

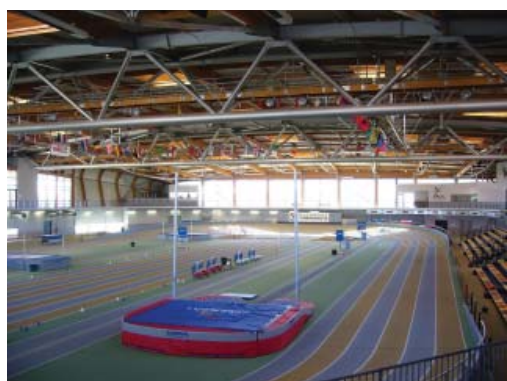
Cool Running

By Janet Naylon, Stuart Paterson and Caroline Layt

In scenes reminiscent of Jamaica's Bobsled team taking on the Winter Olympics a small group of Australian masters athletes headed to Europe for the **3rd World Masters Indoor Athletics Championships in Clermont-Ferrand, France from 17-22 March, 2008.**

Most of the team had only ever seen pictures of an indoor track while 3 of the 15 competitors were seasoned campaigners. There are no indoor tracks in the southern hemisphere so training was improvised and knowledge gained from those who had gone before.

The competition was held in a magnificent facility - the Stadium Jean-Pellez at the Cézeaux University sports complex. There was a 6 lane 200m banked track - it was quite a weird sensation to run at an angle initially but after the first few steps it's just running! Down the centre was an 8 lane 60m track – the run off takes you up the banking and into crash mats.



There were additional 60m lanes and jumps areas on both sides and a perimeter track under the concourse. And this ground floor was wall-to-wall mondo! Retractable seating covered one lot of the additional lanes/jumps areas to accommodate the 3000 plus competitors and their fans.

Inside the atmosphere was hot, dry and very loud. Spectators were track side and overhead. The announcement before every race was "Attention, shhhhhhhh... Outside it was minus 3 degrees on the coldest morning, there were snow flurries for the throwers, heavier snow for the half marathon and the wind was icy, very icy.



The warm up area was an outdoor tartan track and numerous football fields for those brave enough to face the elements. For those more accustomed to warmer climes there was the basketball court that had carpet on one half (suitable for drills and stretching) while the other half was covered in gym mats with 2 portable throws circles for the shot-put and weight throw events. If you were lucky it was possible to warm up in the stadium; you just had to work the system of volunteer guards and it was different every day.



Janet organised our extremely popular and very functional team t-shirts. We were instantly recognisable and could be spotted in the crowd. We all wished we had purchased 2 or 3; such was the demand for swaps on the last day!

Transport was an excellent network of buses which linked up to the central tram line. The trams were quite new and ran on Michelin tyres. Clermont-Ferrand is the headquarters for Michelin and there was even a Michelin art exhibit of all their advertising posters at one of the city's galleries. We got in for free with a tram ticket.



So to the competition. The normal call room routine was in place, chaotic on day 1, free-for-all on day 2 and by day 3 the officials had it almost under control and it was akin to Fort Knox. There were issues in the first few days with outdoor progressions being used and some results being 'lost' in the system so there were some anomalies along the way.

The F40 60m was doomed from the start – entry numbers warranted 3 rounds but only 2 were scheduled in the printed program though a 3rd round was added to the program available on the website and the notice board in the TIC. The Aussie contingent arrived on day 1 – 5 heats were conducted and the 3 Aussies progressed to the next round later that day. There were 3 semis - one Aussie progressed automatically, one assumed progression after seeing the times and the other was happy with her achievements. The results were not posted until after the final! At final time the next day the 10 girls who thought they might be in, warmed up and reported to call room. Meanwhile one of the Aussie team managers' kept pushing for the start list at TIC. It turned out the officials were confused and trying to do a final list from the heats. Just minutes before we left call room we got the start list – 7 of the 10 were in and the Dutch runner who was 4th in her semi missed out as she didn't know.

For the Aussies the rest of the competition appeared to progress relatively smoothly, though the M55 400m had a B final to compensate for a progression error and we have heard lots of similar stories to the above! Here's a summary of the results – the details start on page 5.

Rad Leovic (M80, ACT) won the team's first medal in the M80 Pentathlon – silver. He went onto win gold in the triple jump, silver in the 400m, 800m, 1500m and bronze in the 60m Hurdles, 3000m and long jump.

Australia was well represented in the middle and distance events:

Joanne Duncan (F45, QLD) competed in her first half marathon and saw snow falling for the first time prior to the race. She finished within her target time.

John Lisiewicz (M45, SA, top left) now resides in England but donned the green and gold for the 1500m and 3000m setting National records in both and finishing 7th in the latter. He also featured in La Montagne (the local paper).

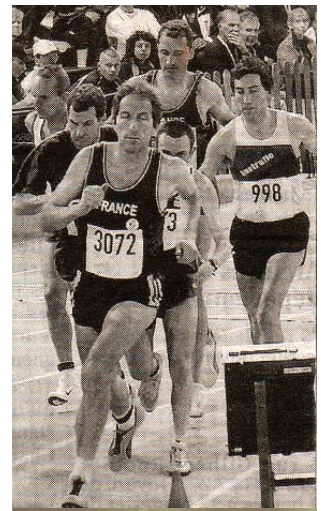
Tony Mophis (M55, NSW) competed for Greece in the 400m and 800m and reached the 800m final but did not run as he did not know he was in it.

Stuart Paterson (M50, NSW, 2nd left) competed in the 200m to experience speed on the bend and then his favoured events - 800m and 1500m. He established inaugural Australian indoor records in each. His best result was 10th in the 1500m final in 4:41.99. Stuart also assisted Noreen with the team manager role and his experience as a technical official was most valuable.

Bob Pearce (M55, SA, 3rd left) established a national record in the 800m and also contested the 200m, 400m, 1500m and 3000m. Bob's 400m was struck by a French anomaly and there was a B final. He came 3rd with the Greek Aussie 2nd.

Peter Sandery (M65, SA, 4th left) set National records in all his events. He won gold in the 3000m (10:39.33) and silver medals in the 800m (2:30.46) and 1500m (5:07.61).

Kevin Solomon (M60, VIC, bottom left) also collected some gold and silverware with a win in a very tightly contested 800m (2:18.64) and silver medals in the 1500m and 3000m. The latter being a National Indoor record.



We made our presence felt in the sprints, jumps and throws:

One highlight was a silver medal and inaugural Australian record to Jacqueline Bezuidenhout, Caroline Layt, Janet Naylor and Marie Kay in the **F40 4x200m relay**. The team (pictured right) ran 1:49.98. France was first in 1:49.20 and Germany third in 1:50.62.



Australia also fielded a men's **4x200m team in the M50** age group – our 1500m runners, Bob Pearce, Peter Sandery, Kevin Solomon and Stuart Paterson, stepped down a few distances to finish 5th and also set an inaugural National record.



Jacqueline Bezuidenhout (F40, NSW, #1323) and **Janet Naylor** (F40, NSW, #1322) exchanged the 60m and 200m National records several times through the course of multiple rounds in both events. They both reached the 60m final with Jackie finishing 5th in 8.36 and Janet 6th in 8.44. In the 200m both finished 2nd in their heats and 4th in their semi finals to be ranked 7th (Jackie) and 8th (Janet) overall. In the long jump Jackie finished with a PB in 10th and while Janet was disappointed with her 11th place finish. Jackie also ran the 60m hurdles.



Peter Crombie (M60, NSW, 2nd left) had a less than perfect trip to France and after a slow start in the 60m he went onto win silver medals in the 200m and 400m.

Marie Kay (F45, QLD, right) broke 3 world records on her way to collecting 3 gold medals in the 200m, 400m and long jump. Marie ran 25.99 to break the world record and win her 200m heat. She lowered the record again in the final running 25.85. As defending champion and world record holder in the 400m, Marie won her heat easily and then smashed her own world record to win the final in 56.99. She also defended her title in the Long Jump winning with a leap of 5.57m which is a National record.



Caroline Layt (F40, NSW, right) came 8th and established the inaugural Australian indoor record in the heavy weight throw (11.22m) and broke the existing record in the shot put (9.58m) to come 11th. She competed outdoors in snow flurries for 8th in the hammer and 12th in discus. Caroline also contested the 60m running a season best in the heats to progress to the semi finals.



Steve McGugan (M55, NSW, 3rd left) established an inaugural Australian indoor record in the heats of the 60m Hurdles but a slight adductor injury hampered his efforts in the final; he came 8th.

Noreen Parrish (F65, QLD, bottom left) competed in just the 60m – her first race since knee surgery after Riccione and what a race it was. Noreen won the first of the women's medals, a bronze.

Noreen also attended the various Team Manager's meetings and kept us informed about the local idiosyncrasies.

Ken Telfer (M40, ACT, bottom right) had a tough schedule with 3 rounds in the 60m for 8th in the final followed by 3 rounds of the 200m for 5th in his semi final and he rounded out the week with three 400s for 4th in the semis in 52.99.



Away from the track – we all managed to wander through the town centre which was very compact and dates to medieval times. The cathedral and other monuments are all black having being built with basalt quarried from the surrounding volcanoes. One of the churches even has a black Madonna statue amongst its artworks.



The LOC very keenly promoted a number of tourist attractions and offered several tours but with hectic competition schedules none of the Aussies went. Instead the girls advertising the local casino provided enough entertainment in the 'games village' and there were several stalls promoting the local cheeses, pâtés and sausages.

A few tram stops from the track was the largest sports store we had ever seen. Walking into *Decathlon* was like walking into a huge Bunnings Warehouse with gear for every imaginable sport from archery and equestrian to hiking and darts at very reasonable prices. Fleece tops were just 4 euro.

We had several team get togethers – the first night we met at the Australian pub but it was a rip off (even after Ken had fixed all the times on their Aussie destination clocks) so we moved onto an Italian place. Later in the week some Aussies met up at Le Crepiere Grille 1513 for a terrific meal of crepes. The final night saw the team, including supporters - Jenny, Clare and Di and honorary Aussies Lisa and Val, gather at Pizza Tino. Afterwards some went onto the British team party at an Irish pub called Café Pacsal in Place de la Victorie!



There was an amazing number of chocolatiers and patisseries. Peter S found a great place selling the local pomme tart which was sampled by several team members. It was very tempting to indulge in all the chocolate but instead we took photos and waited till after the competition...



Afterwards one couple stayed in Clermont-Ferrand to explore the area and by all reports they ate pastries and chocolates, tried some local cheeses and sampled some very good French champagne. Some of the group spent time in Paris beforehand while others did Paris afterwards and a small group went onto the USA Masters Nationals.

Leading the way in Boston was Kevin Solomon who made it into the world record book in the M60 mile, his time of 5:01.62 edging past the previous record of 5:01.72. Kevin backed this up with a win in the 800m (2:23.05). Also in Boston, Bob Pearce contested the M55 200m, 400m, 800m, 1 Mile and 3000m while Peter Sandery had great results in the M65 400m, 800m, 1 Mile and 3000m. Detailed results appear on page 7.

Results for Australian Athletes at the World Masters Indoor Athletics Championships Clermont-Ferrand, France, 17-22 March, 2008

60m - 40F Série 1/5			
2	8''42 Q	BEZUIDENHOUT Jacqueline	Australie 66
60m - 40F Série 2/5			
2	8''39 Q	NAYLON Janet	Australie 66
4	8''96 q	LAYT Caroline	Australie 65
60m - 40F Semi f. 1/3			
5	9''11	LAYT Caroline	Australie 65
60m - 40F Semi f. 3/3			
2	8''42 Q	BEZUIDENHOUT Jacqueline	Australie 66
3	8''51 q	NAYLON Janet	Australie 66
60m - 40F Finale 1			
5	8''36	BEZUIDENHOUT Jacqueline	Australie 66
6	8''44	NAYLON Janet	Australie 66
200m - 40F Série 4/5			
2	28''34 Q	NAYLON Janet	Australie 66
200m - 40F Série 5/5			
2	27''87 Q	BEZUIDENHOUT Jacqueline	Australie 66
200m - 40F Semi f. 1/2			
4	28''01	NAYLON Janet	Australie 66
200m - 40F Semi f. 2/2			
4	27''57	BEZUIDENHOUT Jacqueline	Australie 66
60m Haies (76)-40F Série 2/2			
7	10''35	BEZUIDENHOUT Jacqueline	Australie 66
Longueur - 40F Finale directe 1			
10	4m74	BEZUIDENHOUT Jacqueline (4m63 / 4m74 / X)	Australie 66
11	4m67	NAYLON Janet (4m66 / 4m53 / 4m67)	Australie 66
Disque (1.0 Kg) / 40F Finale directe 1			
12	26m09	LAYT Caroline (X / 26m09 / X)	Australie 65
Marteau (4 Kg) / 40F Finale directe 1			
8	33m56	LAYT Caroline (X / 30m36 / 33m56 / X / X / 30m97)	Australie 65
Poids (4 Kg) - 40F Finale directe 1			
11	9m58	LAYT Caroline (8m80 / 9m58 / 9m24)	Australie 65
Marteaulourd 9kg / 40F Finale directe 1			
8	11m22	LAYT Caroline (11m22 / 10m42 / X / X / 9m90 / X)	Australie
4 X 200m - Salle/40F Finale directe 1/2			
2	1'49''98	AUSTRALIE (1-BEZUIDENHOUT Jacqueline/F40, 2-LAYT Caroline/F40, 3-NAYLON Janet/F40, 4-KAY Marie/F45)	
200m - 45F Série 3/3			
1	25''99 Q	KAY Marie	Australie 60
200m - 45F Finale 1			
1	25''85	KAY Marie	Australie 60

400m - 45F Série 1/3			
1	59''20 Q	KAY Marie	Australie 60
400m - 45F Finale 1			
1	56''99	KAY Marie	Australie 60
Longueur - 45F Finale directe 1			
1	5m57	KAY Marie (5m28 / 5m41 / - / 5m57 / - / X)	Australie 60
1/2 Marathon 1/2 Marathon (F45)			
364*	1h45'34''	DUNCAN Joanne * overall position – age group results not shown	Australie 62
60m - 65F Finale directe 1			
3	9''88	PARRISH Noreen	Australie 42
60m - 40M Série 2/7			
2	7''44 Q	TELFER Ken	Australie 67
60m - 40M Semi f. 3/3			
4	7''47 q	TELFER Ken	Australie 67
60m - 40M Finale 1			
8	7''54	TELFER Ken	Australie 67
200m - 40M Série 3/8			
1	24''00 Q	TELFER Ken	Australie 67
200m - 40M Quart f. 4/4			
2	23''90 Q	TELFER Ken	Australie 67
200m - 40M Semi f. 1/2			
5	24''27	TELFER Ken	Australie 67
400m - 40M Série 6/7			
1	54''33 Q	TELFER Ken	Australie 67
400m - 40M Quart f. 2/4			
2	53''96 Q	TELFER Ken	Australie 67
400m - 40M Semi f. 2/2			
4	52''99	TELFER Ken	Australie 67
1 500m - 45M Série 1/4			
4	4'34''14	LISIEWICZ John	Australie 62
3 000m - 45M Finale directe 1/2			
7	9'23''74	LISIEWICZ John	Australie 62
200m - 50M Série 2/8			
5	29''07	PATERSON Stuart	Australie 56
800m - 50M Série 4/5			
3	2'16''28 q	PATERSON Stuart	Australie 56
800m - 50M Semi f. 1/2			
4	2'18''25	PATERSON Stuart	Australie 56
1 500m - 50M Série 2/3			
4	4'43''31 q	PATERSON Stuart	Australie 56
1 500m - 50M Finale 1			
10	4'41''99	PATERSON Stuart	Australie 56
4 X 200m - Salle/50M Finale directe 1			
5	2'00''17	AUSTRALIE (1-PEARCE Robert/M55M, 2-SANDERY Peter/M65M, 3-SOLOMON Kevin/M60M, 4-PATERSON Stuart/M50M)	
200m - 55M Série 5/5			
5	29''62	PEARCE Robert	Australie 52
400m - 55M Série 4/4			
2	60''52 q	MORPHIS Antony	Grece (based in AUS)
3	65''07 q	PEARCE Robert	Australie 52
400m - 55M Finale 2/2			
2	59''16	MORPHIS Antony	Grece
3	61''64	PEARCE Robert	Australie 52
800m - 55M Série 2/3			
4	2'23''77 q	MORPHIS Antony (GRE)	Grece
6	2'31''33	PEARCE Robert	Australie 52
1 500m - 55M Série 1/3			
7	5'15''37	PEARCE Robert	Australie 52
3 000m - 55M Finale directe 2/2			
8	11'13''75	PEARCE Robert	Australie 52
60m Haies (91)-55M Série 2/2			
4	10''42 q	MCGUGAN Steve	Australie 52

60m Haies (91)-55M Finale 1			
8	10''72	MCGUGAN Steve	Australie 52
60m - 60M Série 3/3			
2	8''10 Q	CROMBIE Peter	Australie 44
60m - 60M Finale 1			
6	8''09	CROMBIE Peter	Australie 44
200m - 60M Série 1/4			
1	26''12 Q	CROMBIE Peter	Australie 44
200m - 60M Semi f. 1/2			
1	25''87 Q	CROMBIE Peter	Australie 44
200m - 60M Finale 1			
2	25''81	CROMBIE Peter	Australie 44
400m - 60M Série 3/3			
1	60''81 Q	CROMBIE Peter	Australie 44
400m - 60M Finale 1			
2	58''51	CROMBIE Peter	Australie 44
800m - 60M Série 2/3			
2	2'21''24 Q	SOLOMON Kevin	Australie 47
800m - 60M Finale 1			
1	2'18''64	SOLOMON Kevin	Australie 47
1 500m - 60M Série 1/3			
2	5'09''21 Q	SOLOMON Kevin	Australie 47
1 500m - 60M Finale 1			
2	4'56''97	SOLOMON Kevin	Australie 47
3 000m - 60M Finale directe 1/2			
2	10'11''85	SOLOMON Kevin	Australie 47
800m - 65M Série 2/2			
1	2'36''21 Q	SANDERY Peter	Australie 41
800m - 65M Finale 1			
2	2'30''46	SANDERY Peter	Australie 41
1 500m - 65M Finale directe 1			
2	5'07''61	SANDERY Peter	Australie 41
3 000m - 65M Finale directe 1			
1	10'39''33	SANDERY Peter	Australie 41
400m - 80M Finale directe 1			
2	88''73	LEOVIC Rad	Australie 27
800m - 80M Finale directe 1			
2	3'44''71	LEOVIC Rad	Australie 27
1 500m - 80M Finale directe 1			
2	8'58''06	LEOVIC Rad	Australie 27
3 000m - 80M Finale directe 1			
3	15'56''73	LEOVIC Rad	Australie 27
60m Haies (69)-80M Finale directe 1			
4	17''61	LEOVIC Rad	Australie 27
Longueur - 80M Finale directe 1			
3	3m11	LEOVIC Rad 2m94 / 3m06 / 3m11 / 2m95 / 3m04 / 2m92	Australie 27
Triple - 80M Finale directe 1			
1	6m98	LEOVIC Rad 6m55 / 6m98 / 6m59 / X / X / X	Australie 27
Penta 80M Résultat (SP, 60mH, LJ, HJ, 1000m)			
2	3 036 pts	LEOVIC Rad 7m37 - 15''33 - 2m86 - m99 - 4'47''96	Australie 27

Results for Australian Athletes at the USA Masters Indoor Athletics Championships Boston, USA, 28-30 March, 2008

Bob Pearce	M55 200m (12th, 29.24), 400m (5th, 1:02.20), 800m (5th, 2:27.34), 1 Mile (4th, 5:25.02) and 3000m (5th, 10:49.45)
Kevin Solomon	M60 1 mile (1st, 5:01.62 - WR), 800m (1st, 2:23.05)
Peter Sandery	M65 400m (2nd, 1:08.16), 800m (2nd, 2:33.33), 1 Mile (3rd, 5:22.70) and 3000m (2nd, 10:36.54)