In this issue…

2. Club Committee 2013-2014 Notice Board

3. UWAAC Member Registration Competition & Important Dates Oct/Nov 2013

4. UWAAC Coaches

5. Changes to Strive T&F Competition Registration Process (Athletics WA)

6. Invitation: 85th Anniversary Dinner

7. Winter Results

8. UWA Little Athletics Update

10. 2013 IAAF World Youth Championships Report

12. U20 Bauhaus Junioren Gala Report

13. UWAAC Relay Selection Policy


16. Athlete Profiles – Mathilda Connell and Stuart Caulfield

18. Social Pages

Contributions to ‘The Fatman’ in the form of articles, notices, social info and photos are most welcome. All articles for the next issue in November are to be emailed to Keely at waterk08@gmail.com by the end of October.
Noticeboard

Uniforms
Anyone seeking a new club uniform for the season ahead please get in contact with Louise Soia to arrange a time to be fitted (Louisesoia@yahoo.com.au)

2013 Australian University Games
We would like to wish all competing athletes heading across to the Gold Coast at the end of this month for the annual Australian University Games. They will be representing respective universities and the club across a number of events over 4 days of competition. Good luck and enjoy the experience.

New Club Coach
We would like to welcome Luke Devenish to the UWA Athletics Club as a pole vault coach. He is an ATFCA Level 2 Accredited Coach for jumps and has a background as a previous athlete and is now a coach. Luke is a pole vault coach who is available for decathletes, entry level and senior athletes. For more information please visit our website (www.uwaac.com.au).

‘2013 Big 6 Meet’
Please note in your diaries the resurgence of the traditional Big 6 meet. It will be held in accordance with the UWA Little Athletics twilight meet on Friday December 13 at McGillivray Oval. More details will be made available closer to the event.

2013-2014 Club Registration Details
Registering with UWAAC can be completed on our website- www.uwaac.com.au or on www.waathletics.org.au. Please see the following page for more info on registering with UWAAC. This season registration and membership WILL NOT be accepted on Strive Track& Field competition days. Athletes will need to register with their club or AWA by 7pm the night prior to their first competition using the online system set up by Athletics WA.

UWAAC Group Emails
Are you receiving them? Don’t miss out on these important notifications during the season. If you don’t receive any in the next few months, please contact the club secretary Olivia Lyons on: olivia.lyons@student.curtin.edu.au or Kylie Wheeler kylie.wheeler@waathletics.org.au to ensure that your email address is correct.

Newsletter Contributions to ‘The Fatman’ in the form of articles, notices, social info and photos are most welcome. All articles for the next issue in November are to be emailed to Keely Waters at waterk08@gmail.com by the end of October.
Member Registration


Cost:
$150 Adult  
$100 Ground fee/ Club Only  
$100 UWA Students& Staff  
$100 U/18 (non WALA)  
$15 WALA (UWA)

Membership includes:
- Member of the best facility in WA: McGillivray sports ground from 1 October-30 September during club training times  
- Athletics WA subscription ($20)  
- The AGM and function dinner/drinks is included  
- Eligibility for sponsorship from UWAAC (The only club to provide this benefit.)  
- Access to some of the best coaches in the state.  
- Automatic UWA associate sports member with the following benefits: 20% off UWA sports shop, 25% off IWASR recreate courses, 25% off court hire, 20% off “on the go” physio appointments and discounted gym membership

**NOTE:** For those not wanting to compete & only use McGillivray oval, then select the appropriate ‘club only’ option when registering online.

For further queries on registering with UWAAC please contact Kylie Wheeler: [kylie.wheeler@waathletics.org.au](mailto:kylie.wheeler@waathletics.org.au) OR 0418905442

**Competition and Important Dates - October/November 2013**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>Oct 11</td>
<td>85th Anniversary Dinner of UWA Athletics Club</td>
<td>Reabold Tennis Club, Oceanic Drive, Floreat</td>
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<tr>
<td>Oct 25-27</td>
<td>WA All Schools Championships</td>
<td>WAAS</td>
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<td>Nov 1</td>
<td>Strive T&amp;F Prog D &amp; John Gilmour 10km</td>
<td>WAAS</td>
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<tr>
<td>Nov 8</td>
<td>Strive T&amp;F Prog A; U18 4x400m State Relays 70m Pro Race</td>
<td>WAAS</td>
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<tr>
<td>Nov 9</td>
<td>Athletes with Disabilities Classification Day</td>
<td>WAAS</td>
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<tr>
<td>Nov 15</td>
<td>Strive T&amp;F Prog B &amp; Little Athletics Challenge</td>
<td>WAAS</td>
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<tr>
<td>Nov 22</td>
<td>Strive T&amp;F Prog C &amp; Little Athletics Challenge</td>
<td>WAAS</td>
</tr>
<tr>
<td>Nov 29</td>
<td>Strive T&amp;F Prog D &amp; Little Athletics Challenge</td>
<td>WAAS</td>
</tr>
<tr>
<td>Dec 6</td>
<td>Strive T&amp;F Prog A (Reduced program)</td>
<td>WAAS</td>
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</table>
## UWAAC Coaches

All UWAAC coaches take on social club athletes during the season. Please view more details on the coaches and their squads, including training times on the UWAAC website. If you are looking for a coach please contact the coach directly via email once you have decided which squad suits your particular requirements.

**Allana Wignall**  
Throws  
email: [awignall@bigpond.net.au](mailto:awignall@bigpond.net.au)

**Lyndsay Glass**  
Throws  
email: [lindsey@iinet.net.au](mailto:lindsey@iinet.net.au)

**Lenny Hughes**  
Sprints & Middle distance  
email: [lenhughesaths@optusnet.com.au](mailto:lenhughesaths@optusnet.com.au)

**Glenn Ross**  
Sprints & Pro running  
email: [blues87@iinet.net.au](mailto:blues87@iinet.net.au)

**Lyn Foreman**  
Hurdles/sprints/combined events  
email: [lf oreman400@gmail.com](mailto:lf oreman400@gmail.com)

**Susan Andrews**  
Middle distance  
email: [suze71@optusnet.com.au](mailto:suze71@optusnet.com.au)

**Anne Masters**  
Jumps & Short Sprints  
Email: [amasters@westnet.com.au](mailto:amasters@westnet.com.au)

**Luke Devenish**  
Pole Vault  
Email: [lukedevo@hotmail.com](mailto:lukedevo@hotmail.com)
**Athletics WA Announcement**

This year with the new registration process we will be able to provide you with your race / competition information prior to the competition time. The new process will be very similar to our current State Championship registration process. No longer will you be require to entry at the ‘Rego desk’ other than on one occasion to collect your competition number.

The new competition process is:

- Enter online by 7pm the night before competition & pay your competition fee
- A provisional start list & final timetable will be published by 10am the morning of the competition
- Marshall for your event and your details will already be with the event officials
- During this season only: Late/on day entries will be accepted at the registration room (no later than 45min before event start time) but will incur an additional $5 late fee. Athletes entering track events will be put into the last heat. Following seasons further late entry penalties will apply.
- Scratchings: An athlete who does not scratch 45 minutes prior to the event start time will not and should not compete in any more track events that day. Regardless, any results both field or track after the incorrect withdrawal from an event will be not sanctioned or recognised. This has been implemented to ensure and maintained the integrity of programming both for athletes and spectators. All scratchings / withdrawals must be recorded at the ‘Rego room’
- Seed/performance marks: When you enter online, you will need to enter a seed/performance mark. This must be your season’s best or guessimate of your current performance in the case of first competitions for the season. This will enable us to place athletes in the correct race/event for the competition
- As always, competitors must be members of Athletics WA in order to compete
Friends of UWA Athletics

have pleasure inviting you to attend the

85th Anniversary Dinner of UWA Athletics Club

on

Friday 11 October 2013
    7:00pm onwards
    at
    Reabold Tennis Club
    Oceanic Drive, Floreat

Partners Welcome

Event: $50 per person ($25 for students)
Drinks at own cost

85th Anniversary Dinner of UWA Athletics Club
- Friday 11 October 2013 -

have/has pleasure in accepting □ are/is unable to attend □

• ___ ticket(s) at $50 per person   ___ student ticket(s) at $25 per person

Enclosed is a cheque made payable to The University of Western Australia for the total of $______ or

Please debit my credit card $______

AMEX □ Diners □ MasterCard □ Visa □
Card Number: ___________ ___________ ___________ ___________ Expiry □□/□□
Cardholder Name: __________________________ Signature: __________________________
Email: __________________________ Phone: __________________________
Name Tag- First Name: __________________________ Surname: __________________________
Guest First Name: __________________________ Surname: __________________________

RSVP: Friday 27 September 2013

Email to events-alumni@uwa.edu.au: Development & Alumni Relations (M361), 35 Stirling Highway, Crawley WA 6009
Winter Results


**WA State 10k Road Championships 21 July**: Women: 3rd - M Connell 37.23 Men: B Chamberlain 33.32

**Asics Bridges Fun Run**

**Challenge Fun Run**: Women 3.1km: K Waters 11.26 A O'Brien 11.36. Women 10km: M Connell 38.45 M Hollick 39.49 S Stockwell 42.02 E Moran 44.55 R McCormick 46.29. Men 3.1km: B Mizen 10.48

September is a busy month. It is the month for registration at UWA LAC and the month when many athletes are battling it out in the finals of their winter team sports having competed in the Little Athletics Cross Country season.

**2013 Cross Country Championships.**
The 2013 WALA Cross Country Championship was held on Saturday 11th August at Edgar Griffiths Park in Wanneroo (hosted by Ridgewood Little Athletics Centre).
UWA LAC had an outstanding season in 2013. Around 69 Athletes represented UWA during the season that ran from April to August. They ranged in age from U7 to U17.

Training on Mondays sometimes saw up 70 athletes braving the weather. This record number translated in to a record season for achievements. 28 UWA LAC Athletes qualified for the X Country Championships. 20 of these athletes achieved a top 8 ranking. In some cases there were 30 athletes from centres across WA competing in a race.

In a first for UWA LAC a total of 11 athletes won medals.
Joanathon Leithead U7B 2nd
Kyh Dickson U10B 2nd
Ella Foran U10G 3rd
Michail Muller U12B 1st
Melany Smart U12G 1st
Amy Flower U12G 2nd
Emma Ferguson U13G 1st
Zac Jurilj U14B 2nd
Abigail D’Silva U14G 2nd
Rose Connell U16G 3rd
Mathilda Connell U17G 1st

It was great that Mathilda Connell ended on a high with a Gold medal competing for the last time for UWA Little Aths. Mathilda was a 2012/2013 Club Captain, has participated for 11 years and will be missed.
Keith Robinson did not compete in the X Country Championships as 5 runs are needed to qualify. Keith did run in 2, 3km events. He loved it and took huge 6 minutes
off his PB in his second run. His goal is next year to qualify for State Champs. Keith has said that he got superb support from WALA officials and his team mates who helped guide him on his runs. He says Deb Pett is the best coach in the world.

Deb Connell is the UWA LAC Winter officer. She did a fantastic job rising to the challenge of coaching such a large group of athletes ranging in age from U7 – U17. Debs skills and commitment were a large part of the mighty performance of UWA in the 2013 Little Aths X-Country Champs.

Australian Little Athletics Championships
The 2012/13 Australian Little Athletics Championships were held in Canberra in April for the U13 age group. UWALAC 2012/13 Senior Champion Boy, Callum Jacobsen and Senior Champion Girl, Amy Tolcon were selected in a team of 22 athletes to represent WA. Amy won a Bronze medal in her 200m race and helped the team win Silver in 4x200m. Callum won Silver in Triple Jump and Gold in Javelin.

For the first time in many people’s memories and perhaps for the first time, WA came 2nd overall, ahead of Victoria and Queensland. Congratulations to Callum and Amy and all the WA athletes who competed.

International meet
Athletes who win a medal at WA State Championships are eligible to compete in an International meet between WA, Singapore and Malaysia in July each year. This year UWALAC athletes Imogen Kelsh and Brittany Dooey competed in Kuala Lumpur. Imogen won Gold in Javelin and Brittany won Silver in 400m. Congratulations girls.
It’s a very long way to Donetsk, Ukraine….but so worth it if you are going to compete in the World Youth Championships!

After a weary journey we arrived in Ukraine and were given a police escort to our hotel which was a first for all of us I think. Australia was the first team to arrive and we soon settled into our hotel. Life quickly settled into a routine of training sessions, physio sessions, eating and finding out more about our team mates. The training track was a great facility but as I compete in the 2000m Steeplechase I needed to do a few longer runs and thought I would try out the trails next to the track. I was a little surprised to turn a corner and meet a cow in my path!

My heat was on day 3 of competition and by then the team had already had success with a gold medal in the girls’ javelin and a bronze in the boys’ hammer so there was quite a buzz about the team. My goal was to try and make the final. I was hoping for an outside lane draw in heat two so I would know what time I needed to do to qualify. Things never go exactly to plan and I was in heat one, lane one! A third place got me into the final and I felt a mixture of relief, excitement and exhaustion!

As the athletes finished their events, so the cheer squad at the track grew each day. My final was on the last day of competition so nearly the whole team was positioned around the track to cheer.
me on which was such good support. I wasn’t even right on the inside this time...I was second on the line! It was a very tough race and I was very happy to finish in sixth place.

To be able to compete against athletes from all over the world was such a fantastic experience. We all learned such a lot but had such a good time too. It’s a very long way to Donetsk…but so worth it.
Once word was out that the Mannheim u20 Junioren Gala was scheduled and Australia were once again invited to compete, the coach (Grant Ward) and I set the competition as the goal to strive for this year. I had thrown the Javelin qualifier multiple times but the final decision for selection came down to Athletics Australia. Receiving the news I made the team was an amazing feeling, as I knew it was such a huge opportunity to train in Europe and compete for Australia. The team, consisting of 9 athletes, began training in Varese, Italy at the Australian Institute of Sport - European Training Centre. The facilities were top of the range and the week of training, in collaboration with an AIS Biomechanist, was extremely beneficial. Once arriving in Germany we began training at the Mannheim track to prepare us physically and mentally. The German’s take their track and field very seriously and their facilities do not disappoint. I was blown away with the setup as they had a full indoor running track incorporating indoor discus and shot put sites along with countless gym equipment and machines. It was basically thrower’s heaven as they had 20+ throwing circles including multiple javelin runways and an oval setup only for throw training.
(something Australia could work on). The first time competing for Australia was in Karlsruhe, Germany in a regional meet as preparation for Mannheim. I managed the win albeit horrible conditions made throwing very challenging. The following weekend was the major competition we had been all been preparing for. The men’s Javelin in the u20 Bauhaus Junioren Gala was held on the second day of competition. It took a couple of throws to rid the nerves and get a feel for the competition; however, I managed a podium finish, placing second although the distance wasn’t the PB I was hoping for. The German thrower, Julian Weber, pulled a huge throw and personal best giving him first place and on top of the world list for u20s. It was an awesome experience to compete internationally for the first time and fed my hunger for future major competitions. Can’t wait for the oncoming season.

UWA Relay Selection Policy

Athletes are selected to represent the club in the state relay championships by the club committee with input from the club coaches. All potential relay members should make themselves familiar with the dates of the state relay championships from the Athletics WA competition calendar.

1. Athletes will be selected in relay teams based on their club ranking in their age appropriate event from the previous 12 months, however ‘in form’ athletes (from the current season rankings) will be given priority.
2. Athletes will be notified of their selection by email prior to the championships.
3. Athletes are required to reply via email or phone to confirm their acceptance in the relay team.
4. Athletes who do not reply to confirm their acceptance in their selected relay by the specified date, will lose their relay spot to the next ranked athlete in their events.
5. Priority is given to senior athletes in the senior events. Under age athletes may be selected in senior relay events by the committee if there are insufficient numbers of senior athletes to fill the relay team.
6. More than one team may be selected per event depending on Athletics WA’s rules. The club’s top ranked athletes will be named in the A team.
7. Any athlete who withdraws from the relay teams after confirming their selections will be replaced by the club committee, with the next ranked athlete in that event.
8. Athletes will be given instructions on the time and place to meet the Club Captains prior to the event for relay practice. Any athletes missing in the teams at the final check in may be replaced at the Club Captain’s discretion.
9. In the event of a dispute please contact the appointed club committee member in charge of relays or the club president.

Note: It is important that athletes notify the club registrar if there are any changes to their email address.
The Leonora Golden Gift is an annual Athletics carnival held on the main street of the small mining town in conjunction with a weekend of other festivities including cycling, horse racing, fireworks, market stall, bands and street entertainment. The Athletics carnival, featuring the Elite Mile, regularly attracts the country’s most elite middle distance, lured by the $50,000 worth of prize money up for grabs and the opportunity to compete in a hard-fought race, for many, before they travel to Europe for international competitions.

This year, the Gift was held on the 1-3 June and featured a strong UWA contingent of – Keely Waters, Monique Hollick, Lora Storey, Erica Langenberg, Nadia Langenberg, Nick Little, Brenton Mizen, Jonas Aranda and Tom Beard. The Saturday night saw the heats of the Elite Mile races featuring Keely Waters, Monique Hollick, Jonas Aranda and Tom Beard. As it turned out, both races only had 8 total entrants, so all competitors advanced through to the finals on Sunday. However, to make things interesting for the competitors and the crowd, some prize money was put up for grabs for the winner of each heat and the leader of each heat through the end of the first lap. Jonas Aranda jumped at the opportunity to pocket some easy cash and went hard early to claim victory in the first lap. Despite rain and cold temperatures, the community spirit was high and the band, Rose Tattoo, entertained the crowd after a considerable fireworks display.

The main events on the Sunday included the Elite Male and Female Finals, the Open Male and Female Miles, the Under 18 Miles and the Open 120m Sprints. All UWA competitors who contended the 120m heat in the morning advanced through to their respective Finals – Keely Waters, Monique Hollick, Lora Storey, Erica Langenberg Nadia Langenberg, Brenton Mizen and Nick Little. However, the Women’s Final was dominated by Heptathlete Kiara Reddingius, who left the 5 UWA athletes battling to catch her after an explosive start, leaving Lora Storey and Monique Hollick to take out the minor placing. In the Men’s Final, Olympian Ben Offereins showed his class to the local crowd to take victory, followed by strong runs from his training partners Brenton Mizon and Nick Little. Backing up from the Sprint in the Open Mile races were Brenton Mizon, Lora Storey and Erica Langenberg – with the girls running strongly to finish third and fifth respectively.
and Brenton claiming third also in a tough tactical race. Jonas Aranda showed his class as one of the top up-and-coming junior middle distance runners in Australia by easily taking out the Men’s Under-18 Mile, despite nursing an injury.

The feature events of the weekend – the Male and Female Elite Miles – featured Keely Waters, Monique Hollick, Tom Beard and Jonas Aranda in front of a sizeable crowd of local spectators. In the Women’s race, the classy field consisting of Olympians Zoe Buckman, Kaila McKnight and Victoria Mitchell went out strongly from the gun and the UWA girls were finding the pace tough from the outset. The main pack strung out with about 400m to go and the best finish came from Zoe Buckman who took out the race from Kaila McKnight and World University Games Representative Brittany McGowan. The Men’s race was also a fantastic spectacle with World Class athletes of the likes of Jeremy Roff, Brenton Rowe, James Kaan and Joshua Johnson battling it out. Again, the UWA athletes Tom and Jonas found the pace tough early into the race and dropped off from the main pack as the pace moved up. An extremely close and exciting finish saw James Kaan take victory over Joshua Johnson, Jeremy Roff and Brenton Rowe– only 3 seconds separated the top 4 athletes. Following the conclusion of the day’s athletics events, the community spirit was abounding and all of the elite athletes ran a lap of the course with the local children to cap off the weekend. Most of the athletes vowed to return next year to participate again in what is such an enjoyable and memorable weekend!
Goals for this season

Career athletics goals
One day represent Australia in a long distance/cross country event

Personal bests in events

Favourite TV Shows: MasterChef and Hamish and Andy Gap Year
Favourite Food: Gnocchi
Previous Coaches: David Leeder
Coach: John Connell, Dad
Occupation: Student
Discipline: 1500m/3000m/5000m
Age: 17
Height: 167 cm

If I weren't an athlete, I'd be... Just a very bored and have lot of the time on my hands

Hobbies: Running, basketball and watching scary movies

Favourite Sport: Cross Country

Personal bests in events

1500m: 4.42
3000m: 10.12
5000m: 17.50

“#%&'()!
Stuart Caulfield

Date of Birth: 17 / 03 / 1993
Age: 20
Discipline: Long distance
Occupation: Student
Height: 168cm
Coach: Ray Boyd

Favourite Food: Chocolate, but when you’re in full training any food tastes amazing
Favourite TV Shows: The Footy Show, Hamish and Andy
Favourite Sport: Athletics
Hobbies: Surfing, cycling, I’m usually pretty happy doing anything outside
Obsessions: Training/exercise

If I weren’t an athlete, I’d be... Fat! I enjoy my food and when you’re doing up to 160km a week of running you get a bit of a free pass in the pantry (well that’s what I tell myself).

Goals for this season
I’d really like to break 15 minutes for 5km.

Career athletics goals
Being fairly new to the sport, at the moment I’m just enjoying seeing improvements every race. I am to just keep training hard and see where it can take me.

Personal bests in events
5km: 15.22
10km: 32.56