

# ***The Waratah***



## **2017 AUSTRALIAN MASTERS ATHLETICS CHAMPIONSHIPS 9 - 12 JUNE DARWIN**



*Darren Hughes on his way to winning the M50 200m*

*Photo Stuart Paterson*

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**New records**

# NSWMA ANNUAL REPORT 2017

To paraphrase someone well known, there has never been a more exciting time to be a NSW masters athlete. The world masters athletics were held locally in Perth last year and indoor world titles in Daegu and also the AMA winter throws championships was held in NSW for the first time last October. I would like to take the opportunity to thank the committee for their untiring work over the past 12 months. In particular I'd like to thank retiring committee member Kathleen Cook (track rep).

## Competition

It has been a massive 12 months of competition opportunities for our members, both here and abroad. As mentioned above there have been world titles where a number of club athletes performed exceptionally well. In the World Indoor Titles Australia punched well above its weight in terms of medals won enabled by outstanding performances from NSW athletes. Many of the throwers took part in the annual winter throws in Wollongong in 2016. A busy summer season included country titles, state titles at the premier venue SOPAC, throws pentathlon, also at SOPAC and nationals in Darwin for the first time. Many records were broken over the past 12 months including a world record awaiting ratification by walker Heather Lee in the W90 category, indicative of the quality of training and competition of members.

## Communication

We continue to produce The Waratah, our newsletter, four times a year or more and email a newsletter to members. Our Facebook site generates good traffic. Whilst we communicate with our members frequently, it is fair to say that external communications with other bodies, especially the open body, ANSW have not been well attended to for many years. In the climate of OneSport we need to do better in terms

of communicating masters' results and activities to them for inclusion in their newsletters and website. Here I would like to acknowledge and pay tribute to the efforts of member Janet Naylor who has compiled results and reports from major championships and fed them through to ANSW as well as preparing an honour roll of masters' performances for their annual report. Discussions are ongoing with ANSW regarding the most effective ways of communicating such results.

## Coaching clinic

This year, for the second time, we took advantage of the AMA coaching grant scheme to re-run a sprint clinic with Ranell Hobson presenting. This was very well received and we hope to offer more of these to members in future, ideally in other disciplines.

## Awards

This year the Club experimented with a different format and timing of the annual awards event which was held at Doolleys Waterview Club during the masters state titles. Feedback from members was negative on some aspects of the event and mixed on the timing during state titles. The new committee will need to take on board that feedback to ensure next year's event is better received. Athletics NSW continue to include masters' categories in their annual awards however on this occasion they did not seek our recommendations, unlike past years.

## Membership

The Club currently has approximately 340 financial members which is a lift from last season's slightly lower numbers being in a lull after the high point of the local Sydney nationals the year before. A high percentage of these attend the AMA Nationals.



## Relationship with Athletics NSW

We continue to endeavor to work closely with Athletics NSW to ensure masters' athletes can avail themselves of the best opportunities for competition and enjoyment. There were some missteps along the way, we were supposed to be consulted regarding the most suitable masters events for the Sydney Grand Prix and, as alluded to above, were not asked for recommendations on awards. Additionally the 2017 Masters' State Titles were proposed for Blacktown without consultation with us. Most importantly, for the longer term, we are participating in a three way joint working party with ANSW and LANSW to develop the best structure for delivery of athletics in NSW. Restructuring of job positions and duties with ANSW and LANSW are being worked on at the moment as are descriptions and business cases of the various portfolios such as competition, marketing, finance etc. To what extent these two peak bodies come together as one is unclear at present, it is a complex task to bring together two organisations with significant differences in roles, history and staffing. Some of these changes will impact on masters athletics and it's important that we participate to ensure masters is not overlooked.

I know there are members who would like to move quickly on the matter of some sort of amalgamation with ANSW, however my feeling is that we should work with them once these changes become clearer to establish how masters fits into the overall 'cradle to grey' approach. At present ANSW's focus is on the joint process and there is little point in my view, in trying to run a separate parallel conversation on amalgamation. My feeling is that this cannot be done properly whilst they are in the midst of negotiating significant changes to their existing operations and structure.

## NSWMA Committee 2015/16

President: Mark Johnston; Vice President: Audrey Muscat; Hon. Secretary: Stuart Paterson (also AMA board member); Editor: Margaret Walker; Hon. Treasurer: Anatoly Kirievsky; Registrar: Gabi Watts; Records officer: Peter Murray  
Track Rep: Janet Naylor Field Rep: Stuart Gyngell; Distance rep: Jill Taylor Walks Rep: Anne Weekes  
Uniforms: Belinda Westcott  
Publicity: Donna Hiscox

**Mark Johnston**  
**NSWMA president**

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# World Masters Indoor Athletics Championships NSW Results

Janet Naylor

photos Stuart Paterson

**N**SW athletes have returned from the recent World Masters Indoor Athletics Championships held in Daegu, South Korea with 33 gold medals. Highlights included first time athletes to an indoor competition, Janelle Delaney (SYP) and Jay Stone (ARM) winning their respective 200-400m doubles. For Stone, his times of 22.68 and 50.25 lowered both Australian records. Delaney also won gold in the W45 4x200m relay.

Seasoned campaigner, Peter Crombie (SYP) brought home 3 gold medals in his individual events 60m, 200m, 400m and also the 4x200m relay while Mary Thomas (IBS) won gold in each of her 5 throwing events.

The most medals won was achieved by Lenorë Lambert (SYP) with gold in the 60m hurdles, silver in the high jump, long jump, 200m, 400m and bronze in the 60m bringing her total to six. Selina Ellis (HIL) won the Women's 45 years Pole Vault. It was her first time competing indoors and she said of the experience, "I was excited to be competing at my first indoor championships and was not disappointed, the atmosphere was fantastic".

For Janet Naylor it was her fifth time competing at the World Masters Indoor Athletics Championships and fourth time as the Australian Team Manager.

"It is always exciting to compete indoors as it is very loud and the action close. It is very different and that adds to the thrill," she said.

Janet won a gold medal as part of the Australian Women's 50 years 4x200m relay team. The team defeated Japan and long time rivals Germany in a national record of 1 minute 57.02 seconds. In addition, Janet had the honour of carrying the Australian flag at the Opening Ceremony. Australia topped the medal tally with 59 gold, 40 silver and 25 bronze (124 overall) from Great Britain and Northern Ireland (50 gold, 118 overall).

"The indoor track is only 200m with the bends being banked much like a velodrome. This takes some getting used to. Australia doesn't have any indoor facilities so to be competitive on the international stage is proof of the determination of our athletes," said Stuart Paterson who has co-managed the Australian Indoor teams since 2008.

## NSW medallists included:

**Peter Crombie (SYP)** M70 60m Gold, 200m Gold, 400m Gold, M60 4x200 Gold

**Amanda Coombe (SYP)** W45 4x200 Gold

**Ellena Cubban (EPP)** W55 Javelin Silver

**Janelle Delaney (SYP)** W45 200m Gold, 400m Gold, W45 4x200 Gold

**Deborah Drennan (UTN)** W55 800m Silver, W55 4x200 Silver

**Lynda Douglass (IBS)** W55 60m Bronze, W55 4x200 Silver

**Selina Ellis (HIL)** W45 Pole Vault Gold

**John Fienieg (SYP)** M60 4x200 Gold

**Lenorë Lambert (SYP)** W45 High Jump Silver, 60m Bronze, Long Jump Silver, 200m Silver, 60m Hurdles Gold, 400m Silver

**Wayne Marriott (SYP)** M60 4x200 Gold

**Gianna Mogentale (IBS)** W50 400m Bronze, W50 4x200 Gold

**Paula Moorhouse (SYP)** W65 4x200 Gold

**Janet Naylor (UTN)** W50 4x200 Gold

**Noreen Parrish (KEJ)** W75 60m Silver, 200m Silver, 400m Silver, W70 4x200 Gold

**Julie Peksis (MIN)** W45 4x200 Gold

**Joan Purcell (NEP)** W75 3000m Walk Gold, 10k Road Walk Gold, W65 Team 10k Road Walk Gold

**Vic Ramondetta (UTN)** M60 4x200 Gold

**Ron Schwebel (SSR)** M65 Cross Country Bronze, Cross Country Team Gold

**Sally Stagles (CHE)** W55 60m Hurdles Gold, W55 4x200 Silver

**Jay Stone (ARM)** M35 200m Gold, 400m Gold

**Robyn Suttor (MTP)** W55 60m Hurdles Bronze, W55 4x200 Silver

**Jill Taylor (CHE)** W60 Hammer Gold, Weight Throw Bronze

**Mary Thomas (IBS)** W70 Hammer Gold, Javelin Gold, Discus Gold, Weight Throw Gold, Shot Put Gold

**Anne Weekes (SUT)** W50 3000m Walk Silver, 10k Road Walk Gold

**Philippa Wight (SYP)** W50 4x200 Gold

Full results at <https://results.simplyregister.net/Daegu2017/>

## Background

The World Masters Athletics Indoor Championships started in 2004 in Sindelfingen, Germany and has been held seven times since. Australia has been represented at each championship and this year in Daegu was the largest team yet with 73 competitors (37 women and 36 men).

The events contested indoors are 60m, 60m hurdles, 200m, 400m, 800m, 1500m, 3000m, 3000m walk, 4x200m, Long Jump, High Jump, Pole Vault, Shot Put, Weight Throw, and Pentathlon. Associated with the championships there are also some events held outdoors - cross country, half marathon, 10km road walk, Discus, Javelin and Hammer Throw.



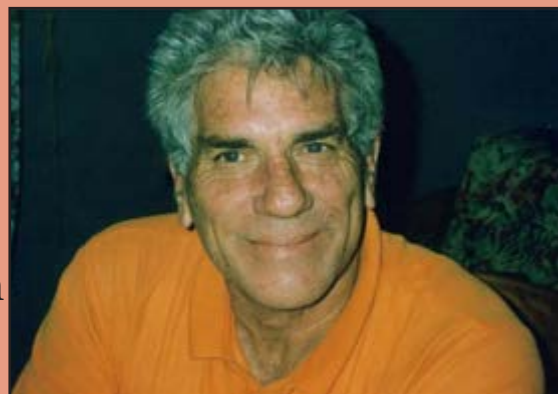
*Top to bottom: Dean Taylor,  
Selina Ellis,  
Jay Stone.*





# Gregor Thomas Nicol

Gregor passed away peacefully at 10:10am  
Sunday the 23 April 2017



He was a top javelin thrower as an open athlete. He threw in the very early Veterans Athletics competitions when he was a pre-Vet (under 40) in 1974. He rejoined Veterans Athletics in 1994 and continued to throw the javelin, as well as compete in many other events such as throws pentathlons. He actively supported the masters competitions at UTS Norths on Saturdays and will be sorely missed by all who knew him.

NSW Masters and all its members would like to pass on our sincerest condolences to Gregor's family and friends. Our prayers and thoughts are with you at this difficult time.

Rest in Peace



## Too old? Never

Congratulations to Man Kaur of India, 101.  
Gold in W100: 100m, 200m, shot put and javelin.

*J Taylor*

Australian Records page updated  
including new Indoor records file  
<http://www.australianmastersathletics.org.au/ama-records/>



Get off the couch, get in the game!

John Seto's World Masters Rankings

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

**June's newsletter out now.**





## Masters Sprint Workshop SOPAC 29 April 2017

A repeat of Ranell Hobson's popular  
workshop held in 2016

photos Mark Johnston





# Opportunity Knocks

## Volunteering at the Australian Open Nationals

Editor

I have done a lot of volunteering in my time, some as regular as my weekly high jump group at Epping and others on the spur of the moment like the Australian Open Nationals held at SOPAC last April.

I would like to claim that I am motivated by altruism and I think on the whole this is true, but I knew that the Nationals represented a not-to-be-missed opportunity to observe the best of Australian athletics as closely as I was ever likely to get. (And there were a few other opportunistic reasons as well which I'll get to presently.)

James Constantine, Officials Coordinator of Athletics NSW, required helpers to do several things, in particular to carry baskets containing athletes' shoes and water bottles during the track events but also assisting the officials who had come to the meet from all over Australian and New Zealand.

I had answered James' call to arms in the last issue of the Waratah by volunteering my time on Monday and Friday and I did not go in unprepared. I had done my research and I knew that there were three important events I could exploit while on the track that would help my own coaching and performance. A quick scan of the program indicated that the qualifying round of the Open Women's High Jump was taking place on Friday morning. I'd always wanted to observe international high jumpers in action and I agonized (but only briefly) how best to exploit my capacity as a volunteer to get what I wanted. As luck would have it the Monday before I was collecting discus's from one of the senior girl's groups right next to the Under16 heptathlon women's high jump. After relating to the field officials my enthusiastic story (true, in this case) about my Epping high jump group and how much I could benefit them by observing the heptathletes, they showed me how to change the heights on the black and yellow board. With a bit of practise, I was off.

In case you were wondering how beneficial an Under 16 event could be to me, let me remind you that this was a national championships and the standards were very high. One of the girls, for instance, was clearing 153cm with a run up of only five steps. With this observation under my belt I could then go home and inform my young athletes that any child

using a dozen steps because he's seen someone else do it and thought it looked cool would be better advised to keep to five steps first, and work harder on his technique. Perhaps later he can progress to eight or, at the most, ten.

So, come Friday, I was an expert in changing numbers on the high jump board, if a bit slow. What was so nice about the whole thing was that there were more officials on all events than I had ever seen before and they could easily have changed the numbers without me. However, at my earnest appeal to be allowed to perform this service at the Open Women's High Jump, they graciously said yes. I was touched. And it was wonderful because I got to see all our Commonwealth Games hopefuls jump at what really was international standard. And to answer your question, they used ten to twelve steps, not five, but then the women were clearing heights of 180cm, so the extra steps were justified. The standard five steps around the curve, however, was universal and it gave me the confidence with my own jumping and my primary students to stress the importance of getting their technique right.

As if this that wasn't enough excitement, Lenorë Lambert was set to compete in the heats of the 400m hurdles at lunchtime the same day. Having talked my way into the high jump, I then announced that I had to go to first lunch (not second lunch) in order to be on the track for her event. Once again, everybody obliged, including the group of sports science students from UTS Sydney Campus who had no interest in athletics but volunteered for the day anyway. The race itself was very close. Lenorë missed out on the semi's by a whisker, in the process breaking the W45 Australian record held since 1994 by Jan Hynes. Sharing the race and the excitement of seeing the time come up on the board were moments not to be missed.

And lastly, would I volunteer again? Absolutely, and you should, too, just follow my rules: check the program, determine what you want before you sign up, don't be shy about exploitation, smile at everyone particularly James, and thank them all from the heart for giving you what you wanted.





# GREAT BARRIER REEF MASTERS GAMES

25-28 MAY 2017  
Cairns Australia

Thanks to Lenorë Lambert

photo Nigel Beveley

The Great Barrier Reef Masters Games was held this year in Cairns from 25 to 28 May. The event began just a few years ago in 2013 and attracted Masters athletes from along the east coast of Australia and the ACT.

NSW Masters athlete Lenorë Lambert is a familiar face in Cairns most winters and was interviewed during the Games by ABC Far North. She confessed that she made the trip north because she loves the weather and, unless you went to Nationals in Darwin, it does sound like an attractive idea to bask in some tropical warmth before the Sydney winter gets into full swing.

As you would have read in my previous article, I was present when Lenorë broke the W45 Australian Record for the 400m hurdles in April, and the ABC interview during the GBR Games was a prelude to Lenorë's attempt at her next goal: the World Record.

In the course of the radio discussion an interesting profile of both Lenorë and the grueling hurdles event emerged. Lenore began Masters Athletics five and a half years ago, concentrating on sprints for the first two years before commencing hurdles. She trains with a squad three or four times per week and does strength training in addition to this.

The 400m hurdles is traditionally associated with the pain and nausea from lactic acid build up and Lenore confessed that the whole scenario initially terrified her. She told her Coach, Tony Morphis, "I will NEVER run the 400m hurdles; the 400 WITHOUT hurdles is bad enough!"

Lenorë explained her progress in the event, highlighting the technical elements that have accompanied her rise to record standard: 400m flat training

for speed endurance, efficiency and momentum and the rhythmic stride patterns associated with any hurdle event. "The decision about race tactics can't be made until minutes before the race, and then you have to be able to keep a cool head and make micro-decisions along the way, under fatigue. It's an enormously difficult event to master, and I'm definitely still on the learning curve. This is why it's such a huge thrill when it all comes together."

Lenorë has had a textbook rise to fame. First there was a silver medal in Lyon – only the 5th time she'd ever run the race. Then gold in Perth. Four months later she broke the Australian Record which had been held for 23 years by Queensland legend Jan Hynes. The next step is obliterating the single second between it and the World Record set in 2010 by German athlete Barbara Gähling.

At Nationals in Darwin, in challenging conditions, she broke the Australian Record again, slicing another 0.22 from the gap. Only 0.79 seconds to go! She then had one last attempt for the year in Townsville, but didn't adjust enough for the near-perfect conditions, finding herself too close to the hurdles.

"Lack of experience let me down. Physically, I know I could have done it. I'm just trying to reach this ambitious goal while still on a very steep learning curve. Townsville was a great lesson about trusting my assessment of conditions. The biggest disappointment is that I don't get to put this lesson into practice until next season."

Master athletics has enriched Lenorë's life. She loves being fit, strong and healthy, and enjoys the challenge, achievement, camaraderie, and travel adventures that Masters provides.



Base Imagery



# World Masters Games

## 21-30 April 2017

### Auckland

### New Zealand

**Donna Hiscox**

**N**SW Masters athletes recently returned from competing in the World Masters Games in Auckland with a haul of medals.

The World Masters Games is all about participation in sport throughout life, where competition and camaraderie are celebrated.

Robyn Basman who won gold medals in the 1500m, 10000m, 6km cross country, 4 x 400m relay and silver in the 800m said of her experience, "These are games where everyone can compete. It can inspire you to keep at it or aspire to new goals".

Highlights of the games were from seasoned thrower Mary Thomas, winning five gold medals and one silver in all of the W70 throwing disciplines, Kerry Bray taking gold medals in four of the W70 long distance events and Richard Hughes winning five gold medals in all M85 track event from the 100m through to the 1500m.

Heather Lee posted more outstanding performances in the W90 3000m and 5000m walks. Heather competed with plaster on her arm after undergoing surgery for a broken elbow before she even left for Auckland. Once she arrived, she became ill having to withdraw from the 1500m walk. After spending the night in hospital, she was released and showing true strength and determination she competed winning gold in the 3000m walk that day!

### Medallists

#### Women

W30 – Greer CALABRO - silver 200m and bronze 100m.

W40 – Renee BRIFFA – silver 400m.

W45 – Christine SUFFOLK – gold 8km cross country.

W45 – Rachelle INGRAM – silver 400m.

W50 – Sally HUNT – gold 800m, 6km cross country, cross country team, 4 x 400m, silver 1500m and 5000m.

W55 – Ellena CUBBAN – silver throws pentathlon, bronze shot.

W55 – Robyn BASMAN – gold 1500m, 10,000m, 6km cross country, 4 x 400m, silver 800m.

W60 – Jill TAYLOR – gold discus, hammer, silver shot, weight throw, throws pentathlon, bronze TJ.

W65 – Adriana Van BOCKEL – silver hammer, bronze weight throw and throws pentathlon.

W70 – Kerry BRAY – gold 5000m, 10000m 5km cross country and 10km road race.

W70- Mary THOMAS – gold discus, javelin, hammer, shot, throws pentathlon and silver weight throw.

W90 – Heather LEE – gold 3000m and 5000m walks.

#### Men

M35 – Jay STONE – gold 4 x 100m, silver 200m and 400m.

M45 – Andrew CASSIN – gold 100m, LJ, silver 200m and TJ.

M45 – Jason KEANE – gold 10000m, silver 10km road race and bronze 5000m

M50 – Alan PROVENZANO – bronze LJ.

M55 – David RICHES – Gold 8km cross country.

M60 – Robert HANBURY-BROWN – silver weight throw and bronze throws pentathlon.

M65 – Donald STEWART – bronze 100m and 200m.

M75 – David CHANTRILL – gold 100m and silver 200m.

M85 – Richard HUGHES – gold 100m, 200m, 400m, 800m and 1500m.

#### For full results go to:

<http://www.worldmastersgames2017.co.nz/the-sports/schedules-and-results/athletics/track-field/>



# For 16 days in April, Auckland New Zealand played host to the 9th World Masters Games.

Jill Taylor



*Ellena Cubban, Adriana Van Bockel, Mary Thomas, Jill Taylor*  
*two photos J Taylor*

The Opening Ceremony was held at night at the iconic Eden Park Stadium, with each person attending given a light-up wristband, programmed to change colour and pulse during different segments of the schedule. A fantastic laser light show brought cheers from the crowd, however the traditional Athletes March in each sporting group around the track, always looked forward to as a chance to see teams from other sports and possibly catch up with old friends, was unfortunately a huge failure. The laser light show needed darkness to be effective, so athletes had to walk around in the semi-dark, and then were herded straight out to where the buses waited to take them home. All you could see were dark shapes and flashing wrist lights, and as Athletics was the last sport group to be called to march, there wasn't much left to march to.

**In 2021, the 10th World Masters Games will be held in Kansai in central Japan. The organisers say that they are expecting 50,000 participants to attend, and it is already being touted as an event not to be missed!**

*Congratulations to Jill Taylor,  
Gold Medal, W60 Hammer Throw  
photo courtesy AMA*

Held every 4 years, this is the largest multisport event in the world, and this one recorded the highest number of participants. This year saw 28,000 participants, competing in 28 sports, over 48 different venues, with 21,000 medals presented to athletes who came from all four corners of the globe.

On arrival check-in was smooth, once you got past the merchandise stalls at the front of the event Hub on Auckland's Queen's Wharf, and was a central entertainment point during the event for many athletes.





# 2017 AMA National Championships 9 - 12 June Darwin

Donna Hiscox



NSWMA left to right: Kylie Strong, Janet Naylor, Gianna Mogentale, Phillipa Wight, Jackie Bezuidenhout  
photo Stuart Paterson

A large contingent of NSW Masters athletes have returned from the recent Australian Masters Athletics Championships held in Darwin. It was the first time the championships had ever been held in the Northern Territory and with 690 athletes entered was the largest this century.

The warmer winter weather seemed to agree with NSW athletes, who topped the Medal Count with a total of 161 medals (62 gold, 57 silver and 42 bronze), ahead of Victoria (80) and Queensland (68). Enduring an extended season NSW athletes performed exceptionally well with a number of Australian and State records being broken.

**Richard Hughes** went up to the M85 age group in March and it didn't take him long to re-write the record books for the age group. Richard won gold in

the 60m (State record), 100m (State Record), 200m (Australian and State Record), 400m (Australian and State Record) and 800m (State Record). The 800m record had been in existence for 30 years and Richard obliterated it by 1 minute and 16 seconds!! An outstanding championships by an exceptional athlete.

**Neville McIntyre** competing in the M70 was successful in winning the 60m, 100m, 200m, 240+ 4 x 100m relay and also took out silver in the 400m and 240+ 4 x 400m relay.

**John Lamb** showed his dominance in the M65 age group by winning gold in the 60m, 100m, 200m, 400m, 100m hurdles, 300m hurdles and 240+ 4 x 100m relay and winning silver in the 240+ 4 x 400m relay.



**David Riches** was outstanding in the M60 long distance events, winning the 1500m, 5000m and 10 000m and taking silver in the 8km Cross Country. Breaking State Records in the cross country and a 22 year old record in the 5000m, David was unlucky not to be credited with a new record in the 10 000m due to a technical error.

**Jason Keane** was impressive in taking gold in the M45 5000m, 10000m and 8km cross country. Sprint champions **Ashley McMahon** M40 and **Darren Hughes** M50 showed their superiority in the sprint events by winning their respective age's 60m, 100m, 200m and 400m then combining as team mates to win silver in the 120-179 4 x 100m relay. Both athletes ran incredible 100m Champion of Champions races to take 2nd place and 3rd place respectively, with only 0.01 seconds separating them.

Throwing stalwart and superstar **Mary Thomas** W70 continued her phenomenal year, winning 6 gold medals in the shot, discus, javelin, hammer, weight throw and throws pentathlon, she also finished 2nd in the champion of champions shot put. **Kelly Hunter** W40 was also a standout in the throws disciplines for her age group, winning gold in the shot, discus, javelin, hammer, weight throw and throws pentathlon. As was **Sharyn Dickson** W30, who won gold in all throwing events except the javelin in which she won silver.

All-rounder **June Lowe** W60 had an outstanding championships, winning gold in the 80m hurdles, shot, weight throw and throws pentathlon, silver in the 60m, 100m, discus and hammer and bronze in the high jump for a spectacular total of nine medals!! Distance runners **Robyn Basman** W55 and **Christine Suffolk** W45 topped their age groups in the 8km cross country and 5000m and 10000m respectively. Robyn also backed up to take bronze in the 800m and gold in the 220+ 4 x 400m relay.

NSW sprinters performed extremely well with **Yael Reed** W30 winning the 60m, 100m, 400m and taking silver in the 200m and the 120-169 4 x 100m relay. **Julie Forster** W55 won her 60m, 100m, 200m, and 400m individual events. NSW is represented by a number of extremely talented sprinters in the W50 age group including **Kylie Strong**, **Jackie Bezuidenhout** and **Gianna Mogentale**, this age group is arguably the most competitive in Masters Competition, all three ladies medalled in the various sprint events. **Lenorë Lambert** W45 also topped off an incredibly successful year winning gold in the 100m, 200m, 400m, 80m hurdles and 400m hurdles and silver in the 60m. Lenorë's time of 63.63 in the 400m hurdles broke her own Australian record which she set in April this year and is only 0.8 outside the world record in this event.

**The 2017 Australian Masters Awards** presentation evening was held during the championships in Darwin. Congratulations to the NSW athletes who were nominated in the various categories. NSW had two winners:

**Peter Crombie** was awarded the 'Best sprinter/hurdler' for the 2016/17 season, included in his outstanding achievements for the year was winning gold in the M70 100m, 200m, 400m, M70 4 x 100 and 4 x 400m at the 2016 World Masters Athletics Championships in Perth.

**Belinda Martin** was awarded the 'Most Outstanding Individual Performance' for the 2016/17 season. Belinda won seven gold medals by convincing margins in the W40 800m, 1500m, 5000m, 10 000m, 8km cross country and ½ marathon (individual and team), at the 2016 World Masters Athletics Championships, Perth. After winning gold in the 10,000m, Belinda travelled to a different track venue, where she captured the gold medal in the 800m, all within a span of two hours. An amazing athlete!!

## Editor's Observations:

Congratulations to: **Adriana Van Bockel**, W65 hammer throw, first out of six.

**John Gordon**, M70 high jump, first place with a stunning 1.35m.

**Vicki Townsed, Philipa Wight and Baerbel Korbalski**, W50 short hurdles, first, second and third within 0.06s.

Our gold medal walkers: **Cheryl Webb, Jim Seymon, Kay Heineke** and **Dennis Williams**.

And the many more excellent performances I saw from Sydney on the live results page.

Event Co-ordinator: Stuart Gynell  
Email: [winterthrows@nswmastersathletics.org.au](mailto:winterthrows@nswmastersathletics.org.au)  
Phone: 0415 249 088  
Committee: Phil Frkovic, Jill Taylor, Adriana van Bockel



Join our event facebook page - search for  
"AMA Winter Throws Championships 2016 - 2018"



# 2017 AMA Winter Throws Championships

Saturday 30<sup>th</sup> September to  
Monday 2nd October  
Daily events start at 9am

Kerryn McCann Athletics Track  
Beaton Park Leisure Complex  
Foley Street  
Gwynneville NSW



**Kerryn McCann  
Athletics Track**  
is located within the  
grounds of Beaton Park  
Leisure Centre.

## Schedule of Events

### Saturday 30<sup>th</sup> September :

Individual events:  
Hammer, Shot Put, Discus, Javelin, Weight Throw

### Sunday 1st October :

Throws Pentathlon  
Group Dinner

### Monday 2nd October :

Heavy Weight Pentathlon  
56lb and 100lb Throws

## Welcome to the 'Gong

The Kerryn McCann complex is an eight lane IAAF certified synthetic athletics track. The track includes facilities for all jumping and throwing events. (including hammer and discus cages) as well as a 500 seating capacity grandstand. Athletic clubs that utilise our facilities include: [Athletics Wollongong](#), Little Athletics Wollongong, Illawarra Blue Stars and Kembla Joggers

## About Wollongong

<http://www.visitnsw.com/destinations/south-coast>  
<http://www.visitnsw.com/destinations/south-coast/wollongong-and-surrounds>  
<http://visitwollongong.com.au/>

## Accommodation Links:

<http://visitwollongong.com.au/places-to-stay/accommodation>  
<https://www.wotif.com/Wollongong-Hotels.d10427.Travel-Guide-Hotels>



2016 Male Athlete of the Meet  
Tom Hancock



2016 Female Athlete of the Meet  
Audrey Thomson





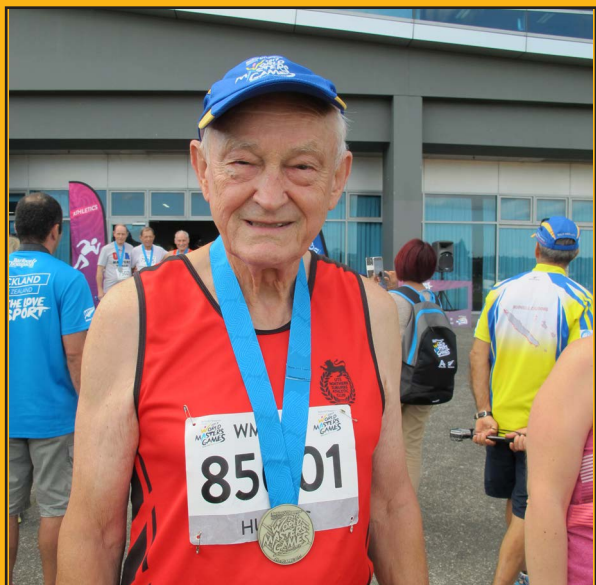
# NSWMA Records 2017

thanks to our Records Officer, Peter Murray

The first six in bold type are Australian records.

Athlete	Age Group	Event	Date	Performance	Prior Record
<b>Jay Stone</b>	<b>M35</b>	<b>200m</b>	<b>22-Jan-17</b>	<b>21.96</b>	<b>A-21.98, N-22.09</b>
<b>Leigh Bennett</b>	<b>M30</b>	<b>200m</b>	<b>22-Jan-17</b>	<b>21.63</b>	<b>21.67</b>
<b>Lenore Lambert</b>	<b>W45</b>	<b>400m Hurdles</b>	<b>31-Mar-17</b>	<b>1:03.85</b>	<b>1:04.18</b>
<b>Richard Hughes</b>	<b>M85</b>	<b>200m</b>	<b>10-Jun-17</b>	<b>35.13</b>	<b>A-35.79, N-36.93</b>
<b>Richard Hughes</b>	<b>M85</b>	<b>400m</b>	<b>11-Jun-17</b>	<b>1:25.63</b>	<b>A-1:25.99, N-1:43.17</b>
<b>Lenore Lambert</b>	<b>W45</b>	<b>400m Hurdles</b>	<b>12-Jun-17</b>	<b>1:03.63</b>	<b>1:03.85</b>
Jason Keane	M45	8k Run CC	12-Jun-17	29:18.00	30:08
David Riches	M60	8k Run CC	12-Jun-17	29:03.00	30:48
Jim Seymon	M75	10000 Meter Race Walk	12-Jun-17	68:54.00	#N/A
Osmo Millridge	M85	200 Long Hurdles (68.6cm)	12-Jun-17	52.22	#N/A
Anne Weekes	W50	10000 Meter Race Walk	12-Jun-17	62:14.00	65:30.33
Judy Kenyon	W75	10000 Meter Race Walk	12-Jun-17	82:06.00	#N/A
1) Nathan Smith, 42 2) Darren Hughes, 54 3) Matthew Lynch, 51 4) Jay Stone, 37	M35	4x400m Relay	11-Jun-17	3:44.01	3:44.39
1) Ashley McMahon, 41 2) John Minto, 45 3) Nathan Smith, 42 4) Darren Hughes, 54	M40	4x100m Relay	11-Jun-17	45.98	47.80
David Riches	M60	5000 Meter Run	11-Jun-17	17:27.59	17:31.35
1) Philippa Wight, 53 2) Kylie Strong, 50 3) Jackie Bezuidenhout, 50 4) Gianna Mogentale, 53	W50	4x100m Relay	11-Jun-17	53.49	53.77
1) Lynda Douglass, 55 2) Julie Forster, 56 3) Diane O'Toole, 59 4) Karen Douglas, 60	W55	4x100m Relay	11-Jun-17	1:03.81	1:21.30
John Gordon	M70	High Jump	10-Jun-17	1.35	1.35
Cheryl Webb	W40	5000 Meter Race Walk	10-Jun-17	24:52.98	25:52.84
Judy Kenyon	W75	5000 Meter Race Walk	10-Jun-17	39:55.65	40:47.66
Gregory Smith	M45	60 Meter Dash	09-Jun-17	7.44	7.49
David Riches	M60	10000 Meter Run	09-Jun-17	35:41.52	36:22.77
Richard Hughes	M85	60 Meter Dash	09-Jun-17	10.71	12.69
Osmo Millridge	M85	1500 Meter Race Walk	09-Jun-17	11:33.20	#N/A
Sharyn Dickson	W30	1500 Meter Race Walk	09-Jun-17	10:59.20	11:12.86
Kelly Hunter	W40	Discus Throw 1kg	09-Jun-17	43.04	37.46
Cheryl Webb	W40	1500 Meter Race Walk	09-Jun-17	7:11.20	8:00.40
Kylie Strong	W50	Long Jump	09-Jun-17	4.66	4.58
Judy Kenyon	W75	1500 Meter Race Walk	09-Jun-17	12:24.20	#N/A
Keith Bateman	M60	10km Road	06-May-17	36:41	37:23
Anne Weekes	W50	1500m Walk	25-Apr-17	8:32.15	8:35.59
Leigh Bennett	M30	400m Hurdles	02-Apr-17	51.21	59.96
Anne Weekes	W50	1500m Walk	11-Mar-17	8:35.59	10:26.00
Richard Hughes	M85	100m	11-Mar-17	17.42	20.49
Richard Hughes	M85	200m	11-Mar-17	36.93	43.33
Richard Hughes	M85	800m	11-Mar-17	3:46.48	5:04.83
Judith Kenyon	W75	5000m Walk	04-Mar-17	40:47.66	new record
Noni Cooper	W30	Mile	04-Mar-17	5:05.07	new record
Michael Laws	M30	Pentathlon Throws	18-Feb-17	2124 points	2090 points
Anne Weekes	W50	10000m Walk	11-Feb-17	1:05:30.33	1:09:25.31
Aanika Milne	W35	100m Hurdles	28-Jan-17	15.05	15.20
Cheryl Webb	W40	3000m Walk	21-Jan-17	14:56.21	16:23.32
Noni Cooper	W30	1500m	21-Jan-17	4:37.32	4:42.70





**Darwin: Wayne Marriott  
Baerbel Koribalski  
Jose Carvalho**

**Auckland: Richard Hughes  
Richelle Ingram  
Ada Van Bockel**

Photos: Stuart Paterson

Photos: Jill Taylor