

TFNL



Season 8 Issue 1
OCTOBER 2014

The Track and Field Newsletter of MAWA



**Irwin's
record
haul
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**Season
set to
take off**

Geoff Brayshaw leaps through the air in the long jump at the State championships.

Irwin's record run



Irwin Barrett-Lennard set nine M85 records since moving up an age group recently.

HAVING a birthday and moving up an age category is one of the positives of being a master and for top runners offers the chance to break age records.

After moving into the M85 age group Irwin Barrett-Lennard has set eight records on the track and one of the road – three of these Australian records.

Irwin started his record run in June with two Australian records in the mile and the 3000m at the Thursday night competition at Ern Clark Athletic Centre. One week later he broke the State 5000m record and the following week the State 400m and 1500m records and in early July set an Australian 5000m record.

Showing his versatility he moved up in distance and set a record at the state half marathon championships.

Back on the track in mid-July he took nearly 10 seconds off his 400m record and recently broke the 800m record.

Irwin Barrett-Lennard M85 State Records

5-Jun-14	1 Mile	8:50.4*	79.05%
5-Jun-14	3000m	17:03.2*	81.00%
19-Jun-14	5000 Metres	29:39.3	80.14%
26-Jun-14	400 Metres	1:46.2	77.21%
26-Jun-14	1500 Metres	8:11.5	78.87%
3-Jul-14	5000 Metres	29:06.7*	81.63%
13-Jul-14	Half Marathon	2:07:56	85.86%
17-Jul-14	400 Metres	1:36.7	84.80%
4-Sep-14	800 Metres	4:02.7	77.46%

*Denotes Australian record

On your marks

THE coming track and field competition is shaping up to be a stellar season book-ended by the early Patron's Trophy events and culminating with the State Championships in March.

For some the season will not end there with the Australian championships in early April in Sydney and the World Championships in August in Lyon, France.

Ern Clark Athletic Centre (ECAC) is the venue for the first events of the season on Thursday, October 2 at 6pm followed by events at West Australian Athletic Stadium (WAAS) the following Tuesday. This sequence of programming continues throughout the season. At WAAS horizontal jumps start at 6pm with track events at 6.30pm

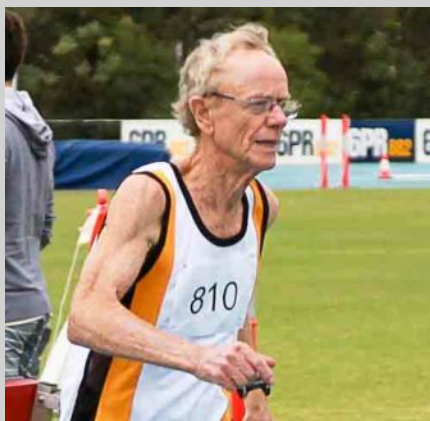
For someone who wants to try something different a steeplechase is scheduled each month at WAAS.

The Patron's Trophy begins with the 10,000m at ECAC on October 16 with the same distance on the following Tuesday at WAAS.

The summer programme can be found on pages seven and eight of this issue.



Competitors prepare for Patron's Trophy events



DAVID CARR



CATHY McCLOSKEY

The Patron's trophy begin on Thursday, October 16. Athletes compete in a minimum of 10 events and maximum of 14. Points from their best 10 events are added to achieve a total score. The same event from Tuesday and Thursday cannot count twice. The 10 events must include three field events, including at least one jump and one throw.

Cathy McCloskey and David Carr are the current holders of the trophies.

Grab a pole and fly

FOLLOWING informal expressions of interest, MAWA committee is proposing to hold a summer pole vault season during the summer 2014/15.

The tentative proposal at this stage is to hold Saturday morning clinics at the Athletics Stadium every three weeks during summer. The clinic would begin at 9.00am with participants warmed up and ready at that time. There would be an end of season championship held in conjunction with the annual

state championships but outside the States weekend event.

We presume normal Saturday morning entry fees for masters athletes would apply.

The season is tentatively proposed to begin on Saturday October 25 before the Panpacs. Mark Jeffery has been good enough to agree to assist with the clinics.

Would all those interested please contact Geoff Brayshaw as follows: Email gfbayshaw@bigpond.com or telephone 0412387233.



A broken arm fails to stop Mark Jeffery at the World Masters Athletics Championships in Sacramento.

Photo provided by MARK JEFFREY

Heartbreak



JOHN Oldfield was devastated when he was disqualified for a technical infringement by the safety officer at the European Masters Athletic Championships in Turkey. The decision was exacerbated as safety officials have no jurisdiction over technical matters, which are under the authority of the track referee.

Despite a time of 9 min 49.98 secs in the 2km Steeplechase a bronze medal was snatched away when he was disqualified for using his hands on the barrier.

John and Christine return to Perth for their annual break from the English winter at the end of October.

Disqualified for using hands on barrier.

John Oldfield leaps over the barrier in the European Masters Championships.

Photo: CHRISTINE OLDFIELD

Master nutrition

Welcome to the new summer season. I hope your winter training has gone well and you are fit, healthy and excited to race on the track or compete in field events. Again this summer there will be a series of articles in TFNL. If there are any topics you want discussed then please inform me and I will endeavour to write a relevant article.

Achieving personal best performances is always our goal and these will be influenced by each athlete undertaking appropriate training for the event of their choice and establishing proper nutrition routines. This article is focussing on the nutritional needs of masters athletes.

It is essential that the calorie intake is sufficient to meet the needs of each athlete. This will be determined by the chosen events as dietary requirements will differ – for example endurance and power events have markedly different needs. The energy demands of both training and competition must be considered.



If energy output is greater than nutritional input then body fat loss may occur. This may be a primary objective when athletes begin training as they may wish to reduce body fat and achieve overall weight loss. However if this trend continues over an extended period of time athletes may suffer loss of strength, power or endurance. Bone mass may be lost and there is then an increased risk of a stress fracture occurring. Performance in training and competition will of course suffer.

As athletes age they frequently complain of weight gain despite not having changed their nutritional intake. This may be caused by changes in the resting metabolic rate (RMR) which accounts for a large amount of the daily energy expenditure. RMR can be elevated by endurance and resistance training if good eating habits are maintained.

A strategy for pre-competition nutrition should be established before major competitions are held. The strategy should suit individual athletes; do not simply follow what others do. I have coached athletes who have discovered there is a particular food that could not be eaten in the final hours before training or competition. This was learned through trial and error. Do not simply follow what other athletes eat, consume foods and supplements with which you are familiar. Practise the strategy in training. Increase fluid intake – particularly in the summer months. Generally the food should be higher in carbohydrates and relatively low in fat and fibre.

Sports drinks taken post performance help in glycogen and electrolyte replacement as well as rehydration. These should be taken within 45 minutes of training or competition. Carbohydrates should be eaten, particularly after strength or speed sessions.

Master athletes have nutritional considerations relative to their medical conditions, age, gender and these must be assessed. Nutritional deficiencies may occur and calcium and vitamin D will aid in bone health. Medications may affect your thermoregulation and dehydration reduces performance.



2014-2015 Summer Track and Field Programme

Tuesday at WA Athletics stadium, Mount Claremont

\$3 entry to WAAS. \$2 visitor fee – pay at sign in table by finish line

Please note starting times. Horizontal jumps start at 6pm

TUES	WAAS STARTING AT 6.30pm							STARTING AT 7.15pm	
	event 1	event 2	event 3	event 4	jump	field 1	field 2	steeplechase	
Oct 14	07	100	800	60	5k r/w	LJ	weight throw	hammer	
	14	400	3k r/w	200	1500 r/w	HJ + LJ	shot	javelin	2k steeplechase
	21	100	800	200	10k*	TJ	weight throw	discus	
	28	60	1 mile	400	3k*	LJ	Shot*	hammer	
Nov 14	04	100	1000	400*	5k r/w	HJ + LJ	weight throw	javelin	
	11	200	800	100*	3k r/w	TJ	shot	Discus*	2k steeplechase
	18	300	1500 r/w	60	5k*	LJ	weight throw	hammer	
	25	200	3k r/w	100	800*	HJ* + LJ	shot	javelin	
Dec 14	02	400	3k r/w	60	1500*	TJ*	weight throw	discus	
	09	60	800	5k r/w	200	LJ*	shot	hammer	2k steeplechase
	16	100	1 mile	200*	3k r/w	LJ	weight throw	Javelin*	
	23	400	1500	60	3k r/w	HJ + TJ	shot	discus	
Jan 15	06	60	800	100	5k r/w	LJ	weight throw	hammer	
	13	200	1500 r/w	400	3k r/w	LJ	shot	javelin	2k and 3k steeplechase
	20	100	800	60	3k r/w	TJ	weight throw	discus	
	27	200	1000	60	5k r/w	HJ + LJ	shot	hammer	
Feb 15	03	100	1500 r/w	400	3k r/w	LJ	weight throw	javelin	
	10	200	1500 r/w	60	2k r/w	TJ	shot	discus	2k steeplechase
	17	200	800	100	5k r/w	HJ + TJ	weight throw	hammer	
	24	100	400	60	3k r/w	LJ	shot	javelin	
Mar 15	03	60	800	200	3k r/w	LJ	weight throw	discus	
	10	100	1000	200	1500	HJ + TJ	shot	hammer	STATE CHAMPS 2k/3k steeplechase
	17	60	800	300	3k r/w	LJ	weight throw	javelin	
	24	200	400	100	5k r/w	LJ	shot	discus	

(* Patron's Trophy events)

Thursday at Ern Clark Athletic Centre (ECAC), Wharf Street, Cannington

\$3 club members, \$5 visitors

Note that ECAC may not be available for part of this programme due to track resurfacing.
Please regularly check the MAWA website for further details.

ECAC STARTING AT 6pm

THURS	event 1	event 2	event 3	event 4	jump	field 1	field 2
Oct 14	02 100	800	60	5k r/w	LJ	discus	weight throw
	09 400	3k r/w	200	1500 r/w	HJ + LJ	javelin	shot
	16 100	800	200	10k*	TJ	discus	weight throw
	23 60	1 mile	400	3k*	LJ	shot*	discus
	30 100	1000	400*	5k r/w	HJ + LJ	javelin	weight throw
Nov 14	06 200	800	100*	3k r/w	TJ	discus*	shot
	13 300	1500 r/w	60	5k*	LJ	javelin	weight throw
	20 200	3k r/w	100	800*	HJ* + LJ	discus	shot
	27 400	3k r/w	60	1500*	TJ*	shot	weight throw
Dec 14	04 60	800	5k r/w	200	LJ*	javelin	weight throw
	11 100	1 mile	200*	3k r/w	LJ	javelin*	shot
	18 400	1500	60	5k r/w	HJ + TJ	discus	javelin
Jan 15	08 200	1500	400	3k r/w	LJ	javelin	shot
	15 100	800	60	3k r/w	LJ	discus	weight throw
	22 200	1000	60	5k r/w	HJ + TJ	javelin	shot
	29 100	1500 r/w	400	3k r/w	LJ	discus	weight throw
Feb 15	05	Pentathlon + 200, 1500, 60, 2k			LJ	javelin	shot
	12 200	800	100	5k r/w	HJ + TJ	discus	weight throw
	19 100	400	60	3k r/w	LJ	javelin	weight throw
	26 60	1500	200	3k r/w	LJ	discus	shot
Mar 15	05 100	2k r/w	400	****	TJ	javelin	weight throw
	12 60	800	200	3k r/w	HJ + LJ	discus	shot
	19 200	400	100	5k r/w	LJ	javelin	weight throw
	26 60	1500	300	3k r/w	TJ	discus	shot

(* Patron's Trophy events)

******** State Championships 10,000m start times to be announced after close of

Looking ahead



Alice Springs Masters Games
October 11-18, 2014

Pan Pacific Masters Games
November 1-9, 2014 Gold Coast

MAWA State Championships
10,000m, March 5, 2015
Pentathlon March 7, 2015
2k/3k Steeplechase March 10, 2015
Main weekend March 14-15, 2015

World Masters Championships
August 4-16, 2015
Lyon, France

Oceania Masters Championships
October 5-10, 2015
Rarotonga, Cook Islands

Kim Thomas powers off the bend in the State Championships early this year.