

TFNL

The Track and Field Newsletter of MAWA



Season 16 Issue 5
February 2023

3-time Patron's Trophy Winners



**Campbell Till
&
Sue Coate**

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
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



New MAWA member Anthony Grendon, above, set two new State records this month

WMA Best Male Athlete 2022

David Carr M90



Club Patron David Carr has had a long and illustrious athletics career and been photographed many, many times. This photo was taken in 1954, when a 24 year old David was serving in the navy and stationed in Nowra on the New South Wales south coast.

The event was part of a training camp conducted by iconic Australia sports coaches, Percy Cerutti and Forbes Carlisle.

Lynne Schickert	W80	1000m	05/01/23	SR	7:34.73	ECAC
Anthony Grendon	M60	1000m	05/01/23	SR	2:57.07	ECAC
Gillian Young	W75	High Jump	19/01/23	SR	1.03m	ECAC
Sue Coate	W55	Heptathlon	22/01/23	SR	5106	Bendigo
Gillian Young	W75	Steeple	26/01/23	WR pending	11:14.17	ECAC
Anthony Grendon	M60	800m	26/01/23	SR	2:15.48	ECAC



Gillian powers out of the water

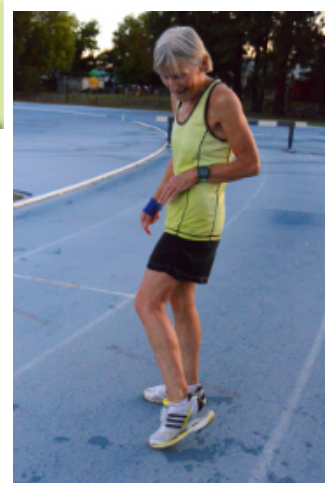
Gillian Young W75 Steeplechase World Record (pending)



The finish at last



'That was so hard...'



Gillian's broken shoe

By John Dennehy

The brilliant Gillian Young crowned her return from injury with a stunning World record effort over the 2000m steeplechase at ECAC on Australia Day. Her time of 11:14.17 absolutely shattered the time of Marie-Louise Michelson (USA) of 11:30.52 set in 2018. David Carr slipped back into coach mode after his disappointing attempt at the 800m World record earlier and offered words of advice to his charge. Gillian's palm card noted an 11:15 aim and the result was greeted with whistles and cheers from the very supportive crowd. She used her newfound speed from Barbara Blurton's Monday sessions, despite the sole of her shoe almost falling apart mid-race, to complete the journey in fine style.

Entries Open
February 1
Entries Close
February 24
details back
page

Get set for the Champs



Victor Munoz
and
Melissa Lewis in
2022 at
ECAC

*Great Atmosphere
Great Competition
Great Water...*

An Invitation from Albany Athletics

By Andrew Collins

If 25 degrees is more attractive than 35 degrees – then look into a trip South to compete as a visitor at the Albany Athletics Club this summer. We run track and field competitions each Saturday morning from 8.30am and a Wednesday distance running and walking competition on the 4th Wednesday of each month at 5.15pm.

Our club has around 40 current members, from teenage years through to 80 plus.

So feel free to take a road trip and be part of our club for the day. The visitor fee to compete is \$10 for the day.

Our Saturday mornings alternate between two programs.

Program 1: 1500m, shot put, 100m, triple jump, 60m, javelin, 400m

Program 2: long and short hurdles, long jump, high jump, 800m, discus, 200m

The 2023 events commence on Saturday January 7.

Jump on to our website for further details - albanyathletics.com.au or visit Albany Athletics Club on Facebook.

Here are some photos of Albany Athletics Club members in action so far in season 2022/23.



Allen James



Peter Watson Mile winners, Andrew Collins and Kiera Wiegele receive their trophies from Albany Olympian Peter Watson



Barb Wilson



Kath Hannig

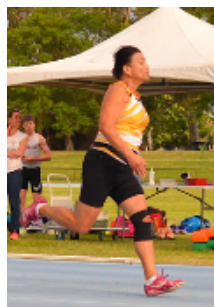


Carl Heslop wins the Xmas 100m



Callum Dowell is first home in the 800m

AMA Awards WA Nominees



Sprints:

Maureen Keshwar

Maureen broke the Australian 60m record and won World Championship gold in the 100m. She was world ranked No. 1 in both 60m and 100m.

Let's
congratulate
our great
2022
athletes

Middle Distance: We are making two nominations

David Carr

David achieved World records in the 1500m, 1 mile, 3000m and 2000m steeplechase

Sharon Davis

World Champion at 800m and 1500m

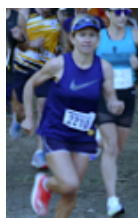
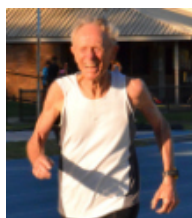
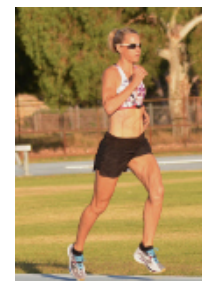
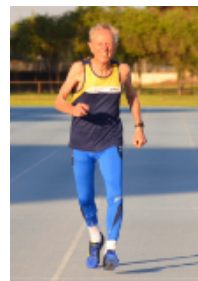


Image: Vic Waters

Distance: We are making two nominations

David Carr

World records at 5000m and 10000m

Astrid Roberts

Stunning sub 2:50 London marathon to gain a State record



Throws:

Todd Davey

Australian records for the discus and shot put



Multis:

Paul Jeffery

Only 5 points short of a World record in his State Champs pentathlon

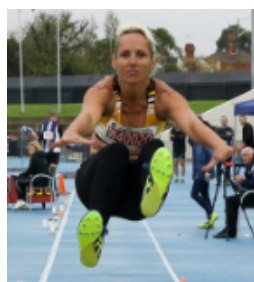


Image: Graeme Dahl

Jumps:

Melissa Foster

Two silvers at the World Championships and two golds at the National Championships plus an Australian Triple Jump record



Administrator:

Barbara Blurton

Very successfully carrying out the challenging AMA role of Registrar and International Entries Co-ordinator

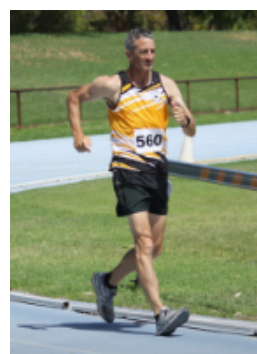


Image: Graeme Dahl

Walks:

Andrew Duncan

WA Open State Champion at 10k and age grades in the mid 80's

Best Female:

Sue Coate

Multi-talented Sue broke State records 14 times in multis, hurdles and jumps



Best Male and Best Performance:

David Carr

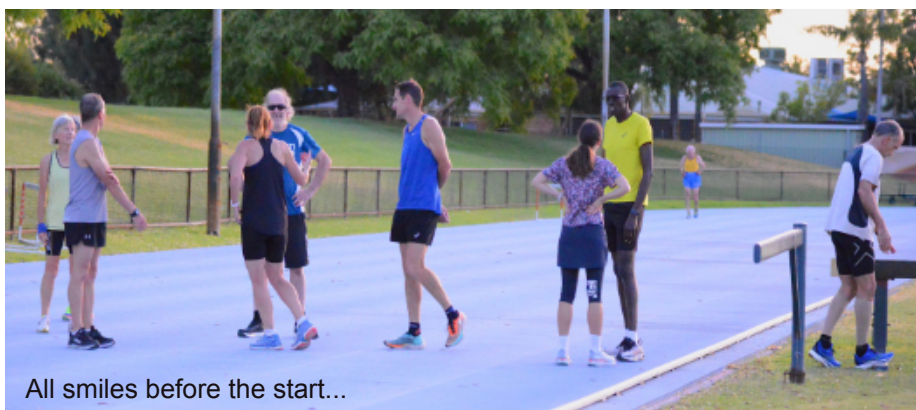
6 World records

Patron's Trophy

5000m (2) Jan 5 ECAC

Dominic Lagat	M35	19:15.21	65.53%
Naomi Lagat	W35	23:47.26	60.64%
Campbell Till	M65	24:39.94	64.81%
Sue Coate	W55	25:55.24	66.99%

By John Dennehy



All smiles before the start...

The 'second chance' 5000m was held in stifling conditions with the warm wind adding to the high temperatures at ECAC. A small reprieve occurred with the cloud cover midway through the event. Dominic Lagat seized the initiative from the gun with non PT competitor Chris Gould trailing for the first few laps. Gould, third place-getter at last years Perth marathon, strode past Lagat but provided no windbreak as he continued to put distance on the entire field.

Lagat scored an impressive 65.53% with his 19:15.21 run, even managing a desperate fast last lap, gaining less than a point compared to his previous points score in the event. He was followed by his wife Naomi, who ran a more measured race calling on all her reserves to finish very strongly and adding 60.64 points to her score; also less than a point more than her first 5000m. Campbell Till (M65) exceeded his own expectations with his performance, especially given the brutal conditions. He used his undoubted tactical nous by employing a fairly fast initial kilometre, then 'sitting' on a 'comfortably uncomfortable' pace, blunting his usual kick but giving a faster overall time.

Sue Coate displayed her commendable tenacity with the top score of the evening (66.99 points). A true multi-eventer, her focus and determination was on full view for those lucky enough to witness, as she produced an outstanding performance. Given she has a state record in the pole vault, can hurdle, throw and sprint, surely a sterling performance in the heptathlon would be in the offing, if provided with the opportunity and the desire?



And they're off...



David Baird
400m



Lori Sexton
1500m



Richard Wardrobe 5000m

WAAS Re-opens

By Campbell Till

Following the first WAAS Open competition on the new Mondo surface, where Karyn Tolardo, Lee Stergiou, John Dennehy, Mark Maslen and Matt Dean flew the flag for MAWA, January 10 saw Master's Tuesday evening competition re-commence.

All participants loved the feel of the new track, especially the sprinters.

A timely reminder - to help do our part to keep the new track in good condition please make sure your shoes have the correct spikes for your event.

Spikes Guidelines - The only spikes permitted for use on the track are the Christmas tree and Pyramid shape as pictured below. The composition of the spike, ie ceramic or metal, is irrelevant and will not be monitored. Track spikes must not exceed 7mm. Field spikes must not exceed 9mm, except for javelin & high jump, which must not exceed 11mm. Blanks are permitted. (WA Athletics Stadium Facebook page)

Permitted -



Christmas tree

Pyramid

Blanks

Not Permitted



Needle and 15mm

Patron's Trophy

Discus (2) Jan 5 ECAC

Jenn Parker	W50	27.72m	47.38%
Sue Coate	W55	22.01m	41.29%
Fiona van Heerwaarden	W45	8.87m	13.93%



Jenn Parker



Andrew Ward

By John Dennehy

The Patron's Trophy 'second chance' discus was another opportunity to improve scores but was only undertaken by three athletes - Sue Coate, Jenn Parker and Fiona van Heerwaarden. Training partners Sue and Jenn's friendly rivalry continued, providing both with superb performances, with Fiona benefitting from the competitive atmosphere as she learned discus technique from two of the best all-rounders.

Jenn produced the longest throw of the discipline with her 22.72m effort (38.84 points) besting Sue's 22.01m. However, age-grading gives Sue 41.29 points. Fiona, like Jenn, competed in the long hurdles before the discus and continued her steep learning curve to add another event to her repertoire. Initially a walker, Fiona has pushed herself out of her comfort zone on many occasions and is a valued new member of MAWA.



Andrew Roddy



Dave Wilke



Father and son in sync -
Roberto Busi and Bob Han-Busi

ACTION IN THE HEAT



Visitor Matthew Walker and the hard-working officials in the hot sun



Second-lap pain as Anthony Grendon takes the lead
and a new State record in the 800m

Patron's Trophy

400m (1) Jan 12 ECAC

Jenn Parker	W50	70.61	78.61
Sue Coate	W55	70.67	82.47
Naomi Lagat	W35	71.76	67.70
Carol Bowman	W65	1:30.24	73.25
Fiona van Heerwaarden	W45	1:32.03	57.58
Gillian Young	W75	1:32.52	85.52
David Carr	M90	1:39.45	96.81
Steve Barrie	M60	1:49.41	48.41

Dominic Lagat	M35	54.38	82.25
Campbell Till	M65	62.91	87.59
John Dennehy	M60	86.37	61.32
Jacinta Thompson	W45	89.96	58.90



Naomi

Jenn

Sue

By John Dennehy

Thursday evenings' 400m was the last discipline in the first round of Patron's Trophy events. With this in mind, many athletes lifted their performance. In the first heat the first four athletes were from the Barbara Blurton coaching squad, led into the straight by Naomi Lagat. Although over-powered by Jenn Parker and Sue Coate, Naomi employed the tactics most suited to her by using the wind down the back straight. The battle home was epic as Jenn displayed grit and determination to grab the win over Sue 70.67 to 70.61 in an enthralling contest. However, age-grading delivered Sue the higher points.

Carol Bowman produced a fine run, just barely over the ninety second barrier giving her 73.25 points. Fiona van Heerwaarden fought hard for her points by staying close to Carol, with Gillian Young doing likewise; gifting her 85.52 points. Gillian's coach, the redoubtable David Carr, appeared disappointed with his run, although the notoriously high achiever still earned the highest points of the evening with an extraordinary 96.81. Distance runner Steve Barrie, who has slashed his distance times over the season, completed the one lap event with a steady clip to add 48.41 points to his tally.

In heat two, no stranger to the podium, Dominic Lagat looked sensational stopping the clock in 54.38 (82.25 points). Dominic appears to be revelling in his enthusiasm to compete in almost every event on the programme, by-passing the mile to further hint at his talent in this discipline. Campbell Till ran under his age with a sub-sixty-three effort, as always running a very composed 400m. His tactical nous is enviable and his run reminded everyone of his credentials including an Australian relay gold medal win at the World Championships in Malaga, 2018. John Dennehy outlasted Jacinta Thompson, gaining 61.32 points to 58.90 respectively.

Triple Jump (2) Jan 12 ECAC

Dominic Lagat	M35	12.02m	66.19
Jenn Parker	W50	9.00m	70.87
Fiona van Heerwaarden	W45	5.55m	40.99

Patron's Trophy competitors in the 'second chance' triple jump celebrated the effort of Dominic Lagat stunning distance of 12.02m. His first PT effort was an 11.69m and 63.37 points. Initially jumping off the 9m take-off board, he was advised by those more knowledgeable to change to the 11 metre board, resulting in a superb distance. It was an eye-catching performance (66.19 points) but Jenn Parker's 9.00m effort superseded this score and her previous PT best of 67.48 points, with 70.87 points. Fiona van Heerwaarden scored 40.99 points with her best effort slightly down on her hoped-for distance. Competitors were applauded for even jumping, given the after-effects of the 400m earlier in the evening.



Dominic Lagat



Gay Wyatt



Tammi Doyle





Track Etiquette

With track and field championships approaching it is important to remind yourself of the importance of being safe in the athletics stadium, both whilst training and also on competition days or evenings.

Track etiquette is “manners” on the track and in the field. This ensures the safety of yourself and other athletes, as well as spectators. The set of “rules” is very simple and common sense should prevail at all times. However it is so easy to get excited by competition and forget some basics. This may result in injury to yourself or the other athlete.

Before stepping onto a track look left and right and remember to give way to all athletes, regardless of how fast they are approaching. Warm up on outside lanes or on the grass or pathway and stretch on the grassed area. Run anti-clockwise around the track unless you are the only athlete at the venue. This ensures that all athletes move in the same direction and helps to prevent collisions.

Always allow the fastest athletes to use the inside lanes. If you are approaching a slower athlete on the track call “track” to inform them you are about to pass them if they are unaware you are behind them. If running with a group of athletes do not run three or four abreast as this prevents other athletes from passing you. Ipods should not be worn unless the volume is very low so that you can hear athletes or coaches talking around you.

When you have completed your interval do not come to a complete stand still whilst still on the track if athletes are behind you. Move off the track to discuss your training.

Do not stand at end of jumping pit when athletes are training or competing unless you remain still as your movements can be a distraction. Never cross the run up track for jumpers. Many athletes place markers by the side of the track to help guide their run ups to ensure they land on the board, so do not move any markers that do not belong to you. Never mark the track with marker pens or scratch the surface of the track with your shoes.

Do not cut across the middle of the central grass area as there may be throwing training or events in progress – you do not want to be hit by an implement. Do not distract the thrower by being too noisy as they are about to throw. Walk around the track on the outside of the fence near the throwing events.

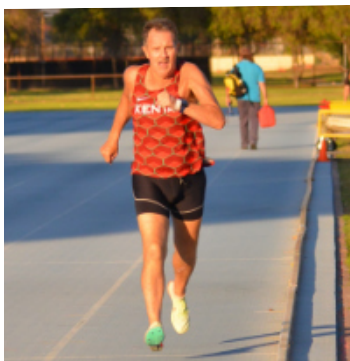
On competition days or nights, be very quiet near the start area as noise may distract the competitors when they are starting. Once a race has commenced, however, cheering is highly recommended.

Respect others around you at all times and accidents and injuries should be minimised.

Patron's Trophy

400m (2) Jan 19 ECAC

Dominic Lagat	M35	54.10	82.68
Naomi Lagat	W35	72.26	67.23
Carol Bowman	M60	89.13	74.16
Gillian Young	W75	1:32.15	87.40
David Carr	M90	1:38.48	97.77



John Dennehy
- 400m

By John Dennehy

The 2nd chance PT 400m was seized upon by five athletes to accrue more points in the quest for the Trophy. Once again Dominic Lagat gave those assembled the opportunity to witness his superb running ability. He scored 82.68 points courtesy of his 54.10 effort, (last week's time was 54.38- 82.25 points). Were style point available it would have been more. His wife Naomi, was slightly below last weeks time of 71.76, but was provided another chance to race the distance with a view to being part of a team aiming to break a state relay record in the future.

Carol Bowman raced this one lap with so much more confidence this time, going sub-ninety to achieve her aim. Gillian Young produced a fine display of strength, running to reduce the gap to Carol in the home straight, gaining 87.40 points and bettering her previous run (85.52 points). Gillian led home her coach David Carr who also ran faster this week gaining 97.77 points as opposed to 96.81. Gillian and David would be looking at these times over the long term as indicators for their preferred distances.

Dominic Lagat continued his top class performances moving deftly from track to field, dominating at the high jump. The affable athlete cleared 1.60m; 1.50m in the initial event. His technique would have given noted jumps coach Anne Masters nightmares, but Dom looked to have more in reserve. Jenn Parker, in a hurry to get to shot put, nevertheless improved upon the first competition by 5 cm.

Campbell Till managed nerves, expectations and competitiveness to jump 1.43m with the rarely seen Straddle technique; narrowly missing State record attempt of 1.46m. Known for clutch performances, this would rank highly. Steve Barrie chose the high jump to improve his Trophy standing and did so with a jump of 1.06m.

Gillian Young astounded almost everyone, including herself, with a State record in an unfamiliar discipline. Naomi Lagat was jumping well until she suffered a calf injury after a series of uncharacteristic 'yips' on the night. Hopefully she is not affected too badly and may find solace in bettering her former performance of 1.06m.

High Jump (2) Jan 19 ECAC

Dominic Lagat	M35	1.60m	66.95
Jenn Parker	W50	1.30m	76.02
Campbell Till	M65	1.43m	80.79
Steve Barrie	M60	1.06m	56.38
Gillian Young	W75	1.03m	84.43
Naomi Lagat	W35	1.15m	57.79



Dominic Lagat



Gillian Young



Campbell Till



Steve Barrie



Lynne Schickert



Naomi Lagat

Patron's Trophy

By John Dennehy

Javelin (2) Jan 26 ECAC

Dominic Lagat	M35	33.77m	34.72%
Sue Coate	W55	26.88m	53.32%
Campbell Till	M65	20.86m	32.61%
Fiona van Heerwaarden	W45	10.35m	17.69%

The final event in the Patron's Trophy was the second chance javelin with four competitors competing. Dominic Lagat threw the spear out to 33.77m but this was down on his initial competition. Campbell Till scored 32.61 points from his 20.86m effort. Sue Coate marginally improved her 26.80m previous best to 26.88m and gained a massive 53.32 points with Fiona van Heerwaarden showing improvement with 17.69 points from her best of 10.35m.



Bev Hamilton



Terri Carr

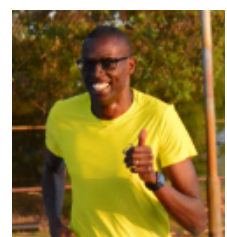
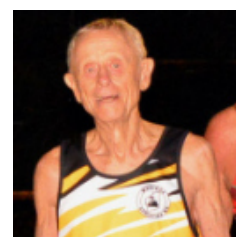
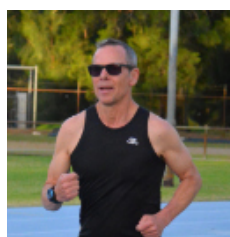
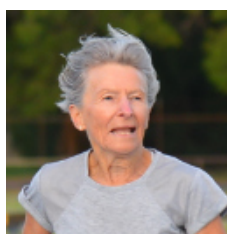
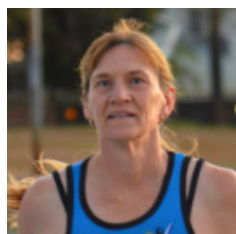
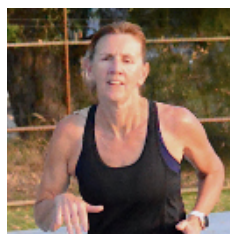


Basia Lis



Dayna Lagat

Patron's Trophy 2022/23 Results










Women		
W55	Sue Coate	658.59
W50	Jenn Parker	635.42
W75	Gillian Young	633.94
W35	Naomi Lagat	505.15
W65	Carol Bowman	468.87
W45	Jacinta Thompson	463.20
W45	Fiona van Heerwaarden	400.57
Men		
M65	Campbell Till	621.16
M90	David Carr	619.38
M35	Dominic Lagat	608.42
M60	John Dennehy	448.56
M60	Steve Barrie	354.87

The Patron's Trophy winners, Sue Coate and Campbell Till were worthy champions of the multi-event competition. Both took full advantage of the revamped competition with second chance opportunities to keep the competition fair due to unforeseen circumstances mid competition, enabling the integrity of the event to be retained.

Highlights of the competition were not only the sharing of technical information and tactics, but the evident camaraderie the 'Trophy' produces. Sue Coate was somewhat of a revelation in her less favoured disciplines, such as the longer distances, where she was joined by the talented Jenn Parker. The competition was enhanced by the raw talent of Dominic Lagat and the 'give it a go' attitude of Fiona van Heerwaarden, Jacinta Thompson and Steve Barrie in particular. The emergence of Naomi Lagat in the jumps was encouraging as was the return of Carol Bowman and John Dennehy to multi-event competition. David Carr prioritised this competition on occasions when he wasn't setting world records in other events.

The age-graded algorithm has recently been changed quite significantly and will have a positive impact in the next version of the Trophy competition.

Coaching

Coach		Discipline	Venue	Time
Tom Lenane 0414 970 514		sprints/hurdles	ECAC	Mon & Wed 5.00pm
John Dennehy 0402 520 839		middle distance	WAAS	Sat 8.30am
Barbara Blurton 0434 287 757		sprints and middle distance	ECAC	Monday 7:30am
Keith Redpath 0401 298 532		endurance/sprints	Byford	call for details
Karyn Tolardo 0402 831 915		race walk technique	Perth	call for details
Anne Masters 0407 470 949		Jumps, sprints, hill work, general fitness	WAAS	Sun 10.30-11.45am Tues 5.30 - 7pm
			McGillivray	Mon 5:00 - 6.30pm Wed 5:30 - 6.30pm Sat 3.30-5pm
			ECAC	Thurs 6-7pm



Carol Bowman - 200m



Walker Daniel Lowe, and
Bob Schickert 1000m



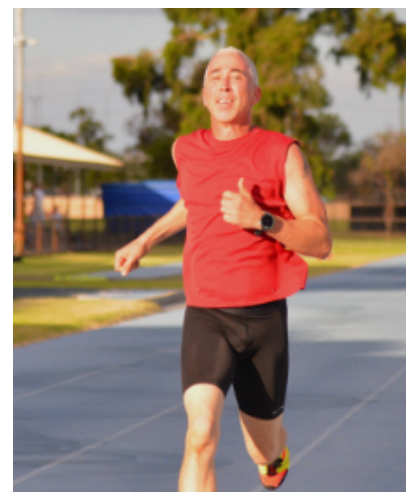
Visitor Bonny Ndungu and pal Dominic Lagat - 60m



The Boys in Blue- Frankie Vargacz & Anthony Grendon
- 400m



Visitor Ed Cove - 1000m



Daniel Smith - 400m

Looking Ahead

WORLD ATHLETICS CROSS COUNTRY CHAMPIONSHIPS

BATHURST

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

REGISTRATION OPENS: February 1 REGISTRATION CLOSES: February 24

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 REGISTRATION CLOSES: Feb 6

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
<https://athletics-oceania.com>

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

Thrower Andrew Ward
prepares to unleash
the javelin into the
evening sky