

The Waratah



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Melbourne's weather took some getting used to. Here lane 2 enjoyed a tailwind while lanes 3, 4 and 5 endured a headwind.

John Van Stappen pulls away from some very good runners, including Alan Carey.

Melbourne, the flawless championships

AMA NATIONALS 2012 – REPORT FROM THE TEAM MANAGER'S DIARY

When I was asked to be manager of the NSW team for the 2012 Nationals last December, I jumped at the chance. I thought that it would be a real challenge and a great opportunity. After all, it's not every day that someone gets to manage over 140 athletes. I was also really honoured to be asked and promised myself that I was going to do the best that I could for each member of the NSW team. From that day on, I was really looking forward to it. I was so happy when the first day finally arrived and I could put on that bright orange vest with "NSW Team Manager" on the back of it.

By Garry Womsley

The attitude I had going into the Nationals was to be myself, treat everyone with respect, be approachable, be a good example, take everything as it comes and help out wherever I could.

While I have been to Nationals six times previously, I knew that this one was going to be different. At previous Nationals, I've never attended any of the organized social events so I was determined to do that this time. It certainly made the four days more enjoyable. Up until a few

years ago, I also found it difficult to watch athletics if I wasn't competing myself but several injuries in the last few years have meant that I learnt to stay involved in other ways such as officiating, managing, organizing events and coaching. I've now become a real student of the sport and enjoy being involved in any capacity. Most of all, I now love watching others competing.

Thursday

After flying into Melbourne earlier today, I headed out to the track to register and collect my goody bag. It was great to see the track for the first time. With a



Melbourne's skies cleared long enough for a couple of events to take place. Left: Nancy Newsome leads a Victorian followed by Deborah Drennan, Lisa Harrison and Cris Penn (obscured). Below: Before stunned officials, Lynette Smith, running late, was dropped off by Helicopter over the sand pit, incidentally scoring the winning jump.



grandstand on each side and a blue coloured track, it is like nothing that we have in Sydney. It also has a large warm up area behind the grandstand in the back straight. I was also pleased that the water jump for the steeplechase is on the outside of the track. While I was there, I made sure that I made myself known to the organizing committee and officials as I thought that this could help in the coming days if I had any questions or problems I needed help with. I left the track really looking forward to the coming days.

Friday

My first day in the orange vest was a good one. I was a bit nervous before I got to the track but once I got there, I was fine. I appreciated the words of encouragement I received from a number of team members. It helped me feel comfortable from the start. It felt good to be able to answer some questions for team members early in the day. It showed me that while I had a lot of responsibility, my previous experience would prove beneficial and make the task easier. I helped out some of our distance runners by lap scoring for them in the

10000m. This is the hardest of any of the track races and it is important that the lap scoring is accurate so that they can focus on running their race without any added worries. Believe it or not, I actually enjoy lap scoring for others. It keeps me involved and allows me to be on the track where the action is. **Dennis Wylie** was our fastest with a very good time of 38:39.

Once the 10000m races concluded, I sat in the beautiful Melbourne sunshine (it was about 32 degrees) and watched the heats and finals of the 60m and later the 100m. As I had to select the 4 x 100m relay teams for Sunday, it really proved beneficial to see the fantastic performances of so many of our team members. To have 8 National Champions in the 100m and 6 in the 60m was a fantastic performance. (**Gianna Mogentale** W45 60m & 100m, **Lynda Douglass** W50 60m & 100m, **Jay Stone** M30 100m, **Samuel Odede** M35 100m, **Greg Smith** M40 60m & 100m, **Darren Hughes** M45 60m, **Darrin Jenkins** M45 100m, **John Van Stappen** M60 60m & 100m and **Richard Hughes** M80 60m & 100m).

Heather Lee at 85 years young again excelled in the walks. She finished in a time of 11:36 in the 1500m Walk to claim the Australian record. This was the first of three Australian records she claimed at these Championships. The other records were in the 5000m and 10000m Walks. Another remarkable performance came from **Richard Hughes** who won the M80 60m, 100m and amazingly backed up in the 800m and won that as well. There were also some good performances in the 800m from **Lisa Harrison** W45, **Cris Penn** W50, **Geoff Francis** M70, **Don Matthewson**, **Martin Auster** and **Les Gillies** (who placed 1st, 2nd & 3rd in the M65), **Stuart Hayward** and **Neil Fowler** (who placed 1st & 2nd in the M60) and **Michael Lynch** M40. My first day as manager was an enjoyable one and after concentrating on so many events, I knew I would sleep well tonight.

Saturday

The second day of competition was cooler than the first day and the swirling wind was quite strong. I thoroughly enjoyed watching the 5000m Walks and the Short Hurdles. Our hurdlers **June Lowe** W55, **Ranell Hobson** W35, **Neil Fowler** M60 and **George Jankowski** M45 all got gold for NSW. During this time, I finalized the 4 x 100m Relay teams for tomorrow. The unfortunate thing was that I had to leave some good athletes out. In some cases, we could have put in "B" teams but the current rule states that only one team from each state is eligible for a medal which benefits the smaller states but probably means that athletes from the larger states miss out. The bottom line should be all about full lanes and participation regardless of the state.

Our 1500m runners also did well today. The most pleasing thing was the amount of participation we had in this event. We had 25 athletes (12 females & 13 males) throughout the age groups. The W50 category had four and the M50 category had five participants. **Cris Penn** (W50), **Nancy Newsome** (W45), **Michael Doggett** (M35), **Don Matthewson** (M65) and **John Spinney** M70 secured gold.

It was now time for the steeplechase. This was the only event I had entered so I was focused on nothing more than trying to do a season best. Throughout the age groups the numbers in this event were also up on recent years. I think that

steeple is the most unique of all the running events. With the water jump, 4 dry hurdles and a different track configuration, I liken it to cross country on the track. It is not an easy event but it is an enjoyable one. There are always two races at these championships 2000m (76.2cm height) for females of all ages and males 60+ and 3000m (91.4cm) for males 30-59.

I watched the 2000m steeplechase with interest because I did a couple of training sessions with **Dennis Williams** recently. I helped him with his hurdling and his water jumps. He wanted to improve on his State time of 9:08. After a mishap on the first water jump, he gradually improved to finish in a time of 8:51. He certainly has a lot of potential to improve further with further training. In the same race, **Julie Steele**, **Trish Stallard** and **Julie Omanski** completed a trifecta for NSW in the W50 age category.

I was so nervous before my race. This amazed me because I've been doing this for so long now that I rarely ever get nervous. Right from the start, the windy conditions played havoc with my rhythm but I gradually got used to it. I was really happy with all my water jumps in particular. While I was nowhere near getting a medal, I was overjoyed to do a season best and take a massive 35

Patched up and back on duty, Alan Carey stands ready to re-enact for about the 4th time his awful fall for those stragglers who hadn't previously captured the moment on film.



seconds off my State time. My team mates **Simon White** (M35) and **EJ Davie** (M40) got Gold in their respective age groups in the same race.

After I recovered, I sat back down and watched the 200m finals. **Gianna Mogentale** (W45) and **Lynda Douglass** (W50) again got gold medals in their age groups. While for the men, **Jay Stone** (M30), **Samuel Odede** (M35), **Todd Devery** (M50), **Neville McIntyre** (M65) and **Richard Hughes** (M80) were our male National Champions along with **Darrin Jenkins** and **Chris Brack** who tied in the W45 category narrowly ahead of **Darren Hughes**. **Alan Carey** who placed 4th in the M60 final took a nasty tumble as he strived for an extra effort close to the line. He took quite a bit of skin off several areas of his body and had cuts and bruises as well. Resembling a patched up boxer, he battled on well over the last two days of competition. He deserved a medal for his courage.

After the athletics concluded, I attended the athlete's forum. I've never attended one of these previously but I'm glad I did this time. It was great to hear the opinions and questions of other athletes. We need passionate people in our sport and there were plenty in the room with me who were. The AMA directors who presided over the forum took a lot of what was said on board and will mention the important points at their council meeting in September. After the forum, I headed to our team function at the Elephant & Wheelbarrow pub at St. Kilda. It was really encouraging to see the camaraderie that our team now has. It was also a pleasure to unwind over a meal and a couple of soft drinks in such good company.

After a full day, I headed back to the hotel tired but very happy. I knew that

tomorrow would be a very important one with the 4 x 100m relays.

Sunday

I was advised that as Team Manager I had to act as Easter Bunny and supply everyone with Easter eggs on the Sunday of Nationals. So after leaving the hotel early this morning, I went to the local 7-Eleven and bought them out of Easter eggs. The guy behind the counter was happy to make such a big sale so early in the morning. Our team members gratefully accepted this little treat.

It was much colder today. It was a very icy wind that seemed to be blowing from all directions. It was at least a bit cooler for the 5000m runners. I had the pleasure of lap scoring for **Dennis Wylie** (M55 – 17:50), **Peter Byrne** (M50 – 18:36) and **Bradley Sharpe** (M50 – 18:48). They all ran well and my job was easy as they were all on the same lap. **Simon White**



(M35 – 17:17) and **Don Mathewson** (M65 – 18:48) were our National Champions in this event.

We had 26 representatives in the 400m which was an outstanding achievement. I again watched with interest as I worked on selecting the teams for tomorrow's 4 x 400m relays. **Gianna Mogentale** W45, **Jay Stone** M30, **Todd Devery** M50, **Neville McIntyre** M65 and **Richard Hughes** M80 were our National Champions. The M65 race in particular was a close fought race with Neville McIntyre (1:04.51), just shading **Les Gillies** (1:05.62) and **Martin Auster** (1:08.29) to give NSW another 1-2-3 finish.

We had four representatives in both the women's and men's 100m Champions of Champions races. The race is handicapped to give athletes of all ages an equal opportunity to win. In the women's race we were represented by **Gianna Mogentale, Jacquie Bezuidenhout, Lynda Douglass and Catherine Kermond** while in the men's race we had **Neville McIntyre, John Van Stappen, Richard Hughes and John Wall**. As expected, both races were closely contested. **Gianna Mogentale** won the women's race with **Jackie Bezuidenhout** in 2nd, **Lynda Douglass** 4th and **Catherine Kermond** 8th but there was very little between them. In the men's race, **Neville McIntyre** placed 3rd with **John Van Stappen** 5th, **Richard Hughes** 6th and **John Wall** 7th but again it was close.

Finally the time for the 4 x 100m relays had arrived. Organising relay teams can be very challenging at the best of times and today was no different. The main challenge I had was that the middle age category was incorrectly listed in the programme. Despite the error, the AMA decided that the age category would be as per the entry form not the programme. The men's was 180+ instead of 170+ and the women's was 170+ instead of 160+. This had no effect on the women's team but the men's team I selected added up to exactly 170. As a result, I had to move this team to the 120+ category and select a new team for the 180+. Fortunately, things worked out pretty well.

The women's 220+ relay was the first event and our team of **June Lowe, Ellena Cubban, Julie Steele and Kathleen Cook** put in a great effort to finish 5th in a great

time of 1:05.63. The men's 240+ relay was next. **John Van Stappen, Alan Carey, John Wall and Neville McIntyre** were outstanding in placing 1st in a fantastic time of 52.67sec. Our women's W170+ team of **Daniela Osiander, Tracey Grozdanis, Christine Shaw and Lynda Douglass** also scored gold in another outstanding time of 54.10sec. Our men's 180+ team of **David Skala, Darren Hughes, Antony Morphis and Ron Cozijnsen** got our 3rd gold in a time of 49.55sec. From a manager's point of view, this was the most satisfying because the team was put together in five minutes. **EJ Davie** deserves a special mention as he selflessly stepped aside from this team to give a faster runner an opportunity. His attitude and sense of team spirit was greatly appreciated.

Our women's 120+ team made it four gold medals. The team of **Ranell Hobson, Jacquie Bezuidenhout, Catherine Kermond and Gianna Mogentale** finished in a time of 51.23sec. Our men's 120+ team of **Jay Stone, Kris Wardecki, Greg Hepburn and Chris Brack** came up against a hot VIC team but fought right to the finish to secure silver in 46.03sec. Our tally of four gold medals and one silver medal from the six relays was an outstanding effort. All 24 athletes who ran did NSW proud. While I was happy with how everything went, I was also slightly relieved. The experience of today would help me with the 4 x 400m relays tomorrow.

I completed a very full day by attending the AMA awards dinner. This was the first one I had ever attended. It was a very enjoyable night. The venue was spacious, the food was good and the

entertainment by singer, radio personality and comedian Greg Champion was excellent. It was a pity that a lot of the award recipients were not present to accept their awards but some had injuries and others were overseas at the World Masters Indoor Championships so it couldn't be helped. I enjoyed being there and will make sure that I attend future dinners. I certainly slept well tonight.

Monday

Melbourne turned on very bizarre weather today. I've heard people say that you can experience four seasons in one day here. We certainly got that and more. We had sunny periods where it got quite hot, there was heavy rain, dark clouds, thunder, lightning and cold winds. We even got a large hail storm. It was so heavy that the events were delayed for a while. The hail stones covered the in-field like snow. It capped off another eventful day.

With the 8km cross country and 10km road walk at other venues, there weren't as many events on the track today. Apart from the running events for the outdoor pentathlon, the other important event was the 4 x 400m relays, which was to be the last event on the programme. After yesterday's experience with the 4 x 100m teams, I was a lot more confident today. However, I still had butterflies as the time got closer but I was looking forward to it at the same time.

The first race was the men's 240+. Our team of **Neville McIntyre, Don Mathewson, Alan Carey and Geoff Francis** ran their hearts out to finish in a time of 4:36.38 and place 2nd. The 180+

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race was next and we were represented by **John Thompson, Brad Sharpe, Ron Cozijnsen** and **EJ Davie**. It was a closely fought race and it was no disgrace to finish 4th. Their time of 4:21.25 was fantastic. Our 120+ team of **Darren Hughes, Jay Stone, Chris Brack** and **Kris Wardecki** were again outstanding in finishing 2nd to a very hot VIC team once again. Their time of 3:40.58 was the fastest of all our teams.

Unfortunately, we couldn't field a team in the W220+ age category. We need some W55, W60 & W65 women to put their hands up and represent NSW in this event. So there is an opportunity there for future Nationals. Our W170+ were our most successful team on the day. **Tracey Grozdanis** who contested an 800m less than an hour before, ran an outstanding first leg to be up near the front, **Deborah Drennan** then got the team into the lead and this was further

consolidated by **Lynda Douglass** and **Cris Penn**. They not only got gold, they won by over 100m in a time of 4:43.19. The W120+ race was the very last event of Nationals. Our team of **Cathy Kermond, Lisa Harrison, Karen Herrmann** and **Gianna Mogentale** gave 110% effort in placing 2nd in a time of 4:20.75.

So from the five relays NSW contested today, we got one gold and three silver medals which was again an outstanding effort by all concerned. Our overall result from the eleven relays we contested over the last two days was 5 gold medals, 4 silver medals with a 4th and a 5th placing. It's not always about medals. Being able to give athletes an opportunity to be part of a team and to see the joy on their faces is very rewarding. I was really touched by all the nice things that several relay team members said to me afterwards. Everyone was so thankful to be involved. I really enjoyed it too. After

the relays, I went up into the stand and took in the atmosphere for the last time. I really enjoyed every minute of it.

The most touching moment for me came next when I was asked to join the women's teams on the podium for a photo. I was sitting on the podium with all the athletes behind me. As the photos were being taken, someone put a gold medal around my neck. I thought it was someone else's and it was just put around my neck for the photo. When I went to give it back, I was told that it was mine for being a great team manager. I felt a little guilty at first but I was really honoured at the same time. I also felt humble as I just wanted to do the best job I could and the fact that so many said that I did was overwhelming. So much so, that I shed a tear or two. I am getting it engraved with "Garry Womsley – NSW Team Manager 2012". It capped off a great weekend that I will never forget.



They went, they threw, they conquered!

THROWERS REPORT FROM MELBOURNE NATIONALS

46 intrepid NSWMA athletes took to the fields at Albert Park Stadium Melbourne to contest the 2012 AMA Nationals throws events over Easter. Melbourne turned on its usual 4 seasons in every day, with cold cloudy weather, and for the unlucky Monday afternoon entrants, rain and hail.

Team NSW is always a strong contender at Nationals each year, but the current strength of our throwing contingent really showed through against the other states this year, as we brought home a total of 104 medals over 93 events.

NSW also scored a win in the prestigious Champion of Champions Throws Handicap (Shot), with Keith James claiming the Men's trophy with a handicap distance of 19.43m. Lynette Smith placed 4th in the Women's handicap event, with 19.47m.

W35 Newcomer Kellie Watson made her national debut with 3 silver (Hammer 18.40, Weight 8.04, TP 1505) and a bronze (Discus 18.47).

W40 Lynette Smith again smashed her opposition with 4 gold (Discus 34.10, Javelin 36.81, Shot 9.85, TP 2893) and 2 silver (Weight 9.72, Hammer 32.62).

By Jill Taylor

Another newcomer Selina Ellis debuted with 3 bronze (Shot 5.97, Hammer 18.19, TP 1442) and a 4th (Discus 14.94).



W45 Glenys Whitehead again competed well in a strong age group to take 3 bronze (Hammer 35.95, Javelin 27.42, TP 3029), 4th (Weight 10.47, Shot 8.82) and a 5th (Discus 24.97)

W50 Christine Shaw made a strong showing with 2 silver (Discus 25.49, Javelin 23.85). Ellena Cubban took 2 bronze (Javelin 20.26, Discus 19.53) and a 5th (Shot 7.90). Margaret Walker placed 5th in Javelin (17.94). Wendy Hord took 1 silver (TP 2525), 3 bronze (Weight 9.62, Hammer 27.84, Shot 8.54) a 4th (Javelin 18.46) and a 6th (Discus 15.94)

W55 Jill Taylor took 3 gold (Weight 11.24, Discus 23.82, TP 3015pts), 1 silver (Hammer 32.58), and 2 bronze (Shot 8.62, Javelin 16.76). June Lowe snagged 1 gold (Javelin 23.56), 1 silver (Shot 9.13) and 2 bronze (Hammer 29.65, Discus 20.30). Pauline Smith placed well with

three 4th place (Discus 18.14, Shot 6.31, Javelin 16.19), and a 5th (Hammer 20.70).

W60 Entering a new age group, Denise Palmer and Adriana van Bockel both acquitted themselves well - Denise taking 5 silver (Weight 12.94, Hammer 34.21, Shot 9.60, Discus 23.18, TP 3519) and a bronze (Javelin 16.55); Adriana had a 4th (Javelin 14.35), three 5th (Hammer 22.22, Weight 8.23, TP 2169), 6th (Discus 17.45) and 9th (Shot 5.88).

W65 Great to see Mary Thomas back in the circle, after recent body rebuilding operations! Mary took 2 gold (Discus 20.75, Javelin 20.75) and 4 silver (Shot 7.61, Weight 9.38, Hammer 24.89, TP 3383).

M30 Shane Gatley scored 2 bronze (Hammer 28.99, Weight 8.82) and four 4th (Javelin 32.84, Discus 26.72, Shot 9.46, TP 1450), whilst Brendan Lys snared three 4th (Hammer 23.96, Shot 9.46, Weight 7.91) and a 5th (Discus 25.86).

M35 Newcomer Rodney Watson returned to Woolgoolga with 3 gold (Javelin 39.25, Discus 27.11, Weight 8.76) and 3 silver (Hammer 23.41, Shot 10.00, TP 1778). Paul Burgess scored silver (Javelin 32.10)

M40 Keith Melton-Agbohlah made bronze (Javelin 35.55), 4th (Discus 23.08) and 5th (Shot 8.05). EJ Davie scored a 4th (Weight 4.57), and two 6th (Shot 5.59, Discus 13.46).

M45 Master blaster Stuart Gyngell took no prisoners, taking 5 gold (Hammer 43.53, Weight 14.04, Discus 43.94, Shot 16.33, TP 3891), and kindly left the

Javelin gold to Alan Provenzano (41.43). Alan also took home silver (Discus 27.24). George Jankowski scored 3 bronze (Discus 20.77, Hammer 15.20, TP 1224) and a 4th (Javelin 24.80).

M50 Kevin Fisher took home 4th (Javelin 38.39).

M55 The rivalry continued with this group, with the lead in all events alternating back and forth between some fine throwers: Lajos Joni swept home with 2 gold (Hammer 43.84, Weight 15.10), a 5th (Shot 11.08) 7th (Discus 31.75) and an 8th (TP 2312). Voitek Klimiuk took 2 silver (Javelin 41.25, TP 3262) and 5th (Hammer 36.53). Robert Hanbury-Brown claimed 1 silver (Weight 13.30), 3 bronze (Hammer 39.75, Javelin 36.82, TP 3149), 4th (Shot 11.29) and 5th (Discus 36.77). Gavin Murray nailed gold (TP 3371), silver in the shot (11.64) and 2 bronze (Discus 37.75, Weight 13.04). Andrew Atkinson-Howatt scored gold (Javelin 44.08), 5th (TP 2938), 6th (Shot 11.01, Discus 36.57) and 7th (Hammer 33.73). Anthony Baker took two 6th (Weight 8.92, Javelin 26.57), 7th (Shot 10.42), 8th (Hammer 25.84), 9th (TP 2279), and 10th (Discus 25.78). Doug Barrett scored 9th (Javelin 19.55) and Wayne Martin took silver (Discus 39.72)

M60 Another newcomer Glenn Compton took home gold (Shot 11.54). Ian Heazlewood scored a bronze (Weight 11.04), 4th (Hammer 22.01), 6th (Discus 27.64) 7th (Javelin 23.42, Shot 9.18).

John West bagged bronze (TP 1567), 4th (Javelin 27.19), two 5th (Hammer 15.15, Weight 6.75), 8th (Discus 24.41), and 9th (Shot 7.88).

M65 Raminder Singh took two 6th (Weight 7.56, TP 1882) 7th (Hammer 19.08) 8th (Javelin 16.25) and 12th (Discus 22.22). Vince Basile scored 6th (Hammer 21.15), 7th (Shot 10.02) and 8th (Discus 29.70). Leo Christopher bagged gold (Shot 12.81), silver (Discus 38.94)

M70 Keith James swept home with 5 gold (Hammer 40.78, Shot 12.34, Discus 37.54, Weight 14.89, TP 3977) and silver (Javelin 37.93). Brett Sowerby took silver (Discus 33.02), bronze (TP 3022), and three 4th (Hammer 31.94, Shot 9.85, Weight 13.03) Ron Bragg made bronze (Javelin 25.77) and Greg Mamalis silver (Shot 10.75).

M80 Francis Torok won 2 gold (Discus 19.13, Shot 8.13) and a bronze (Hammer 22.28).

M85 Fred O'Conner took a silver (Javelin 16.65) and a bronze (Shot 7.16), whilst Max McKay snagged 1 gold (Discus 11.42), 1 bronze (Javelin 10.00) and a 4th (Shot 5.94).

Our roving reporter had a chat to some of the team, who shared their personal highlights:

Keith James – “getting PBs in hammer and shot, winning all throws events except jav - lost that one by 3 cms! Winning champ of champs in Shot in rainy conditions”

Rob HB – “my 39.75 hammer 3rd and discovering a great micro brewery!”

Gavin Murray – “winning the M55 throws pent gold “best day ever!”

Lajos Joni – “state record in weight on the last throw, gold in hammer and weight, plus the time to look around melb, taking full day tickets for the tram!”

Brett Sowerby : “being robbed in discus...haha...a good hammer and a good trip...despite wearing elbow and knee guards, an enjoyable time”.

Ron Bragg: “ the cold freezing weather, coming 3rd in jav, stayed with friends, sightseeing, we toured the MCG and had a great time”.

Jill Taylor: “catching up with all my aths friends from around the country, trialling some new tracksuits, the great camaraderie, plus my roomie Tracey Grozdanis made the trip a whole lot of fun ☺”

Advice from ANSW re throws officiating for everyone's information:

"Athletics Australia have introduced a new protocol relating to throws. This protocol was announced at the recent Australian Open Championships and came into effect on 16 April 2012.

In throws events it has been the practice that the circle/runway judge has a red and a white flag to indicate the validity or otherwise of a throw as does a judge in the fall area. At times there may be both a red and a white flag raised. This has caused confusion at times among spectators and athletes.

The new protocol is that only the judge at the circle/runway will have a red and a white flag. The judge in the fall area will use hand signals to indicate the validity of the throw in the fall area to the circle/runway judge. After receiving a hand signal the circle/runway judge will raise the appropriate flag to indicate the validity or otherwise of the throw.

Two types of hand signals will be used.

If the implement falls outside the sector the fall area judge will raise an outstretched arm at shoulder height pointing towards the sector line outside of which the implement landed.

In the case of a javelin landing flat, the fall area judge will signal with one hand, palm open and facing downwards making several push-down movements.

This new protocol becomes effective immediately in New South Wales."

Janet Naylor

the **INSIDE** story

Not many athletes are still competitive in the Open arena when at an age that categorises them as Masters. Two of our number achieved this recently and here is the story of one of them.

In mid May I was selected to represent Australia at the IAAF Oceania Open Area Championships, becoming the first Australian to compete at these championships five times. It marked another proud moment for me as I now slowly transition from an open age athlete to masters.

I was 24 when I was first selected to represent Australia at the 2004 Oceania Champs in Townsville. Back then, the selection criteria was quite unique, I suppose with the aim of not sending a team capable of overly dominating. To be selected you couldn't have represented Australia before (apart from previous Oceania Champs) and you had to either be of indigenous background, or live in an 'athletically remote area', ie 300+ kms from a place where regular competition was held. So for once, my isolation in Armidale proved to be an advantage.

Leading into those championships I intensified my training. I was (and still am) self coached, and at the time was making it up as I went. I overtrained and went into the championships with a nagging foot injury. I qualified 5th fastest for the 400m final, but as I finished my heat I could barely walk, my foot was on fire. That night the team physio diagnosed a navicular stress fracture, and spent several hours trying to release the bones which had fused into the ankle joint.

The next day I could barely walk, but in my naïve patriotic state I figured this might be the only chance I'll ever get to run for my country, so I decided to strap it up and try to run. I finished 7th in extreme pain, in a time that is the slowest I've ever run on synthetic. I withdrew from the long jump and the relays, and I came home to Armidale gutted.

The road back from the injury was long and frustrating; there was a period where

By Jay Stone

I thought I may never run again. The phoenix to rise from the ashes was coaching. Unable to run, yet unable to stay away from the track, I went and got my qualifications and started coaching local Armidale youths. This was one of the best decisions I ever made, the squad I formed, called the Vipers, to this day is a constant source of motivation for me. Prior to that I'd always trained solo, so having young kids giving their all on the track served to fire me up and lift me to new heights once I was able to get back out there.

When the 2006 Oceania Champs came around, I was still on the comeback trail. I'd only jumped twice since the injury, and run one 400m. I put a nomination in and was surprised to be selected on an Australian team that was mentored by Kyle Vander-Kuyp and a young Ben Harradine. The Championships were in Samoa, with two leadup meets to be held in Fiji. Unfortunately, this was around the time of the 2006 Fiji military coup. It was determined that Suva (where the grand prix meets were to be held) was unsafe, so we were mostly confined to our hotel between meets, and alternate (grass) tracks on the Western side of the island had to be found.

In Samoa for the Oceania Championships, I struggled with the 40degree heat and 100% humidity. Being an Armidale local where it rarely tops 30 degrees made things tough. In the 400m, I felt drained, was

run out in the heats finishing 9th overall, and was quite embarrassed by the performance. I was able to bounce back though the next day in the long jump. That night is a memorable one for me, by the end of the day the long jump was the only event still going, so all of the crowd (including most of the Australian team), was down by the fence clapping us in and keeping us fired up. After six jumps I had leapt triumphantly to the silver medal. We travelled back to the athletes village in a retro style yellow American school bus with no windows. Redeemed and proud, I returned home to Armidale with my medal.

The 2008 Oceania Championships were held in Saipan, Northern Mariana Islands. These championships came on the back of perhaps my best season, and everything clicked for me. This being my third Oceania I was chosen to be the flag bearer at the opening ceremony, which was a proud moment. For the three day competition, I had a heavy program, being selected in the 200m, 400m, long



jump, and being part of the 4x100m and medley relays (all with heats and finals). The 400m was up first, and after a strong heat run I finished 4th in the final, narrowly missing the medals. The same afternoon I had the long jump and after five rounds was in the bronze medal position. In round six, the jumper prior to me pushed me back to 4th place. I remember standing on the runway before my final jump telling myself I am NOT coming 4th again today. I came in, hit the board perfect and launched the best jump of my life, taking me from 4th place to the silver medal. It was another big highlight. I built off the success there and followed up with a bronze medal in the 200m and also picked up bronze as part of the 4x100m relay.

After the following season, I was 29, and it was around this time that I realised that many seasons I spent 11 months training and sometimes only competed twice (at the NSW Country and NSW State championships). Living so far from synthetic tracks, I was loathe to drive all the way to Sydney for just an allcomers meet, so I looked forward to turning 30, beginning masters competition and the extra championship meets that it would open me up to. Once I began competing

at masters meets, there was a noticeable shift in the mentality of the competition. No longer was everything a stressful, highly strung, cut throat environment. Masters competition was much more laid back, friendly, and enjoyable.

When I was selected for the Oceania Championships the 4th time in 2010, I assumed it would be my last time. Other than the fact that at 30 I was the oldest man on the team, the main reason was that the IAAF was now offering the winner of any Oceania title the possibility of being nominated to compete at the world championships (even if they had not done an A or B qualifier) which had upped the stakes of the championship considerably. Because of this, Australia finally scrapped the selection criteria involving prior Australian teams or 'athletically remote locations', it would now simply be the best three athletes who nominated in each event would be selected.

It was a vastly different Australian team that took to the track in Cairns, including such names as Sean Wroe, Jeremy Roff, Scott Martin, Greg Eyears, Tim Driesen, Simon Wardhaugh, Pirrenee Steinert, Bronwyn Eagles and Karen Di Marco. Only three Aussie athletes from the 2008

Saipan team were able to lift to the new standards and make the team two years later for Cairns. I was lucky enough to be one of the three, and as this was my 4th championships I was once again proudly chosen to carry the Australian flag at the opening ceremony.

With the likes of Wroe and two PNG Comm Games reps in the 400m field the bar had been raised. I barely scraped into the final, where I blew up in the home straight, finishing in 7th place. After the 400m I took part in the 4x100 and anchored the mixed medley relay, picking up a bronze medal as part of both teams.

At the end of the competition, I continued to make my transition from open age athlete to masters, but was determined to pull 'double duty' for as long as I could. Doing so allowed me to compete much more, which made all the long, cold months on the Armidale training paddock more worthwhile.

For the 2012 Oceania Championships, I never seriously thought I would be selected a 5th time, though I was under the qualifying standards I expected my times wouldn't make the grade. To scrape into the team (if only for the 200m this time) was quite fulfilling.

So, with my Achilles and hamstring still bothering me, I resumed full training this week, setting myself the goal of making the 200m final in Cairns. Most of the competition will be around a decade younger than me, and not juggling a full time job or three young children, but if there is one thing I've learned from other Masters athletes, its that having a full life off the track, enhances the achievements, and lessens the disappointments on it. So whatever happens, I'll be proud just to be lining up in international open competition one more (last?) time.

Email to the President passed on to the membership

Bob Cartwright recently suffered a bad accident and has been in hospital. His family is transferring him to a nursing home at Blakehurst.

I am sure that there are still people active in the Masters who know Bob and may not be aware of his accident.

Bob is a personal friend of some 62 years and a more likeable person you could not meet, devoted to athletics both as a Veteran and as a long time member of the Botany Harriers, later Randwick Botany. I am sure he would appreciate any contact with those NSW Masters for which he worked so hard for in the early formation days.

Sad to say we saw the passing of another Life Member mid May, **Yvonne Piper**.

You won't see her name in the record books or the results of events but she was one of the pillars of the NSW Veterans (Masters). Joining in the 1970s Yvonne was the organiser of the social side of our club, a part of the Club which attracted new members and made it a most enjoyable Club to be in. Many of the spouses of members became active athletes because of meeting at our social gatherings.

Yvonne was a great organiser and motivator and with her 2 friends, Marie Devlin and Thelma Payne co-opted others to join in and make the Club the success it would become. True the Club could survive and prosper just as a sporting club but Yvonne's group made it much more than that.

Yvonne is survived by her husband Peter Piper, a top class distance runner (his brother Bob also competed).

Never was a person more deserving of Life Membership. A truly nice lady, a friend to all.

Logan Irwin.

AUSTRALIAN MASTERS ATHLETIC AWARDS

PRESENTED AT MELBOURNE 2012

Keith Bateman (M55) received an AMA award for Distance. He has 5 World records and is ranked no 1 in the World in the 1500m, 5000m, and 10000m. He also won each of those distances and the Marathon at Sacramento last year.

Four Australian records

& ONE STATE RECORD BROKEN AT SYLVANIA – SATURDAY, 24TH MARCH, 2012.

When Geoff Francis mentioned to me that he was about to turn 70 and it would be great if he could get a team together to break the 4x1500m Australian relay record in the M70 category, he said that all he needed was a venue, two officials and some other teams to run against.

This sowed some seeds in my mind. At the Postal Relays a few weeks before, Ron Cozijnsen who is with the Sutherland Athletics Club, suggested that we could hold next year's event at Sylvania which is Sutherland's home track. Ron has been a great supporter of Masters Athletics and an enthusiastic member of many relay teams I have managed in recent times. With that in mind, I thought I would contact Ron to see if we could make Geoff's wish possible this season.

Amazingly, we secured the venue, set the date and everything started to fall into place fairly quickly. Noel Wright got on board and organized the M65, M50, M35 and M30 teams. With Nationals coming up in a couple of weeks, a number of team members were looking at this event as a final hit out before Melbourne. A 400m event was also organized for the sprinters (and others like me who wanted a run).

So with a week to go, we had everything in place. All we needed was plenty of helpers and a fine day. Fortunately, we got both. The day was sunny with a slight breeze. It was an ideal day for record



breaking. So after some photos were taken by our photographer Andrew Atkinson-Howatt, the gun was raised and the five teams took off from the start line.

Every single runner in every team put in 110% effort for their team mates and the camaraderie was great to see. The first team to finish was the M35 team (**Michael Doggett, Dennis Wylie, Brad Sharpe and Mark Gregory**) in a time of 18:26 which was a new Australian record. They were soon followed by the M30 team (**Ian Rose, Peter Byrne, Nick Terranova and Stephen Archer**) in a time of 19:41 which was also a new Australian record.

The third team across the line was the M65 team (**Frank Scorzelli, John Warren, Noel Wright and Don Mathewson**) in a time of 21:49. Unfortunately, due to a lap scoring malfunction Don was made to do an extra lap but the problem was sorted out pretty quickly and another Australian record was broken. The M50 team (**Ron Cozijnsen, Doug Barrett, Dennis Williams and Steve Napper**) finished in a time of

23:14 to clinch the state record for the age category.

Our fifth and final team to finish was the mighty M70 team of **Ron Wills, Jim Harrison, Albert Gay and Geoff Francis**. They finished in a time of 25:10 which was again an Australian record. So our five teams broke four Australian records and one state record on the day which was a remarkable effort.

The 400m saw a closely fought race between Nick Terranova (1:03.12), Ron Cozijnsen (1:06.04) and EJ Davie (1:07.65). I was the 4th and final runner home in a distant 1:16.09. In conclusion, this turned out to be an enjoyable event which will hopefully lead to more regular Masters events in the future.

Many thanks go to **Ron Cozijnsen** and **Sutherland Athletics Club** for providing the venue, his fellow club members **Lauren Hay** and **Sue Ward** who helped lap score and starter **Ray Allen, David Archbold** for providing stop watches, batons and the start gun, **EJ Davie, Lynette Smith, Andrew Atkinson-Howatt** and **Simon Butler-White** for lap scoring, taking photos, officiating and timing. Also, thank you to the family members of the athletes who also helped out in various ways. We couldn't have done it without you. It just goes to show that a small idea can plant a seed which can grow to fruition quickly if we all get behind it.

GARRY WOMSLEY



You heard it here first

In order to add some spark to our next State Championships and to arouse greater general interest from news media and the public it has been decided that our annual athletic contests should be more like ancient Olympian events. Archery and shooting are being considered for inclusion. Running races may begin to take on the hue of the gladiatorial contests of old as the contestants will be allowed to carry weapons. There may also be a few upcoming modifications to our uniforms, such as leather vests and boots and shields. In a convenient arrangement with Western Plains Zoo, future losers will be fed to lions. Spectacle aside, it should save administration staff a lot of work when results are to be tabulated.

The Presidential Address

NSWMA is in good shape from where I sit. Membership is about 350, as good as we've had in the last 12 years or so. At the state titles there were over 325 entries. At the recent nationals we sent 143 members away which is a record number since I've been in the Club. The facebook site is going strong with over 100 members. At the recent presentation lunch we had about 75 bookings. Masters athletics is in a healthy state in NSW.

At the state titles we launched our new shirts and a number were sold. We still have plenty more. You can order them via the shop on our website. Unfortunately we ran short of uniform stock just prior to the nationals but there is plenty of stock on hand now.

The annual awards were held at Ryde-Eastwood Leagues Club once again where for the first time we were able to raffle a significant prize, a \$2000 accommodation voucher. New member Heather Lee was the lucky winner. Keith Bateman M55 and Lynette Smith W40 were crowned our athletes of the year. Keith has had an outstanding season winning world titles and setting world records. He would surely win such an award in any club. Lynette proved her versatility medalling at world titles in throws and jumps as

well as setting records in the multis. See elsewhere in the newsletter for details of all the awards, nominees and winners.

The Annual General Meeting is next on the agenda, coming up on June 24. You will have received a notice either via email or snail mail. The club is only as strong as its committee and there is always a need for new blood and fresh ideas. Simon Butler-White is stepping down as Records and Awards officer after several years on the committee. I'd like to thank Simon for his many contributions over this time.

Simon has taken the records portfolio to a new level of efficiency and we would like to be able to maintain this high standard.

With the Sydney nationals coming up in two and a half years time, the new committee will have to start planning. Urgent needs will be to form an organising committee, find some sponsorship and select the venue. In a club of this size surely there must be someone out there with some business contacts who could help us find sponsorship for this big event. Melbourne was able to secure \$50K in government support but in the past NSW



governments have said no funding unless it's an international event. Typically here in NSW the organisation of the nationals has been left to a handful of people, not nearly enough to make the event a success.

For some of us the winter season brings weekly competition in road races or cross-country, for others gym workouts and hard training for the next summer season. In August, Springwood will again host their popular Throws Day which celebrated its 10th anniversary last year. The collaboration with the Springwood Club has been a very fruitful one over the years and we would like to develop more of these relationships with other clubs. Campbelltown has been very helpful also in relation to the Throws Pentathlon titles event and Illawarra Blue Stars in Wollongong have put on a number of masters events. If you think your club could assist in putting on masters events let us know.

Mark



NSWMA Membership information

I've had a few calls recently regarding when memberships are due again (a throwback to our previous May/April years)....Please note that our annual memberships run from October 1st to September 30th each year. Reminders will be sent to all members around mid August (and I'll chase you up!)...also remember that to be eligible for state or national records or NSWMA awards you must be a financial member, and your membership is counted from the date of payment (so say if you didn't renew until February, a result in the months prior to that would not be counted).

Athletics Australia have announced the team for the Oceania Athletics Championships, to be held in Cairns (QLD) from June 27-29 2012 which included two of our members:

Jay Stone 200m

Greg Eyears 110m Hurdles. Best of luck to you both!

Auckland to host World Masters Games in 2017!!

NZ Prime Minister John Key has announced that Auckland will host the World Masters Games in 2017. He told a meeting of South Auckland business leaders today that thousands of competitors would attend the games, providing a boost to the Auckland regional and national economies. "There's a capacity for Auckland to run these events," he said, referring to 2010's the supercity reforms.

About 50,000 athletes are expected to attend the World Masters Games in Italy next year. The Masters Games is a festival of sport for athletes and enthusiasts aged from 35 to 100.

woohoo good for us aussies!!

Jill Taylor

Following is a list of Australian and NSW records set since March 1, 2012.

AUSTRALIAN RECORDS

W35 56lb wt : **Tatiana Sudarikova**, 4.34m, Cmpbl, Mar 11

W50 Pent: **Christine Shaw**, 3129 pts, Melb, Apr 9

W85 1500m walk: **Heather Lee**, 11:36.90, Melb, Apr 6

5000m walk: **Heather Lee**, 41:25.35, Melb, Ap 7

10km walk: **Heather Lee**, 1:24.06, Melb, Apr 9

M30 4 x 1500m relay: **Ian Rose, Peter Byrne, Nick Terranova, Stephen Archer**, 19:41.0, Sylv, Mar 24

M35 4 x 1500m relay: **Michael Doggett, Dennis Wylie, Brad Sharpe, Mark Gregory**, 18:26.0, Sylv, Mar 24

M55 56lb wt, **Lajos Joni**, 7.87m, Cmpbl, Mar 11

M65 4 x 800m relay: **Les Gillies, Geoff Francis, Noel Wright, Don Mathewson**, 11:01.70, Ill, Mar 9

4 x 1500m relay: **Frank Scorzelli, John Warren, Noel Wright, Don Mathewson**, 21:49.0, Sylv, Mar 24

M70 4 x 1500m relay: **Ron Wills, Jim Harrison, Albert Gay, Geoff Francis**, 25:10.0, Sylv, Mar 24

Throws pent: **Keith James**, 4122 pts, Cmpbl, Mar 11

M80 200m hurdles: **Osmo Millridge**, 44.11, Melb, Apr 8

1500m walk: **Osmo Millridge**, 9:54.62, Melb, Apr 6

4 x 100m relay: **Leo Coffey, George Harrod, Hugh Thomsen, Richard Hughes (NSW)**, 1:08.63, Melb, Apr 8

4 x 400m relay: **Irwin Barrett-Lennard, George Harrod, Leo Coffey, Richard Hughes** 6:00.65, Melb, Apr 9

NSW RECORDS

W30 Pent: **Tracey Grozdanis**, 1706 points, Melbourne, April 9

W35 56lb wt: **Tatiana Sudarikova**, 4.34m, Cmpbl Mar 11

W50 56lb wt: **Christine Shaw**, 3.35m, Cmpbl, Mar 11

Pent: **Christine Shaw**, 3129 pts, Melb, Apr 9

W60 56lb wt: **Jill Senior**, 2.86m, Cmpbl, Mar 11

W70 10km road: **Dorothy Tanner**, 51:43, Homebush, May 6

Half marathon: **Dorothy Tanner**, 2:01.44, Sydney, May 20

W85 1500m walk: **Heather Lee**, 11:36.90, Melb, Apr 6

5000m walk: **Heather Lee**, 41:25.35, Melb, Apr 7

10km walk: **Heather Lee**, 1:24.06, Melb, Apr 9

M30 4 x 400m relay: **Jay Stone, Chris Brack, Darren Hughes, Kris Wardecki**, 3:40.58, Melb, April 9

4 x 1500m relay: **Ian Rose, Peter Byrne, Nick Terranova, Stephen Archer**, 19:41.0, Sylvania, Mar 24

56lb wt: **Warren Jones**, 6.47m, Cmpbl, Mar11

56lb wt: **Anatoly Kirievsky**, 6.63m, ACT, Apr28

M35 4 x 1500m relay: **Michael Doggett, Dennis Wylie, Brad Sharpe, Mark Gregory**, 18:26.0, Sylv, March 24

M40 Half marathon: **David Tonge**, 1:12.10, Sydney, May 20

M50 4 x 1500m relay: **Ronald Cozijnsen, Dennis Williams, Doug Barrett, Steve Napper**, 23:14.0, Sylv, March 24

M55 56lb weight: **Lajos Joni**, 7.87m, Cmpbl, Mar 11
wt: **Lajos Joni**, 15.10m, Melb, April 9

M65 4 x 800m relay: **Les Gillies, Geoff Francis, Noel Wright, Don Mathewson**, 11:01.70, Ill, Mar 9

4 x 1500m relay: **Frank Scorzelli, John Warren, Noel Wright, Don Mathewson**, 21:49.0, Sylv, Mar 24

Shot put: **Leo Christopher**, 12.81m, Melb, April 6

M70 Throws pent: **Keith James**, 4122 pts, Cmpbl, Mar 11

4 x 1500m relay: **Ron Wills, Jim Harrison, Albert Gay, Geoff Francis**, 25:10.0, Sylv, Mar 24

80m hurdles: **Greg Mamalis**, 14.64, Melb, Apr 7

High jump: **Greg Mamalis**, 1.33m, Melb, Apr 7

Pole vault: **Albert Gay**, 2.75m, Melb, Apr 8

M80 60m: **Richard Hughes**, 9.47, Melb, Apr 6

100m: **Richard Hughes**, 15.50, SOPAC, Mar 22

200m: **Richard Hughes**, 32.75, SOPAC, Mar 22

400m: **Richard Hughes**, 1:16.87 (equals SR), Melb, Apr 8

800m: **Richard Hughes**, 3:12.12, SOPAC, Mar 22

200m hurdles: **Osmo Millridge**, 44.11, Melb, April 8

1500m walk: **Osmo Millridge**, 9:54.62, Melb, April 6

M85 60m: **Fred O'Connor**, 13.40, Melb, April 6

Shot put: **Fred O'Connor**, 7.06m, Melb, April 6

Abbreviations: Cmpbl (Campbelltown) Melb (Melbourne) Sylv (Sylvania) Ill (Illawong) ACT (Canberra) SOPAC (Sydney Olympic Park Athletic Centre) Wt (weight throw) Pent (Pentathlon) pts (points)

What's ahead?

Athletics

- 23-Jun XC Championships, Nowra
Browns Mountain Road, Willandra
- 7-Jul Road Relays, Ourimbah
The Boulevard, University of Newcastle
Central Coast Campus
- 14-Jul Short Course XC Rydalmere
- 2-Sep Half Marathon Champs, Bankstown
Details t/c
- 16-Sep Marathon Champs, Sydney
(in conjunction with Sydney running Festival)

Walks

- 24-Jun Short Walk Champs
Harrington Park Lake, Narellan
Tench Reserve, Jamisontown

Throws

- 17-Jun Throws Pentathlon
Dunbar Park, Sobraon Road, Marsfield
- 22-Jul Heavy Weight Pentathlon
Dunbar Park, Sobraon Road, Marsfield

THE UNSTOPPABLE Mary Thomas

Mary Thomas is one of our sports most enduring competitors. She has been a member of Athletics NSW (originally NSW Amateur Athletics Association) for 54 years, a NSWMA member for 33, and is a life member of Illawarra Blue Stars (her current club) and Ryde Athletic Club. She has received many awards in honour of her athletic achievement and commitment to the sport including an Australia Day Medal, an Australian Sports Medal, Sports Persons Awards and the ANSW Merit Award.

Mary first took up athletics in high school as a 14 year old, initially favouring the Discus until a friend of her brothers, Alf Mitchell, who happened to be an Australian Champion Javelin thrower & the World's best junior at the time (and later an Empire Games gold medallist), introduced her to the latest technique in Javelin throwing which was to carry it over the shoulder. Prior to this the javelin was carried underarm with the arm held far back and then brought over the shoulder to throw. Mary was one of the first women to try this new technique.

In 1958 Mary competed in her first combined Home Science Schools Carnival at the Sydney Cricket Ground, coming second in the javelin to Ilsa Konrads (then a World champion swimmer) but the following year reversed that result, breaking Ilsa's record by more than 30 feet (9m). The feat made the Sydney papers with the write up saying 'Country girl breaks Konrads record with unorthodox style'.

Mary built on her Javelin technique, and successes, winning two Australian Junior titles and then went on to a long career in Opens, competing in 21 Australian Championships and medalling on 5 occasions (1 gold, 1 silver and 3 bronze).



Mary's NSWMA records

W35	Javelin	49.40
W40	Javelin	48.64
W45	Javelin	39.87
	Shot Put	11.79
W50	Shot Put	12.86
W55	Javelin	39.17
	Shot Put	12.09
	Throws Pent	4502 pts
W60	Javelin	33.83
W65	Javelin	31.31
	Discus	25.03
	Hammer	32.22
	Wt Throw	11.96
	Throws Pent	4646 pts
	56Lb Wt	2.44

Her win, in 1969, with a throw of 169'7" (51.68m) was with a wooden javelin. The second placing came in 1979, at the age of 35, with a distance of 48.72m. Mary

has also competed in 44 NSW Open Javelin Championships, up until the age of 58, winning 6 titles & placing in 28 others, missing out on the final only 3 times.

In 1976 Mary, Joyce Schmidt, Ruth Frith and Helen Searle were the first NSW women to compete in 'Veterans' Athletics (as Masters was then known) where she says they were not well accepted at first as it had been an all male club up until then. She had been a little reluctant to join Veterans anyway as she was still winning Open Titles, however she kept going and competed in her first Australian Veteran

Championships, in 1979, at Sylvania Waters athletic track where she won the Javelin & broke the 35 yrs record. In that same year she went on to compete at the World Veteran Championships in Hanover, Germany, placing 2nd in the Javelin with a throw of 44.40m. She's since competed in 14 World Championships, her achievements including 5 Javelin Titles, 1 World Record (W50 - 48.56m), wins in Shot Put and Throws Pentathlon and placings in Discus & Hammer, 28 medals overall. Beyond that she has won many British Veteran and US Masters Titles, breaking some of their records too! She's won trophies in the European Throwers Championships in Austria and competed in 13 Oceania Games. She has competed in 28 Australian Veteran/Masters Championships winning countless titles and setting records over the years in all the throwing events. Mary has never been beaten in a Masters Javelin competition in Australia.

All of this throwing has taken a toll on Mary's body and she's had 21 operations over her career. The latest, to repair a torn left rotator cuff, was scheduled for a few days after the Melbourne Nationals to enable her to compete (she came home with two gold and four silver medals!). Prior to that she'd been out for a year due to a right hip and knee replacement. The year before had her right and left Rotator cuffs repaired and had suffered Carpal Tunnel Syndrome, a

ganglion and Trigger Finger issues in her right hand.

These days, as well as competing, Mary officiates in throwing events for AA, ANSW and AMA, but mainly when injured. She does a bit of coaching and trains at Beaton Park in Wollongong. Despite the injuries, Mary vows not to give up until she can no longer walk!

Don't throw away old running shoes, particularly if they are in good nick. Send them through the washing machine, tie laces together so they won't lose each other and drop off at one of the locations listed here: http://www.shoesforplanetearth.com/?page_id=112 and read what they do with them.

NSW Novice Championships

28TH APRIL, 2012 – SCARBOROUGH PARK, RAMSGATE

By Garry Womsley

On a beautiful autumn day at Ramsgate, 19 of our members (14 men & 5 women) contested the 100th running of the NSW Novice Championships. It was also the first time that the women's race had been contested over 7km. The previous distance was 4km. Despite all the rain we have had this year, the course was in pretty good condition. There was one small mud patch but most of the course was dry. There was very little wind and it was quite warm in the direct sunlight.

In the women's race, two of our members placed in the top 20 which was a great achievement. **Nancy Newsome** placed 6th in a time of 27:05 and **Jane Boyd** placed 16th in a time of 28:38. From

the feedback I received, a lot of athletes were happy with the increase from 4km to 7km. Full results below.

In the men's race, 57 year old **Keith Bateman** showed the youngsters how it's done by finishing 7th in a great time of 33:27. This was a fantastic result from a remarkable athlete. Four of our other members also finished under the magical 40 minute mark: - **Simon White** (36:44),

Michael Doggett (37:33), **Dennis Wylie** (37:47) and **Ian Rose** (39:39). Full results as follows:

10k race for men

7)	Keith Bateman –	33:27
33)	Simon White –	36:44
41)	Michael Doggett –	37:33
44)	Dennis Wylie –	37:47
64)	Ian Rose –	39:39
68)	Paul Sheringham –	40:19
69)	Peter Byrne –	40:29
76)	Stephen Ball –	42:23
80)	John Thompson –	43:04
89)	Steve Napper –	45:33
100)	Doug Barrett –	48:35
107)	Ron Cozijnsen –	51:03
111)	Geoff Francis –	51:40
120)	Michael Christie –	57:09

7k race for women

6)	Nancy Newsome –	27:05
16)	Jane Boyd –	28:38
27)	Kerryn Taylor –	32:37
33)	Caroline Yarnell –	33:55
47)	Dot Siepmann –	45:39

From our FaceBook page...

You have all heard of the 'Balmoral Burn'. Held in May, a more crueling sprint has yet to be conjured up. Suffice to say it's bloody tough!!! You may also have heard that our very own Cris Penn won the 50-59 age group but, within this race Cris Penn, at the age of 53, achieved much, much more. Ponder this...out of a total field, male & female of 1094 runners, Cris finished 130th...It gets better..Out of the field of women, Elite, Open, 30-39, 40-49, 50-59...Cris finished 12th...She had 401 women behind her..I'll break this down and make it even more astonishing.

Elite Women..9th from a field of 12..
Open Women..4th from a field of 97!!
30-39..1st....from 32..
40-49..1st....from 40..
50-59..1st....from 22..

She would also have been placed 11th in the male 50-59, and 44th in the Open male category. Now, if this race had been age graded....Well!!!!!!

Cris did pretty much the same last year...Again with no recognition from the organisers...'Congratulations you won the 50-59 age group, thanks for coming'.

I know Cris is very happy with her trophy...But let's get serious, it's not all about the thousands of \$\$ that are given to the 'elite' runners for winning (and no one begrudges them getting it). But just back in the field is one of the most outstanding talents the 'Balmoral Burn' has ever seen...Long may she reign... No wonder they call her the 'Awaba Angel'...

So please organisers. Next year recognise what she did this year and last year.

Andrew Atkinson-Howatt

RON SCHWEBEL SET TO RUN **4** deserts

In March Ron Schwebel ran across the Atacama Desert in Chile. As a member of team *Born to run*, he is planning to run through 3 more of the Worlds' great deserts. The 4 man and 1 woman team, all of whom are from Sydney Striders, are competing in the *racing the planet* series. Racing the planet has been organising these races for 10 years now.

<http://www.4deserts.com/>

The 4 deserts include The Sahara, The Atacama, The Gobi and Antarctica. They represent the driest, hottest, coldest and windiest places on Earth.

The Atacama is at high altitude and the video blogs on Ron's Facebook page indicate that all members found the going tough in the rarified atmosphere, especially when pushing uphill in pre-race preparation at 5600m. Some members of the team became delirious and struggled to keep conscious. The race itself was a bit lower down so they were puffed but held up well for the race itself.

The team is raising money for juvenile diabetes.



The snow capped mountains were only just above head height but that meant pretty cold heads for Ron and his team.



Disorientation set in rapidly.

DIARY NOTES

Day 1 (31.3k) was spent running at 3000m altitude. The terrain was amenable to long sections of running carrying 10k pack. **Run time: 4hr16**

Day 2 (35.8k) started alongside a river that opened up to views of a very green valley. **Run time: 5hr02**

Day 3 (39.6k) involved interspersed soft and hard surface. The last 11.5k was sand and shale with a couple of sand dunes resulting in a lot of walking but that saved the legs. **Run time: 6hr45**

General observation. We start every day at 8am. Hot by 10. Max at 2pm. Fierce wind 4pm. Blows sand about. Tent full of sand.

Day 4 (39k) began uphill over rough ground and sand dunes, then gentle downward sloping hard sand, then flat but slow going across salt pans before a quick 3.3k track to the finish where there were sink holes which evidenced the deserts ground

water. Everyone had a communal bath. **Run time: 6hr**

Day 5 (73k) ran at good pace and picked up 8 places to finish 31st in 44 deg heat. **Run time: 10hr35**

Next race is in June.

What kind of runner would you be if you were a coffee?

Short black	You are an Ace. No mucking around.
Long Black	Sub 3 hour Marathon. Prefer Ultras.
Affogatto	Your 800m times are smart!
Machiato	You are a sprinter and wear Ray Bans.
Flat White	"School report material, "Could try a little harder"."
Cafe Latte	You don't stretch and don't bother with warm ups.
Cappuccino	You are more of a social runner than a competitive type
Soy latte	Would you like half a wafer biscuit with that?
Iced Coffee	You own a pair of Skins but haven't used them yet

Pictures are from Kip Hobson, Julie Steele, Andrew Atkinson-Howatt, Robyn Basman, Dennis Williams and Valmai Loomes. Let me know if I missed you! The contents of this magazine are to entertain and inform members. NSWMA accepts no responsibility for any unappreciated or inaccurate comments or opinions.

ANSW AWARDS nominees

Belinda Martin
Don Mathewson
Heather Lee
Jill Taylor
Julie Foster
Keith Bateman
Lynette Smith
Peter Crombie
Rosemary Roediger
Stuart Gyngell

Send articles and pictures to the Editor. If you do not receive a reply it may be I haven't seen it, so pester me! Thanks to all contributors in this issue and especially Lynette Smith for tireless devotion to proof reading.

5th World Masters Athletics Indoor Track and Field Championships

Jyväskylä, Finland, 3-8 April 2012

By Janet Naylor

NSW has been represented at each of the five editions of the WMA Indoor Track and Field Championships. This time 27 Australians (9 from NSW) competed at this year's World Masters Indoor Track and Field Championships, which were held in Jyväskylä, Finland from 3-8 April 2012.

The NSW onslaught was led by **Peter Crombie** (with a complete set of medals) as Australia finished in 10th place on the medal tally with 38 medals (17 gold, 14 silver, 7 bronze).

So just where is this un-pronounceable town? Jyväskylä is in the western part of the Finnish Lakeland. It is the largest city in central Finland and 270 kilometres north of Helsinki.

When speaking with one of the Finnish athletes two years earlier in Kamloops, I asked about the weather at Easter – the response was *"ahhh, it is beautiful and warm – it is spring time"*.

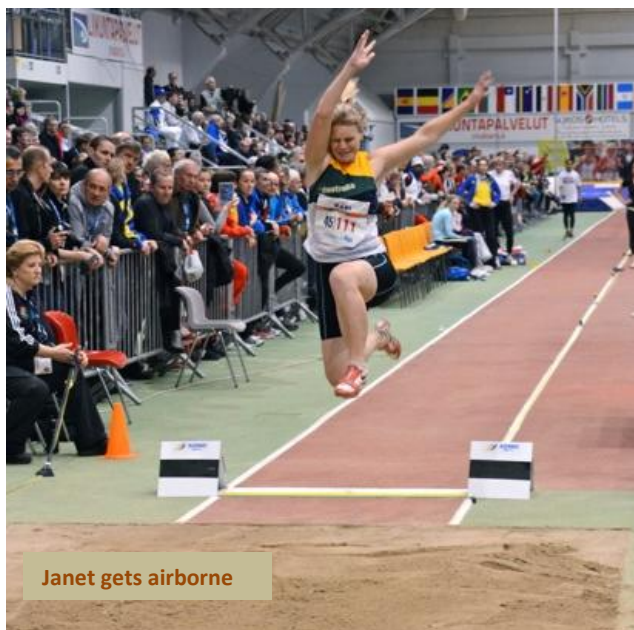
Nothing could have been further from the truth. We experienced 20-30cm of snow the night before competition started and a little bit more the next night. The opening ceremony included a parade through the pedestrian mall in the snow! Most days were around 0 degrees with the coldest night, minus 9. Admittedly the weather was unseasonal with locals describing it as a second winter.



Most impressively, the university town did not grind to a halt because of the snow – buses ran to time, students still rode their bikes across the lake and the LOC worked overtime to groom the cross country trails in time for the first races on day one of the competition.

Stuart Paterson at the raised bend of the indoor track

One thing that continues



Janet gets airborne

to amaze me on these trips is the excellent multi-use facilities that exist in regional centres. Hippos Hall was part of a sporting complex that included ice hockey facilities, football fields and a baseball field. This venue was not only multi-use; it was multi-level. The Hall had a synthetic 4-lane 200m track, which could be flat or raised to any height up to 72cm. Below the track were warm up areas, gymnastics facilities, a weights room, Karate mats, two additional ice hockey rinks and a half size indoor astro turf soccer field!

Indoor field event sites (shot put, horizontal and vertical jumps) were within the main hall which

allowed for good spectator viewing, especially the horizontal jumps while the indoor weight throw was conducted in a marquee on the nearby baseball field. Unfortunately the light was very poor, hence the scarcity of good photos.

Yes it was an indoor meet but the WMA World Indoor Championships have some outdoor events – the long throws, cross country, 10km road walk and a half marathon. The long throws were conducted at Harju Stadium which was also the start/finish for the cross country. The cross country trails were groomed and gritted to create a soft slushy surface although it was still icy in places and, while the organisers were suggesting racing flats, crow-eater Peter Sandery opted for spikes and this paid off with a win in the M70 event.

The road walks were held on a 1km loop at the shore of Lake Jyväsjärvi while the Half Marathon took in one and a half laps of the lake; the LOC did a terrific job of clearing the courses of snow, ice and grit, and went to great lengths to point out that no short cuts across the frozen lake were allowed!

For those looking for something a bit different or a new challenge in track and field, why not consider an indoor meet? The atmosphere is a bit like being at a basketball match – it is very loud and the competition is very close to the spectators. While the dry air can be challenge with the '800m cough' manifesting even after a sprint, and the constant putting on and taking off layers gets a bit tiresome, it is actually a lot of fun.

The next WMA Indoor Track and Field Championships are in Budapest, late March 2014 when apparently the city awakens from winter!

NSW Results from Indoors (Finals only)

W40

4x200m Relay **Robyn Suttor**, Marie Kay,
Janet Naylor, Lyn Ventris, 2:09.05, 3rd

W45

60m **NAYLON Janet** 9.22, 9th
Long Jump **NAYLON Janet** 4.14, 8th

W50

60m **SUTTOR Robyn** 9.30, 9th
STAGLES Sally 9.10, 7th
(Sally was running for Great Britain)
200m **SUTTOR Robyn** 31.99, 10th
400m **SUTTOR Robyn** 1:12.91, 7th
60m Hurdles **STAGLES Sally** 9.82, 2nd

M55

200m **FIENIEG John** 30.09, rank 19th
MARRIOTT Wayne 28.50, 15th
PATERSON Stuart 31.48, 20th
800m **PATERSON Stuart** 2:29.59, 13th
1500m **PATERSON Stuart** 5:17.05 | 8th 5:16.45
60m Hurdles **MARRIOTT Wayne** 10.10, 6th
Long Jump **MARRIOTT Wayne** 4.88, 8th
Weight **GIBBS Terrence** 13.68, 7th
Pentathlon **FIENIEG John**, 2932pts, 9th

(60m hurdles 10th 11.45, 581 Long jump 11th 4.57, 584 Shot put 11th 8.51, 534 High jump 6th 1.48, 636 1000m 11th 3:43.62, 597)
4x200m Relay **Wayne Marriott**, **Stuart Paterson**,
John Fienieg, Peter Sandery, 2:04.87, 6th

M60

60m **BURGE Conrad** 8.78, 9th
60m Hurdles **BURGE Conrad** 9.78, 3rd
MCGUGAN Stephen 9.92, 6th
Pentathlon **BURGE Conrad** 2387pts, 14th
(60m hurdles 1st 10.09, 886 Long jump 13th 4.01, 510 Shot put 15th 8.87, 550 High jump 16th 1.21, 441 1000m DNF)
MCGUGAN Stephen 1144pts, 17th
(60m hurdles DNF, Long jump DNF, Shot put 12th 9.21, 575 High jump 11th 1.33, 569 1000m DNF)
4x200m Relay **Bill Carr**, **Conrad Burge**,
Steve McGugan, **Peter Crombie**, 1:57.95, 5th

M65

60m **CROMBIE Peter** 8.38, 2nd
200m **CROMBIE Peter** 27.12, 1st
400m **CROMBIE Peter** 1:02.89 3rd

Detailed results including heats can be found
at http://www.fidalservizi.it/wma_2012/Index.htm



MASTERS 2012 Melbourne results (condensed)

First 3 places only shown here. For full list go to Victorian Masters Website <http://vicmastersaths.org.au/?p=1669>

60 metres

W35 2 Ranell Hobson 8.19 1.7
W40 2 Catherine Kermond 8.63 0.2
W45 1 Gianna Mogentale 8.08 0.2
2 Jackie Bezuidenhout 8.34 0.2
W50 1 Lynda Douglass 8.53 3.8
2 Christine Shaw 8.86 3.8

W75 2 Kathleen Cook 11.22 2.9
M30 3 Michael Dare 7.92 1.8
M40 1 Greg Smith 7.06 4.1
3 Lee Clark 7.23 4.1
M45 1 Darren Hughes 7.45 5.3
2 Darrin Jenkins 7.48 5.3
M50 3 Pete Shepherd 7.85 1.8

M55 3 Greg Hepburn 8.11 1.1
M60 1 John Van Stappen 7.99 3.3
3 Alan Carey 8.19 3.3
M65 2 John Wall 8.13 3.9
M70 3 Albert Gay 8.86 3.9
M80 1 Richard Hughes 9.47 1.3

Masters 2012 Melbourne results cont.

100 metres

W35 3 Ranell Hobson 13.38 1.8
W40 2 Catherine Kermond 13.41 2.4
W45 1 Gianna Mogentale 12.87 0.4
2 Jackie Bezuidenhout 13.29 0.4
3 Daniela Osiander 14.32 0.4
W50 1 Lynda Douglass 13.97 0.4
2 Christine Shaw 14.73 0.4
W75 2 Kathleen Cook 19.25 -1.5
M30 1 Jay Stone 11.32 -2.1
M35 1 Samuel Odede 11.43 -0.8
M40 1 Greg Smith 11.30 0.7
3 Lee Clark 11.61 0.7
M45 1 Darrin Jenkins 12.07 -0.2
2 Christopher Brack 12.11 -0.2
M50 3 Pete Shepherd 12.79 +0.0
M60 1 John Van Stappen 12.76 3.2
M65 2 Neville McIntyre 13.15 1.5
2 John Wall 13.15 1.5
M70 3 David Chantrell 14.48 1.8
M80 1 Richard Hughes 15.51 2.1

Men 100 metres Champions

3 Neville McIntyre M69 10.47 NWI
5 John Van Stappen M62 10.81 NWI
6 Richard Hughes M80 10.86 NWI
7 John Wall M65 11.38 NWI

200 metres

W40 3 Catherine Kermond 28.15 0.9
W45 1 Gianna Mogentale 27.11 0.3
2 Jackie Bezuidenhout 27.87 0.3
W50 1 Lynda Douglass 29.37 0.4
3 Christine Shaw 31.06 0.4
W75 2 Kathleen Cook 42.10 0.4
M30 1 Jay Stone 22.75 0.6
M35 1 Samuel Odede 23.05 0.8
M40 2 Greg Smith 23.68 0.3
3 Lee Clark 23.84 0.3
M45 1 Darrin Jenkins 24.54 -0.1
1 Christopher Brack 24.54 -0.1
3 Darren Hughes 24.60 -0.1
M50 1 Todd Devery 25.52 -0.8
M60 2 John Van Stappen 26.89 +0.0
M65 1 Neville McIntyre 27.49 -1.2
2 John Wall 27.66 -1.2
M70 2 David Chantrell 30.45 +0.0
M80 1 Richard Hughes 35.63 1.2

400 metres

W45 1 Gianna Mogentale 1:01.66
3 Lisa Harrison 1:05.06
W50 2 Deborah Drennan 1:10.33
W60 2 Paula Moorhouse 1:17.04
M30 1 Jay Stone 49.30
M40 2 Michael Lynch 54.43
M45 2 Christopher Brack 54.58

M50 1 Todd Devery 55.94
M55 3 Antony Morphis 1:00.03
M60 2 Stuart Hayward 1:00.42

Women 100 metres Champions

1 Gianna Mogentale W48 11.38 1.4
2 Jackie Bezuidenhout W45 11.93 1.4
4 Lynda Douglass W50 12.13 1.4
8 Catherine Kermond W44 NSW 12.57 1.4

M65 1 Neville McIntyre 1:04.51
2 Leslie Gillies 1:05.62
3 Martin Auster 1:08.29
M70 2 Geoffrey Francis 1:11.19
M80 1 Richard Hughes 1:16.87
2 Osmo Millridge 1:28.31

800 metres

W35 2 Larissa Stanley 2:27.65
W45 1 Lisa Harrison 2:30.91
3 Nancy Newsome 2:35.67
W50 1 Cris Penn 2:35.31
2 Deborah Drennan 2:40.53
W60 2 Paula Moorhouse 3:02.57
M35 2 Michael Doggett 2:03.98
M40 1 Michael Lynch 2:02.65
M55 3 Greg Beirne 2:40.86
M60 1 Stuart Hayward 2:23.02
2 Neil Fowler 2:25.46
M65 1 Donald Mathewson 2:32.65
2 Martin Auster 2:36.97
3 Leslie Gillies 2:41.17
M70 1 Geoffrey Francis 2:50.93
3 John Spinney 3:25.04
M80 1 Richard Hughes 3:33.91

1500 metres

W35 3 Monica Graham 5:57.06
W45 1 Nancy Newsome 5:10.69
3 Lisa Harrison 5:19.02
W50 1 Cris Penn 5:31.39
2 Deborah Drennan 5:41.73
W60 2 Paula Moorhouse 6:08.86
M35 1 Michael Doggett 4:17.76
M55 2 Dennis Wylie 4:55.77
M65 1 Donald Mathewson 5:03.75
M70 1 John Spinney 6:25.67

5000 metres

W40 2 Caroline Bailey 19:37.40
3 Cristine Suffolk 19:52.70
W65 3 Dot Siepmann 27:08.20
M35 1 Simon White 17:17.73
M55 3 Dennis Wylie 17:50.10
M60 2 Ron Schwebel 18:45.94
M65 1 Donald Mathewson 18:48.21
M70 2 John Spinney 23:31.30

10000 metres

W40 1 Cristine Suffolk 42:07.50
W65 2 Dot Siepmann 56:16.95
M40 2 EJ Davie 49:55.63
M45 3 Paul Sheringham 40:19.86
M55 2 Dennis Wylie 38:39.25
M60 1 Ron Schwebel 40:52.76
M70 2 John Spinney 52:11.27

80m Short Hurdles

W50 2 Margaret Walker 15.34 -1.4
W55 1 June Lowe 19.09 -1.4

M70 2 Greg Mamalis 14.64 1.7
3 Albert Gay 15.08 1.7

100m Short Hurdles

W35 1 Ranell Hobson 18.98 -0.5
M60 1 Neil Fowler 19.48 1.0

110m Short Hurdles

M40 2 David Skala 20.47 1.8
M45 1 George Jankowski 21.20 1.8

200m Long Hurdles

M80 1 Osmo Millridge 44.11 1.8

300m Long Hurdles

M60 2 Neil Fowler 48.40
M70 2 Albert Gay 58.88

400m Long Hurdles

M45 3 Chris Strickland 1:09.64

2000 metres Steeple

W50 1 Julie Steele 9:47.59
2 Trish Stallard 12:06.27
3 Julie Omanski 15:31.39
M60 3 Ron Schwebel 8:22.97

3000 metres Steeple

M35 1 Simon White 11:03.08
M40 1 EJ Davie 13:54.07

RELAYS (4x100)

First: **W120+**(51.23), **W170+**(54.10),
M180+(49.55), **M240+**(52.67)
Second: **M120+**(46.03)

RELAYS (4x400)

First: **W170+**(4:43.19)
Second: **W120+**(4:20.75),
M120+(3:40.58), **M240+**(4:36.38)

High Jump

W35 1 Ranell Hobson 1.35m
W40 1 Lynette Smith 1.55m
W50 2 Margaret Walker 1.30m
3 Christine Shaw 1.30m
W55 1 June Lowe 1.10m
M35 1 Paul Burgess 1.40m
M40 3 K. Melton-Agbohlah 1.50m
M50 1 Volodymyr Shelever 1.65m
M60 1 John Searle 1.40m
M70 1 Greg Mamalis 1.33m

Pole Vault

M45 1 George Jankowski 2.85m
M50 1 Chris Norris 3.20m
2 William Tyler 3.15m
M55 1 Frank Chapman 3.05m
M60 1 Phillip Carrero 3.10m
2 Tom Barber 2.55m
M70 2 Albert Gay 2.75m

Long Jump

W30 2 Tracey Grozdanis 4.46m 3.3

W35 1 Ranell Hobson 4.56m 3.8
W40 1 Lynette Smith 4.71m 0.2
W45 1 Jackie Bezuidenhout 4.63m 0.3
W50 2 Christine Shaw 4.47m 1.4
M35 1 Paul Burgess 4.75m -2.0
M40 3 Krzysztof Wardecki 5.59m -0.5
M45 3 Alan Provenzano 5.30m +0.0
M55 3 David Mitchell 4.72m -0.4
M60 1 John Searle 4.73m -0.9
M65 3 Raminder Singh 2.54m -0.4
M70 1 Greg Mamalis 4.28m NWI
 2 Albert Gay 4.17m NWI
 3 Nick Bastas 4.09m NWI
M85 3 Max McKay 1.31m NWI

Triple Jump

W35 3 Ranell Hobson 8.91m NWI
M35 1 Paul Burgess 8.93m NWI
M55 2 David Mitchell 9.81m NWI
M60 1 John Searle 9.54m NWI
M65 3 Raminder Singh 5.77m NWI
M70 2 Greg Mamalis 8.88m NWI
 3 Nick Bastas 8.32m NWI

Shot Put

W40 1 Lynette Smith 9.85m
W50 3 Wendy Hord 8.54m
W55 2 June Lowe 9.13m
 3 Jill Taylor 8.62m
W60 2 Denise Palmer 9.60m
W65 2 Mary Thomas 7.61m
M35 2 Rodney Watson
 10.00m
M45 1 Stuart Gyngell
 16.22m
M55 2 Gavin Murray
 11.64m
M60 1 Glenn Crompton
 11.54m
M65 1 Leo Christopher
 12.81m
M70 1 Keith James 12.34m
 2 Greg Mamalis
 10.75m
M80 1 Francis Torok 8.13m
M85 3 Frederick O'Connor 7.16m

Discus

W35 3 Kellie Watson 18.47m
W40 1 Lynette Smith 34.10m
W50 2 Christine Shaw 25.49m
 3 Ellena Cubban 19.53m
W55 1 Jill Taylor 23.82m
 3 June Lowe 20.30m
W60 2 Denise Palmer 23.18m
W65 1 Mary Thomas 20.75m
M35 1 Rodney Watson 27.11m
M45 1 Stuart Gyngell 43.94m
 2 Alan Provenzano 27.24m
 3 George Jankowski 20.77m
M55 1 Voitek Klimiuk 40.31m
 2 Wayne Martin 39.72m
 3 Gavin Murray 37.75m
M70 1 Keith James 37.54m
 2 Brett Sowerby 33.02m
M80 1 Francis Torok 19.13m
M85 1 Max McKay 11.42m

Hammer

W35 2 Kellie Watson 18.40m
W40 2 Lynette Smith 32.62m
W45 3 Glenys Whitehead 35.95m
W50 3 Wendy Hord 27.84m
W55 2 Jill Taylor 32.58m
 3 June Lowe 29.65m
W60 2 Denise Palmer 34.21m
W65 2 Mary Thomas 24.89m
M30 3 Shane Gatley 28.99m
M35 2 Rodney Watson 23.41m
M45 1 Stuart Gyngell 43.53m
 3 George Jankowski 15.20m
M55 1 Lajos Joni 43.84m
 3 R. Hanbury-Brown 39.75m
M70 1 Keith James 40.78m
M80 3 Francis Torok 22.28m

Javelin

W40 1 Lynette Smith 36.81m
W45 3 Glenys Whitehead 27.42m
W50 2 Christine Shaw 23.85m
 3 Ellena Cubban 20.26m
W55 1 June Lowe 23.56m
 3 Jill Taylor 16.76m
W60 3 Denise Palmer 16.55m
W65 1 Mary Thomas 20.75m
M35 1 Rodney Watson 39.25m
 2 Paul Burgess 32.10m
M40 3 K. Melton-Agbohlah 35.55m
M45 1 Alan Provenzano
 41.43m
M55 1 A. Atkinson-Howatt
 44.08m
 2 Voitek Klimiuk
 41.25m
 3 R. Hanbury-Brown
 36.82m
M70 2 Keith James 37.93m
 3 Ron Bragg 25.77m
M85 2 Frederick O'Connor
 16.65m
 3 Max McKay 10.00m



Tim McGrath

Weight Throw

W35 2 Kellie Watson 8.04m
W40 2 Lynette Smith 9.72m
W50 3 Wendy Hord 9.62m
W55 1 Jill Taylor 11.24m
W60 2 Denise Palmer 12.94m
W65 2 Mary Thomas 9.38m
M30 3 Shane Gatley 8.82m
M35 1 Rodney Watson 8.76m
M45 1 Stuart Gyngell 14.04m
M55 1 Lajos Joni 15.10m
 2 R. Hanbury-Brown 13.30m
 3 Gavin Murray 13.04m
M60 3 Ian Heazlewood 11.04m
M70 1 Keith James 14.89m

1500 metres Race Walk

W40 2 Lynette Smith 8:04.14
W85 1 Heather Lee 11:36.90
M60 3 Robert Connors 10:11.54
M70 2 Jim Seymon 8:49.22
M80 1 Osmo Millridge 9:54.62

5000 metres Race Walk

M55 2 Doug Barrett 35:37.70
M70 3 Jim Seymon 31:27.06
M80 1 Osmo Millridge 36:09.51
W85 1 Heather Lee 41:25.35

10000 metres Race Walk

W85 1 Heather Lee 1:28:04.00
M70 3 Jim Seymon 1:03:41.00

8k Cross Country

W35 3 Monica Graham 39:50.00
W40 2 Cristine Suffolk 34:14.00
W45 3 Lisa Harrison 36:45.00
W65 3 Dot Siepmann 49:52.00
M35 2 Shane Draper 29:47.00
M40 3 EJ Davie 39:22.00
M55 2 Dennis Wylie 30:58.
M60 2 Ron Schwebel 33:19.00
M65 2 Donald Mathewson 34:10
M70 2 John Spinney 42:59.00

Outdoor Pentathlon

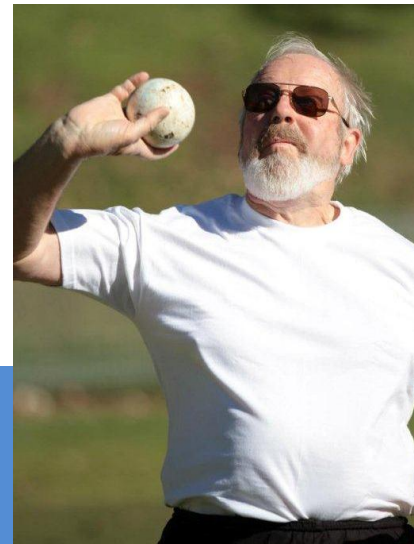
W30 3 Tracey Grozdanis 1706
W40 1 Lynette Smith 3009
W50 1 Christine Shaw 3129
M45 1 Alan Provenzano 2710
M50 2 Kevin Fisher 2243
M55 2 Voitek Klimiuk 3098
M70 1 Albert Gay 2977

Throws Pentathlon

W35 2 Kellie Watson 1505
W40 1 Lynette Smith 2893
W45 3 Glenys Whitehead 3029
W50 2 Wendy Hord 2525
W55 1 Jill Taylor 3015
W60 2 Denise Palmer 3519
W65 2 Mary Thomas 3383
M35 2 Rodney Watson 1778
M45 1 Stuart Gyngell 3891
 3 George Jankowski 1224
M55 1 Gavin Murray 3371
 2 Voitek Klimiuk 3262
 3 R. Hanbury-Brown 3149
M60 3 John West 1567
M70 1 Keith James 3977
 3 Brett Sowerby 3022

Weight Pentathlon

W35 2 Kellie Watson 1505
W40 1 Lynette Smith 2893
W45 3 Glenys Whitehead 3029
W50 2 Wendy Hord 2525
W55 1 Jill Taylor 3015
W60 2 Denise Palmer 3519
W65 2 Mary Thomas 3383
M30 4 Shane Gatley 1450
M35 2 Rodney Watson 1778
M45 1 Stuart Gyngell 3891
 3 George Jankowski 1224
M55 1 Gavin Murray 3371
 2 Voitek Klimiuk 3262
 3 R. Hanbury-Brown 3149
M60 3 John West 1567
M70 1 Keith James 3977
 3 Brett Sowerby 3022



Above: Ron Cozjinson brings it home for NSW at Melbourne. Top middle: The next section of the Cross Country will scare the pants off Nick Terranova. Right: Brett Sowerby applies the lessons provided by Shane Warne to his shot technique.



Left: Keith James lines up. Left below: Voitek Klimiuk cleverly avoids a low flying javelin from hitting his leg. Below: A furious Lajos Joni launches the largest weight at that pesky cameraman.



Below mid left: Andrew Atkinson-Howatt is reluctant to let go of the box of diamonds we generously awarded Cris Penn at the Awards Presentation Luncheon. Also below mid left: Albert Gay has completed an advanced diploma course in navel gazing. Below right: Gregor Nicol points the way it was meant to go. Below: Darren Hughes was embarrassed about the shoes he was wearing in the relay so we can't show his feet. Bottom left: looks like an all NSW field. Lynda Douglass, Gianna Mogentale, Jacqui Bezuidenhout and Cathy Kermond strive for the line. Below right: Linda Douglas, Julie Steele and Julie Omanski employ an 'all beer and skittles' approach.

