

2020 - LIFE IN LOCKDOWN

It's been very quiet the past few months, with lockdown restrictions due to the global COVID19 pandemic forcing the closure of our gyms, tracks and training facilities. With some of those restrictions being lifted in the past week, are we finally looking at the light at the end of the lockdown tunnel?



Highlights of what's inside this edition:

- Page 6: Our 2020 Annual General Meeting - Sun July 26
- Page 8-11: 2020 Annual Awards Lunch - results and photos
- Page 12-13: 2020 Postal Competition results
- Page 15: NSWMA Merchandise for sale
- Page 18-20: Highlighting our member's achievements
- Page 22-23: Nutrition and a yummy healthy muffin recipe
- Page 26-28: Club Spotlight - Springwood District Athletics Club
- Page 29: Upcoming NSWMA Hosted Coaching Clinics
- Page 30-31: ***NEW*** FOR SALE and WANTED ads
- Page 34-37: Upcoming competitions information

Editor - Jill Taylor

The Presidential Address

This will be my last address as I'll be stepping down from the role soon. This time I mean it! This has been my second stint as president, the first was the period 2001-2008, after which several others had a go, but not for long. I've been on the committee for most of the past twenty-five years and it's time to do other things and let others have a turn. Reflecting on that period there has been a lot of change. One of my first actions as president was to drive through the change of club name from Veterans to Masters. Other state associations soon followed. The internet and email arrived, mobile phones became ubiquitous and people became a lot more tech savvy. This club embraced those changes. We used Desktop Publishing for our newsletter in 1995, went on the internet in 1998, were the first to have live results from the Sydney nationals in 2001 and were the first to have on-line entry to the Sydney nationals in 2008.

Another very big change was when Athletics NSW decided to run a masters state championships in 2001. Rather than cooperate with us, they set themselves up effectively in competition with us resulting in us stopping running the masters state titles which we had done for the previous almost 30 years. This has been a two-edged sword for us. We no longer had to take entries, produce a program, hire a ground and produce medals but on the other hand we have had to accept whatever processes and arrangements they put in place. Change is of course inevitable and you have to adapt and "roll with the punches".

In 2015 the ASC Review of Athletics made a number of recommendations to improve the state of athletics in Australia. This gave rise to the notion of "One Sport" now rebadged as "One Athletics" here in NSW. ANSW and LANSW have been working towards closer co-operation and possibly becoming one body. A joint working party has been operating for several years and we were part of it until just recently. However, given the primary emphasis has been on the two larger bodies, we have taken a back seat to allow them to concentrate on sorting out the issues. Whether we throw our lot in and become part of a single body will be a challenge for the future. It will need to be clear what the benefits are. As with the takeover of our state championships, there are benefits and disadvantages. Loss of control over one's destiny is an ever-present threat. At national level AA and AA are working together but the masters' body, the AMA, is remaining separate. At this stage most state masters' associations are remaining separate, testimony I think, to a recognition of that threat.

The other major, recent change is from COVID-19, which has seen sporting events almost wiped out for the immediate future. For people whose major interest and focus is sport this can be quite devastating though we should reflect on how privileged we are to have the luxury of such a focus when many in the world, even in this wealthy country, have to focus on where their next meal or dollar comes from. Sport will bounce back after the crisis passes and there will be plenty more masters events on offer next year.

Regarding the Annual General Meeting normally scheduled for June, we will be requesting permission from Fair Trading to hold it later in the year, and are looking at a date in August, pending locking in a venue when booking restrictions are lifted.

Well that's it from me, except to say I wish everyone good health and safety in these uncertain, almost unprecedented times.

**Yours in Sport,
Mark**

Enjoy 12 months free World Rankings



World Masters Rankings
Official Rankings for



AMA has recently come to an agreement with the World Masters Rankings site (<https://www.mastersrankings.com>), that from 1st January 2020, all financial members of State Masters Associations affiliated to AMA will get one year's full access to the Rankings site, at no charge to the athlete.

As part of the agreement AMA has agreed to work to improve the level of results data going from Australia into the database, supplying results for not just large meets such as State Championships, but to also include regular club meets.

This is a trial for 2020, with AMA covering the cost this year. They will ask the State Associations at the 2020 AMA AGM to vote as to whether it should become a permanent arrangement, incurring a \$3 increase in our capitation fee, so they will be asking for your thoughts before then.

(Note that AMA and World Rankings cannot reimburse anyone who takes out a personal year's subscription between now and the end of the year).



PODCAST CORNER

Recommendations for some interesting and informative podcasts!



Sleepy - Otis Gray (Alternative Health)
<https://podcasts.apple.com/au/podcast/sleepy/id1349652154>

Doze off to classic stories with Sleepy. Each week, baritone host Otis Gray reads old books in a low, rhythmic tone to lull you into a deep slumber so you can have a fresh start the next day.
Sweet dreams Zzzzzz

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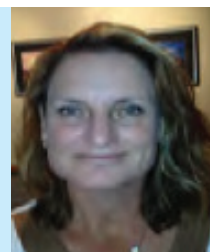
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www.nswmastersathletics.org.au



Next year in 2021

we will be celebrating

50 years

of Masters Athletics in NSW

We are currently in planning mode to come up with ideas to commemorate this great milestone, with

- Celebration lunch event
- Commemorative merchandise
- A celebration of 50 of our highest achieving members



Watch our facebook page and NSWMA website over the next few months for more information

2020 NSWMA Annual General Meeting

Notice is hereby given of the **Annual General Meeting of members of New South Wales Masters Athletics Inc. (ABN 56 427 356 578)** to be held on **Sunday 26 July 2020**, in the **Hume Room, Level 2**, of the **Bankstown Sports Club**, 8 Greenfield Parade, Bankstown, commencing at 2pm.

The business of the Annual General Meeting shall be:

1. To confirm the minutes of the 2019 Annual General Meeting
2. To receive the Annual Report
3. To receive the financial statements
4. To conduct an election for the following positions:
 - President
 - Vice-President
 - Honorary Secretary
 - Honorary Treasurer
 - Registrar
 - Records and Awards Officer
 - Newsletter Editor
 - Media and Communications Officer
 - A representative of each of the categories of -
Track events, Field events, Walking events and Distance events
5. To conduct an election for the position of Reviewer of the financial statements.
6. Other business

Attendance at the Annual General Meeting:

All current financial members, or their appointed proxy, are eligible to vote at the meeting and are welcome to attend.

Due to COVID related/NSW State Health requirements, members or their appointed proxies attending the meeting must preregister their intention to attend, by using the following Event booking link:

<https://www.trybooking.com/BKCQB>

All persons attending the meeting will need to comply with social distancing requirements and any other requirements as determined by the NSW State Health and/or the meeting venue.

Appointment of proxies:

1. Each voting member (as applicable) may appoint another person as their proxy to attend in his or her place at the Annual General Meeting
2. A proxy may vote on behalf of no more than 3 Voting Members.

A voting member appointing a proxy:

1. Must ensure it is done in writing, communicated electronically or on paper.
2. May specify the manner in which the proxy is to vote in respect of a particular resolution and may indicate the proxy is not entitled to vote on any other resolution.
3. Must ensure the appointment of proxy is received by the Secretary no later than 7 days prior to the Annual General Meeting.

You may deliver your appointment of proxy to the Secretary as follows:

Email: secretary@nswmastersathletics.org.au

Mail, in person or by courier:

The Secretary

NSW Masters Athletics Inc.

2A View Street, West Pennant Hills, NSW 2125

Incomplete proxy:

Where the proxy appointment does not specify the name of a proxy, the appointment will be taken to be given in favour of the Chairperson of the meeting. A form of wording for the appointment of a proxy that could be used for the Annual General Meeting is attached.

Elections of the Committee and the Reviewer of the financial statements:

Nominations of candidates for the election of officer bearers and the Reviewer of the financial statements must be in writing and received by the Secretary no later than 14 days before the Annual General Meeting.

If there are insufficient prior written nominations, other nominations may be taken from the floor of the meeting.

Appointment of Proxy:

I (insert your name) of (insert your address), being a current financial member of New South Wales Masters Athletics Inc (ABN 56 427 356 578) appoint *(insert name and address of the person appointed) or *the Chairperson of the meeting

* or in his or her absence appoint (insert name and address of the person appointed)

as my proxy to vote on my behalf at the Annual General Meeting of New South Wales Masters Athletics Inc. to be held on Sunday 26 July 2020 in the Hume Room, Level 2 Bankstown Sports Club, 8 Greenfield Parade, Bankstown, NSW, 2200 commencing at 2pm or at any adjournment of that meeting.

*to vote for (specify the items of business for example, all items of business, items of business 1, 2 and 3 only, etc)

* to vote against (specify the items of business for example, all items of business, items of business 1, 2 and 3 only, etc)

* to not vote on (specify the items of business for example, items of business 1, 2 and 3 only, etc)

Signature: Date:

Contact phone number:

* Delete if not applicable

.....
The appointment of proxy must be received by the Secretary no later than 7 days prior to the Annual General Meeting.

You may deliver your appointment of proxy as follows:

Email: secretary@nswmastersathletics.org.au

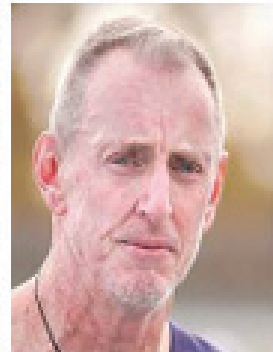
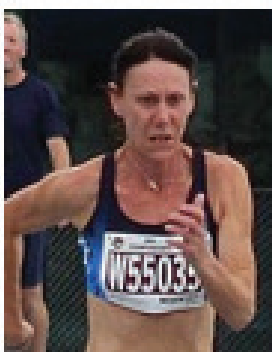
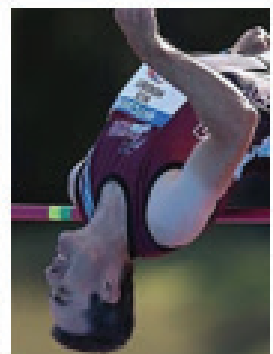
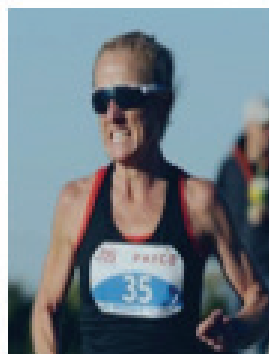
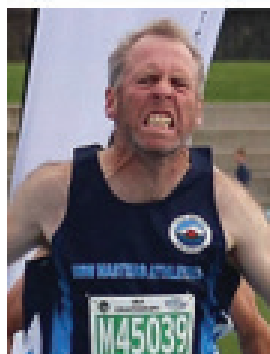
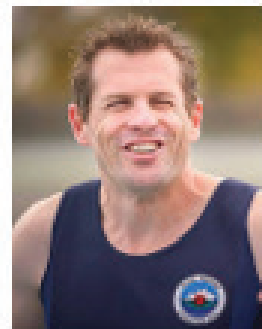
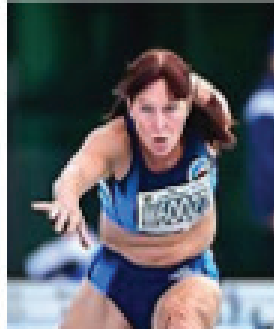
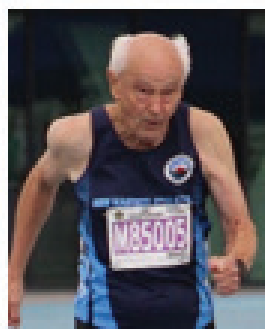
Mail, in person or by courier: The Secretary

NSW Masters Athletics Inc.

2A View Street, West Pennant Hills, NSW 2125



New South Wales Masters Athletics Annual Awards Lunch Sunday March 15, 2020 Ryde Eastwood Leagues Club



SPECIAL AWARDS:

James & Johnston Trophy: Awarded to the athlete with the highest combined point score at the Masters State Throws Pentathlon Championships. Athletes can only win this award once in each age category.

WINNER - GABI WATTS (3992 points)

Peter Crombie Trophy: Awarded to the athlete (male or female) with the highest age graded percentage in either the 100m, 200m or 400m sprint, at the 2019 Masters State Championships.

WINNER - ASHLEY McMAHON (M40 100m 95.10%)

Spirit of Masters Award: Awarded to a member considered to embody the true spirit of Masters athletics.

WINNER - GAVIN MURRAY

President's Award - Official/Administrator/Volunteer: Outstanding service to either NSWMA or the wider Masters athletics community.

WINNER - JOHN CLARK

Most Outstanding Male Athlete: Awarded for an individual event, for multiple successes at a single competition or for multiple successes in a particular event over the year.

WINNER - DONALD MATHEWSON

Most Outstanding Female Athlete: Awarded for an individual event, for multiple successes at a single competition or for multiple successes in a particular event over the year.

WINNER - BELINDA MARTIN

Outstanding Individual Performance: Award may go to an all-round athlete who may not excel at any one discipline, or it may go to an athlete who showed particular determination and success under adverse conditions.

WINNER - GIANNA MOGENTALE

Nominations and Winners

Sprints/Hurdles: Women

Janelle Delaney
Lenore Lambert
Monique Perry
Gianna Mogentale
Kylie Strong
Robyn Suttor

Sprints/Hurdles: Men

Nicholas Bastas
Peter Crombie
Darren Hughes
Richard Hughes
Dave Isackson
Ernie Leseberg
Ashley McMahon
Jay Stone
Trevor Young

Middle Distance: Women

Deborah Drennan
Belinda Martin
Paula Moorhouse
Rosemary Roediger

Middle Distance: Men

Peter Costello
Peter Dooley
Don Mathewson
Darren Purcell
Simon Rogers
Kenneth Wilson

Distance: Women

Robyn Basman
Belinda Martin
Rosemary Roediger

Distance: Men

Jose Carvalho
Peter Costello
Jason Keane
David Riches

Walks: Women

Judith Kenyan
Heather Lee
Anne Weekes
Antoinette Woodward

Walks: Men

Rodney Bennett
Jim Seymon

Throws: Women

Maria Cimino
Jill Taylor
Mary Thomas

Throws: Men

Arnie Delaite
Michael Johnson
Gavin Murray
Jamie Muscat
Ron Simcock

Jumps: Women

Alice Bohdan
Lenore Lambert
Gianna Mogentale
Christine Shaw
Vicki Townsend

Jumps: Men

Nicholas Bastas
John Gordon
Nick Moroney
John Searle
Edward Van der Jagt

Multis: Women

June Lowe
Gianna Mogentale
Jill Taylor
Mary Thomas
Vicki Townsend
Gabi Watts

Multis: Men

Robert Clark
Arnie Delaite
Gavin Murray
Jamie Muscat
Ron Simcock

Relays/Teams: Women

World Indoor Silver:
Monique Perry and
Lenore Lambert
AMA Gold Medal:
Julie Forster/ Robyn
Suttor/Deborah Drennan
4x100m Relay W170+:
Lenore Lambert/
Gianna Mogentale/
Julie Forster/Alice
Bohdan
4x100m Relay W120+:
Monique Perry/Yael
Reed/Amy Smith
4x400m Relay W170+:
Renee Briffa/Kimberley
Fletcher/Gianna
Mogentale
AMA Bronze Medal:
4x100m Relay W220+:
Robyn Suttor/Philippa
Wight, Diane O'Toole/
Vicki Townsend

Relays/Teams: Men

World Indoor Silver: 4 x
200m Open:
Ashley McMahon/Jay
Stone
AMA Gold: 4x100m
Relay M120+: Ashley
McMahon/Andrew
Cassin/Ernie Leseberg/
Andrew Phillips
4x100 Relay 240+:
Trevor Young/ Micheal
Daly/Darren Hughes
AMA Silver: 4x400m
Relay M120+: Ernie
Leseberg/ Todd Devery/
Darren Hughes/Trevor
Young
AMA Bronze: 4x400m
Relay M180+: Jonathan
Kellett/ Ken Wilson/ Brad
Sharpe/Andrew Cassin



Top Row L-R:

NSWMA President Mark Johnston with Gabi Watts, Lenore Lambert and Mary Thomas

2nd Row L-R:

ANWS Board Chair Matthew Whitbread with Vicki Townsend and Gavin Murray; Don Mathewson and Life member Jill Taylor

3rd Row L-R:

Mathew Whitbread with Heather Lee; Lenore Lambert and Gianna Mogentale; Gianna Mogentale and Life Member Peter Crombie OAM

Bottom Row:

Gavin Murray and Maria Cimino

photos Maria Cimino , Jill Taylor



NSWMA POSTAL COMPETITION 2020 RESULTS

THANKS to all those athletes who put in their results from between January to March to take part in our recent **POSTAL COMPETITION**.

The results are in, and the certificates will be distributed post lockdown.

Hope you all had fun taking part!

Jill Taylor
Postal Comp Organiser

60m:

M75	1st	Kenneth Stubbs	12.82
W60	1st	Jill Taylor	10.47
W60	2nd	Diane Celnikier	10.60

100m:

M75	1st	Kenneth Stubbs	20.55
W45	1st	Maria Cimino	14.76
W60	1st	Diane Celnikier	17.29
W60	2nd	Jill Taylor	18.21

200m:

M60	1st	Nicolas Terranova	35.16
M75	1st	Kenneth Stubbs	46.64
W45	1st	Maria Cimino	32.16
W55	1st	Bev Durston	46.02
W60	1st	Diane Celnikier	37.19

400m:

M65	1st	Harsharn Singh Grewal	76.52
W45	1st	Kriszta Kovacs	65.2
W55	1st	Sally Hunt	1:17
W55	2nd	Bev Durston	1:38.78

800m:

M60	1st	Nicolas Terranova	2:27
M65	1st	Harsharn Singh Grewal	2:50.36
M75	1st	Kenneth Stubbs	4:21.23
W45	1st	Kriszta Kovacs	2:30.31
W55	1st	Sally Hunt	2:57
W55	2nd	Bev Durston	3:45.03

1500m:

M60	1st	Nicolas Terranova	5:38.35
M65	1st	Harsharn Singh Grewal	5:34.64
M75	1st	Donald Mathewson	5:53.39
M75	2nd	Kenneth Stubbs	9:25.38
W45	1st	Kriszta Kovacs	5:11.22
W50	1st	Linda Hernando	5:51.09
W55	1st	Sally Hunt	5:56
W55	2nd	Bev Durston	7:18.27

5000m:

M65	1st	Harsharn Singh Grewal	21:04.67
W50	1st	Linda Hernando	21:02.42
W55	1st	Sally Hunt	22:47
W55	2nd	Bev Durston	26:47.61

2000m Steeple:

M60	1st	Nicolas Terranova	8:57.85
M65	1st	Harsharn Singh Grewal	9:44.64
M75	1st	Kenneth Stubbs	14:35.43

High Jump:

M40	1st	Morgan Clifford	0.90
M65	1st	David Kennedy	1.41
M75	1st	Kenneth Stubbs	0.90
W60	1st	Jill Taylor	1.05

Long Jump:

M60	1st	Nicolas Terranova	2.57
M65	1st	David Kennedy	4.54
M75	1st	Kenneth Stubbs	2.12
W45	1st	Maria Cimino	3.94
W60	1st	Jill Taylor	3.24

Triple Jump:

M65	1st	David Kennedy	8.71
W45	1st	Maria Cimino	8.77
W60	1st	Jill Taylor	6.93

Hammer Throw:

M40	1st	Morgan Clifford	22.59
M65	1st	Gavin Murray	40.06
M75	1st	Kenneth Stubbs	22.38
W45	1st	Maria Cimino	40.75
W60	1st	Jill Taylor	34.73
W65	1st	Kerrie Jones	22.37
W75	1st	Mary Thomas	31.58

Shot Put:

M40	1st	Morgan Clifford	10.71
M65	1st	Gavin Murray	11.67
M75	1st	Kenneth Stubbs	8.23
W45	1st	Maria Cimino	8.58
W50	1st	Patrizia Cocchis	4.71
W55	1st	Bev Durston	5.68
W60	1st	Jill Taylor	8.92
W65	1st	Kerrie Jones	6.91
W75	1st	Mary Thomas	8.65

Discus Throw:

M40	1st	Morgan Clifford	25.91
M60	1st	Nicolas Terranova	23.78
M65	1st	Gavin Murray	42.18
M75	1st	Kenneth Stubbs	20.04
W45	1st	Maria Cimino	28.39
W50	1st	Patrizia Cocchis	11.66
W55	1st	Bev Durston	14.81
W60	1st	Jill Taylor	23.43
W65	1st	Kerrie Jones	17.59
W75	1st	Mary Thomas	21.26

Javelin Throw:

M40	1st	Morgan Clifford	33.03
M60	1st	Kevin Fisher	35.76
M60	2nd	Nicolas Terranova	22.00
M65	1st	Gavin Murray	27.46
M75	1st	Kenneth Stubbs	22.17
W45	1st	Maria Cimino	25.33
W50	1st	Patrizia Cocchis	8.00
W55	1st	Bev Durston	11.93
W60	1st	Jill Taylor	17.06
W65	1st	Kerrie Jones	13.84
W75	1st	Mary Thomas	18.71

Weight Throw:

M40	1st	Morgan Clifford	9.42
M65	1st	Gavin Murray	15.22
M75	1st	Kenneth Stubbs	9.47
W45	1st	Maria Cimino	12.28
W60	1st	Jill Taylor	15.14
W65	1st	Kerrie Jones	9.36
W75	1st	Mary Thomas	11.27



Stock photos - Jill Taylor

NSWMA Throws Pentathlon Championships

SOPAC – Feb 29

by Gabi Watts

We had a big turnout this year of almost 40 competitors, resulting in us being able to field 4 separate groups. This level of participation was great to see, and we welcomed many familiar faces, and also some returning to competition (**Caroline Layt**) and some new members (**Arlene** and **Solomon**).

Perfect weather and throwing conditions saw some good results. Four state records were broken: 3 to **Mary Thomas** and 1 to **Nick Batty**, and PB's to **Jill Taylor** -3687pts and **Vicki Townsend** -3207pts.

Of course the pressure of the throws pentathlon did see some miss-hits as usual. But this is what makes the throws pentathlon so much fun and such a special event. Big thanks to all our members who participated. We looked great in our uniform and put on a good show for the building crowd that was attending the All Comers meet being held that afternoon. As usual we could not attract many ANSW officials to help out, but our members stepped up as usual and kept the event running smoothly, along with the help of some family and friends.

Records broken were as follows:

Competitor	Event	Distance	Record
Nick Batty	M 50	Javelin	52.45m NSW
Mary Thomas	W 75	Shot	9.02m NSW
Mary Thomas	W 75	Discus	23.53m NSW
Mary Thomas	W 75	T.P	4408pts NSW



Photos - Jill Taylor

NSWMA MERCHANDISE SALE

We currently have limited stock of NSWMA Merchandise. These are not UNIFORM items, but accessorising items that you can purchase to compliment your NSW uniform.



Backpack
\$35.00



Sports Bag
\$45.00



Tracksuit Jacket - Youth
\$50.00



Tracksuit Jacket
\$55.00



Hoodie Zip Through - Unisex
\$45.00



Fleece Pullover - Unisex
\$45.00



Tracksuit Pants - Youth
\$35.00



Tracksuit Pants
\$40.00

TO ORDER:

Head to our UNIFORM STORE tab on the website, and select the item you want. Click on that item's photo to find the sizes that are still available (limited quantities so be quick!)

PAYMENT: is by direct deposit to:

NSW Masters Athletics BSB 012019 A/C # 300021735

POST /COLLECT or WAIT?

POST: add the postage cost on to your order, and we will get them delivered to you.

COLLECT: you can drive by and collect from my front porch at Cherrybrook (contactless!)

WAIT: I can store them until competitions restart

Questions? to Jill editor@nswmastersathletics.org.au or 0409 607

NSWMA Heavy Weight Pentathlon Championships

Wollongong - Mar 21

by Gabi Watts



L-R: Mary Thomas, Jill Taylor, Adriana Van Bockel, Deborah Engeler, Vicki Townsend, Dave Ross, Robert Clark, Morgan Clifford, Jamie Muscat, Rodney Watson and Anatoly Kirievsky.
Centre Front: Gabi Watts

Photo - Jill Taylor

FULL RESULTS:

<https://www.nswmastersathletics.org.au/nswma-state-championships-results>

Women

Vicki Townsend	W55	1st	3386 pts
Deborah Engeler	W55	2nd	2052 pts
Jill Taylor	W60	1st	4174 pts
Adriana Van Bockel	W65	1st	2276 pts
Mary Thomas	W75	1st	4154 pts

Men

Jamie Muscat	M40	1st	3504 pts
Anatoly Kirievsky	M40	2nd	2709 pts
Morgan Clifford	M40	3rd	2358 pts
Rodney Watson	M45	1st	3072 pts
Robert Clark	M55	1st	3798 pts
Dave Ross	M65	1st	2359 pts

Taking all precautions to remain socially distant and maintaining strict hygiene practices (with plenty of hand sanitiser available), a small group of dedicated Heavy Weight throwers gathered at the Kerry McCann Centre in Wollongong.

The Heavy Weight Pentathlon turned out to be the last organised masters athletics meet for the 2020 summer season. With the impending strict guidelines on organised gatherings due to the COVID19 pandemic, we were very lucky to get this event completed.

A beautiful sunny Wollongong day saw this small group nonetheless manage to break several records. The women dominated that this year, with 6 new records – 5 NSWMA and 1 Australian Record. Great job to all those ladies: **Jill, Mary and Vicki**, who smashed a state record at her first meet throwing the weight throw.

Records broken were:

Competitor	Event	Distance	Record
Jill Taylor	100lb Throw	1.66m	Australian
Vicki Townsend	100lb Throw	1.81m	NSW
Mary Thomas	100lb Throw	1.07m	NSW
Jill Taylor	100lb Throw	1.66m	NSW
Mary Thomas	56lb Throw	2.41m	NSW
Mary Thomas	HW Pentathlon	4154pts	NSW

Although the men did not manage any records this year, they still put on a great spectacle. Watching the men turn with the 100lb weight is amazing. Well done to our relative newcomer, **Morgan**, and our veterans **Anatoly, Jamie, Rodney, Robert** and of course, Wollongong's favourite – **Dave** Ross.

Big thanks as always to **Adriana**, who kept us fed with a great BBQ, and for all her preparations on site so we could use this facility again this year.

Without a doubt this was the smallest but most enjoyable of the throwing meets. We do encourage all our master's members to give it a go. You don't need to be a seasoned thrower to participate, especially in the super heavy weight events of 56lb and 100lb weights - because if you can lift and let it go, then you have mostly got it!!!



ANSW AWARD WINNERS for 2019



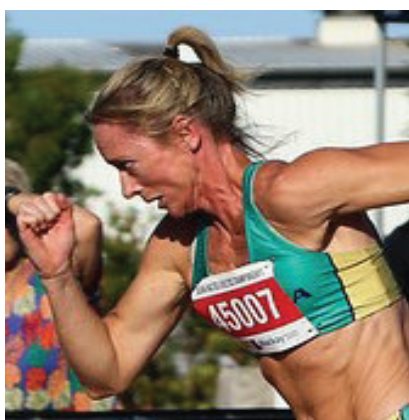
ANSW Winter Awards

Congratulations to **Belinda Martin** on winning the **Distance Running** award. Belinda was a comfortable winner of the women's title scoring in five of the seven events, claiming her third title in 21 years, claiming her first in 2000 and her second in 2014.

Congratulations also to **Bankstown Athletics Club**, who have dominated the Athletics NSW winter program for nearly a decade, and in 2019 won their ninth consecutive Winter Trophy.

ANSW Masters Athletes of the Year

With no major international championships in the 2019/20 season and the Brisbane AMA nationals cancelled, performances at Oceania and the State Championships counted domestic heavily. The women's masters athlete award was jointly awarded to **Lenore Lambert** and **June Lowe**. Lambert chased her world 400m hurdles age record during 2019, reached a best time of 65.94 to rank number one in the world, and was outstanding across a range of events - the sprints, all hurdle distances and the high and long jumps. Lowe won state titles in the 65-69 years 100m, 80m hurdles, long jump and high jump, and four of the throws events. The men's was a close battle with **Ernie Leseberg** taking the title after an outstanding series of marks at the state championships, taking the 45-49 years 60m, 100m and 200m trifecta.



L-R: Lenore, June, Ernie (photo Graham Dahl)

CONGRATULATIONS!

OUR NEWEST NOVELIST:

Margaret Walker

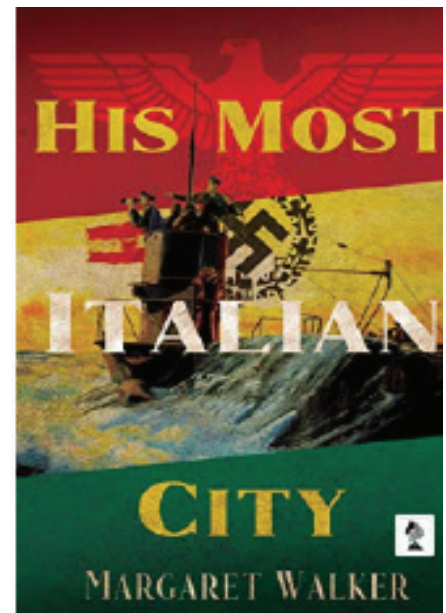
Everything you never knew about Mussolini, submarines and Italian coffee, based on the memoirs of someone who was there.

Margaret Walker is a historian and this is her history. She has a Bachelor of Science degree from the University of Sydney and a Diploma in Education. Between 1999 and 2001, she had six short stories published in Australia and the UK, and plunged head first into novel writing. *His Most Italian City* is her fifth novel, but the first to be published.

Fascist Italy 1928 - Trieste, once the port of the Austrian Empire, has become Italian. As fascism strives violently to create a pure Italy along its streets, Matteo Brazzi is forced to choose his loyalties with care. When his office is bombed, the police are baffled, but Brazzi knows who committed the crime, and he knows why.

<https://www.amazon.com/Most-Italian-City-Margaret-Walker-ebook/dp/Bo7ZG3LQZ5>

<https://www.mwalkeristra.com/>

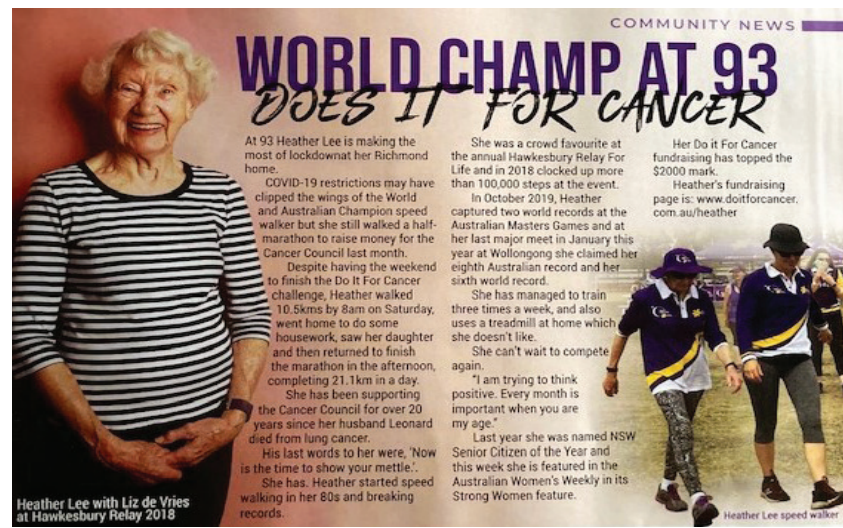
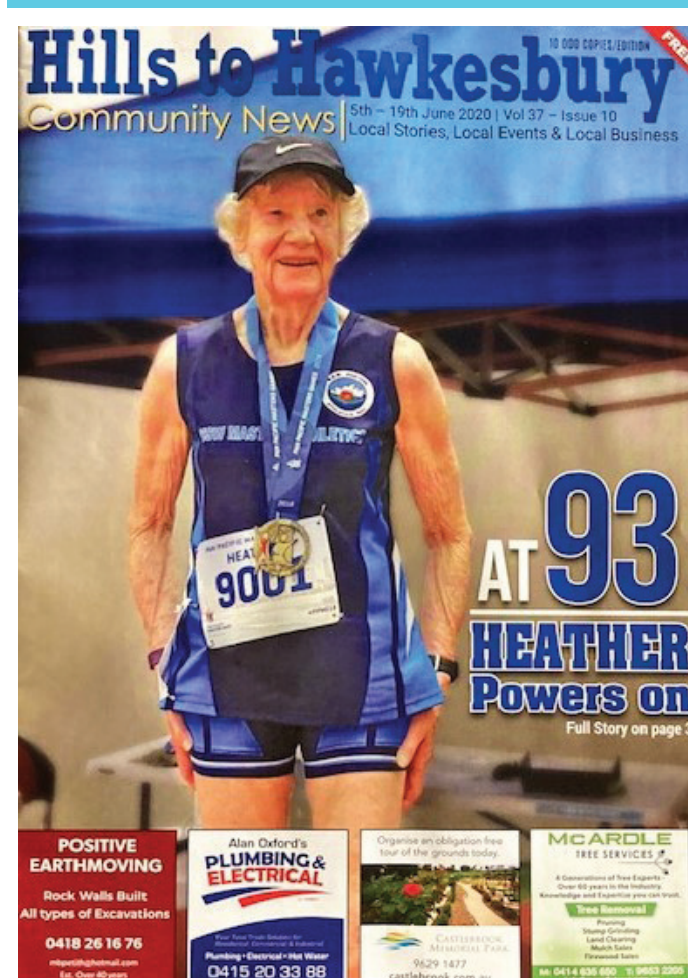


June Lowe - Medal, Order of Australia

For service to the Indigenous community of the Illawarra.

June Lowe was recently awarded an Order of Australia for her many years of service input to the indigenous community on the South Coast of NSW. June works at Mission Australia as a Community Development Facilitator, and is a member of the Local Aboriginal and Torres Strait Islander Reference Group, the Illawarra Aboriginal Medical Service and is a Board Member of the Illawarra Forum.

Our legend **Heather Lee** has been busy during our lockdown, keeping up her daily training and featuring in several media publications. Last week Heather graced the cover of the Hills to Hawkesbury Community News magazine, and was also featured in a photo shoot and article in the June edition of the Australian Women's Weekly magazine!



Photos reprinted from publications 'Hills to Hawkesbury Community Magazine' and 'Australian Women's Weekly' June edition

DRILLS!

Drills - most of us do them as a part of our warm up, but have you stopped to think about how you are executing them? If no competition on the horizon, what better time to work on your technique?

We all know the importance of the warm up and it's function that's why most of us complete a dynamic warm up as opposed to a 2 lap jog and a few stretches!



Drills are arguably one of the most important elements of a training session as they breakdown the running action into its component parts and allow athletes to isolate and refine the various segments of the running action such as heel and knee lift, stride length, drive, power off the ground, trunk stability and arm action etc.

Remember running is a skill, a dynamic motor pattern.

So risking stating the obvious ask your coach what the actual purpose of each drill is. What biomechanical aspect of the running action are you working on? If you are going to improve your running technique and hence your running efficiency you need to specifically know what the focus of each drill is?

Depending upon the drill some examples are:

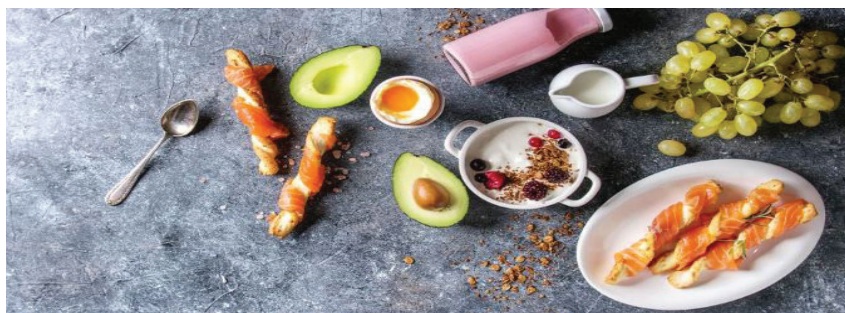
- Pushing through the ball of your foot
- Decreasing ground contact time
- Maintain a stable pelvis with minimal hitching
- Keeping an upright trunk with a neutral spine

For drills to be effective they require both the coach's and the athletes' full attention with each athlete receiving specific and immediate corrective feedback.

The drills should be varied from time to time just as a training session is and individualized. If you lack co-ordination with some drills it is often a sign that they will be of most benefit to you!

Amanda Coombe B.Ed(Hons)
Level 2 Advanced Sprints, Hurdles and Relays coach

MOOD FOOD – HOW TO USE NUTRITION FOR MENTAL WELLBEING



Nutrition plays a key role in the structure and function of the brain, so what we eat can therefore influence how effectively our brains operate. Not only can a highly-processed, poor quality diet increase the likelihood of mental health disorders including anxiety and depression, but a diet high in whole foods that are minimally processed can actually have a protective effect on mental health.

COVID-19 has had significant and devastating impacts for many athletes, from major competitions being postponed or cancelled to restricted access to normal training routines while at home. These changes can lead to increased stress, anxiety and/or reduced mood, and not just for those with pre-existing mental illness. Nutrition can be used to help not just physical but also mental performance. Below are some tips for healthy eating to demonstrate the impact nutrition can have towards optimising mental health in the current climate. Some key nutrients involved in optimal mental health are:

Omega-3 fatty acids - Fatty fish (salmon, mackerel, tuna, sardines), walnuts, flaxseeds

Probiotics -Yoghurt, kefir, sourdough bread, tempeh, sauerkraut, kimchi

Vitamin D - Egg yolk, fatty fish, mushrooms

B vitamins - Whole grains, legumes, nuts, seeds, green leafy vegetables (kale, spinach)

Antioxidants - Fruit (dark berries), vegetables (artichoke, cabbage), herbs (thyme, parsley), spices (turmeric, pepper), dark chocolate

6 tips for including more mood food in your diet:

- Eat fatty fish three-four times per week. This could include smoked salmon with your eggs at breakfast, tinned tuna on Vita-Weats as a snack or a salmon fillet with roast vegetables at dinner
- Eat a fermented food at least once a day. This could be yoghurt with your breakfast cereal, sourdough bread for your sandwich at lunch, or sauerkraut in your salad at dinner
- Choose wholegrain carbohydrate options – grainy bread, wholemeal pasta, brown rice and quinoa
- Flavour meals with herbs and spices – bake your vegetables with some oregano or thyme sprinkled on top, or add cinnamon to your porridge
- Aim for three or more different vegetables at lunch and dinner – cucumber, tomato and spinach on a sandwich for lunch, and stir-fry with zucchini, capsicum and carrot at dinner
- If you enjoy eating chocolate, consider choosing dark chocolate as a dessert option every now and then

Finally, enjoying the occasional discretionary food item in moderation because you enjoy it is not going to destroy your physical and/or mental health. If you enjoy eating them, you should definitely do so without guilt. The key is to ensure that these foods only make up a minority of your diet, and aren't replacing an opportunity to eat whole nutrition foods.

Reprinted NSWIS <https://www.nswis.com.au/nutrition/mood-food-how-to-use-nutrition-for-mental-wellbeing/>



Easy Blueberry Superfood Muffins

Jen Bishop made a batch of these for us for after training a few weeks ago, and they were a huge hit!

INGREDIENTS:

- 1 and 1/2 cups SR Flour
- 1/2 cup rolled oats
- 1 tablespoon Chia seeds
- 1 tablespoon either Quinoa flakes or teff (I used teff in these)
- 1/2 cup brown sugar
- 1 mashed banana
- 2 eggs
- 2 tablespoons full fat yoghurt or sour cream (*coconut yoghurt works fine if you need a dairy free version*)
- 1 tablespoon olive oil
- 1/2 cup milk (I used almond milk)
- 1 teaspoon vanilla essence
- 1 cup frozen blueberries

(you can add 1/2 cup white chocolate chips for a slightly sweeter version)

METHOD:

1. Mix the dry ingredients together in a large mixing bowl
2. Add all the wet ingredients together and mix until just combined
3. Add the blueberries (*and optional choc chips if used*) and mix through. The mixture should look a little on the wet side
4. Spoon into muffin tins (don't overfill) and bake for 15-17 minutes at 180 degrees, until just browned on top

Makes 12-16 muffins

Our latest NSW State Records

by Peter Murray

Athlete	Age	Event	Date	Result	Prior Record	Aust Y/N	Carnival	City	Age Grade %
Belinda Martin	W45	1 Mile	11-Jan-20	4:51.33	4:57.20	Y	Women 1 Mile NSW Championship	Wollongong	97.65%
Christine Shaw	W60	Pentathlon	25-Jan-20	3184	2294	N	ANSW Multi Event Championships	Homebush	69.77%
Christine Shaw	W60	Long Jump	25-Jan-20	3.64	3.55	N	ANSW Multi Event Championships	Homebush	70.65%
Christine Shaw	W60	Triple Jump	08-Feb-20	7.85	7.36	N	NSWMA State 2020	Sydney	75.92%
Christine Shaw	W60	Long Jump	07-Mar-20	3.92	3.64	N	NSWMA State 2020	Sydney	76.09%
Dorothy Siepmann	W75	5000m	07-Feb-20	45:21.07	45:49.00	N	NSWMA State 2020	Sydney	55.20%
Dorothy Siepmann	W75	1500m	08-Feb-20	11:59.70	new record	N	NSWMA State 2020	Sydney	57.40%
Ernie Laseberg	M45	60m	11-Jan-20	7.34	7.37	N	Illawarra Track Classic	Wollongong	97.70%
Heather Lee	W90	1 Mile	11-Jan-20	12:48.59	W- 13:26.46	Y- WR	Women 1 Mile NSW Championship	Wollongong	129.29%
Jay Stone	M40	400m	19-Jan-20	50.23	50.33	N	Country Championships	Dubbo	92.58%
Jeanette Flynn	W65	60m	07-Mar-20	10.06	10.12	N	NSWMA State 2020	Sydney	94.37%
June Lowe	W65	Hammer	17-Jan-20	37.04	36.24	N	Country Championships	Dubbo	84.55%
Karen Blay	W55	3000m	11-Jan-20	10:37.44	10:51.56	Y	Illawarra Track Challenge	Wollongong	101.29%
Margaret Walker	W60	High Jump	08-Feb-20	1.25	1.15	N	NSWMA State 2020	Sydney	85.57%
Maria Cimino	W45	Hammer	22-Feb-20	41.91	41.09	N	AACT Summer Series 9	Boden, ACT	95.18%
Mary Thomas	W75	Pentathlon Throws	29-Feb-20	4407	4312	N	NSWMA Throws Pentathlon Championships	Sydney	

Our latest NSW State Records....continued

Mary Thomas	W75	Discus	29-Feb-20	23.53	22.75	N	NSWMA Throws Pentathlon Championships	Sydney	72.61%
Mary Thomas	W75	Shot Put	29-Feb-20	9.02	8.94	N	NSWMA Throws Pentathlon Championships	Sydney	97.53%
Montserrat Ros	W40	Pole Vault	08-Mar-20	2.91	2.9	N	NSWMA State 2020	Sydney	68.15%
Nick Batty	M50	Javelin	29-Feb-20	52.45	49.2	N	NSWMA Throws Pentathlon Championships	Sydney	68.12%
Nick Batty	M50	Javelin	08-Mar-20	57.21	52.45	N	NSWMA State 2020	Sydney	74.30%
Rosemary Roediger	W65	5000m	07-Feb-20	22:10.29	23:36.99	N	NSWMA State 2020	Sydney	93.26%
Rosemary Roediger	W65	1500m	08-Feb-20	6:02.35	6:15.79	N	NSWMA State 2020	Sydney	94.33%

POLE VAULT TRAINING



If you've ever wanted to try Pole Vault, here's your opportunity!

Pole vault training will be held on Tuesdays and Thursdays, from 6 to 9pm out at the Crest, at Bankstown, run by Pole Vault coach Phil Carrero.

Week end training will also be on Saturdays on a trial basis, from 2:30 to 5:30pm including a gym session. We'll start easy, just to catch up with the fitness side for a month or so.

All enquiries, please contact:
Phillip Carrero,
Level 3, AAC pole vault coach,
East & West Pole Vault
philcarrero@gmail.com mobile: 0401 128 334

CLUB SPOTLIGHT ON:

SPRINGWOOD DISTRICT ATHLETICS CLUB



A POTTED HISTORY

By Brett Sowerby (*Member since 1971*)

Back in 1961, it was proposed an athletics club should be formed at Springwood, and so Springwood District Amateur Athletics Club was formed, principally by the Edwards family. It was registered in April of that year with the AAANSW. (the 3rd A being amateur) and also became part of the newly formed Blue Mountains branch of the AAANSW. The Blue Mountains Branch comprised clubs from Glenbrook, Lithgow, Bowenfels, Oberon, Bathurst.

After many years of being in this group, the club, through embarrassing circumstances, suddenly found itself without a home ground. It did eventually find that home at Hazelbrook. Gloria Park. It was hardly glorious. Nobody else wanted it. It had a 300m grass track, hand dug jumping pits, throwing circles off grass (really more like low level mine sites). In spite of this the club continued full activities, including veterans events. We must have been one of the very 1st clubs to do this, probably around the 1972 season. The other issue at the time was that men and women had separate associations and so we broke another rule by having men and women on the same ground at the same time. Shock.....horror! The club also fathered the local Springwood District Little Athletics club, so we had the whole family on the ground competing on the same day and at the same time. The club became more involved with the whole Veterans athletics movement. Never one to stop progressing, we introduced a special annual event for veterans only. We called it the "double sexathlon plus one". which equals 13 events in one day! That should make the pentathletes cringe. The program was: 100/200/400/800/1500/3K, the 3 jumps, and 4 throws = 13 events. At this point the heavy weight was not part of the program for veterans. And this was all held on Gloria Park!

At this point there was no women's hammer throw. A couple the lady veterans asked "why can't we have a go at hammer? At the time the only hammer was the standard 16lb as senior men use today. We decided to make one out of a 4kg shot. I took the shot to a friend who worked in an engineering factory, and he made us up a hammer (with swivel and all). Not having any other option, we attached a standard wire used by the men. Of course this was too long, but the women had a great time being part of the new event. I got Harold Farmer (father of the hammer throwing Farmer boys) to make us a 1m wire to try out. Bingo! Shortly afterwards it became part of the women's events at vets state champs, and the very 1st state champion came from SDAAC, Mrs Dorothy Zirn. So we lay no claim to have invented the women's hammer, but we must have been one of the very first clubs in Australia to make it an event.

At that time one of the prominent throw coaches in NSW was a guy named Ray McDonald. Now Ray was a very traditional guy of some years, who was dead against women throwing the hammer. It was dangerous to their femininity and they weren't physically suited for all this heavy stuff and could damage themselves! If Ray could have only seen our crop of women hammer throwers of today, he would maybe have relented and admitted it was pretty much as good for all of us. In the late 70s, SDAAC had grown to well over 100 members. Some of these used to commute from Katoomba. There seemed to be enough people that a separate club could be viable and so, with SDAAC's blessing and assistance, and Katoomba District Athletics Club was born.

In 1974, at the Springwood club's annual trophy hand out and AGM, the local Mayor came as the guest of the club. He was patron at the time and his name was Peter Quirk. During the evening, Peter mentioned to some of us that a new sportsground was going to be built on an old tip site at Faulconbridge, and that we should consider making an application to use it for athletics. After a fairly long and tedious process, which included applications from netball and rugby league, the athletics club won the toss and we had a new ground!

Well, we had the ground at last, but we needed to pay for and install all the facilities we needed for an athletics field. The club set about raising funds to do this. We wanted shot (2 circles) and discus of course (2 cages), jumping pits, with proper frames round them (2), pole vault (yes - pole vault), steeple chase water jump. We were in for the long haul for everything, grass track of not. We figured we needed to raise about \$8000 (work that out in 2020 dollars). The club held umpteen fund raising events - street stalls, dinner dances at the local halls, we even catered for the Blue Mountains Council staff ball.

The club took over the kitchen of the local bowling club and cooked and served a 3 course dinner for 250 people. We raised \$800, not a bad night's work for a bunch of amateur caterers. The other result of this was that we were awarded the catering role for all mayoral functions, while Peter Quirk remained mayor.

As a result of all this effort, Hunter Park was officially opened in 1979 by the widow of Ald Tom Hunter, a former long-serving mayor of BMCC, and in whose honour the ground of today is named. The day was to be an athletics gala day (no, not Galah).

We had everything going, a huge program, way beyond sensibility. It was a great success and the final event of the day was an 800m free for all steeplechase. This included all kids and anyone still energetic enough to take part. We had mums and dads manning the water jump to help the little kids and ensure there were no accidents.



continued....

The kids were climbing under the jumps and running around the jump at the water jump so they could get into the fun. A very memorable day for all of us who had put our hearts and soul into the development of Tom Hunter Park. The club prospered and grew and it all worked very well.

There was a World Masters Games being held in Melbourne in 2002 and there weren't many opportunities for throwing competition in the Sydney area prior to these games. The Canberra throws day was always a wonderful weekend, so the idea came to SDAC (or Blue Mountains Athletics Club as it is now known) to provide an event for Masters throwers at Tom Hunter as an extra comp.

The competition was programed to:

- All 5 throwing events on the same day, each event would have 6 throws
- The best of the 1st 3 throws would be used to make a weight pentathlon score, which was not strictly valid as the events were not all in correct order due to the circles availability. It did, however, comprise all 5 events
- A special medal for each competitor would be the only tangible trophy for the day.
- Each competitor would also receive a laminated certificate of their day's performances

The Springwood Throws days ran for 12 years, usually in the latter part of July or early August. The best entries we had were for 45 competitors. It was always a wonderful relaxed day of good competition. After 12 years, as is often the case with these things, nobody stuck up their hand to continue when the original committee wanted a break.

BMAC has always played a strong part in the masters athletics world , and as one of the very first clubs to embrace the concept, has been present at all levels of the masters athletics scene in NSW, and Australia.

Long may it be!

Brett Sowerby

Springwood Throws Day 2008



NSWMA HOSTED COACHING CLINICS proposed for SEPTEMBER 2020



With the lifting each week of restrictions in NSW from the COVID-19 lockdown, we are currently looking at holding coaching clinics for our members who might be wanting beginner/basic coaching in events across our four disciplines:

FIELD - **HAMMER AND SHOT PUT BASICS**
TRACK - **SPRINTING BASICS**
DISTANCE - **RUNNING DISTANCE BASICS**
WALKS - **RACE WALKING BASICS**

We're looking at running some half day clinics, with sessions of 2-3 hours. These sessions will be **free to current financial NSWMA members**.

We're just awaiting grounds to start opening their bookings again to set some dates. In the meantime, if you're interested in attending any of these, please register your interest by emailing:
your name, contact details and which training you'd like to attend, to:

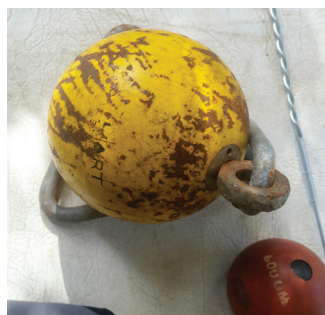
John Clark at secretary@nswmastersathletics.org.au

FOR SALE:

VARIOUS THROWING IMPLEMENTS & SHOES:

1. Ultima discus 1kg. never been thrown and comes with carry bag. KTF price is \$97 –my price \$50
2. Throwing shoes – never worn. Size 13 U.S. Not wide enough for my feet. New anywhere from \$150 up. Asking \$50
3. 16 lb weight OK with triangle handle. A bit battle scarred but still legal. KTF price \$249. Asking \$50
4. S/S shot Polanik 4kgs 95mm diameter. With bag. Asking \$50
5. 5 kgs shot (red) turned 105mm diameter. Asking \$20
6. Hammer Nelco 4 kgs never used with new wire (mens) and new handle. KTF price \$97. (this was a gift from someone I was coaching – I am now on 3kgs hammer) asking \$50.
7. Hammer gloves no wear, as new. Didn't like them so stuck with my yachties glove. KTF price \$47. Asking \$20 each
8. Javelin 500gms training or comp (bronze one). Excellent condition slight rust on tip but still legal. Binding perfect and no scratches. Not thrown much.....KTF price \$155 Asking \$60
9. Javelin 600 gms training or comp (gold one) as for the 500 gms one. same condition and almost no wear on binding or shaft. Asking \$60.

Brett Hayward (Blue Mountains/Sydney pick up)
Ph: 0417 661 938 Email: waxtech@bigpond.com



MEN's HIGH JUMP SHOES (3 pairs):

1. 'Blue' shoes US size 11, are \$60, are in excellent condition and have had minimal use.
2. 'Silver' shoes US size 11, are \$40, very good condition.
3. 'Black' shoes US size 10.5, are \$40, very good condition.



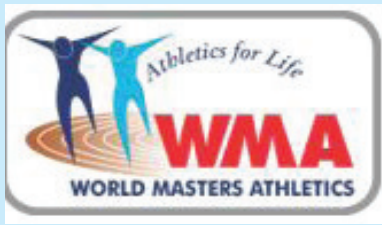
WANTED:

LOOKING for a second hand **20 pound weight** for weight and distance throwing. Any handle although prefer hammer handle. Prefer to pick up in Sydney. Price negotiable.

Dave Ross Ph: 0419479122

We're always looking for input from our members, so please send us stories and photos from events that you participate in, or on topics that you'd like to share.

Got feedback? Love to hear what you think!
Email to: editor@nswmastersathletics.org.au



An announcement from the WMA President, Margit Jungman, re the 2020 Championships in Toronto

Dear WMA family!

These challenging and uncertain times increase the complexities of planning our Masters events. After the cancellation of all international championships, WMA and the Regions have been considering options, planning and coordinating since the pandemic affected our calendar in 2020. Starting from 2021, our schedule for WMA Championships needs to be updated. Once the plans on World level have been finalised, revisions to affected Regional Championships will then be worked out.

I restate my deep appreciation to the team in Toronto for working so hard to offer us a fantastic Toronto2020. We were all very sad to accept that the LOC had to then completely cancel as it was not possible to find alternative dates for our championship. Losing the Stadia Championship 2020 meant WMA needed to find a replacement. After some reflection, Tampere, Finland volunteered to assess whether they could change the planned 2021 EMA Championships (European Masters) to a WMA Championship.

I am pleased to announce they are ready to agree to host our WMA championship in 2021. We now start the final negotiations to make it happen. As soon as the change is confirmed we will inform you. The Tampere team is very conscious of the difficult situation around the world and recognizes the challenges of hosting this event for thousands of participants and visitors. Their plan includes using two competition venues and one training facility. Championship dates will be around when the EMA Championship was planned from 3-10 July 2021, with some days probably added beforehand.

The consequences of this solution means that the **planned indoor championships in Edmonton 2021 will move to 2022**, and the **stadia championship in Gothenburg Sweden will move to 2023**. Both organisers are aware of the changed dates and have agreed. The Bid for 2023 indoor and 2024 stadia championships then needs to change to 2024 and 2025 respectively. The vote for these two championships would have been at the General Assembly in Toronto this summer. We have received bids for these championships and have no plans to reopen bidding at this time.

The vote and all other WMA business usually conducted at the General Assembly, including votes on rule changes and Officers, will need to be done at the General Assembly in Tampere in 2021. The following General Assembly will be in Gothenburg 2023. But as soon as the WMA Council is able to make its final decision we will provide information about the next formal steps.

Please wait for those final decisions. It has been too long since we have been together. We are all awaiting our next meeting.

- WMA President, Margit Jungman

* CANCELLED EVENTS *



WMA Masters Outdoor Championships
20 Jul - 1 Aug 2020
Toronto Canada



IAU/WMA 100 km World Championship
12 Sep 2020
Winschoten, The Netherlands



Alice Springs Masters Games
October 2020
Alice Springs NT

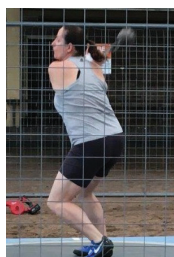


Pan Pac Masters Games - Athletics
13 - 15 November 2020
Runaway Bay QLD



WMA Masters Indoor Championships
6 - 12 April 2021
Edmonton Canada

EVENTS THAT ARE STILL ON...HOPEFULLY!



NSWMA Indoor Throws Championships
Sat 5 September Il Cadore, Somersby
see further information on page 33 -----



AMA Winter Throws Championships
Sat 3 - Mon 5 October Beaton Park Wollongong
<https://www.nswmastersathletics.org.au/ama-winter-throws>



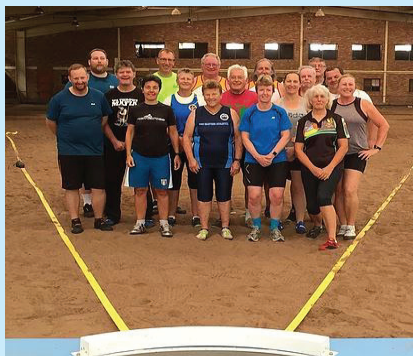
Oceania Masters Athletics Championships
Mon 18 - Fri 22 January Norfolk Island
<https://www.athleticsnorfolkisland.com/masters-championships-2021>



AMA Masters National Championships
Fri 5 - Mon 8 March Canberra ACT
<https://canberra2021.com.au/>



World Masters Games
Fri 14 - Sun 30 May Kansai Japan
<https://www.wmg2021.jp/en/>



NSW MASTERS ATHLETICS INDOOR THROWS CHAMPIONSHIPS

WHEN: **Saturday 5th September, 2020**

Start time 9:00am. Event schedule and group start times will be posted once registration closes

WHERE: **Il Cadore Equestrian Centre, Konda Rd Somersby**

WHAT: 3 indoor events will be on offer:

- * Shot Put
- * Weight Throw
- * Super Weight Throw

WHO: All registered NSW masters athletes, with an invitation to interstate and international masters athletes to attend

HOW: Online registrations will open July 1st at
<https://www.trybooking.com/BKASH>

Enquiries - Gabi Watts 0409 313 667 fieldrep@nswmastersathletics.org.au

INDOOR THROWING SPECIFICATIONS:

	Shot Put (kg)	Weight Throw (lb/kg)	Super Weight (lb)
WOMEN			
30-49	4.00	9.080 (20lb)	35lb
50-59	3.00	7.260 (16lb)	25lb
60-74	3.00	5.450 (12lb)	20lb
75+	2.00	4.000 (8.8lb)	16lb
MEN			
30-49	7.26	15.880 (35lb)	56lb
50-59	6.00	11.340 (25lb)	56lb
60-69	5.00	9.080 (20lb)	44lb
70-79	4.00	7.260 (16lb)	35lb
80+	3.00	5.450 (12lb)	25lb

* UPCOMING VIRTUAL COMPETITIONS *



Love your running and miss that fun run atmosphere? The Great Australian Cross-Country Challenge is here to take the sorrows away! Run or walk anywhere, anytime, whilst challenging others from all across Australia! No matter your age, location, ability, interest or motivation, GACCC is the perfect event to whisk those COVID-19 blues away! Run, walk, roll or stroll your way through the Great Australian Cross Country Challenge. GACCC is all about having fun and recreating that Cross Country Carnival experience, virtually!

REGISTER at <https://raceroster.com/events/2020/31454/great-australian-cross-country-challenge>

RUN or Walk the distance relative to your age! That's right, we're not all about competition! You can choose to walk, roll, stroll, jog, run or crawl, as long as you're having fun that's all that matters!

RECORD your results on the GACCC results portal, and best of all, you're not limited to 1 run. Simply run again and resubmit your better result FOR FREE! That's like 100 fun runs in one!

Gold, Silver, Bronze and Highly Commended will officially be crowned in the following categories for both male and female at a State and National Level. There are a range of Challenges and prizes up for grabs, including the Great Australian Cross Country Championship, as well as some quirky selfie, dress up and photo competitions!

Opens, 35-40, 40-45, 45-50, 50-55, 55-60, 60-70, 70-80, 80-90, 90+

State and National Champions will be awarded and announced on the 3rd August, 2020. Result submissions will close on the 2nd August at 5pm.

REWARDS:

- * Downloadable personalised race bib
- * Free Digital Finishers Certificate
- * Virtual Medal
- * Amazing limited-edition medals

FAQs at <https://gaccc.com.au/faqs/>

Worldwide Virtual Challenge

date: from July 18 to August 2 2020
(when we should have been in Toronto!)

place: worldwide

Events:

Running: 100m, 200m, 400m, 800m, 1500m, 5000m, 10000m / 10k, Sprint Hurdles (80,100,110), Long Hurdles (200, 300, 400), Steeplechase and Half Marathon

Jumping: High Jump, Pole Vault, Long Jump and Triple Jump

Throwing: Shot Put, Discus, Hammer Throw, Javelin, Weight Throw and Super Weight

Combined Events: Decathlon, Heptathlon and Throws Pentathlon

Race Walking: 5000m, 10k and 20k

General Rules:

Your age group will be determined by your age on or before July 18, 2020, for all athletes over 35 years at that date.

RESULTS MUST BE SUBMITTED ON OR BEFORE MIDNIGHT US PACIFIC TIME ON AUGUST 4th, 2020. RESULTS WILL NOT BE ACCEPTED AFTER THAT TIME AND DATE.

Results will be calculated and distributed by the Masters Rankings team to all participants asap, approximately 10 days following the closing date.

Specific Throwing and Jumping Event Rules:

An athlete, following warm up throws, long & triple jump, will take six (6) competition attempts. These 6 attempts should be marked and measured by a person other than the athlete, and another person will check for foot fouls. Athletes and their 2 helping individuals should take precautions to social distance and provide for sanitary use of implements, markers and measuring tapes.

A fee of 2 Euros / \$2.35US per event will be required to enter this virtual competition.

ALL INFORMATION AND REGISTRATION DETAILS AT:
<https://www.mastersrankings.com/2020-worldwide-virtual-masters-challenge/>



Athletics Coaching Accreditation Framework

Athletics Australia is the accrediting body for all athletics coaches in Australia. All courses are approved by the Australian Sports Commission's National Coaching Accreditation Scheme. The Athletics Coaching Accreditation Framework is designed to progressively introduce the coaching skills required to develop athletes from beginner to elite. The framework is designed to allow coaches of all levels to master their coaching. Accredited Coaches are supported by ongoing formal and informal education opportunities to ensure the quality of coaching remains high across Australia.

Track and Field Pathway - The Track and Field Pathway targets the more traditional Athletics coach by focusing on developing a coach's understanding of fundamental movement skills specific to the various events included in the sport.

Course Progressions:

LEVEL 1 COMMUNITY ATHLETICS COACH - COURSE INFORMATION

The Level 1 Community Athletics Coach focuses on developing the coach's human management skills and understanding of physical literacy and how it can be improved based on the 'Teaching Games for Understanding' model of sports development. This course instructs coaches how to follow the Teaching Games for Understanding model, especially its athlete-centred pedagogy, and introduces the most critical components of developing physical literacy in beginning athletes to prepare them for future Track and Field success, which must be understood before event-specific coaching can be developed.

Pre-Requisites: None

LEVEL 2 CLUB COACH - COURSE INFORMATION

The Level 2 Intermediate Club Coach Course is the next progression from Level 1 and further develops the coaches understanding of how to coach fundamental skills and move toward event specific skills and drills. This level teaches coaches the basic technical models of the Track and Field events held at club and school level competitions (Training I Phase of the FIT Development Model). Additional topics include; training principles, components of fitness, and the preparation and evaluation of training sessions suitable for intermediate level athletes.

Pre-Requisites: Level 1 Run Leader or Level 1 Community Athletics Coach

LEVEL 3 PERFORMANCE DEVELOPMENT COACH - COURSE INFORMATION

The Level 3 Performance Development Coach course is for coaches who are working with athletes between 16 and 19 years of age (Training II Stage of the FIT Development Model) and are looking to commence specialisation in a chosen event group and compete at regional, state or national-level competitions. To successfully complete this level of accreditation, coaches are required to complete a four-day course in addition to pre- and post- course work that must be completed and submitted online. The course aims to empower coaches to design and lead effective training programs based on peer-reviewed evidence and the knowledge and experience from leading Australian coaches. The focus of the course will be on planning and achieving long-term development of athlete performance, with an eye for establishing positive training habits that will prepare athletes for the elite pathway.

Pre-Requisites: Level 2 Club Coach or higher and a minimum of 12 months coaching experience

LEVEL 4 SENIOR IAAF COACH - COURSE INFORMATION

The IAAF Coaching Education Certification Scheme is designed to ensure that each country has coaches qualified to an international standard to enable its athletics programmes to function as effectively as possible. The Level 4 Senior IAAF Coach course is the further development of High Performance coaching. The course focuses on instructing effective planning and practical coaching methods to enable coaches to support elite athletes.

Pre-Requisites: Level 3 Performance Development Coach or Level 3 IAAF Coach and have held the accreditation for at least 12 months. Admission subject to successful submission of resume. NOTE - The Level 4 Senior IAAF Coach course is recognised internationally as the IAAF CECS Level III accreditation.

Full information can be found on the ANSW website at

<https://www.nswathletics.org.au/coaching/coachaccreditationframework/>