

TFNL

The Track and Field Newsletter of MAWA



Season 16 Issue 6
March 2023



See Inside -
The Schickerts
and our team for Torun

*CLOSER TO HOME
Sydney Nationals... followed by
MAWA State Championships*

Plus
ABC
at
ECAC

2022-23 Track and Field Programme

Tuesday at WA ATHLETICS STADIUM, MOUNT CLAREMONT, starting at 6.30pm. Jumps start at 6.00pm
\$8 (\$4 for seniors card holders) entry to WAAS
In addition - visitor fee \$5 (\$2 under 18, members' children pay no fee)- pay at sign-in table near finish line

Tues	event 1	event 2	event 3	event 4	jump	throw 1	throw 2
28 Feb	60	800	400	3000	long/triple	hammer	shot
07 Mar	100	1500	200	5000	high	javelin	shot
14 Mar	60	800	200	3000	long/triple	hammer	discus
21 Mar	100	1000	400	5000	high	shot	hammer

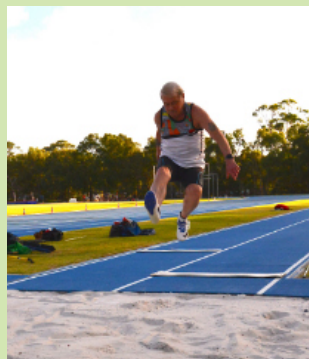
Thursday at ECAC, Wharf St, Cannington - 6pm
EVERYONE, INCLUDING CHILDREN MUST PAY THE \$3 ENTRY FEE AT THE SIGN-IN TABLE
In addition - Visitor fee: \$5 (\$2 under 18, members' children pay no visitor fee)

Thurs	event 1	event 2	event 3	event 4	event 5	jump	throw 1	throw 2
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 State Champs Pentathlons, 5000m + High Jump
 Saturday 25 March State Champs Day 1
 Sunday 26 March State Champs Day 2

MAWA RECORDS

Norm Richards	M85	High Jump	07/02/2023	1.00m	SR	WAAS
Ruth Johnson	W80	1000m	09/02/2023	5:46.15	SR	ECAC
Norm Richards	M85	Long Jump	14/02/2023	2.74m	SR	WAAS



Everyone gets to rake...Sue tells Norm 'you missed a spot'...

Ruth in action

Image above: Graeme Dahl

The MAWA logo has been around for as long as anyone can remember. So the decision was made to update it.

Thanks to Rochelle Airey for doing all the legwork and finding a design company called Scout Creative to come up with a number of potential new logo designs. They then worked with the committee to narrow down the shortlist.

The Club will adopt this new logo with immediate effect. It retains the black and gold theme, but gives a fresher and more modern look. The new logo will appear on new uniforms as we order them. It is important to understand that this does not represent a new uniform as such, which means that the previous uniform (white with gold and black stripes) remains valid for State and National competition.

Where we have stock available, purchasers of uniforms may well receive one with the old logo.

The Committee



ABC comes to ECAC

An ABC crew came to ECAC recently to video and interview David Carr and some of our other wonderful athletes. The segment aired on ABC evening news on Saturday February 11 and was an acknowledgement of athlete achievements and a great advertisement for Masters Athletics. You can watch it on 'catchup' on iView or on the ABC website. There is also an extended transcript and photos on the ABC news app - just search 'David Carr'.



Among her many roles, Ms Blurton is the state registrar and statistician.
(ABC News: Ashleigh Davis)



Master Athletes Western Australia take a keen interest in the action on the track. (ABC News: Ashleigh Davis)



David Carr is one of Perth's biggest athletics legends. (ABC News: Ashleigh Davis)



Resting and Spectating and Speculating

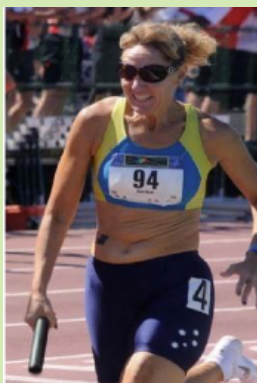


Dave Wilkie interviews the interviewers



Getting the low-down

MAWA Team for Torun



Donna Hiscox
Image: Australian Masters



Melissa Foster
Image: Graeme Dahl



Hans Venter



Daniel Mostert



Lynne Schickert



Bob Schickert



David Carr

State Champs

10000m coming up March 2

Last year's M40-55 race sets off

If you aren't competing this year, or even if you are, think about helping out at an event. Everything runs much more smoothly with plenty of helpers and it's an enjoyable way to be part of the action.



Helpers are the Best!

2023 State Championships Timetable of Events

Day 1 Thursday 2 March

10000m

7:00pm all competitors

Previous Events: MAWA would like to thank Athletics West for facilitating the Decathlon, Heptathlon and Pole Vault

Day 2 Saturday 18 March

5000m

8:00am W40+ 5000m

8:00am M85+ 5000m

8:50am M60-84 5000m

9:40am M40-59 5000m

Pentathlon

8:00am M45+

8:45am W45+

Throws Pentathlon

12:00pm M45+

1:30pm W30+

High Jump

12:15pm W45+ High Jump

1:15pm M30+ High Jump

Day 3 Thursday 23 March

6:50pm M50-59 3000m Steeplechase

7:20pm W50+ 2000m Steeplechase

7:20pm M60+ 2000m Steeplechase

Day 4 Saturday 25 March

8:00am W45+ 5000m Race Walk
8:00am M45+ 5000m Race Walk
8:00am M30-59 Long Jump
8:00am W50+ Hammer
8:00am M70+ Shot
9:15am W35+ 800m
9:25am M75+ 800m
9:35am M65-74 800m
9:45am M55-64 800m
9:45am W60+ Javelin
9:45am W30-59 Shot
9:45am M45+ Hammer
9:55am M30-54 800m
10:20am W60+ 200m
10:25am W45-59 200m
10:30am W30-44 200m
10:35am M75+ 200m
10:40am M65-74 200m
10:45am M55-64 200m
10:45am M70+ Javelin

10:50am M45-54 200m
10:55am M30-44 200m
11:00am W35+ Long Jump
11:00am M30-69 Discus
11:15am M45+ 1500m Race Walk
11:45am W45+ 1500m Race Walk
12:15pm W45 400m Hurdles
12:15pm M35-59 400m Hurdles
12:30pm W50+ 300m Hurdles
12:30pm W60+ Shot
12:45pm M60+ 300m Hurdles
12:45pm W30-59 Discus
1:00pm M60+ Long Jump
1:45pm W60+ 60m
1:50pm W45-59 60m
1:55pm W30-44 60m
2:00pm M75+ 60m
2:05pm M60-74 60m
2:10pm M50-59 60m
2:15pm M30-49 60m

Day 5 Sunday 26 March

8:00am W40+ 1500m
8:00am M75+ 1500m
8:00am M30+ Triple Jump
8:00am W60+ Discus
8:00am M45+ Weight
8:15am W30-59 Javelin
8:20am M60-74 1500m
8:40am M30-59 1500m
9:15am W50+ 400m
9:20am W30-49 400m
9:25am M75+ 400m
9:30am M65-74 400m
9:30am W50+ Weight
9:30am M30-69 Shot
9:35am M55-64 400m
9:40am M30-54 400m

10:00am M30 110m Hurdles
10:00am M55 100m Hurdles
10:10am M60 100m Hurdles
10:25am W50+ 80m Hurdles
10:25am M85 80m Hurdles
10:40am W45+ 3000m Race Walk
10:40am M45+ 3000m Race Walk
10:45am W40+ Triple Jump
10:45am M30-69 Javelin
11:00am M70+ Discus
11:30am W60+ 100m
11:35am W30-59 100m
11:40am M75+ 100m
11:45am M60-74 100m
11:50am M50-59 100m
11:55am M30-49 100m

Indoor Track Competitions

The Edge
with Marg Saunders



Masters athletes from Western Australia have always competed exceptionally well at World Championships; both outdoor and indoor championships. This may seem surprising when the differences between the indoor and outdoor tracks are explored. There are a small number of WA members competing in Torun, Poland in March this year. Most of the athletes competing in the Indoor championships have never competed, or even run, on an indoor track until they arrive at the designated venue for the championships.

The IAAF held its first official international indoor meet in 1985 in Paris. World masters held its first Indoor world championships in Germany in 2004. This year the 8th World championship will be held for masters athletes.

Living in Perth has meant that the weather conditions are generally conducive to training outside. Yes, it may be quite hot at times in summer and can be wet and cold in winter, but training is still possible. There is no really valid reason to create an indoor track. Many areas of the world have outdoor tracks which may be covered in snow or ice during winter months, which makes training very difficult or impossible. Therefore, they have no option but to train indoors.

What are the major differences between running outdoors or indoors? As stated, indoor tracks are not affected by weather conditions. Obviously this means ice and snow, but also relevant is the lack of wind affecting performances both positively and negatively. Wind assistance which is too great outdoors will prevent an athlete from claiming a record in sprints, long jump or triple jump.

The indoor track is shorter – is only 200m which is half the distance of an outside track. Athletes have to contend with more corners and tighter turns. Due to these tight turns, the corners of some indoor tracks are banked making it easier to pass other athletes when going from straights to bends.

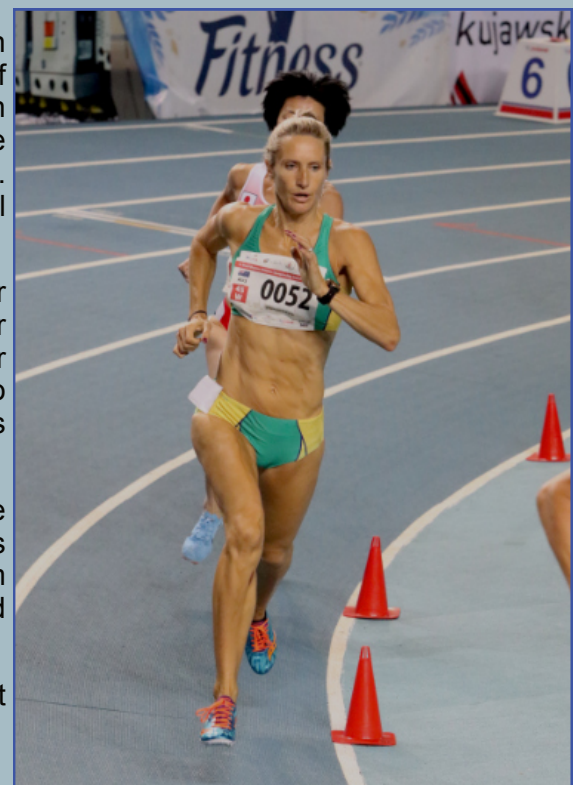
Times are generally a little slower on an indoor track for events such as 800m due to the tight corners which force the athlete to slow down.

Another difference between outdoors and indoors is that kerbing on the inside of lane 1 is not always used on indoor tracks. The width of each lane in an indoor track is frequently a little narrower than an outdoor track. One advantage for spectators is being very close to the athletes competing as all the events are held inside the indoors track. The fence is around the outside lane so this can create a wonderful atmosphere for the competitors and spectators.

There are fewer events conducted in a World Athletics indoor championships than the outdoor championships. Due to the smaller infield of the indoor track, there is less space, and less distance, for field events. Only a shot-put is conducted, with protective netting to prevent the shot-put injuring officials or other athletes. Track events generally are 60m, 400m, 800m, mile, 3000m and 60m hurdles.

However in Torun for the World Masters Indoor championship, there is a separate Throwing Hall and other arena areas so all field events can be held. Poland is also conducting a cross country event, 10km road, marathon and road walking events which will be contested outdoors.

We hope the athletes competing in Torun have an excellent championship experience.



Images: Doug "Shaggy" Smith

MAWA athlete Sharon Davis runs the bend

David Baird

Likes a Challenge

IN FOCUS

with Carmel Meyer



David Baird is a quiet achiever on the track. He gets out there and gets the job done with no fanfare and no fuss. Most recently he has been the reliable pacer on two of David Carr's World record attempts. David's answers to the 'Athlete Profile' questions were brief and to the point. It wasn't until I did some further research that I discovered what an interesting and inspirational life he has led. David has a strong sense of community spirit and caring. He has utilised his physical and mental strength to undertake challenges that have publicised and raised money for cancer research. Together with his partner Jo Richardson, David has sought out adventures others wouldn't contemplate because, as he says,

'I like a challenge...'



David Baird was born in Nottingham, UK. As a war baby he moved with his parents to Weston-Super-Mare, Somerset, where he went to school and spent his youth. At school David was an all-England 100 yards and 220 yards schoolboy finalist at the age of fifteen. His first job was as a ladies hair stylist at Stanley of Mayfair, Weston-Super-Mare, and Madame Filijan of Paris, in Bristol, for five years.

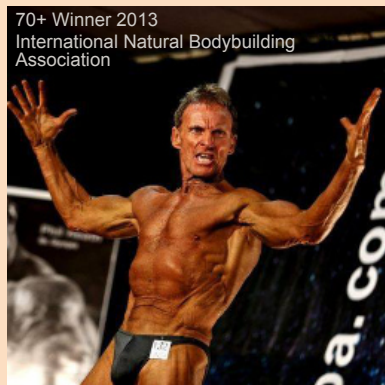


David married a local girl and *'together we had five lovely children.'* His children have inherited David's athleticism and competitive spirit. Lawrence (47) has run for England many times, having a very successful international athletics career, and more recently as a World-record-holding Masters athlete.

Lydia (49) is a road and ultra-distance runner. David has very fond memories of running at the 2016 World Masters Athletics Championships in Perth and in Malaga in 2018, especially as both Lawrence and Lydia were there too, competing with the English team. David also lists the 2018 Oceania Games in Dunedin, New Zealand as a favourite.



Also in the family - Jo's son Adam Richardson is a physiotherapist and David's go-to person for help managing niggles or injuries. David has problems with his hamstrings and considers himself lucky to have Adam to turn to for help with stretching, icing and elevation.



For about thirty years, gymnastics, martial arts (judo) and rugby union were David's sports of choice. He was selected to play in a rugby exhibition match against the British Barbarians and has fond memories of a game against the touring Junior All Blacks. Having emigrated to Australia in 1965, David played rugby league for North Queensland. At the age of 43, injuries forced him to give up rugby, so he joined the Rockhampton Road Runners for the next fifteen years. In the 1990s David also had success as a Masters body builder, both in the UK and Australia.

In 1996 David was part of a team of nine that cycled non-stop around Australia on highway one in 21 days, 21 hours and 17 minutes.

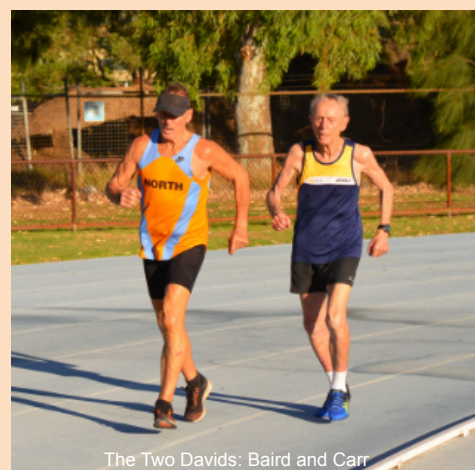
Together they set a Guinness World Record for the fastest time. (October 14, 1996)

David says, *'Challenging yourself to raise money for cancer research is a win-win. It all started with a 10km charity run, running backwards. It took me just over an hour. The following year I ran 10kms on crutches with one leg tied up behind me. That took me a bit longer.'* (David smiles at the memory).



He competed in Triathlons for three years but admits swimming was not his forte, despite coaching, so rather than give up, he transitioned to Duathlons. David also has an impressive Masters Marathon resume, various wheelbarrow and mountain runs (the Great Turkey Chase sounds interesting!) Seems like, if it was there to be conquered, David was up for the challenge.

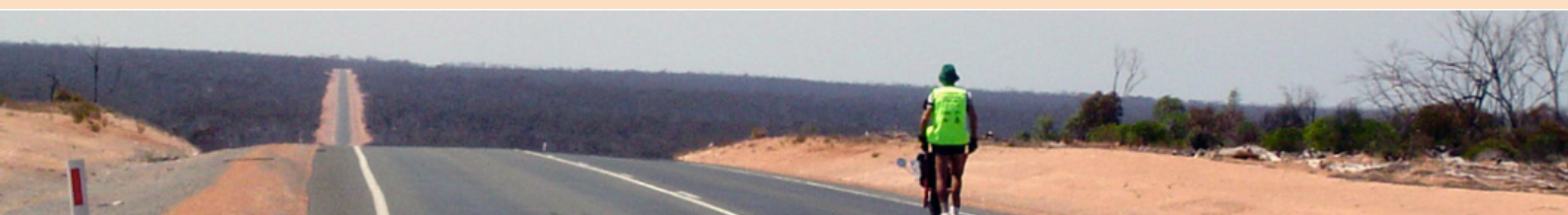
David joined Masters Athletics WA around 2001 as a road runner and later, track. *'The MAWA State Championships were the inspiration for getting me interested in track, and David Carr was instrumental in motivating me with his programs each Saturday at the WA Athletics stadium. It was a great honour to be asked to be pacemaker for David. My main concern was that he would pass me!'*



In 2008 David ran across Australia (4115kms) pushing a wheelbarrow from Cottesloe Beach to Manly, Sydney to raise awareness of, and funds for breast and prostate cancer research. Over that time he ran a total of 106 marathons in 112 days. If that wasn't enough, in 18 days he ran 920 kms from Alice Springs to Uluru and back again with his trusty wheelbarrow, finishing May 1st 2009. Interviewed at the time, David was typically understated about the endurance required; *'Compared with just running, running with a wheelbarrow is about 30% more difficult. I feel it across the chest and at the back of the shoulders.'*

A final word from David - *'I enjoy all the events on the track especially the 400m, but unfortunately my hamstrings think differently. I don't have any specific future targets. In saying that, I aim to stay healthy and keep on keeping on and enjoy my time with wonderful like-minded people.'*

Images: www.aussiedust.com

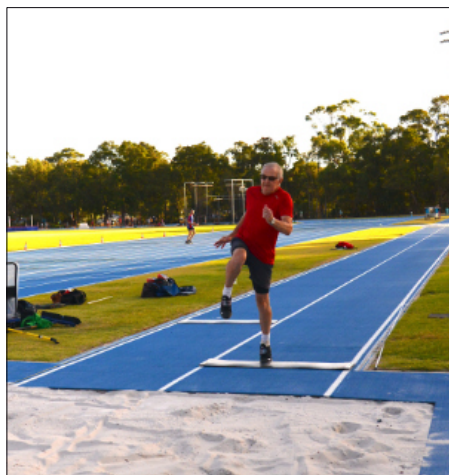


WAAS

M85 Morland Smith (right, with Janne Wells) will be accompanied by daughter Cathy (far right) to the Nationals in Sydney. Cathy will run with Morland in the Cross Country as his vision support runner.



Geoff Vine (above, with Mark Dawson) was happy to announce his return to the WAAS track with a 400m and 1500m



Geoff Brayshaw's toe placement on the take-off board is spot on



Phil Smyth



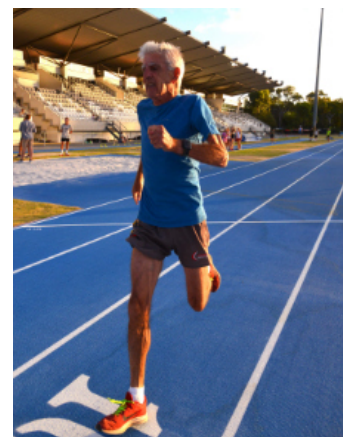
Johan Hagedoorn



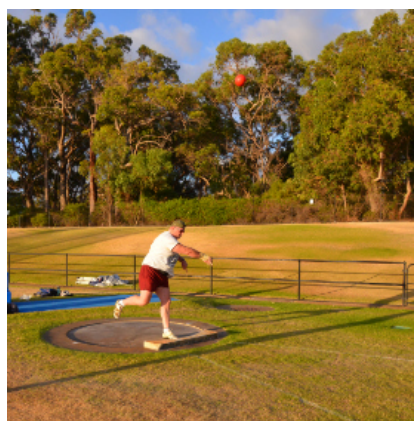
Glenys Duncan



Rob Cattrall



Ivan Brown



Todd Davey



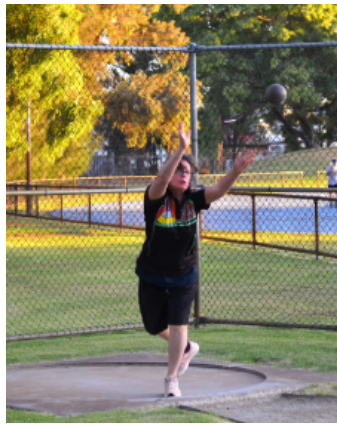
Andrew Ward



Mike Anderson



Ossi Igel



Terri Carr

ECAC



Jenn Parker, Sue Coate - long hurdles



Bev Hamilton



Mike Meredith - 1500m



Barbara Blurton



Tammi Doyle, Dave Wilkie - 200m



Jacinta Thompson



Todd Davey



Steve Hossack, Alex Walker, Matthew Walker, Jackie Hallberg, Tammi Doyle, Dave Wilkie, Izaak Hossack - 200m

Masters Athletics Prepares Transplant Recipients for the World Transplant Games in Perth

By Julie Scudds - Transplant Active Event Coordinator

The World Transplant Games, the largest sporting event for transplant recipients in the world, will see over 1500 athletes and their supporters from 50 countries come to Perth to celebrate life, through sport, providing living proof that organ and tissue donation gives people a second chance at life. The Games comprises seven days of competition in high exertion sports such as swimming, athletics, triathlon and cycling, to low impact sports including tenpin bowling, table tennis and pétanque.

Masters Athletics coaches, Tom Lenane and Glenn Bartlett have been sharing their wisdom and knowledge for the past 12 months, helping our Western Australian transplant recipients improve their athletics in the lead up to the World Transplant Games in Perth in April 2023. They have provided our athletes with invaluable coaching, from javelin techniques to the more intricate rules of race walk, and beyond. The athletes have gone from strength to strength, and they can't wait to make these coaches proud and hopefully bring home some gold for Australia.

"It has given me the confidence to take part and improve my time for the 3000m walk, and I have also started jogging again, which I have not done for years. My health has improved, and my specialists have advised me to keep going with the training after the games." says Pauline, kidney recipient.

Shaun, another kidney recipient hoping to throw for gold in the discus and shotput says, *"It doesn't matter your age or ability, keeping fit is great for your mind and body. Masters Athletics have been very supportive in our training towards the World Transplant Games."*

The first event for the World Transplant Games is a 5km run in Kings Park on Sunday 16th April. In conjunction with this, Transplant Australia are holding a community fun run (and walk) on the same course, the 'Donatelife 5km', which is open to the public. The aim is for it to be a really fun event with music and entertainment during the run.

Major events like this aren't possible without the support of hundreds of passionate volunteers, like Tom and Glenn, helping transplant recipients make their dreams a reality. Transplant Australia and all the transplant recipients greatly value their help and expertise.

Keen to get involved? The World Transplant Games are looking for volunteers with a wide variety of skills and experience to help bring the Games to life for all athletes, their family and friends, and spectators. To find out more and to register go to <https://worldtransplantgames.org/get-involved/volunteers/>



Left: Walk technique and Long Jump with coach Tom Lenane



Right: Discus and javelin technique with coach Glenn Bartlett

Looking Ahead

MAWA STATE CHAMPIONSHIPS 2023

ERN CLARK ATHLETICS CENTRE

March 2 - 10000m

March 18 - Pentathlons, 5000m, High J ump

March 23 - Steeplechase

March 25/26 - Main weekend

REGISTRATION OPENS: February 1

REGISTRATION CLOSED: February 24

AMA NATIONAL TRACK AND FIELD CHAMPIONSHIPS

Friday March 10 - Monday March 13, 2023

**Sydney Olympic Park Athletic Centre, Edwin Flack Avenue,
website: www.sydney2023.com.au REGISTRATION CLOSED: 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

Good to see Colin Smith
back on the track albeit not
at his usual pace.

right: racing in Torun, Poland

