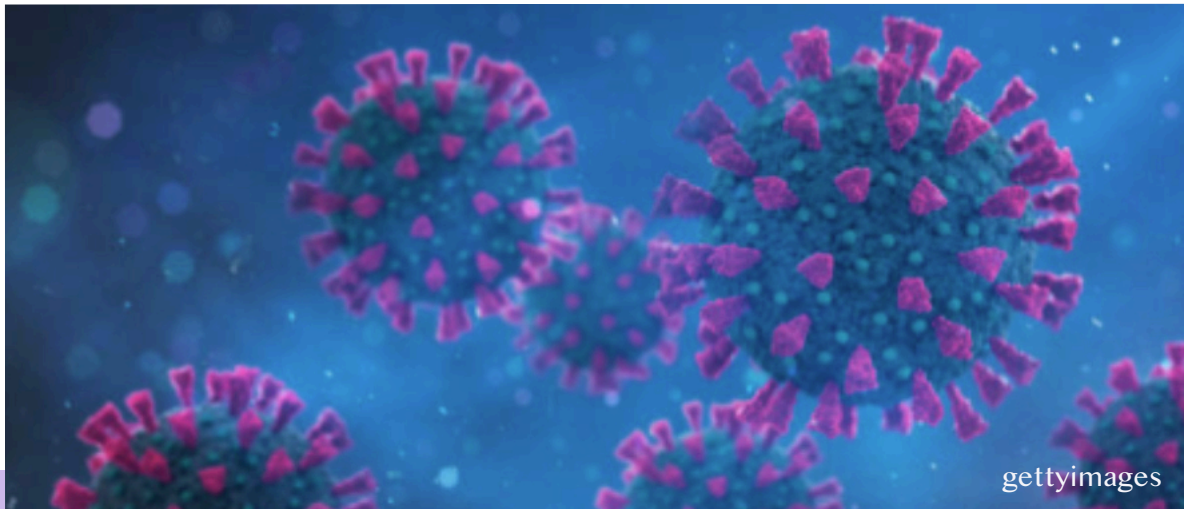
A few years ago at the AMA champs in Perth, I introduced my family to Heather Lee, a champion Masters walker from NSW with world records to her name. She was about 90 at the time and took up racewalking in her 80s. My Mum, Glenys, was so impressed with Heather's performances that she took up racewalking straight away, after almost 40 years of watching me do it. She loves the competition and the social benefits of being in MAWA and the WA Racewalking Club. I'm very happy Glenys has found racewalking and it means I see her a lot more regularly.



Andrew and Glenys in action at the State Championships 2022

IMAGE: Tom Lenane





## Effects of Covid on Exercising

Covid has had a major impact on the lives of everyone for the last few years. It may be that family who lived in the eastern states or overseas were not able to be visited. The lock down prevented travel to sporting competitions, many of which were cancelled. These policies were put in place to try to prevent the spread of the virus. However, some people may have felt isolated as they did not feel confident being in closed or busy environments.

The lockdown ended and Masters world track and field championships were held in Tampere, Finland, earlier this year, but a much smaller Australian team travelled to the competition. The previous competition was held in 2018 in Malaga. National track and field championships are timetabled for next March and many masters athletes would be training hard in order to compete in New South Wales next year.

However, Covid is still prevalent in the community and many masters athletes have tested positive. The symptoms, and intensity of them, vary from person to person. Symptoms may be fever, sore throat, cough, nasal congestion, headache or fatigue. Some less common symptoms include loss of taste or smell; and muscle or joint pain may be noticeable.

Persistent Covid may give such symptoms as fatigue, chest pain or cough. Some may have reduced muscle strength. These symptoms may last for several months in some people.

There are several issues relating to the virus and athletics training. A potential range of medical complications with both short term and longer term consequences should be considered before a return to exercise is undertaken. For some, monitoring may be essential when exercise sessions are commenced in order to ensure potential complications are avoided. For example, if chest pain or breathlessness is apparent, then reduce training.

When the symptoms are acute, training should not be undertaken. This is also applicable to other viruses or illnesses contracted. As the athlete recovers, a return to exercise program can be established. The intensity of this return will depend on the type of symptoms experienced. Intensity and frequency need to be monitored.

There is frequently an increased risk of injury when returning to training. This needs to be considered when setting the program. Athletes who cannot train for an extended period of time, or sometimes a short time frame, may become anxious about losing fitness.

A general rule is to increase frequency of training until the athlete feels comfortable with that load. Secondly increase the duration and finally the intensity can be increased. This will depend on the severity of the symptoms, age and any other medical issues that the athlete experiences.



# John Gilmour Trophy Winner - Todd Davey

*From Todd Davey, recent recipient of the John Gilmour Trophy, to Richard Blurton MAWA President and reproduced here with kind permission from Todd.*

I just wanted to put a few words together as a symbol of gratitude for being considered and awarded the John Gilmour Trophy, the State's highest accolade for our Sport.

Firstly it is an honour to receive such an award that has been dominated by State and global greats like David Carr (11 times) and Lyn Ventris (8 times) along with other World Record Holders, not to mention the trophy's namesake Mr. John Gilmour who shall forever be immortalised by his efforts during his athletic career.

Being the first 'Thrower' to win the award since its inception in 1995 is rather special for me personally and also for the small but dedicated throwing community in WA too, who all give 100% towards their disciplines each year.

The award comes on the back of some personal obstacles that have been rather testing in more ways than many can imagine having been through four spinal surgeries, three shoulder procedures and a very recent significant health event, and despite all of those hurdles managed to somehow get a few throws in between hospital and subsequent recovery periods.

The likes of Mike Anderson, Glenn and Kyle Bartlett, Tim Lyons and a few others enable us to compete each week/season and record our efforts, so that all deserve a special mention because I have often with very little notice, politely asked if they are available to officiate and ensure compliance with rules and regulations which in turn have enabled many Records.

A mention to the Bunbury Athletics Club who have year after year conducted so many competitions especially our multi-events which again have delivered dozens upon dozens of State and National Records is also greatly appreciated, so much so that again I have registered as a BRAC Member to support their commitment to us the athlete.

Lastly this award is an award for all Throwers and 'WE' greatly appreciate it.

Regards

Todd Davey



At the 2021 ECAC throws pentathlon, Todd sends the shot flying in a cloud of chalk dust, closely watched by his fellow throwers.





# Anyone for Cross Country?



By Campbell Till

When called out to the WAAS track recently to open the Masters storeroom for tradesmen, I got to witness the unceremonious removal of the 'past use by' synthetic track surface. It was a noisy and undignified end to a track that has provided fond memories for many athletes over the years including hosting the World Masters Championships in 2016.



Masters athlete and volunteer extraordinaire Bruce Wilson, was there helping pack up gear to be sent to ECAC, the alternate venue for the current Open Athletics season. He commented that the contractors should be motivated to complete the works as quickly as possible as they had a backlog of other tracks to do due to Covid-enforced delays and were hoping for 'Before Christmas'. If we patiently wait for a few months we should be treated with something special.

Any bets on what the new colour will be?

## Throws Woes



The dismantled cage litters the throws area at ECAC



Our dedicated throwers make the best of the situation with the temporary throws cage.

As reported recently on the MAWA website, a structural fault has been identified with the throws cage at ECAC. Repair has been estimated to take around 5 weeks. There will be no hammer throw over this period. The image to the left shows the deconstructed cage spread over a wide area.

Following a successful safety audit on October 13, a temporary cage has been put to use for discus. All participants and visitors are reminded to take extra care and avoid the temporary throws cage area during competition.

A revised programme has been published.



# Highs and Lows for Andrea

By John Dennehy

Masters' athlete, Andrea Penny (W45) travelled to Tasmania recently for the Australian Special Olympics and experienced the highs and lows that athletics presents. The high was the bronze medal she won in the 100m, the low was an injury. Andrea ran her seasons best of 17.96 to finish equal with a Queensland competitor. Unfortunately, a step before the finish line a loud crack announced a break in both her tibia and fibula and sent her tumbling to the unforgiving surface.

The resultant injury was treated by a surgeon who has placed two metal plates and pins in the ankle and with a cast on the leg to look forward to, Andrea is currently in 'rehab and recovery' mode no doubt with her medal around her neck.

Also part of the WA team was frequent visitor to ECAC over the winter, Michael Nguyen, scored three silver medals in the 10,000m, 5000m and 1500m and a bonus gold medal in the mixed sprint relay (despite the withdrawal of Andrea).

(Above) Andrea gets up to full speed in a recent 200m event at ECAC. Visitor Kai Langford is right on her shoulder.

(Right) Andrea is also a keen thrower.



IMAGE:  
Graeme Dahl



# Coaching

Coach	Discipline	Venue	Time	N/A Dates
<b>Tom Lenane</b> 0414 970 514	sprints/hurdles	ECAC	5:00pm Mon. and Wed	
<b>John Dennehy</b> 0402 520 839	middle distance	McGillvray	Sat 8.30am	
<b>Barbara Blurton</b> 0434 287 757	sprints and middle distance	ECAC	Monday 7:30am	
<b>Anne Masters</b> 0407 470 949	jumps/sprints	McGillivray	Mon 4:30 pm Wed 5:30pm	Coaching times post-WAAS closure TBA
<b>Keith Redpath</b> 0401298532 for details	endurance/ sprints	Byford		
<b>Karyn Tolardo</b> Call 0402831915 to discuss	Race walk technique	Perth		



TOM LENANE



JOHN DENNEHY



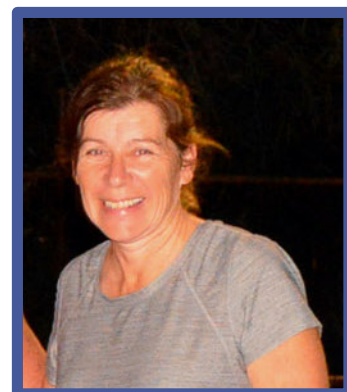
BARBARA BLURTON



ANNE MASTERS



KEITH REDPATH



KARYN TOLARDO



# Looking Ahead

Naomi Lagat, High flyer in less than ideal conditions in the Patron's Trophy Long Jump.

**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](http://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 Island. Entry information and timetable to be published by end 2022

**AUSTRALIAN MASTERS GAMES**  
October 7 - 14, 2023, Adelaide, South Australia