



John Watson

Michael Pickering

Michael Doggett

Michael Doggett meant business but the other runners couldn't tell. He had cut the tops off his business socks.

The manager's diary

AUSTRALIAN MASTERS CHAMPIONSHIPS – CANBERRA

Friday, 28th March – Monday, 1st April, 2013

I was honoured to be appointed NSW team manager for this year's Nationals in Canberra. It was my second time as manager and while I had a lot more issues thrown at me this year, I felt the experience I gained in Melbourne stood me in good stead this time around. The

By Garry Womsley

weather was almost perfect throughout the championships. It was cold early in the morning but it would soon warm up to a lovely day. It was great sitting in the

sun throughout the 4 days. Some of the locals said that it has been known to snow at this time of year. At least it didn't happen this year. With 218 team members, we had the largest team of all the states. Also with 390 members at present, we had the best percentage of

competitors against the amount of members (55.9%). Armed with the NSW banner which has been out of sight for a few years (hopefully never again), I set about creating a good team atmosphere and an area in the stand where our members could sit between events each day and cheer on their team mates. The other states commented on our team spirit which was great to hear. Armed with our v-neck and polo shirts, which became much sought after collector's items, the grandstand became a sea of dark blue. These shirts will not only find good homes in New South Wales but in Queensland, Victoria, Northern Territory, Western Australia, New Zealand and the Cook Islands. Walking the short distance from the Canberra Motor Village to the track each morning was an adventure in itself. I saw kangaroos, wallabies, rabbits, lizards and even a snake. It was great to be in touch with nature and it kept everything in perspective.

had some success in the men's division. **Ron Schwebel** (42:33.82) and **Witold Krajewski** (42:38.55) had an absorbing battle in the M60 age category to get silver and bronze respectively. **Steve Napper** picked up bronze in the M65 age category in a time of 47:10.24. **Damien Meyer** placed 3rd in the M35 age category in a good time of 40:52.37. **EJ Davie** also picked up bronze in the M40 age category (44:26.44). After the 10000m races concluded, the sprinters got their first taste of competition in the 60m. The event is very popular and there were quite a few age categories that required heats to decide who would contest the finals. I was looking forward to the clash of **Gianna Mogentale** and **Kylie Strong** in the W45 final. However, there was also **Jackie Bezuidenhout**, **Cathy Kermond** and **Janet Naylor** from NSW in the final so they were not going to get it all their own way. It was Gianna who took gold in a time of

Smith took the M40 title in a fantastic time of 7.24sec. **Greg Eyars** who specializes in the 110m hurdles took out the M30 60m in a time of 7.41sec. Other medalists were **Ken Porter** (M55 – 2nd), **John McCarthy** (M45 – 3rd) and **Michael Dare** (M35 – 2nd).

The 1500m Walk, introduced only two years ago in Brisbane, gives the walkers a further opportunity to compete at Nationals. In the women's race, **Heather Lee** continued her great success at this level to again take gold in the W85 category in a time of 11:43.22. **Belinda Westcott** (W30 – 11:19.28) and **Kylie Brown** (W40 – 8:08.85) also took gold. **Nancy Lloyd** picked up silver in the W55 category. In the men's division, walking legend **Jim Seymon** had a comfortable win in the M75 category in a time of 9:07.72. **Osmo Millridge** picked up gold in the M80 category in a time of 10:19.56. Other medalists were **Bill Pomplun** (M50 – 3rd), **Robert Osborne** (M55 – 2nd), **Bob Connors** (M65 – 2nd) and **Graham Allomes** (M65 – 3rd).

Gianna and Jackie appear to be coming down to earth after flying through a sprint



Day One – Friday

Unlike in Melbourne, there was no need for me to lap score for some of our members in the 10000m. I was surprised when the officials said that they didn't need help. I was able to enjoy watching the events more. 25 laps around a track is not for the faint hearted. While I've done it in the past, I was quite happy to watch this time around. In the women's events, **Cristine Suffolk** picked up silver in the W40 age category in a time of 42:14.60. **Del Freed** was attending her first Nationals and thoroughly enjoyed her first race at this level. She was overjoyed to get a silver medal in the W55 age category in a time of 1:28:24.10. **Dot Siepmann** placed 3rd in the W65 age category in a time of 58:06.07. We also

8.11sec. **Kylie** took bronze in 8.37sec but hurt her Achilles just before the finish line. Remarkably, she later ran in the 100m. As normal **Jackie** (4th) and **Cathy** (6th), were not far behind. **Julie Forster**, who has battled injury recently, took out the W50 title in a time of 8.75sec. Other female medalists were **June Lowe** (W55 – 3rd), **Lynda Douglass** (W50 – 2nd), **Cathy Connell** (W40 – 2nd), **Nicole Robinson** (W35 – 2nd) and **Kathleen Cook** (W75 – 2nd). In the men's 60m, **Richard Hughes** (M80) continued his good form to take gold in a time of 9.82sec. As happened at State, **Neville McIntyre** and **Bruce Green** had a great tussle in the M70 category with Neville victorious in 8.45sec with Bruce 2nd in 9.05sec. **Darren Hughes** continued his good State form to take the M50 title in a good time of 7.62sec. **Greg**

I had entered both the 800m and Javelin today but decided not to contest either. Having improved markedly with my steeplechase since I entered for Nationals, I decided to wait another day before competing. I was worried about standing in the hot sun for the Javelin and that I would try to run too fast in the 800m. I have worked really hard to be competitive again in the steeple and I thought I was in the mix for a medal this year. Last year, although I tried hard, I was no chance. I was quite happy to watch the 800m and Javelin from afar. **Lisa Harrison** ran strongly in the W45 category and took gold in a time of 2:30.07. **Larissa Stanley** also ran well in the W35 category to win in a time of 2:25.46. **Don Mathewson** is an athlete that I look up to. He is the perfect example of how a distance runner should run. He just goes about his business with a minimum of fuss. Like me, he's had his injuries over the years. The fact that he keeps bouncing back is a great example to us all. He placed 1st in the M65 category in a great time of 2:27.85. **Michael Lynch** has done well in 800m over the years and ran fast to win in a great time of 2:01.15. He really had to pull out all stops as he secured the gold by just 0.25 of a second. In the M40 category, NSW got the trifecta with

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Michael Doggett (1st – 2:01.52), **Michael Pickering** (2nd – 2:04.91) and **John Watson** (3rd – 2:09.07). **Brett Halls** (M35) did well at the recent State Open Championships and carried that form into the 800m. He won in a time of 1:53.96 from **Stephen Archer** (2:04.25).

The much awaited 100m finals were the last track event of the day. **Julie Forster** took out the W50 category with a good time of 13.64sec. **Lynda Douglass** (14.28sec) took bronze. NSW took out the top 6 placings in the W45 category which was a great achievement. **Gianna Mogentale** again took gold in 12.88sec from **Kylie Strong** (13.22sec) and **Jackie Bezuidenhout** (13.40sec). **Megan Geddes** (13.83sec) placed 4th, **Catherine Kermond** (13.85sec) 5th and **Janet Naylor** 6th (15.31sec) in a very close race. **Richard Hughes** again dominated the M80 category with a time of 16.04sec (3.29sec faster than 2nd place). **Neville McIntyre** took out the M70 category in a good time of 13.62sec with **Bruce Green** 3rd (14.70sec). **John Lamb** (M60) has broken several records so far this season and has been in good form. He took that form into the 100m and took the title in a time of 13.14sec. **John Van Stappen** placed 3rd but wasn't far behind in a time of 13.99sec. **Darren Hughes** (M50) had a great State Championships and carried that form into the 100m where he took the title in a great time of 12.09sec. **David Isackson** (3rd – 12.29sec), **Ian Frater** (5th – 12.55sec) and **Peter Shepherd** (6th – 12.76sec) were all close in a very competitive race. The M45 race was again a close fought battle. **Chris Brack** (12.03sec) placed 2nd over the line but took the national title as the winner was from overseas. **John McCarthy** (3rd – 12.30sec), **Brett Reid** (4th – 12.35sec) and **Con Kotis** (7th – 12.87sec) were again all

close. **Greg Smith** took the M40 title with a great time of 11.22sec. The M35 race was another trifecta for NSW with **Ed White** (11.16sec) 1st, **Samuel Odede** (11.27sec) 2nd and **Andrew Pritchard** (12.60sec) 3rd. **Piyush Kumar** (M30) recently competed at the State Open and the Sydney Track Classic and ran fantastic times and he didn't disappoint in the final race of the day. He took the title in a great time of 11.06sec which was just outside the meet record.

In the field, our athletes also had success. **Steve Clark** (M30 – 5.58m), **John Searle** (M65 – 4.92m), **Nick Bastas** (M70 – 4.20m), **Max McKay** (M85 – 1.42m), **Cathy Connell** (W40 – 4.94m), **Kylie Strong** (W45 – 4.79m) and **Christine Shaw** (W50 – 4.45m) took gold in the Long Jump. **Max McKay** (M85) took gold in the Javelin (10.63m) as did **Andrew Ravenscroft** (M45 – 40.31m), **Kevin Fisher** (M50 – 39.38m) and **Andrew Atkinson-Howatt** (M55 – 46.33m). **Rodney Watson** (M35 – 29.62m), **Stuart Gyngell** (M45 – 41.56m), **Leo Christopher** (M70 – 35.41m) and **Francis Torok** (M85 – 18.79m) took the national title in the Discus. **Janelle Delaney** (W40 – 10.17m), **Gabrielle Watts** (W45 – 11.20m) and **Jill**

Taylor (W55 – 8.86m – with **June Lowe** 2nd & **Ellena Cubban** 3rd) won the Shot Put. **Gabrielle Watts** (W45 – 36.18m) took gold in the Hammer.

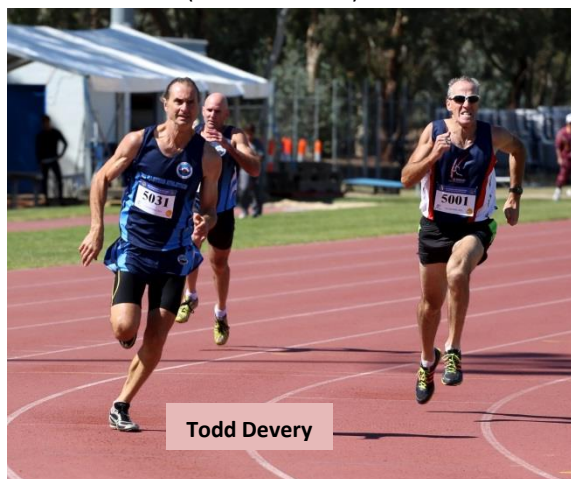
It was a great first day with lots of success for our athletes. I was happy but totally drained as I walked back to the motor village. I was starting to get nervous about the steeple.

Day Two – Saturday

Today was another sunny and warm day. I was nervous about my race but I was focused as well. I knew I did the work and showed a bit of form in the weeks leading up to Nationals. It was up to me to put it together on the day.

The 5000m Walk was the first race on the programme. **Heather Lee** (W85) again took gold in a time of 40:36.43 and broke her own meet record. **Osmo Millridge** (M80) also took gold in a time of 37:51.41. **Jim Seymon** (M75) took silver in a time of 32:53.86. **Jodie Sundstrom** (W30 – 40:45.30) and **Kylie Brown** (W40 – 29:06.32) also took national titles.

The programme had run fairly close to time so far. That was until the sprint hurdles started. There are three different distances as well as varying heights and different flight positions. It takes a lot of time and effort between races to get ready for the next one. As I had worked with some of the ACT officials at the Sydney Track Classic, I offered to help them move and adjust the hurdles between races. I also got a closer view of the races. **Greg Eyears** who did well in the 100m took another gold medal





Kylie Strong is actually Wonder Woman

in the M30 110m Hurdles in a great time of 14.59sec which was also a meet record. **David Murphy** also picked up a gold medal in the M40 age category in a time of 18.58sec as did **Andrew Kohlrusch** in the M45 category (18.43sec). **Wayne Marriott** (M55) took the National title in the 100m Hurdles in a time of 19.52sec. **John Lamb** (M60) scored another gold medal in the 100m Hurdles with a very good time of 17.26sec. **June Lowe** (W55) won the 80m Hurdles in a time of 17.84sec.

The 1500m events also proved to be popular with large fields and strong performances in every age category. It was enjoyable to watch all the races. It was another trifecta for NSW in the M40 category. **Michael Doggett** placed 1st in a time of 4:15.69, followed by **Michael Pickering** (4:19.19) and **John Watson** (4:36.35). **Brett Halls** again blitzed the field in the 1500m to take out the M35 title in a great time of 3:59.88. **Don Mathewson** continued his amazing form with another first placing in an outstanding time of 4:58.27. **Robyn Basman** continued her good recent form with a 1st placing in W50 category in a good time of 5:16.34.

It was soon time for the Steeplechase. I felt good and was ready to go. **Noel Wright** gave me some Nike spikes to try. They were so light and had the alternate colours that the young guys wear. One was light green and one was light blue. I also just happened to have a pair of green socks and a pair of blue socks in my bag. So I swapped them over to match the shoes. I warmed up well and felt strong and confident. Before my race was the 2000m races which included women of all ages and men M60+. **Dennis Wylie** has been in strong form since turning 60 and he took the M60 title in a good time of 7:52.96. **Ron Schwebel** (8:03.46)

wasn't far behind in 2nd place. **Julie Steele** took gold in the W50 category in a time of 9:50.30.

We were then called up for our race. There were 15 starters with 9 from NSW. The age range in the event was M30-59. There were three in my age category including myself and the other two are quality runners so I really needed to clear the hurdles and water jump almost perfectly. I was taught the correct technique in early 2004 and have never forgotten what I have learnt. It was almost a relief to hear the gun go off. I got a good start and got into a rhythm. The spikes Noel lent me were so light and I have not got so much distance on the water jump for a number of years. It also helped to have **Nick Terranova** (M55) and **Damien Meyer** (M35) to run with. I led my age category from the start but I took no chances and stayed focused throughout. I even passed Nick and Damien during the last lap. I finished 5th overall and won the National title in the M45 category in a time of 12:37.48 which was a season best and 1:08 faster than a year ago. I've worked so hard and got the ultimate reward. **Andy West** placed 3rd (13:38.15).

NSW got another 1st, 2nd & 3rd in the M35 category with **Simon White** 1st (11:09.00), followed by **Damien Meyer** (12:43.38) and **Roland Groeschell** (13:37.49). NSW also placed 1st & 2nd in the M40 category with **Michael Pickering** 1st (11:56.66) and **EJ Davie** 2nd (14:10.32). **Nick Terranova** took out the M55 title with a good time of 12:53.96.

The day concluded with the 200m finals. Jay Stone flew around the track in a blistering time of 22.13sec to take the M30 title. **Ed White** (M35) also won gold in a fast time of 22.33sec. **Greg Smith** (M40) continued his great form with another gold in a time of 22.63sec. **Chris Brack** (M45) narrowly placed 2nd to an overseas competitor but took the title in a time of 24.26sec. **Neville McIntyre** (M70) took the gold medal with a good time of 27.70sec. **Richard Hughes** (M80) took yet another title in a time of 32.35sec. **Janelle Delaney** took out the W40 category in a time of 26.57sec. **Gianna Mogentale** won the W45 category in a time of 26.58sec just in

front of **Jackie Bezuidenhuit** (26.89sec). **Julie Forster** took gold in the W50 category in a time of 27.97sec.

In the field, **Rodney Watson** (M35 – 10.58m), **Stuart Gyngell** (M45 – 15.05m), **Tim McGrath** (M50 – 11.32m), **Leo Christopher** (M70 – 13.44m) and **Francis Torok** (M80 – 7.88m) took gold in the Shot Put. **Ricard Meiring** (M35 – 58.53m), **Stuart Gyngell** (M45 – 38.98m), **Lajos Joni** (M55 – 40.15m) and **John West** (M60 – 41.39m) won the Hammer title. **David Murphy** (M40 – 1.57m), **Clay Tompkins** (M60 – 1.61m), **Robert Hanbury-Brown** (M55 – 1.46m), **John Searle** (M65 – 1.45m), **Greg Mamalis** (M70 – 1.21m), **Max McKay** (M85 – 0.77m), **Belinda Westcott** (W30 – 1.15m), **Lynette Smith** (W40 – 1.55m), **Robyn Smith** (W45 – 1.15m) and **Kerrie Macey** (W55 – 1.20m) took national titles in the High Jump. **Lynette Smith** (W40 –



Margaret Walker

27.75m) and **Gabrielle Watts** (W45 – 35.99m) took out the Discus. **Lynette Smith** (W40 – 32.94m) took gold in the Javelin.

During the afternoon, I attended the combined coaches and athletes forum. I found the coaching lecture interesting. The rest of the discussion was about the 2014 Nationals not being at Easter. I think there are valid points both for and against and I guess we'll find out next year whether a non-Easter Nationals is the way to go in the future. While the forum got heated at times, I think it showed how passionate people are about Masters athletics which is good. I finished the day attending our team dinner at the motor village. It was great to relax and catch up and see how our team members were faring. With the 4 x 100m relays on tomorrow, it was going to be another challenging day.

Day 3 – Sunday

With my steeple now out of the way, I needed to concentrate on selecting the teams for the 4 x 100m relays. Unfortunately, there were quite a few injuries and every time I thought I had the teams finalized, someone else came to see me to say they had dropped out. I fully understood as it has been a long season and a lot of athletes were trying to hold it all together for their individual events and hoped to do the relays afterwards. Some didn't make it. Despite all the drop outs and the huge effort to get replacements, as always it all came together in the end. I will talk more on the relays later.

The first event on day 3 was the 5000m. **Simon White** backed up well from the Steeplechase to place 2nd in the M35 category in an outstanding time of 17:12.40. **Jason McIntosh** also ran an outstanding time of 17:13.60 in the M40 category to get silver.

The 400m finals as usual were very exciting. **Julie Forster** (W50) despite being injured claimed silver in a time of 1:06.42. **Janelle Delaney** took the title in the W40 category in a great time of 1:00.42. **Belinda Westcott** also got gold in the W30 in a time of 1:07.64. **John Lamb** (M60) ran well to pick up gold in 59.65sec. **Michael Lynch** (M45 – 3rd – 53.60sec) and **Darrin James** (M45 – 4th – 55.19sec) ran outstanding times in a final where the meet record was broken. **Krzysztof Wardecki** (M40 – 2nd – 54.60sec) and **Michael Pickering** (M40 – 4th – 55.72sec) were also outstanding. **Todd Devery** (M50 – 3rd – 55.73sec) continued his good form. **Neville McIntyre** got yet another gold medal in the M70 category in a time of 1:08.75. Jay Stone ran a blistering race in the M30 category with a great time of 49.61sec to claim gold. Steve Clark claimed silver in 58.43sec. **Gianna Mogentale** (W45 – 2nd – 1:01.84) and **Lisa Harrison** (W45 – 3rd – 1:02.68) were not far apart.

Another highlight of Nationals is the two Champions of Champions races. The races are handicapped on age and it makes for an exciting finish. In the women's race, **Gianna Mogentale** was again too strong, to win in a time of 11.21sec. **Kathleen Cook** finished 8th in a time of 12.45sec in a blanket finish. **Neville McIntyre** won the men's race in a time of 10.46sec with **Greg Smith**



Richard Hughes hatched a cunning plan to gain speed by carrying less weight. He would run with just one arm!

(10.55sec) a fast finishing 3rd. **Richard Hughes** was 5th and **John Lamb** 6th got the same time of 10.84sec.

Many trips to the official's room were made to change our 4 x 100m relay teams. As the deadline approached, I still had vacancies that needed to be filled. Eventually the gaps were filled and the teams were submitted. Unfortunately, just when I thought everything was sorted, there were further withdrawals after the 400m finals and the Champions of Champions races and more replacements were needed. I thought the official responsible for entering in the teams was going to tell me to get lost after my 4th trip to make changes but he was very understanding. In the end, we were able to field a team in each category.

The W220 category was the first race and our team of **Kathleen**

Cook, Julie Steele, Ellena Cubban and **Margaret Walker** placed 3rd in 1:04.56. The M240 team of **Neville McIntyre, Nick Bastas, Bob Martyn** and **Bruce Green** were outstanding in picking up gold in a slick time of 57.02sec. I was so happy with our result in the W170 relay. It was so hard to fill this team with a number of withdrawals and I was even told that the team had "no chance" of getting a medal. Lucky I didn't listen! I really have to thank **Cris Penn** for filling the last spot. She normally doesn't do this distance but she really did me and NSW a favour. This is really what team spirit is all about. I was pleased to see the overall effort that **Suzanne Gore, Caroline Layt, Cris Penn** and **Belinda Westcott** put in to get bronze in a time of 58.94sec. Belinda's last leg run in particular was outstanding to withstand a fast finishing ACT team.

Our M180 relay team was again put together at the last minute. **Drew Percival** and **EJ Davie** were joined by my assistant **Ron Cozjensen** who was making his comeback after injury and **Greg Mather** who was in the right place at the right time to fill the last vacancy. They did a tremendous job to finish 5th in a very fast time of 55.16sec. Our W120 team of **Cathy Kermond, Gianna Mogentale, Linda Douglass** and **Lisa Harrison** are always very professional. I never have to worry about these four ladies. They are always very organized and focused and I know that they will always give their best. They really make my job look easy. Their performance today was again top notch as they grabbed gold by a huge

Robyn Basman leads a tight bunch including Cris Penn in the 1500m





Above: Mens 50+ 1500m.

Left: To Garry Womsley
steeplechase are just big hurdles



gold in the M80 200m
Hurdles in 44.35sec.

In the field, the highlights were : - **Cain Sarah** (M35 – 12.67m), **Nick Bastas** (M70 – 8.81m, with **Greg Mamalis** a very close 2nd – 8.68m), **Max McKay** (M85 – 3.25m), **Cathy Connell** (W40 – 9.88m) and **Christine Shaw** (W50 – 8.53m) took gold in the Triple Jump. **Andrew**

Kohlrusch (M45 – 2.60m), **Frank Chapman** (M55 – 3.00m), **Tim McGrath** (M50 – 3.20m) and **Selina Ellis** (W40 – 1.90m) got the National title in the Pole Vault. In the Weight Pentathlon, **Ricard Meiring** (M35 – 3064pts) took the National title.

Another action filled day ended with the awards dinner. It was a very enjoyable night. One of the highlights for me was sitting next to David Carr from WA. He is an absolute legend in Masters athletics and he is a very good steeplechaser as

well. I was honoured when he said that I have a good technique in the event. The other highlight was the induction of Peter Crombie into the Hall of Fame. Peter is another legend of the sport and certainly deserved this great honour.

Day Four – Monday

The main action on the track today was the Outdoor Pentathlon and the 4 x 400m relays. We were again hit with withdrawals but we were able to enter 5 teams with remarkable results. This year we were able to field a W220 team and placed 3rd. The team of **Suzanne Gore, Dot Siepmann, Ellena Cubban** and **Cris Penn** ran a gutsy race to finish in a good time of 5:48.40. Our M240 team of **Neville McIntyre, Don Mathewson, Ron Cozijnsen** and **John Lamb** had a comfortable win and finished in a time of 4:20.53. Due to a number of withdrawals, I put my singlet on and took part in the M180 event. With **Michael Doggett, Steve Napper** and **EJ Davie**, we finished 4th in a creditable time of 4:35.01. As they did in the 4 x 100m, our team of again took gold in a great time of 4:26.43. The last official event on the track was the M120 relay and our team of **Jay Stone, Chris Brack, Darrin James** and **Michael Lynch** were primed for a big showing and they didn't disappoint. They took gold in

margin in a time of 52.53sec. Our M120 team was hit by a lot of withdrawals but we were still able to put a competitive team on the track. **Krzysztof Wardecki, Chris Brack, Darrin James** and **David Skala** ran well to place 2nd in a great time of 47.40sec. So despite all the problems, I thought that our performance to pick up 2 gold, 1 silver and 2 bronze medals from the 6 relays was outstanding and was a great lesson for me that despite the withdrawals and other problems, everything will always work out in the end as long as I stay positive.

The long hurdles were the last track event of the day. In the M40 400m Hurdles, it was again 1-2-3, **David Murphy** taking it out in a time of 1:07.00, from **Krzysztof Wardecki** (1:09.05) and **David Skala** (1:09.50). **Chris Strickland** (1:08.53) took silver in the M45 category. **Todd Devery** took gold in the M50 category in a time of 1:03.29. **Paul Carr** was 3rd in 1:14.58. **John Lamb** continued his good form in the M60 300m Hurdles to win in 48.48sec. **Osmo Millridge** took



Winners are grinner: Lynda Douglass, Gianna Mogentale Lisa Harrison and Cathy Kermond kick their heels up

a great time of 3:32.75. Despite the withdrawals we had a very successful relay showing. Overall, we fielded 11 relay teams for 5 gold, 1 silver and 3 bronze medals, 1 fourth and 1 fifth placing.

A World Record attempt was held in the W60 4 x 800m relay as the very last track event of the final day. Our own **Paula Moorehouse** was part of this team and along with **Kathy Heagney** (VIC), **Kathy Sims** (ACT) and **Jeanette Flynn** (QLD) they

broke the World Record with a great time of 11:22.59 for the total distance of 3200m.

In the field, the highlights were: - **Ricard Meiring** (M35 – 17.77m, with **Jamie Muscat** – 2nd – 12.02m & **Rodney Watson** – 3rd – 10.23m), **Stuart Gynge** (M45 – 12.64m), **Lajos Joni** (M55 – 14.86m, with **Gavin Murray** – 2nd – 13.76m & **Robert Hanbury-Brown** – 3rd – 13.71m), **Max McKay** (M85 – 6.41m), **Gabrielle Watts** (W45 – 12.95m, with **Caroline Layt** – 2nd – 11.99m & **Glenys Whitehead** – 3rd – 10.66m) took out the Weight Throw. **Albert Gay** (M70 – 2888pts), **Brian Sharpe** (M80 – 1516pts) and **Jillian Senior** (W60 – 1792pts) took out the Outdoor Pentathlon. In the Champion of Champions Weight Throw, **Lajos Joni** finished 5th in the men's event with a best of 19.18m (including handicap), while **Gabrielle Watts** finished 8th in the women's event with a best of 18.83m (including handicap).

At Lennox Gardens, **Robert Osborne** (M55 – 59:49) took gold in the 10km

Walk. At Mount Stromlo, **Ron Schwebel** (M60 – 30:48), **Don Mathewson** (M65 – 32:32) and **Robyn Basman** (W50 – 32:25) took out their respective age categories in the 8km Cross Country race.

In my second year as NSW Manager, I would have to say that I was presented with more challenges this year than I was last year. Despite that, I thought I performed better this year and remained relatively cool under pressure (although I did have my moments!). I would certainly not hesitate to do the job again if selected. No one knows what the future holds but I would love to have a crack at the Australian job for the World Masters in Lyon after missing out for Brazil. I would like to thank my assistant Ron Cozijnsen for his support, particularly in making a premature comeback from injury to compete in both relays. I

would also like to thank my wife Cheri for taking the reins while Ron and I were in the Coaches/Athletes Forum. I would also like to thank our wonderful President Jill Taylor for her support and most of all I would like to thank you, our amazing squad of athletes.

Each time he jumps Clay Tompkins ponders how gravity prevents him from floating off into space



AMA CHAMPIONSHIPS RESULTS finals only, first 3 places only

60m				M35	Ed White	1	11.16	M55	Ken Porter	3	26.20
W35	Nicole Robinson	2	8.33		Samuel Odede	2	11.27	M60	John Lamb	2	26.36
W40	Cathy Connell	2	8.67		Andrew Pritchard	3	12.60	M70	Neville McIntyre	1	27.70
W45	Gianna Mogentale	1	7.09	M40	Gregory Smith	1	11.22		Bruce Green	3	30.29
	Kylie Strong	3	7.64	M45	Christopher Brack	2	12.03	M80	Richard Hughes	1	32.35
W50	Julie Forster	1	8.75		John McCarthy	3	12.30				
	Lynda Douglass	2	8.91	M50	Darren Hughes	1	12.09	400m			
W55	June Lowe	3	9.56		David Isackson	3	12.29	W30	Belinda Westcott	1	1.07.64
W75	Kathleen Cook	2	11.52	M55	Greg Hepburn	3	13.22	W40	Janelle Delaney	1	1.00.42
M30	Gregory Eyears	1	7.41	M60	John Lamb	1	13.14	W45	Gianna Mogentale	2	1.01.84
M35	Michael Dare	2	8.37		John Van Stappen	3	13.32		Lisa Harrison	3	1.02.68
M40	Gregory Smith	1	7.24	M70	Neville McIntyre	1	13.62	W50	Julie Forster	2	1.06.42
M45	John McCarthy	3	7.84		Bruce Green	3	14.70	W60	Paula Moorhouse	3	1.17.27
M50	Darren Hughes	1	6.75	M80	Richard Hughes	1	16.04	M30	Jay Stone	1	49.61
M55	Ken Porter	2	8.14		Brian Sharpe	3	20.89		Steve Clark	2	58.43
M60	John Van Stappen	2	6.76					M35	Roland Groeschell	2	1.00.29
M70	Neville McIntyre	1	8.45	200m				M40	Krzysztof Wardecki	2	54.60
	Bruce Green	2	9.05	W30	Belinda Westcott	2	29.25	M45	Michael Lynch	3	53.60
M80	Richard Hughes	1	9.82	W35	Nicole Robinson	3	27.29	M50	Todd Devery	3	55.73
	Brian Sharpe	3	12.55	W40	Janelle Delaney	1	26.57	M60	John Lamb	1	59.65
				W45	Gianna Mogentale	1	26.58	M70	Neville McIntyre	1	1.08.75
100m					J. Bezuidenhout	2	26.89	M80	Richard Hughes	2	1.17.30
W35	Nicole Robinson	3	13.23	W50	Julie Forster	1	27.97		Osmo Millridge	3	1.31.06
W40	Cathy Connell	3	13.87		Jenny Schell	3	29.35				
W45	Gianna Mogentale	1	12.88	W75	Kathleen Cook	2	37.65	800m			
	Kylie Strong	2	13.22	M30	Jay Stone	1	22.13	W30	Belinda westcott	3	3.14.90
	J. Bezuidenhout	3	13.40	M35	Brett Maurer	2	23.22	W35	Larissa Stanley	1	2.25.46
W50	Julie Forster	1	13.64	M40	Gregory Smith	1	22.63	W40	Belinda Liston	3	2.41.99
	Lynda Douglass	3	14.28	M45	Christopher Brack	2	24.26	W45	Lisa Harrison	1	2.30.07
W55	June Lowe	3	15.36		John McCarthy	3	24.53	W50	Cris Penn	2	2.33.52
W75	Kathleen Cook	2	17.72	M50	Darren Hughes	2	23.90		Suzanne Gore	3	2.36.59
M30	Piyush Kumar	1	11.06		David Isackson	3	23.91	W60	Paula Moorhouse	3	2.59.92

M35	Brett Halls	1	1.53.96	Walks			200m		
	Stephen Archer	2	2.03.89	1500 Walk			M80	Osmo Millridge	1 44.35
M40	Michael Doggett	1	2.01.52	W35	Belinda Westcott	1 11.19.28	300m		
	Michael Pickering	2	2.04.91	W40	Kylie Brown	1 8.08.85	W50	Margaret Walker	3 1.01.16
	John Watson	3	1.59.41	W55	Nancy Lloyd	2 9.42.95	M60	John Lamb	1 48.48
M45	Michael Lynch	1	2.01.15	W85	Heather Lee	1 11.43.22	400m		
	Darrin James	3	2.01.40	M50	Bill Pomplun	3 10.22.69	W30	Ranelle Hobson	1
M50	James Baker	3	2.15.14	M55	Robert Osborne	2 8.40.95	M40	David Murphy	1 1.07.00
M55	Stuart Paterson	3	2.30.46	M60	John West	3 10.57.52		Krzysztof Wardecki	2 1.09.05
M60	Stuart Hayward	2	2.24.37	M65	Robert Connors	2 9.54.29		David Skala	3 1.09.50
	Dennis Wylie	3	2.24.89		Graham Allomes	3 9.55.51	M45	Chris Strickland	2 1.08.53
M65	Don Mathewson	1	2.27.85	M75	Jim Seymon	1 9.07.72	M50	Todd Devery	1 1.03.29
	Martin Auster	2	2.41.95	M80	Osmo Millridge	1 10.19.56		Paul Carr	3 1.14.58
1500m				5000m Walk			4x100 Relays		
W35	Larissa Stanley	2	5.01.56	W30	Jodie Sundstrom	1 40.45.30	W120+		1 52.43
W40	Belinda Liston	2	5.50.85	W40	Kylie Brown	1 29.06.32		Catherine Kermond, Gianna Mogentale, Lynda Douglass, Lisa Harrison	
	Caroline Chapman	3	6.56.31	W55	Nancy Lloyd	2 24.32.42			
W45	Robyn Smith	3	6.39.88	W85	Heather Lee	1 40.36.45			
W50	Robyn Basman	1	5.16.34	M55	Robert Osborne	2 29.30.92	W170+		3 58.94
	Cris Penn	3	5.33.08	M60	John West	2 36.02.22		Cris Penn, Suzanne Gore, Caroline Layt, Belinda Westcott	
M35	Brett Halls	1	3.59.88	M65	Graham Allomes	2 34.59.77			
M40	Michael Doggett	1	4.15.69		Robert Connors	3 36.11.98	W220+		3 1.04.56
	Michael Pickering	2	4.19.19	M75	Jim Seymon	2 32.53.86		Kathleen Cook, Julie Steele, Ellena Cubban, Margaret Walker	
	John Watson	3	4.36.35	M80	Osmo Millridge	1 37.51.41			
M45	Andy West	3	5.09.28	10000m Walk			M 120+		2 47.40
M60	Dennis Wylie	2	4.55.48	W40	Kylie Brown	1 58.17		Krzysztof Wardeckie, Christopher Brack, Darrin James, David Skala	
M65	D. Mathewson	1	4.58.27	W50	Annette Tillman	3 1.32.29	M240+		1 57.02
	Martin Auster	3	5.44.90	W85	Heather Lee	1 1.20.54		Neville McIntyre, Nick Bastas, Bob Martyn, Bruce Green	
				M55	Robert Osborne	1 59.49			
				M65	Graham Allomes	2 1.14.38			
				M75	Jim Seymon	2 1.09.46			
5000m				Long Jump			4x400 Relays		
W40	Christine Suffolk	3	20.30.76	W35	Natalie Heywood	2 3.69	W120+		1 4.26.43
W50	Robyn Basman	1	18.56.95	W40	Cathy Connell	1 4.94		Lynda Douglass, Catherine Kermond	
	Angela Carpini	2	20.21.52	W45	Kylie Strong	1 5.62		Lisa Harrison, Gianna Mogentale	
M40	Jason McIntosh	2	17.13.60		J. Bezuidenhout	3 4.20	W220+		3 5.48.40
M60	Dennis Wylie	2	18.10.11	W50	Christine Shaw	1 4.45		Suzanne Gore, Dot Siepman, Ellena Cubban, Cris Penn	
M65	D. Mathewson	1	18.10.84	M30	Steve Clark	1 5.58	M120+		1 3.32.75
	Frank Scorzelli	2	20.17.93		Cain Sarah	1 6.12		Jay Stone, Christopher Brack, Darrin James, Michael Lynch	
				M40	Andrew Cassin	2 5.84	M240+		1 4.20.53
				M50	Ian Frater	2 5.16		Neville McIntyre, Donald Mathewson, Ronald Cozjinson John Lamb	
					Tim McGrath	3 5.06			
10000m				M55	Wayne Marriott	3 4.42			
W40	Christine Suffolk	2	42.14.60	M60	Clay Tompkins	1 5.06			
W55	Del Freed	2	1.28.24.10		Bob Martyn	2 4.37			
W65	Dot Siepman	3	58.06.07	M65	John Searle	1 4.92			
M35	Damien Meyer	3	40.52.37		Tom Barber	3 3.71			
M40	E J Davie	3	44.26.44	M70	Nick Bastas	1 4.20			
M60	Ron Schwebel	2	42.33.82		Albert Gay	2 4.10			
	Witold Krajewski	3	42.38.55		Grag Mamalis	3 3.54			
M65	Stephen Napper	3	47.10.24	M80	Max McKay	1 1.42			
8K Cross Country				Hurdles			High Jump		
W40	Christine Suffolk	3	33.52.00	80m			W30	Belinda Westcott	1 1.50
W50	Robyn Basman	1	32.25.00	W 50	Margaret Walker	2 15.67	W35	Natalie Heywood	3 1.20
	Angela Carpini	3	35.13.00	W55	June Lowe	1 17.84	W40	Lynette Smith	1 1.55
W65	Dot Siepman	3	51.22.00	M70	Albert Gay	2 19.70		Cathy Connell	2 1.40
M60	Ron Schwebel	1	30.48.00	100m			W45	Robyn Smith	1 1.15
	Dennis Wylie	2	30.57.00	M50	Tim McGrath	2 18.64	W50	Christine Shaw	2 1.31
M65	D. Mathewson	1	32.32.00		Paul Carr	3 19.23	W55	Kerrie Macey	3 1.20
M75	James Anthony	2	58.56.00		Wayne Marriott	1 19.52	M35	Cain Sarah	2 1.78
				M60	John Lamb	1 17.26	M40	David Murphy	1 1.57
				110m			M45	Michael Blair	1 1.60
				M30	Gregory Eyears	1 14.59	M55	R Hanbury-Brown	1 1.46
				M40	David Murphy	1 18.58	M60	Clay Tompkins	1 1.61
				M45	Andrew Kohlrusch	1 18.43	M65	John Searle	1 1.45
							M70	Greg Mamalis	1 1.21
								Albert Gay	3 1.15
							M85	Max McKay	1 0.77
							Triple Jump		
							W30	Montse Ros	2 9.70
							W40	Cathy Connell	1 9.88

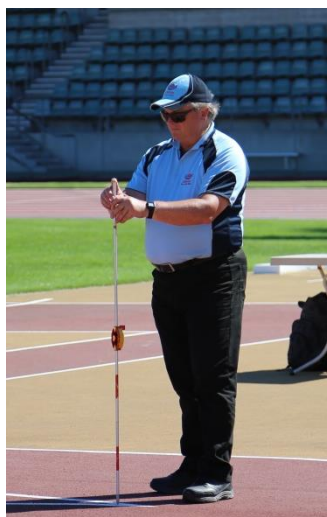
W45	Robyn Smith	3	8.35	W50	Christine Shaw	3	25.87	W40	Lynette Smith	2	32.94
W50	Christine Shaw	1	8.53	W55	Jill Taylor	2	23.62	W45	Glenys Whitehead	2	23.38
M35	Cain Sarah	1	12.67		June Lowe	3	21.15		Caroline Layt	3	21.81
M40	David Murphy	2	10.17	W60	Kate Clarke	2	22.37	W50	Christine Shaw	2	27.31
M50	Tim McGrath	3	9.27	W65	Mary Thomas	2	21.62	W55	June Lowe	3	20.73
M55	Wayne Marriott	2	8.92	W75	Joyce Schmidt	3	16.04	W60	Kate Clarke	2	21.60
M60	Clay Tompkins	1	11.75	M30	Warren Jones	2	28.45	W65	Mary Thomas	1	22.17
	Bob Martyn	2	9.19		Anatoly Kirievsky	3	26.30	M30	Anatoly Kirievsky	3	34.49
M70	Nick Bastas	1	8.81	M35	Rodney Watson	1	29.62	M35	Rodney Watson	3	40.94
	Greg Mamalis	2	8.63	M40	Andrew Watson	3	35.14	M40	Mark Geddes	2	40.55
M85	Max McKay	1	3.25	M45	Stuart Gyngell	1	41.56	M45	Andrew Kohlrusch	1	40.61
					Andrew Kohlrusch	3	32.02		A. Ravenscroft	2	40.31
Pole Vault				M50	Tim McGrath	2	33.72		Alan Provenzano	3	40.15
W30	Montse Ros	3	2.90	M55	Wayne martin	2	48.88	M50	Kevin Fisher	1	39.38
W40	Selina Ellis	1	1.90		Voitek Klimiuk	3	40.84		Tim McGrath	3	36.43
M30	Darrin Norwood	1	3.10	M60	Dave Ross	5	35.77	M55	A. Atkinson-Howatt	1	46.33
M50	Tim McGrath	1	3.20	M70	Leo Christopher	1	35.41		Voitek Klimiuk	2	44.00
	William Tyler	2	3.10		Keith James	2	32.98		R. Hanbury-Brown	3	40.40
	George Jankowski	1	3.10		Brett Sowerby	3	32.61	M70	Ron Bragg	2	30.86
M55	Frank Chapman	1	3.00	M85	Francis Torok	1	18.79		Keith James	3	28.49
M60	Phillip carrero	1	3.00		Max McKay	2	11.21	M85	Max McKay	1	10.63
M65	Tom Barber	2	2.60								
M70	Albert Gay	1	2.90								
Steeplechase				Pentathlon				Weight Throw			
2000m				W30	Belinda Westcott	2	1837	W35	Kellie Watson	3	9.31
W50	Julie Steele	1	9.50.30	W40	Lynette Smith	2	2920	W40	Lisa Mumberson	2	9.72
M60	Dennis Wylie	1	7.52.96	W50	Christine Shaw	3	2975	W45	Gabrielle Watts	1	12.95
	Ron Schwebel	2	8.03.46	W55	Ellena Cubban	3	2245		Caroline Layt	2	11.99
3000m				W60	Jill Senior	1	1792		Glenys Whitehead	3	10.66
M35	Simon White	1	11.09.00	M30	Steve Clarke	2	2111	W50	Wendy Hord	3	10.67
	Damien Meyer	2	12.43.38		Anatoly Kirievsky	3	1148		Jill Taylor	2	11.42
	Roland Groeschell	3	13.37.49	M40	David Skala	3	1957	W60	Jillian Senior	3	10.48
M40	Michael Pickering	1	11.56.66	M45	Alan Provenzano	3	2668	M30	Warren Jones	2	10.80
	E J Davie	2	14.10.32	M50	Tim McGrath	3	2712		Anatoly Kirievsky	3	10.75
M45	Garry Womsley	1	12.37.48	M55	A. Atkinson-Howatt	2	2246	M35	Ricard Meiring	1	17.77
	Andy West	3	13.38.15		R. Hanbury-Brown	3	1610		Jamie muscat	2	12.02
				M70	Albert Gay	1	2888		Rodney Watson	3	10.23
				M80	Brian Sharpe	1	1516	M45	Stuart Gyngell	1	12.64
				M85	Max McKay	2	500	M55	Lajos Joni	1	14.86
Shot Put									Gavin Murray	2	13.76
W40	Janelle Delaney	1	10.17	Hammer					R Hanbury-Brown	3	13.71
	Janie Carter	3	8.22	W30	Belinda Westcott	2	18.51	M70	Brett Sowerby	3	12.44
W45	Gabrielle Watts	1	11.20	W35	Kellie Watson	3	26.11	M85	Max McKay	1	6.41
	Caroline Layt	2	10.10	W40	Lisa Mumberson	2	29.40				
W50	Sally Stagles	2	10.22		Selina Ellis	3	17.45	Weight Pentathlon			
W55	Jill Taylor	1	8.86	W45	Gabrielle Watts	1	36.18	W40	Lynette Smith	1	2859
	June Lowe	2	8.82		Glenys Whitehead	2	34.99		Lisa Mumberson	3	1985
	Ellena Cubban	3	8.29		Caroline Layt	3	33.08	W45	Gabrielle Watts	1	3556
W60	Kate Clark	3	7.87	W50	Wendy Hord	2	33.20		Caroline Layt	3	3021
W65	Mary Thomas	3	7.70	W55	June Lowe	2	35.76	W50	Wendy Hord	3	2553
W75	Joyce Schmidt	2	7.37		Jill Taylor	3	35.52	W55	June Lowe	2	3240
M30	Warren Jones	3	10.01	W60	Kate Clarke	3	23.61		Jill Taylor	3	3061
M35	Rodney Watson	1	10.58	W75	Joyce Schmidt	3	21.37	W60	Kate Clarke	3	2938
M40	Andrew Watson	2	12.50	M30	Warren Jones	2	36.55	W75	Joyce Schmidt	3	2920
M45	Stuart Gyngell	1	15.05		Anatoly Kirievsky	3	29.91	M30	Warren Jones	3	2076
	Andrew Kohlrusch	3	10.61	M35	Ricard Meiring	1	58.53	M35	Ricard Meiring	1	3064
M50	Tim McGrath	1	11.32		Rodney Watson	2	30.61		Jamie Muscat	2	2868
M55	Gavin Murray	2	11.41	M45	Stuart Gyngell	1	38.98		Rodney watson	3	2173
	R Hanbury-Brown	3	10.97		Matt Stenning	2	35.24	M45	Stuart Gyngell	1	3815
M70	Leo Christopher	1	13.44	M55	Lajos Joni	1	40.15	M55	R Hanbury-Brown	2	3369
	Greg Mamalis	3	10.28		Gavin Murray	2	37.41		Gavin Murray	3	3233
	Keith James	3	10.08		A. Atkinson-Howatt	4	34.98	M60	Dave Ross	5	2337
M85	Francis Torok	1	7.88	M70	Brett Sowerby	3	24.91	M70	Brett Sowerby	2	2713
	Max McKay	3	5.56	M85	Francis Torok	1	18.88	M85	Max McKay	1	1970
					Max McKay	2	18.01				
Discus				Javelin							
W40	Lynette Smith	1	27.75	W30	Belinda Westcott	2	16.78	Weight Throw Champ/Champions			
	Janie Carter	3	26.31	W35	Natalie Heywood	2	30.79	W	Gabrielle Watts	8	18.83
W45	Caroline Layt	3	28.62					M	Lajos Joni	5	19.18



Craig Macpherson on the flags. *David Tarbotton*



Nancy Lloyd in control of the time. *Julie Steele*



Ian Guthrie setting up the EDM. *Andrew Atkinson-Howatt*



John Crandell retrieving the weight. *David Tarbotton*



Tom Barber adjusting the high jump landing area. *Andrew Atkinson-Howatt*

It's Official!

By Janet Naylor



The experienced Carol Hall shows Kiara Fioravanti how to operate the wind gauge. *Andrew Atkinson-Howatt*

On Tuesday 12 February, 17 NSW Masters members and two young guns turned up at the Ryde-Eastwood Leagues Club apprehensive and with IAAF rulebooks in hand.

After a light dinner and a beverage at the bistro, an hour was spent listening to our very own IAAF qualified officials educators, Mary Fien and Janet Naylor. They provided an introduction to officiating with an overview of throws, track, and some jumps!

Attendees then had the opportunity to complete the Athletics Australia C Grade accreditation paper in the areas of Track, Throws, Jumps, Administration or Technical. Coffees and teas were made and groups established so that knowledge could be shared to complete the multiple choice open book exams.

A week later, Janet had the pleasure of telling the group they had passed and were now officially, officials. One person scored 100%! Thanks are extended to

John Morris (ANSW Officials Advisory Panel) for marking the papers so quickly. Congratulations to:

- *Andrew Atkinson-Howatt - C Admin/Technical*
- *Craig Macpherson - C Track*
- *Daniela Osiander - C Track*
- *Dennis Wylie - C Track*
- *Ellena Cubban - C Throws, C Jumps*
- *Garry Womsley - C Throws, C Jumps*
- *Gavin Murray - C Throws, C Jumps*
- *George Jankowski - C Admin/Technical*
- *Ian Guthrie - C Throws, C Jumps*
- *Jill Taylor - C Throws, C Jumps*
- *John Crandell - C Throws*
- *Kiara Fioravanti - C Throws*
- *Lynette Smith - C Admin*
- *Mark Johnston - C Throws*
- *Nancy Lloyd - C Track*
- *Robyn Suttor - C Track*
- *Selina Ellis - C Admin*
- *Tom Barber - C Throws*
- *Tracey Grozdanis - C Track*

Andrew, Craig, Garry, George, Lynette, Selina and Tom were already accredited officials and were adding to their resumes, while open athletes John and Kiara are keen to put back into their sport.

Most of this group officiated at the State Masters Championships and without these new officials ANSW could not have got through the program, especially in the field events where everyone who was eligible had the opportunity to take six attempts!

Quite a few of these newly accredited officials plus some old hands have also worked at NSW State Opens, Allcomers, Sydney Track Classic and Nationals in Canberra. Most have the goal of being Australian officials at the Commonwealth Games in 2018!

Interested in joining this group? Watch out for the next seminar coming to you soon!

Sydney 10

(INCORPORATING THE NSW ROAD CHAMPIONSHIPS)

Saturday, 4th May, 2013 – Sydney Olympic Park.

41 of our members contested this very popular event. After being held on a Sunday last year, it was returned to its rightful position of bright and early on a Saturday morning for 2013. The weather was ideal for distance running. It was cool and cloudy with a hint of drizzle at times with no wind. Being a mostly flat course, most athletes really enjoy this race and record their fastest times over the distance.

Andrew Heil is better known as a middle distance runner on the track but also runs well over 10km and was our first member home in a good time of 36:57. Dennis Wylie continues to keep father time at bay and again showed the youngsters how it's done to finish in a time of 37:23. He also took out the M60-64 age category and broke the state record. Michael Pickering, who had a very good Nationals at varying distances and events, was next home in a time of 37:40. Ron Schwebel also continues to beat younger athletes and was our 4th member home in a time of 38:24 (2nd in M60-64 age category) just in front of Darrin James (38:25) and Justin Keane (38:35). Other members to beat the magical 40 minute barrier were Ian Rose (39:04), Don Mathewson (39:16 & 1st in the M65-69 age category) and Peter Byrne (39:42). Other age category medallists were Frank Scorzelli (40:53 – 2nd M65-69 age category), Robert Connolley (41:04 – 3rd M65-69 age category) and John Spinney (48:57 – 1st M70+ age category).

In the women's division, Robyn Basman continues to improve after an injury layoff and was our first member home in a very good time of 39:20. She was also 1st in the W50-54 age category. Jane Boyd was our second member home in a time of 41:56 with Linda Gard (42:05) not too far behind. Naina Jerath also ran strongly to be next home in a time of 42:41. Melanie Zeppel was our 5th member home in a time of 43:20. Mary Sheehan was next in with a time of 44:13, she not only beat 45 minutes but won the W60-64 age category and broke the

state record. Other age category medallists were Caroline Yarnell (45:53 – 3rd W50-54 age category), Joanne Cowan (45:05 – 1st W55-59 age category), Gina Jessop (45:48 – 2nd W55-59 age category) and Dot Siepmann (59:53 – 2nd W65-69 age category).



Andrew
Heil

Naina
Jerath

Full results as follows:

Men

- 1) ANDREW HEIL – 36:57
- 2) DENNIS WYLIE – 37:23 (1st M60-64 Age Category, record)
- 3) MICHAEL PICKERING – 37:40
- 4) RON SCHWEBEL – 38:24 (2nd M60-64 Age Category)
- 5) DARRIN JAMES – 38:25
- 6) JUSTIN KEANE – 38:35
- 7) IAN ROSE – 39:04
- 8) DON MATHEWSON – 39:16 (1st M65-69 Age Category)
- 9) PETER BYRNE – 39:42
- 10) NICK TERRANOVA – 40:41
- 11) BRAD SHARPE – 40:48
- 12) FRANK SCORZELLI – 40:53 (2nd M65-69 Age Category)
- 13) ROBERT CONNOLLEY – 41:04 (3rd M65-69 Age Category)
- 14) WITOLD KRAJEWSKI – 41:57
- 15) GARRY WOMSLEY – 41:59
- 16) GREG BEIRNE – 43:03
- 17) JOHN THOMPSON – 43:05
- 18) JOHN WALTON – 43:30
- 19) RON COZIJSSEN – 43:46
- 20) EJ DAVIE – 44:55
- 21) JAMES BARNES – 45:21



- 22) STEVE MIFSUD – 45:37
- 23) DOUG BARRETT – 45:54
- 24) STEVE NAPPER – 46:30
- 25) DENNIS WILLIAMS – 46:47
- 26) JOHN SPINNEY – 48:57 (1st M70+ Age Category)
- 27) GEOFF FRANCIS – 52:35
- 28) BOB WARMOLL – 56:23
- 29) GRAHAM ALLOMES – 59:28

Women

- 1) ROBYN BASMAN – 39:20 (1st W50-54 Age Category)
- 2) JANE BOYD – 41:56
- 3) LINDA GARD – 42:05
- 4) NAINA JERATH – 42:41
- 5) MELANIE ZEPPEL – 43:20
- 6) MARY SHEEHAN – 44:13 (1st W60-64 Age Category, record)
- 7) JOANNE COWAN – 45:05 (1st W55-59 Age Category)
- 8) GINA JESSOP – 45:48 (2nd W55-59 Age Category)
- 9) CAROLINE YARNELL – 45:53 (3rd W50-54 Age Category)
- 10) DEBORAH DRENNAN – 49:31
- 11) SUSAN RILEN – 58:46
- 12) DOT SIEPMANN – 59:53 (2nd W65-69 Age Category)

Garry Womsley

Wanted!

Dead or alive.... No on second thoughts, alive!

AMA WebMaster

Ernie Leseberg is hanging up his keyboard after many years.

Please contact either Ernie or Bob Schickert on the AMA Website

Bad weather dampens THE FIRST CHAMPIONSHIP OF THE SEASON

NSW NOVICE CHAMPIONSHIPS – Saturday, 20th April, 2013 – Ramsgate

After experiencing some beautiful early autumn weather recently, we experienced an early winter today. It rained for most of the morning and the strong southerly wind meant that it was bitterly cold. As a result, the course was covered with stretches of mud and large areas of puddles. While the invitational/all-comers races were plagued by most of the bad weather, by the time the major races had started, the sun was breaking through which raised the humidity. The weather certainly had an effect on the attendance with overall numbers definitely down on recent years.

7km Women's Novice

4 of our members contested this race. While this race has increased in distance from 4km to 7km, it is not yet clear whether or not the change has been a success but a total of 50 did contest this year's race which was slightly up on last year. Our first member across the line was Naina Jerath who placed 21st overall in a time of 30:17. Next home was Gina Jessop who placed 32nd overall in a time of 32:42. She was closely followed by Caroline Yarnell who finished 34th overall in a time of 33:55. Distance running legend and oldest athlete in the race Dot Siepmann was our 4th member home in a time of 49:30. She finished 50th overall.

10km Men's Novice

Numbers were well down on last year in the men's event. The bad weather earlier in the day certainly had an influence on some of the regulars who decided not to attend this year. While the weather had improved somewhat by race time, the 10km course was strewn with large puddles and some patches of mud. Rather than avoid them, it was quicker to just plough straight through them. Those who tried to avoid the puddles and mud to preserve their shoes wasted a lot of time. As the course can be boggy after rain, it is probably always best to wear older shoes for this event.

To be eligible to compete in the Novice event, competitors could not have received a State Open medal in any event from 3km upwards including

steeplechase. It is usually won by young up and coming athletes in their late teens or early twenties. However, this year was different. The youngest athlete in the top 5 placings was 29. 43 year old NSW Masters member Peter Costello took it out. Peter showed great form in some of the distance events on the track during summer and carried that on into this race. He looked determined in his warm up session and was certainly ready to go when the gun was fired. He went to the lead almost immediately and won the race with a great time of 32:53. He was 29 seconds in front of the 2nd placed runner.

Another 13 of our members competed in the race. Michael Doggett doesn't normally run this far but was our second athlete home and 18th overall in a good time of 36:38. There is never far between Dennis Wylie and Ron Schwebel and today was no exception. Dennis was our 3rd member across the line and 32nd overall in a time of 39:09 followed by Ron in 33rd in a time of 39:36. Nick Terranova and Don Mathewson had an absorbing battle and placed 40th and 41st overall in

a time of 41:27 and 41:33 respectively. Darrin James had a very good Nationals as a sprinter recently but showed his versatility in the longer races to finish 45th overall in a decent time of 42:34. John Thompson has made great progress since returning from injury earlier this year. He came home in 47th position in a time of 43:14. Robert Connolley did well on the track earlier in the year and has shown that he is a strong middle and long distance athlete. He was our next member to finish in a time of 44:00 and 51st overall. 71 year old Bob Warmoll has shown considerable improvement in the last year at all distances. Today he finished 55th overall in a time of 46:18. Ron Cozijnsen who has also returned from injury recently, got through the race without mishap and placed 60th overall in a time of 46:58 in front of Dennis Williams (47:26 – 61st) and Brian Mackie (48:53 – 63rd).

Fun Runs

The fun runs were contested during the most inclement weather of the day. It was cold and windy and the rain was coming in at right angles. We had 4 hardy souls in the 4km fun run. Brad Sharpe was the fastest in a time of 15:26. In the 10km fun run we had two members. Garry Womsley was the fastest in a time of 43:21.

Garry Womsley

You heard it here first

Athletics Australia is hoping the recent kerfuffle that surrounded plans to change equipment without the sanction of the IAAF will soon die down. AA feels it is well within its rights to produce modifications to equipment, just as the swimming association was when it went for dolphin suits. AA says it's up to other countries if they wish to enjoy the same competitive advantages by making alterations to their own equipment and says outright that there is nothing wrong with placing small explosive charges in the shoes of their high jumpers.

7km Women's Novice

- 1) Naina Jerath – 30:17 – 21st overall
- 2) Gina Jessop – 32:42 – 32nd overall
- 3) Caroline Yarnell – 33:55 – 34th overall
- 4) Dot Siepmann – 49:30 – 50th overall

10km Men's Novice

- 1) Peter Costello – 32:53 – 1st overall
- 2) Michael Doggett – 36:38 – 18th overall
- 3) Dennis Wylie – 39:09 – 32nd overall
- 4) Ron Schwebel – 39:36 – 33rd overall
- 5) Nick Terranova – 41:27 – 40th overall
- 6) Don Mathewson – 41:33 – 41st overall
- 7) Darrin James – 42:34 – 45th overall
- 8) John Thompson – 43:14 – 47th overall
- 9) Robert Connolley – 44:00 – 51st overall
- 10) Bob Warmoll – 46:18 – 55th overall
- 11) Ron Cozijnsen – 46:58 – 60th overall
- 12) Dennis Williams – 47:26 – 61st overall
- 13) Brian Mackie – 48:53 – 63rd overall

4km Fun Run

- 1) Brad Sharpe – 15:26 – 39th overall
- 2) Deborah Drennan – 19:00 – 74th overall
- 3) Graham Allomes – 23:22 – 96th overall
- 4) Vilis Gravitis – 26:13 – 101st overall

10km Fun Run

- 1) Garry Womsley – 43:21 – 15th overall
- 2) EJ Davie – 46:23 – 23rd overall

FOR

HALL OF FAME

Peter Crombie

Once described as 'The Spirit of Masters Athletics', Peter Crombie has achieved it all on the track. Arguably Australia's best male masters sprinter, he was awarded the highest honour that our sport can bestow, when inducted into the Australian Masters Athletics Hall of Fame at the recent National Championships in Canberra.

Peter became the sixth inductee, joining his former coach and mentor Reg Austin. A remarkable achievement considering that Peter was told in 2009 by his surgeon that he would be lucky to ever race again, let alone be competitive at national and world level. In 2010 Peter defied the odds winning two World Indoor titles and setting new Australian outdoor records in the M65 100 and 200. It was these performances that contributed to Peter being awarded the Worlds' Best Male Masters Athlete in 2010.

Peter's athletics career has spanned 53 years, most of which he has been self coached. There are a number of factors that have contributed to Peter's 20 World Championship medals, the primary one being hard work over many years. Peter not only trains hard but also in a very scientific manner, following the principles of progressive overload and specificity.

The work that Peter does on the track three times per week is only a part of the recipe of success. The three strength/stretching session per week at the gym in addition to the twice weekly water running sessions together with home rehab and prehab, make up a 'typical' training week. Each of these sessions is specifically designed around achieving Peter's up and coming competition goals.

In addition to this physical preparation, Peter's mental strength and never say die attitude at big meets, assumes a major importance. Peter has the unique ability to perform on the day consistently. He is the only person in WMA history to reach the finals in the 100m, 200m and 400m at every meet in which he competed over a period of ten outdoor world titles. According to Peter this takes many years of preparation.

"First of all find yourself a good coach who is able to take on a mentoring role and is particularly involved in your preparation. On finding the coach you need to then formulate a plan of what you need to do to make a world championship final. This is a multi-year plan which you must adhere to at all times during the lead up and not allow yourself to be distracted by what others

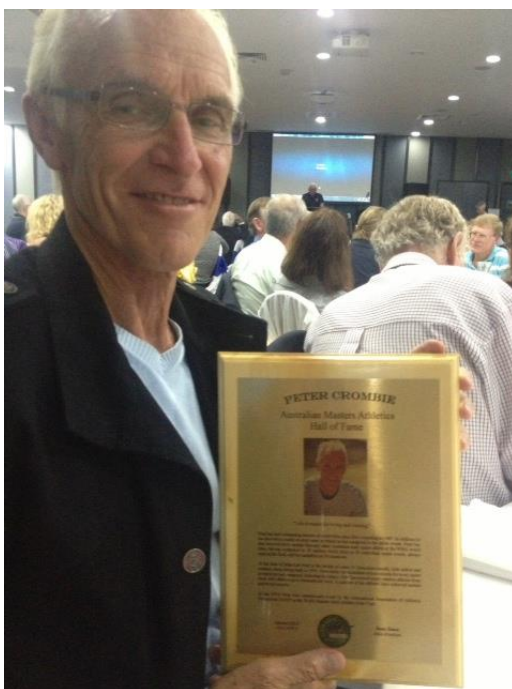
say and do. It involves working on technique, strength, fitness and flexibility as well as mental preparation. There can be no excuses other than injury for not turning up to a planned training session."

"To run your best in a world final is the end objective of your plans. Luckily I have been able to master the mental aspects of this which assumes major importance once you have made it to the final. In addition you must be very fit. I am fitter than most as I compete in 3 sprint events at each world titles which involves running 11 races at each meet which is more than 1 per day of competition. Even though training for the 3 events is a disadvantage in any one single event due to the lack of specificity in training, I get race fit as the meet progresses."

You can be in good shape and mentally strong but one must also have the ability to execute the race correctly. Peter has mastered this with absolute precision over the 200m distance. He attributes his ability to do this to, "To be a top level 200m runner you really do need to run 2x your 100m race time or better. I have been able to achieve this in most of my big races over the years. I notice that Usain Bolt can do this and so could Michael Johnson. In the masters ranks I used to train with and observe the mastery of Reg Austin who could also achieve this with his many World and Australian records."

To reach this point Peter believes you have to do sufficient longer speed endurance training. Multiple 200/250 and some 300m races in training are a must for over distance and repeat 145m runs are the main staple diet for a 200m runner and not many sprinters are prepared to do this type of work.

"Having achieved this it is important to just back off a little in the first 100m of the race. As we know, we all start to lose maximum velocity at around the 60m mark, so if you go out flat chat then you will be dying rapidly by the end of the race. It is important to attack the race like a 100m in the first 30/40 m and then run fast but less aggressively. Don't try and hug the inside line as you will spend far too much time checking to ensure you don't go inside the line. Don't lean right into the bend as you go around, you run fastest in an upright position where you can apply maximal forces. If you feel you are dying a little near the end of the race, try not to over-stride, it is far better to shorten the stride a little and maintain maximum cadence."



Amanda Coombe

Jack Pennington

ALSO INDUCTED

On 31 March at the National Championships Awards night Jack Pennington was inducted into the AMA Hall of Fame. Although currently with ACTVAC Jack was one of the founders of Masters Athletics in NSW. He was a foundation member of the first veterans club, the Wirinun club, which later became NSWVAC and finally NSWMA.

He also had a role in the formation of the forerunner to the AMA, the Australian Association of Veteran Athletics Clubs. His role was to produce an Australia wide newsletter, *The Veteran Athlete*. He wrote feature articles for several other journals and magazines here and in Canada, Germany and UK, wrote several books on athletics and an autobiography. He researched and presented scientific and experience based findings on age performance at University forums.

He also helped in the formation of several athletics clubs and Coaching associations and inaugurated the Canberra Fun run.

Jack was a champion runner in his time, holding a World record for the 1500m and was awarded the Order of Australia Medal in 2006 for services to athletics.

MARY SHOWS HER versatility

Continuing a theme from our last issue, where we reported on member Judy Brown who competes at Indoor Rowing when she's not doing athletics. In this issue, we feature Champion thrower Mary Thomas. When she's not throwing, you can find her in the swimming pool where she competes every Monday for a Ladies Swimming Club. That's not all! She also plays Lawn Bowls twice a week. Wait, there's more! Mary is a member of a



Motor Home & Campervan Club and they play "Disc Bowls" which are shaped like a Discus. Recently, she competed in the Annual Mixed Pairs Competition and won it for the 2nd time with the same partner. They

can be seen in the below photo showing off the spoils of victory. Well done Mary! Are there any other members out there who excel at another sport? If so, we'd love to hear about it.

Garry Womsley

NSW MASTERS WIN ANOTHER MEDAL AT THE Team Walks

Sunday, 26th May, 2013 – Harrington Park, Narrellan.



From left:

John west

Ian Jessurun

Robert Osborne

In 2012, it was the NSW Masters women's team who medalled at the NSW Team Walks Championships. This year it was the men's turn as they picked up a silver medal in the Open category. In beautiful weather conditions, team members Ian Jessurun placed 5th overall in a time of 52:52, while Robert Osborne placed 7th overall in a time of 56:53 and John West placed 12th overall in a time of 1:11:35. Their total score of 24 had them in 2nd place behind Sydney University (12) with South Sydney (27) in the 3rd place. John West who not only tackled the event for the first time, but also walked the 10km distance for the first time said, "It was a great day, a beautiful spot, nice people and there were no DQ's!" Congratulations to our latest state medallists! Unfortunately, the women did not have a team this year. Full results as follows: -

- 1) IAN JESSURUN – 52:52 – 5th overall
- 2) ROBERT OSBORNE – 56:53 – 7th overall
- 3) JOHN WEST – 1:11:35 – 12th overall
(2nd place in the Open teams category)

Garry Womsley

State Masters Championships

Saturday & Sunday, 16th & 17th March, 2013 – SOPAC

The 2013 version of the State Masters was given a makeover. The programme was completely revamped; there were a lot more officials and a lot more competitors. Throw in the fine weather conditions, on time running of events and great organization and the result is a very successful weekend. With only two weeks before Nationals, it was an ideal final hit out for most of our members. The Homebush venue with its great facilities and colosseum like atmosphere always brings out the best in athletes.

30-34 Age Category

Kimberley Fletcher showed that she is a good all round athlete with her performances over the weekend. She picked up 6 gold medals. They were in the 200m (27.05sec), 400m (59.91sec), 800m (2:18.11), High Jump (1.55m), Long Jump (4.96m) and Triple Jump (10.48m). We look forward to perhaps seeing her in the multi-events in the future. **Belinda Westcott** also had a good meet with 4 Gold, 4 Silver and 2 Bronze medals from her 10 events. This age category in the men's division is now stronger than it ever was particularly in the sprints. With athletes of the calibre of **Michael Dunne**, **Greg Eyears**, **Jay Stone**, **Piyush Kumar**, **Nick Turner** and **Michael Laws**, they were always going to be keenly contested. **Michael Dunne** (7.11sec) took out the 60m over **Greg** (7.27sec) and **Jay** (7.36sec) but there was only 0.25sec of a second between 1st and 3rd. **Piyush Kumar** who has had a lot of success at open level lately, took out the 100m in 10.76sec with **Michael Dunne** (11.01sec) right behind him followed by **Michael Laws** (12.15sec). **Jay Stone** took out the 200m in 22.20sec with **Michael Dunne** (22.66sec) close behind from **Michael Laws** (24.59sec). He also took out the 400m in a truly dominant performance in a blistering 49.64sec from **Nick Turner** (53.44sec) and **Michael Laws** (57.66sec). **Greg Eyears** took out his pet event (110m Hurdles) in a very fast 15.12sec. Distance runner **Frazer Dowling** took out the 1500m/5000m double (4:08.91 & 16:42.47) after a long injury lay off. In the field, **Michael Laws** scored 3 Gold medals. They were in the Long Jump (5.91m), Triple Jump (10.64m) and High Jump (1.55m). **Warren Jones** and **Anatoly Kirievsky** had a great battle all weekend in the throws with **Warren** taking out the Shot Put (10.04m), Hammer (37.49m) and Weight (11.02m) and **Anatoly** taking out the Discus (30.20m) and Javelin (32.54m).

35-39 Age Category

Allison Tucker earned 4 Gold, 1 Silver and 1 Bronze medal in what was a very successful meet for her. She took out the 60m (8.84sec), 100m (13.84sec), 200m (28.56sec) and the Triple Jump (9.01m). She also showed her versatility with a 2nd placing in the Long Jump (4.27m) and 3rd in the Discus (20.68m). **Tracey**

Grozdanis was just behind her in the 100m (14.01sec) and 200m (29.49sec) but turned the tables in the Long Jump to win with a jump of 4.35m. In the throws, **Natalie Heywood** picked up Gold in the Shot (7.89m), Javelin (30.18m) and High Jump (1.20m) as did **Kellie Watson** in the Hammer (24.17m) and Weight (8.88m). The men's sprints were keenly contested with larger fields than normal. **Paul Makakaufaki** took out the 60m in a great time of 7.83sec but had to settle for 4th (11.52sec) behind **Samuel Odede** (10.86sec) who also took out the 200m in an outstanding time of 22.82sec. **Nichol Papalexion** who placed 2nd in the 200m (25.18sec) won the 400m (55.16sec) narrowly from **Peter**

Veerhuis (55.81sec). The 800m was of a high standard with all four athletes doing times that open athletes would be proud of. **Brett Halls** who performed well at the State Open recently, took it out in a time of 1:53.77. The ever consistent **Michael Doggett** placed 2nd in 2:00.15, while the photo needed to separate **Andrew Heil** (2:01.83) and **Stephen Archer** (2:01.93) for 3rd. The 1500m was also of a high standard with 6 of the 7 starters going under the magical 5 minutes. **Michael Doggett** (4:09.43) took out the event from **Stephen Archer** (4:28.22) and **Simon White** (4:34.95) who backed up well after the Steeplechase. **James**

Palethorpe (17:32.37) took out the 5000m comfortably as did **Simon White** (11:35.20) in the 3000m Steeplechase where he not only took out his age group but was 1st across the line.

Jamie Muscat had a very busy meet. He not only took out the Shot Put (13.04m) and Discus (41:42), he placed 2nd in the High Jump (1.45m), 3rd in the Triple Jump (8.75m), 2nd in the Javelin (34.81m), Weight (12.11m) and Hammer (38.23m), but wait, there's more! He placed 6th in the 60m, 10th in the 100m and 5th in the Long Jump which was a great all round performance. **Cain Sarah** took out the High Jump (1.75m) and Triple Jump (12.56m), while **Peter McGrory** took out the Long Jump with an outstanding leap of 6.07m just ahead of **Cain Sarah** (6.01m). Newcomer **Ricard Meiring** took out the Hammer (58.31m) and Weight (18.56m), while **Rodney Watson** travelled from Woolgoolga to take the Javelin title with a throw of 40.52m.

40-44 age category

Ranell Hobson showed outstanding form in securing the 60m (8.51sec) and 100m (13.11sec) before a torn hamstring finished

Jamie Muscat didn't have time for the hurdles



her meet and her season. We wish her a quick recovery. **Janelle Delaney** took the title in the 200m (27.26sec) and 400m (1:01.14) as well as placing 2nd in the Shot Put, while **Nicky Kelly** was too strong in the 800m (2:27.71) and 1500m (5:16.10). **Sally Hannah** (20:12.49) ran strongly in the 5000m to narrowly beat **Gillian Sohun** (20:20.93) and **Naina Jerath** (20:44.14). **Richelle Ingram**, who placed 3rd in both the 60m and 100m, won the 80m Hurdles in a time of 16.26m. **Elizabeth Jones**, who did a lot of work as an official over the weekend, took out the title in the 400m Hurdles in a time of 1:22.97 and also placed 2nd in the Long and Triple Jumps. Multi-eventer **Lynette Smith** took out state titles in the High Jump (1.61m), Shot Put (10.06m), Javelin (30.34m) and Discus (33.29m). **Cathy Connell**, who placed 2nd in the 60m, 100m, 200m, High Jump and 3rd in the Discus, took gold in the Long Jump (4.86m) and Triple Jump (9.94m). The much improved **Selina Ellis** took gold in the Pole Vault (1.60m), Hammer (17.07m) and Weight Throw (7.46m). In the men's division, **Greg Smith**, who does an outstanding job during the week coaching other athletes, took out the treble of 60m (7.29sec), 100m (10.99sec) and 200m (22.89sec), while **Krzysztof Wardecki** took the 400m (55.79sec) after placing 3rd in the 60m and 100m and 2nd in the 200m. **Michael Pickering** took out the 800m/1500m double with great times of 2:07.41 and 4:21.32. **Jason McIntosh** (17:23.43) was outstanding in winning the 5000m from **Colin Pohl** (18:42.77) who also ran well. **David Murphy** won the 110m Hurdle in 19.48sec from **Brian Speed** (20.88sec) and **Michael Everett** (21.68sec). **Michael Everett** took the state title in the 400m Hurdle (1:05.29), High Jump (1.60m) and Triple Jump (9.72m). **Geoff Hynoski** who has been troubled by injury recently, secured the state title in the 3000m Steeplechase in a good time of 12:57.59 from the versatile **EJ Davie** (14:18.07) and **Keith Melton-Agbohlah** (17:47.49) who completed his first ever steeple. **Andrew Watson** won 4 state titles. He placed 1st in the Shot Put (11.92m), Hammer (20.41m), Pole Vault (2.80m) and Weight Throw (9.11m). He also placed 2nd in the Javelin so he had a very successful weekend. **Andrew Cassin** took out the Long Jump with a good leap of 5.37m, while **Peter Campbell** (36.35m) won the Discus narrowly from **Grant Newey** (36.08m) who took out the Javelin with a throw of 46.65m.

45-49 Age Category

Gianna Mogentale and **Kylie Strong** had a great battle in 60m, 100m and 200m. Gianna took out the 60m (8.27sec), 100m (12.90sec) from Kylie (8.42sec & 12.93sec) while Kylie turned the tables in the 200m with a time of 26.49sec which was just in front of Gianna in 26.80sec. In all three events, the ever consistent **Jackie Bezuidenhout** was just behind them in 3rd. She later got gold in the Long Jump. Gianna also won the 400m title in a time of 1:02.95 from a fast finishing **Lisa Harrison** (1:03.66). Lisa won the 800m in a good time of 2:28.85 while **Jane Boyd** took out the 1500m (5:23.77). **Karen Stanley** ran a fantastic 5000m to win in a time of 20:06.88. **Vicki Townsend** took the state title in the 80m Hurdles (20.24sec) and High Jump (1.30m) while **Robyn Smith** won the 2000m Steeplechase (10:25.44) and

the Triple Jump (8.34m). **Gabrielle Watts** went home with 4 gold medals after winning the Shot Put (10.74m), Discus (36.66m), Hammer (37.02m) and Weight (12.94m). **Glenys Whitehead** took out the Javelin with a good throw of 22.97m. **Suzanne Brown** won the 5000m Walk in a good time of 34:23.00. In the men's division **Michael Gedz** won the 60m in a time of 7.65sec just in front of **Eddie Van Der Jagt** (7.84sec) and **Brett Reid** (7.96sec). He qualified fastest in the 100m heats in a time of 11.96sec and ran even faster in a time of 11.87sec from **Chris Brack** (12.02sec) and **John McCarthy** (12.08sec). **Anthony France** was the fastest qualifier in the 200m heats with a time of 25.47sec. However, it was **Chris Brack** who took out the final in a time of 24.42sec from **Brett Reid** (24.76sec) and **Anthony France** (24.86sec). The 400m was a race in two between **Michael Lynch** and **Chris Brack**. Michael took it out in a time of 53.65sec just in front of Chris who finished in 53.84sec. Michael actually took out the 400m/800m double and finished the 800m in a great time of 2:00.25. **Paul Trainor** finished 3rd in the 800m and took gold in the 1500m with an outstanding time of 4:57.72. **Andy West**, after finishing 2nd in the 1500m and 3000m

Steeplechase, took gold in the 5000m in a time of 22:09.07. **Andrew Kohlrusch** had an

outstanding meet. He picked up gold in the 110m Hurdles (20.72sec), 400m Hurdles

(1:10.12), Pole Vault (2.90m), Shot Put (10.92m) and Discus (30.09m) and silver in the Javelin (43.16m). Steeplechase specialist **Garry Womsley** collected his 7th consecutive state title in the event with a good time of 12:57.51. **Rick Bacon** took out the High Jump with a good leap of 1.60m. **Eddie Van Der Jagt** and **Anthony France** had a good duel in the Long Jump. It came down to the 6th and final jump with Eddie (5.93m) just finishing ahead of Anthony (5.86m) with **Alan Provenzano** (5.07m) finishing 3rd. Anthony went one better in the Javelin to grab gold with a mighty throw of 50.64m. **Adam Parsonage** took gold in the Triple Jump with a great leap of 10.24m, while **Matt Stenning** was the king of the Hammer (34.02m) and Weight Throws

(10.27m).

50-54 Age Category

Lynda Douglass, who returned from injury recently, won the 60m in a time of 9.11sec just ahead of **Jenny Schell** (9.33sec) and **Christine Shaw** (9.38sec). **Julie Forster**, who has also battled injury recently, took gold in the 100m with a good time of 13.60sec with **Lynda Douglass** (14.09sec) and **Jenny Schell** (14.32sec) filling the other placings. **Jenny Schell** took out the 200m/400m double with times of 29.08sec and 1:07.70 respectively. **Cris Penn** took out her pet event, the 800m in a good time of 2:32.21 but the in-form **Suzanne Gore** (2:33.52) kept her honest. **Angela Carpini** had a comfortable win in the 1500m in a time of 5:26.33, while she got silver behind **Robyn Basman** in the 5000m who finished in a time of 18:56.31. Angela finished in a time of 19:37.67. **Sally Stagles** took home three gold medals. She won the 80m Hurdles (13.23sec), High Jump (1.30m) and Shot Put (10.09m). **Margaret Walker**, after finishing 2nd in the 80m Hurdles won the 300m Hurdles with a



good time of 58.28sec. In the 2000m Steeplechase, **Caroline Yarnell** finished first in 9:01.90 ahead of **Julie Steele** (9:39.53). Mutli-eventer **Christine Shaw** again took home a swag of gold medals from the Long Jump (4.23m), Triple Jump (8.50m), Discus (25.02m) and Javelin (26.74m). **Wendy Hord** also scored 2 gold from the Hammer (28.46m) and Weight Throw (9.50m). In the men, **Darren Hughes** made it a clean sweep in the sprints. He won the 60m in a time of 7.84sec from **Peter Shepherd** (8.22sec) and **Peter Murray** (8.28sec), the 100m in 11.72sec from **David Isackson** (12.05sec) and **Ian Frater** (12.18sec), the 200m in 23.66sec from **David Isackson** (24.14sec) and **Todd Devery** (25.21sec) and the 400m in 54.66sec from **Todd Devery** (55.79sec) and **James Baker** (59.02sec). Remarkably heats and finals were required in the 100m and 200m, so Darren did a lot of races to earn his medals. **Todd Devery** took gold in the 800m in a time of 2:13.63 from **James Baker** (2:14.32) and **Brad Sharpe** (2:16.74) while **Barry Mayo** took out the 1500m in 4:47.50 from **Brad Sharpe** (4:54.08) and **Peter Byrne** (5:00.17). The 5000m was of a high standard with **Chris Maher** winning in an outstanding time of 17:43.75 from **Peter Byrne** (18:33.56) and **Ian Rose** (19:22.84). **Paul Carr** was a stand out in the hurdles, winning the 100m in 18.87sec and 400m in 1:10.24. **Bill Pomplun** took gold in the 3000m Steeplechase in a time of 18:51.62 as well as the 5000m Walk (41:30.76). **Tim McGrath** continued his good form by taking gold in the Pole Vault (3.40m), Triple Jump (9.55m), Shot Put (10.73m) and Discus (30.71m). **Volodymyr Shelever** took out the High Jump with a leap of 1.65m. **Ian Frater** took out a keenly contested Long Jump with 5.11m from **Simon Butler-White** (4.79m), with a rare tie for 3rd by **Tim McGrath** & **Peter Murray** (4.71m). **Simon Butler-White** got gold in the Hammer (29.51m) and Weight Throw (11.04m) and **Kevin Fisher** threw a mighty 38.31m to take out the Javelin.



Alan Provenzano

55-59 Age Category

June Lowe was in good form over the weekend with gold in the 60m (9.61m), 100m (15.25sec), 80m Hurdles (19.47sec), Long Jump (3.59m), Shot Put (9.18m) and Javelin (22.94m). She also won silver in the Discus (21.21m), High Jump (1.05m), Hammer (34.65m) and Weight Throw (9.25m). **Ellena Cubban**, after silvers in the 60m and 100m, took out the 200m in 33.14sec just in front of **Linda McDowell** (33.70sec). She also picked up bronze in the Long Jump (3.45m), Shot Put (8.59m), Discus (19.85m), Javelin (18.44m) and Weight Throw (8.57m). **Margaret Thomas** won the 400m in 1:24.76 and got silver in the 800m (3:21.70) behind **Erika Bunker** (2:49.95). **Kerrie Macey** won the High Jump with a leap of 1.15m. Club President **Jill Taylor** took home 3 State Titles. They were in the Discus (22.82m), Hammer (34.81m) and Weight Throw (11.50m). **Nancy Lloyd** took out the 5000m Walk in a time of 34:26.07. In the men's division, **Ken Porter** took out the treble of the 60m, 100m and 200m titles. His times of 8.33sec, 12.73sec and 26.53sec were excellent. In the 60m, he was followed by **David Smith** and **Drew Percival** who could not be separated for 2nd (8.49sec). In the 100m, **Greg Hepburn** (13.00sec) placed 2nd with

Drew Percival (13.09sec) very close in 3rd. **Greg Hepburn** (26.77sec) and **Drew Percival** (27.37sec) held the same placings in the 200m in a closely fought race where only 1.36sec separated 1st and 6th. Less than 2sec separated the placings in the 400m. **Peter Williams** (1:04.98) took gold from **Nick Terranova** (1:05.81) and **David Mitchell** (1:06.68). **Nick Terranova** then took out the 800m/1500m double with good times of 2:22.06 and 4:59.04 respectively. He also took gold in the 3000m Steeplechase in a time of 14:15.87. After another silver in the 400m Hurdles, he could be very content with his weekend. **Mark Conyers**, who came 2nd in the 1500m, went one better in the 5000m (20:03.20), from **Greg Beirne** (20:29.41) and **Robert Osborne** (21:41.91). Robert got the state title in the 5000m Walk in a time of 29:22.71. **Wayne Marriott** scored gold in the 100m Hurdles (20.66sec) and **Brendan Dwyer** took out the 400m Hurdles (1:10.58). **Robert Hanbury-Brown** took the title in the High Jump (1.40m). He also took bronze in the Shot Put, Hammer and Javelin with silver in the Weight Throw. Pole Vault specialist **Frank Chapman** took gold in his event with a best of 3.00m. **David Mitchell** took out the Long Jump/Triple Jump double with jumps of 4.58m and 9.85m respectively. **Wayne Martin** has had a good season and has broken several

records. He won the Shot Put with a best of 11.55m just ahead of **Gavin Murray** (11.03m) and **Robert Hanbury-Brown** (11.00m). He also won the Discus by a significant margin with a great throw of 42.44m. **Lajos Joni** came from behind to win the Hammer. His best of 37.51m just shaded **Gavin Murray** who threw 37.15m. He also took gold in the Weight Throw with a best of 14.53m from **Robert Hanbury-Brown** (14.07m). The Ryde club took the trifecta in the Javelin with **Voitek Klimiuk** winning with a throw of 43.11m from **Andrew Atkinson-Howatt** (42.79m) and **Robert Hanbury-Brown** (37.93m).

60-64 Age Category

Louise Smallwood took out 60m/100m double. Her times were 10.97sec and 17.22sec respectively. **Jillian Senior** was right behind her in both events. Her times were 11.49sec and 18.54sec. Jillian picked up state titles in the Long Jump (2.98m), Triple Jump (6.81m) and the Weight Throw (9.77m). She also placed 2nd in the Shot Put and the Hammer. **Paula Moorehouse** showed that she has both speed and endurance by winning gold in the 200m (33.34sec), 400m (1:16.09), 800m (2:59.29) and 1500m (6:31.45). **Kate Clarke** took home 3 gold medals in the Shot Put (7.79m), Discus (21.07m) and Javelin (21.64m). She also placed 2nd in the Hammer (22.93m) behind **Adriana Van Bockel** (23.49m). In the men's division, **John Van Stappen** won the treble of 60m/100m/200m state titles. His times were 8.52sec, 13.34sec and 27.41sec respectively. **Martin Lynch** was just behind him in the 60m (8.54sec) and the 100m (13.70sec). **Stuart Hayward** won the 400m in a time of 1:02.76 and 800m (2:22.79) ahead of **Dennis Wylie** (2:28.19). **Dennis Wylie** took the state title in the 1500m (4:57.70) and the 2000m Steeplechase (7:55.79). **Ron Schwebel** usually contests the longer distances on the road, in deserts and up and down

mountains. This stood him in good stead to win the 5000m in a time of 19:55.16 and then placed 2nd in the 2000m Steeplechase (8:14.55). **Clay Tompkins** who turned 60 recently and broke records immediately, won state titles in the High Jump (1.55m), Long Jump (5.03m) and Triple Jump (11.40m). Pole Vault specialist **Phillip Carrero** took the title with a best of 2.90m. **Neil Hinton** took out the Shot Put with 9.13m. **Dave Ross** took 3 golds from the Discus (32.44m), Hammer (29.84m) and Weight Throw (11.41m). Former steeplechaser **John West** showed his versatility by winning the Javelin (26.88m) and the 5000m Walk (40:45.22).

65-69 Age Category

Lesley Eller took out the state title in the 800m in a time of 3:38.66 from **Dot Siepmann** (4:11.83). Dot took gold in the 5000m in a time of 30:35.25. **Mary Thomas** took home three gold medals with wins in the Shot Put (7.40m), Discus (20.42m) and Javelin (24.75m). **George Edwards** had a great battle with **David Bradley** in both the 60m and 100m with George victorious both times (9.56sec & 14.93sec respectively) with David not far behind (10.68sec & 16.84sec). In the 200m, **Hugh Colburn** took it out with a good time of 30.90sec just in front of **George Edwards** (31.13sec). **Robert Connolley** had an outstanding meet with wins in the 400m (1:11.26) and the 1500m (5:35.39). He also took bronze in the 800m and the 5000m. **Don Mathewson** had good wins in the 800m (2:27.43) and the 5000m (18:37.05) which showed that he is getting back to good form. John Searle won both the High Jump (1.50m) and Long Jump (4.84m). **Tom Barber** took out the Pole Vault (2.20m) and the Discus (26.17m). **Raminder Singh** took 3 gold medals from the Triple Jump (6.03m), Shot Put (7.38m) and Javelin (20.82m) which he won narrowly from **Graham Allomes** (19.43m). **James Stammers** won the Hammer (23.50m) and Weight Throw (9.86m). In the 5000m Walk **Bob Connors** took the state title with a time of 35:02.30 from Brendon Hyde 37:44.84).

70-74 Age Category

Joan Purcell won the 5000m Walk in a time of 35:24.97. **Neville McIntyre** scored a clean sweep of the sprints. In the 60m he took it out in a time of 8.62sec from **Bruce Green** (9.17sec). In the 100m his time was 13.69sec again from **Bruce Green** (14.33sec) and **Albert Gay** (14.97sec). In the 200m his time was 28.77sec again from **Bruce Green** (30.98sec). In the 400m, Neville again blitzed the field with a great time of 1:07.39. **Bob Warmoll** ran strongly in the 800m to win in a time of 2:56.01 just in front of **Ron Wills** (2:56.71). **Elwyn Elms** was in good form and won gold in the 1500m in 6:28.06 by a comfortable margin and took out the 5000m in a time of 24:04.09 from distance running legends John Spinney (24:41.29) and **Abdon Ulloa** (26:34.42). Multi-eventer **Albert Gay** got his usual swag of gold medals. This year he got 4. They were for the 80m Hurdles (16.25sec), High Jump (1.15m), Pole Vault (2.50m) and Long Jump (4.05m). **Graham Ryan** won gold in the 300m Hurdle in a time of 1:00.88. **Nick Bastas** came from behind to win the Triple Jump with a leap of 8.03m from **Graham Ryan** (7.86m). **Leo Christopher** was dominant in the Shot Put (13.54m) and the Discus (39.73m) to take both state titles. **Brett Sowerby** took out the Hammer and Weight throws with bests of 27.11m and

12.26m respectively. **Ronald Bragg** has a great tussle with **Albert Gay** in the Javelin with Ronald saving his best throw till last with 31.84m. This just shaded Albert's best of 30.59m. **Kevin Biggs** took out the 5000m Walk with a good time of 37:05.59.

75-79 Age Category

Kathleen Cook took home 3 gold medals from the 60m (11.04sec), 100m (17.49sec) and 200m (37.25sec). **Morris David** picked up 5 gold medals over the weekend in the 60m (11.14sec), 100m (16.74sec), 200m (38.62sec), Long Jump (3.11m) and Triple Jump (6.39m). **Joe Butler**, who is very well known in distance circles, won the 5000m in a time of 32:21.59. **Ron Simcock** got a haul of 6 gold medals over the weekend in the High Jump (1.25m), Shot Put (9.95m), Discus (28.92m), Hammer (35.32m), Javelin (31.93m) and Weight (14.37m). Walks legend **Jim Seymon** took out the 5000m Walk in a time of 33:41.05.

80+ Age Category

Richard Hughes earned 5 gold medals over the weekend. They came in the 60m in a time of 10.42sec from **Desmond Higgs** (who was the weekend's oldest athlete at 85 years young) in 13.70sec. Richard also took out the 100m

(15.62sec), 200m (33.93sec), 400m (1:20.19) and 800m (3:31.71). **John Sturzaker** earned 4 gold medals in the Discus (23.33m), Hammer (22.96m), Javelin (22.95m) and Weight Throw (11.22m), while **Roy Bennett** picked up 2 silver medals (Discus – 17.76m, Javelin – 18.72m).

The full results can be found at the Athletics NSW website: -

www.nswathletics.org.au

Garry Womsley

What's ahead?

Jun-15	Hunter Winter series Glendale
Jun-16	Short Walks Champs Penrith Lakes
Jun-22	NSW XC Champs Willandra
Jun-23	Winter track n field Beaton Park
Jun-23	Dunbar #3 Throws Pentathlon Dunbar Park
Jul-13	Road Relay Championships Ourimbah
Jul-28	Long Walks Championships Narellan
Jul-28	Winter track n field Beaton Park
Aug-03	Short Course Cross Country Champs Rydalmere
Aug-25	Winter track n field Beaton Park
Sep-08	NSW Half Marathon Championships Bankstown
Sep-22	NSW Marathon Championships Bankstown

Wollongong throws only events

June 15, July 13, Aug 17, Sep 14

Kerryn McCann Foley's Road, Gwynneville, Wollongong . Contact:

info@athleticswollongong.org.au
or 0415 249 088

Managing adversity

We all struggle with small ailments and injuries but Tracey Grozdanis has a much greater burden to bear

Throughout her school years Tracey had a penchant for sprinting and was a keen dancer, making it to the national stage.

A serious car accident at the age of 18 put the brakes on her running so she took up swimming. As she recovered she became interested in triathlon but found when training for distance running she had breathing problems including hyperventilation and breathlessness. She consulted her Doctor who sent her for asthma, allergies and blood tests but these all came back normal. Her Doctor believed her body wasn't suitable for distance running.

Eventually Tracey asked her Doctor to send her for a VO2 Max test and, although convinced otherwise, he at least agreed to send her for a chest X-Ray. The X-Ray indicated that there were problems so she was called at work later that day and taken off duty to undergo another blood test and to have a CT scan.

The CT Scans showed that the lower right and upper left of her lungs were eaten away. A lung specialist sent her to a thoracic surgeon who was to take a biopsy (a sample for testing). The surgeon warned that he might have to take more than the biopsy sample if the need arose.

The CT Scans showed that the lower right and upper left of her lungs were eaten away

4 days later Tracey awoke to find herself surrounded by Doctors who explained she had a disease called Cryptococcal pneumonia, a potentially fatal fungal disease never seen in healthy people. The surgeon had removed half of her right

lung to give her a better chance of survival. It was suggested the disease might return and she should get her affairs in order and spend time with her family as she may only have 6 months to live.

Despite feeling sick for a year following the operation, because she had to take medication that produced serious side effects, she actually got back into training and competed in her dancing championships. She made the specialist laugh when she stated her intention to run again. She was advised that her body had suffered enough and although she had recovered well from surgery, she needed to take up a more relaxing activity like yoga!

Not short on determination, Tracey made several attempts at taking up running again, joining clubs and training for and completing various distances from 400m to cross country, City to Surf and eventually a marathon.

An article about her appeared in Runners World before her marathon attempt and she was told to get medical clearance before she could run because insurance policies would be at risk. Unfortunately she failed the medical test and was expected to pull out. Thankfully she ignored this advice and ran anyway but in pain as she had unknowingly given herself a stress fracture in training. The pain slowed her up but she finished the most gruelling of races albeit, in a gruelling time! She regards it as her greatest triumph and it



left her with the belief that she could do anything. However, she spent the next 8 weeks on crutches!

At our recent State Championships she managed a close second in the 100 and 200 before a win in the long jump. Better still, she broke the Pentathlon record in the 30-34year age group for the second time after breaking it last year at the Nationals in Melbourne.

Despite these successes an ongoing issue remains and that is that Tracey never knows when she will become breathless or her heart become irregular from lack of oxygenated blood, causing her muscles to shut down. Fortunately her coach is wise to it and pulls her back when he sees her begin to react adversely to workouts because the last person to take it easy is Tracey Grozdanis.

Tracey is a warm and giving person who completed the exam to become a Grade C track official and even took on the role of pacer at the Sydney Morning Herald Half Marathon one year.

Despite being told she would never have children she now has two healthy boys and is studying for 2nd year Diagnostic Radiography at Newcastle University.

TRIAL CHANGE TO AMA NATIONAL TRACK AND FIELD CHAMPIONSHIPS

Introduction

In the last 2 years, attendance at our Championships has been the best it has been for a long time, yet the 640 members in Canberra is only 17% of the total AMA membership. While we know a great many members just like to compete in normal competition and are not interested in Championships, 17% is particularly low.

Reasons suggested for this low attendance include:

- The most frequent reason is that younger members in particular want to spend time with their families at Easter.
- Religious reasons.
- Clash with the Stawell Gift (both competitors and spectators).
- Airfares and accommodation are too high at Easter.
- Usually at least 4 nights accommodation are needed

The AMA Survey

After many years of hearing that many people would prefer a non-Easter Championships – 2 years ago AMA set up a small task force comprising members from Queensland, Victoria, Tasmania and South Australia to develop a survey to test the feeling of membership. In 2012 AMA conducted this survey and while not a perfect survey it did provide some useful data with over 500 responses (the survey results are now on the AMA web site!).

- 63.5% indicated they would attend a 2.5 day championship away from Easter (only 17.2 said they wouldn't).
- 53.5% indicated that they would prefer a non-Easter championship.
- 51.7% supported removing the throws pentathlon. 21.3% opposed this.
- 44.4% supported removing the T&F pentathlon. 27% opposed this.
- Other events considered for removal included – cross country, 10k road walk, 60m, 1500m walk, 10000m and the 4x400m relay. All of these were either neutral or in favour of being retained.

AMA's Response

On the basis of comment from members over the years and the

survey, the AMA Council (made up of representatives from all states) decided to trial a 2.5 day Championships away from Easter in Tasmania in 2014 (March 8th – 10th) It is hoped that this would achieve the following advantages and lead to an increase attendance:

- Members would be able to spend time with their families at Easter.
- It would avoid religious reasons for non-attendance.
- Members would be able to also compete or attend the Stawell Gift.
- Airfares and accommodation would be cheaper.
- One night less accommodation needed.
- A dinner venue should be able to be sourced at a cheaper price.
- It will be easier to secure Officials and Volunteers away from Easter.
-

Disadvantages include:

- Some members will have to take a day off work
- The 2 pentathlons have to be removed to cater for the 2.5 day program
 - The tighter program may mean some athletes have to be more selective in their choice of events

It will result in the following spread of events across disciplines:

- Sprinters have **4** main events plus relays and possibly hurdles
- Middle distance runners have **2** events (these events are often coupled with either the 400m or the distance events)
- Distance runners have **4** events
- Walkers have **3** events
- Jumpers have **4** events
- Throwers have **5** events

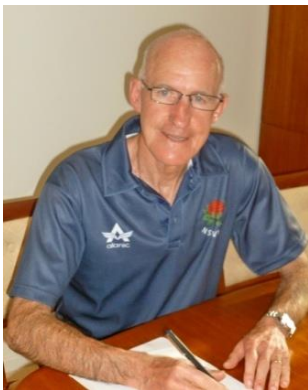
Alternate arrangements for events now excluded

AMA acknowledges that the events removed are important to those who compete in them. We had initially hoped that the 2 pentathlons could have been incorporated in the Oceania Championships to be held in Bendigo in January but this is not possible. AMA continues to investigate how these events can be conducted as National championships and welcomes any ideas.

Don't forget our AGM!

**Sunday 30th June from 2pm
Ryde Eastwood Leagues Club**

Thanks to the following personnel: Proof reading: Lynette Smith.
Photos: Andrew Atkinson-Howatt, Julie Steele, Ron Cozijnsen, David Tarbotton.
Waratah exists to inform and entertainment members. No responsibility is accepted for omissions, errors or for any offence caused however, apologies will be printed in any such occurrence.



On the Record

Start recording by the Records Officer, **Don Mathewson**

In this edition of the Waratah, there are again numerous new NSWMA records to recognise. These records are a reflection of the quality of our Masters Athletes and the effort they put in to achieving outstanding results. It is positive to see athletes of all ages represented in this edition.

Clay Tomkins, M60, has had an excellent summer season with 3 more records against his name. His high jump 1.61m not only broke his own NSW record but also his Australian record of 1.60m. Clay's triple jump distance of 11.75 also broke his own NSWMA record and his 3rd record was a 5.12m long jump broke Jim McGrath's 1991 record. Now for some peace for the records officer over the off season as Clay is not a long distance runner.

Ricard Meiring M35, has also been busy setting a new hammer record of 58.31m and then breaking it again a couple of months later with a distance of 63.13m. With a weight throw of 18.56, Ricard broke both the NSWMA and Australian record. Very good results and most likely Ricard will be claiming more records.

Well known and popular athlete **Albert Gay**, M70 set a new pole vault record of 2.90m at the AMA championships breaking his own record of 2.75m. Good on you Albert.

Ron Schwebel M60, set a best on record Cross Country at the AMA championships with a great time of 30.48. Ron has Dennis Wylie to contend with in all the longer running events and this is one up for Ron.

Another of our mature athletes, **Leo Christopher** M70 broke the shot record with a distance of 13.54m. Congratulations Leo.

Kylie Brown, W40 walker has set a new 3 km walk time of 16.23.32 at Homebush. This should be an encouragement for more records Kylie.

Heather Lee, W85 who has become so well known to all of us with numerous records, including World Records, set a new 10 km walk record of 80.54. You keep impressing everyone and well done again Heather.

W60 **Jillian Senior** set 2 new records. A 1.0m 100lb weight throw and a pentathlon record at the AMA Championships with 1792 points. Good effort Jillian.

Brendan Davies W35, amazing international ultra runner, set a new Marathon record in Canberra with a time of 2.33.51 coming 6th overall in the event and breaking his own 2.40.36 record. Great result combined with all of your recent international successes Brendan.

Javelin thrower **Andrew Atkinson-Howatt** M55 broke his own record of 45.42 with a great throw

of 46.33m at the AMA Championships. Good result Andrew.

Mary Sheehan W60, hits the records column again this edition with 2 fantastic long distance runs. Mary broke the 10k road at the Sydney 10 in 45.13 and then in the SMH Half Marathon with a great time of 1.35.59. She broke Dot Siepmann's records by just under 8 and 11mins respectively for both events. These records will stick for a while Mary. Congratulations.

Gabriele (Gabi) Watts W45 broke both of her own hammer and weight records with a hammer throw of 37.02m and a weight throw of 12.95m. Great results when you break 2 of your own records and well done Gabi.

Kathleen Cook W75 is back in this edition again with 3 new sprint records to her name. 60 m in 11.04, 100 m in 17.49 and finally 200 m in 37.25. Great results Kathleen and we look forward to more in the future.

Piyush Kumar M30, a newcomer mentioned in our last edition has again set both a NSWMA and Australian record with a 10.73 in the 100 m. He broke his own NSWMA time of 10.87. I am sure there will be more opportunities for Piyush to set some new records next season.

Strong M60 competitor **Dennis Wylie** set 2 new records with a 37.23 in the 10 km road in the Sydney 10 and a 1.23.49 (an excellent time) in the SMH Half Marathon. Both of these records belonged to Ron Schwebel but I expect that Ron will be motivated to get them back in future events. It is great to see these 2 quality runners compete against each other.

Nominees for ANSW Awards

In our next edition we will print the list of winners.

Sprints/Hurdles

Richard Hughes, Gianna Mogentale, Jay Stone.

Distance

Don Mathewson, Belinda Martin, Robyn Basman.

Middle Distance

Brett Halls, Don Mathewson, Robyn Basman.

Throws

Stuart Gyngell, Gabriele Watts, Wayne Martin.

Jumps

Nick Moroney, Clay Tompkins, Christine Shaw.

Cross Country

Don Mathewson, Ron Schwebel, Robyn Basman.

Official of the year

Mary Fien

Never too late

At the age of 42 this man had a convincing win in an Open event!

Peter Costello beat all those who competed, many half his age, to win the Novice Cross Country Championship at Scarborough Park on Saturday 22 March.



Costello, furthest right, gets a good start. Many go out too hard and can't sustain the effort.

The Novice Cross Country, the first event of the ANSW winter season, is so called because it excludes those who have already won a State Championship, but that doesn't mean there is any shortage of fresh hopefuls in the mix.

The race was held on a waterlogged course (as it has been in the past) and there was some wind to contend with as well. But these are perfect conditions for a stayer. Peter went into the lead at the 3k mark and held it until the last few k before extending it to win by 29 seconds in the end.

The win was a surprise to Peter but he has trained hard for it and has been improving throughout the summer track season. He certainly looks strong and lean. He has one of the best coach's in Sydney, Sean Williams, and benefited from being surrounded by the other quality athletes in Sean's squad.

A successful athlete in his teens, Peter had won a CHS 5000m and was first schoolboy home in the City to Surf in 1988 in 45 minutes. After school and in the intervening years he

tried a comeback and joined athletics clubs a couple of times but kept becoming injured from trying to do too much too soon.

He was kept busy anyway when at the age of 20 he had to take custody of a younger brother, 10 years his junior. This meant he was effectively a sole, working parent which curtailed opportunities for the training required for elite performance.

His love for the sport showed in the year 2000 when he ran around Australia as part of the police escort of Australia's top sporting heroes who carried the Olympic

torch. His greatest moments came as he headed around Sydney Harbour by ferry and ran all the way to the stadium.

Approaching the stadium, he got to escort and chat with Herb Elliot and met

4 of the last 6 torch bearers as they waited to be taken in secrecy to dark spots around the track: Raelene Boyle who pushed Betty Cuthbert in a wheelchair, Debbie Flintoff-King and Shirley Strickland. That was the end of Peter's participation but he was able to watch the 'golden girls' take the flame to Dawn Fraser and watch the torch ascend into the stadium and Cathy Freeman light the Cauldron from the edge of lane 9 of the track.

For a number of years there wasn't much running for Peter and he got a bit out of shape but in 2007 he became

interested in surfing and in 'Sprint Distance Triathlons' (shorter ones) and Olympic distance Triathlons as well as the longer track races. He found himself to be quite good on the cycle but weakness came in the swimming leg, as is the case for most runners. Swimmers carry extra body fat which makes them more buoyant and they have greater upper body strength than runners. Nevertheless the cycle and run legs are important and Peter managed to gain a top 10 in the World Championships but a win at the top level of sport still eluded him.

After his brother joined SUAC last year Peter decided to join the same club and this time he managed to improve without being held back by injury because he hadn't put pressure on himself to do any more than just get fit. By the beginning of the athletics season in September he realised he could again be effective in open competition.

The thrill of the Open win and the long path to get there should keep him interested for some time to come.

New Members

Welcome to our latest members

Judy Barrett	W65
Jacqueline Walton	W55
John Walton	M55
Cedric Isaacs	M40
Audrey Thomson	W30
Samantha Latanis	W40
Rachel Glasson	W40



From the Presidential Desk

June 2013

As we approach the end of the 2012/2013 season and look back on the past year, I'm heartened by our achievements, in particular our attendance at the **2013 National Championships** in Canberra. I'm proud to report that not only did NSW have the largest team competing at that event, we also had the highest percentage of Participants versus Total Membership of all the states. Though our close proximity to the ACT did play a big part in our numbers attending, from everyone that I ran into down there, (and I did manage to connect with over 100 of you by the end!) a trip to Canberra is always a good time.... so thanks ACT for hosting a great event! A big congratulations also goes out to **Peter Crombie**, on his recent induction into the AMA Athletes Hall of Fame. Peter is a true legend of our sport, very deserving of this latest honour, and I was glad to be at the AMA Dinner in Canberra to see him being so honoured (and thanks to Amanda Coombe for the great article on Peter in this issue)

On the subject of inspirational people, there's an excellent article in this issue on Newcastle athlete Tracey Grozdanis, and what she goes through to get through her day, let alone compete. I've had the pleasure of having Trace as a roomie on a couple of athletics trips now - she is a truly delightful person, an absolute inspiration, and someone that I'm proud to call friend ☺

So next year Nationals are in Hobart, and then in 2015 it's our turn. After the upcoming AGM, the new NSWMA Committee will no doubt be forming the **LOC** (Local Organising Committee) for the Sydney Nationals, and will be asking for volunteers to come on board to start planning. Please consider getting

involved, we will need a lot of help, as our mission is to put on the very best National Championships to date!

Our 2013 **Annual General Meeting** will be held on **Sunday June 30th from 2pm at Ryde Eastwood Leagues Club**. Please join us to exercise your voting rights, and also consider giving us a hand to run the Association...remember, many hands make light work....Doing both the President and Registrar roles this past year has been very demanding, so if a few more people can pitch in to help, it will make it so much easier for everyone! Positions up for election are: President, Secretary, Treasurer, Vice President, Registrar, Uniforms, Newsletter, Records & Awards, plus Track, Sprint, Walks and Distance Representatives. Please call Garry Womsley or myself if you would like any information on any of these positions.

Registration numbers: When I took on being Registrar three seasons ago, our numbers were around the low 300s, and I set myself the task of getting to 400. As we go to press now we are at the 402 mark, so I'm really pleased that we have passed this goal!

I want to take this opportunity to thank each of the current Committee members, for their hard work and commitment the past year to bring NSWMA to the

forefront of Masters Athletics in Australia. I also want to thank those members who have shown me their support this past year - I hope to continue on the Committee next season, but we will see what happens at the AGM ☺

I'm finding it a bit scary that soon I'll be off to Italy to compete in my 2nd World Masters Games, in Torino in August. I'm really looking forward to the experience of an event of this size, this time away from home after the 2009 one in Sydney, and will be sure to send back updates on our results (and escapades!). As well as runners Stephen Williams, Wendy Regeling and Beryl Titmuss, Leo Christopher and Brett Sowerby are also going, so it will be good to have some other NSW 'tossers' there for moral support. I haven't been to Italy since backpacking with a couple of girlfriends back in 1979, and I fully intend to enjoy the competition, the sightseeing in Florence and Roma afterwards, and to also take truckloads of pics on my digital camera, so very different from the dodgy pocket Kodak cameras with cartridge film we used back then!

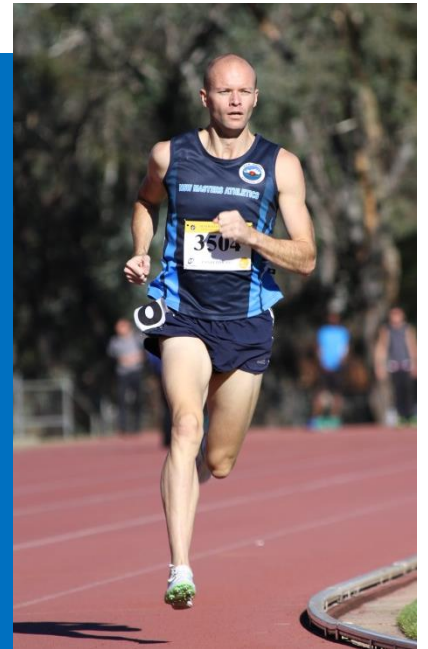
So in closing, I wish you all (*in Italian, of course, as I'm trying to practice!*) **"Buona fortuna per i vostri concorsi!"** (*Good luck for your competitions!*) Ciao!

Jill Taylor President

Nominees for NSWMA Awards 2013

In our next issue we will print the list of winners!

Alan Provenzano, Albert Gay, Andrew Kohlrusch, Brett Halls, Caroline Layt, Christine Shaw, Clay Tompkins, Cris Penn, Cristine Suffolk, Darren Hughes, Darrin James, Dennis Wylie, Don Mathewson, Gabriele Watts, Gavin Murray, Gianna Mogentale, Glenys Whitehead, Ellena Cubban, Heather Lee, Jackie Bezuidenhout, Jamie Muscat, Janie Carter, Jay Stone, Jillian Senior, Jim Seymon, John Searle, Julie Forster, June Lowe, Kate Clarke, Kathleen Cook, Kylie Strong, Lajos Joni, Leo Christopher, Lisa Harrison, Lynette Smith, Michael Doggett, Michael Laws, Michael Lynch, Neville McIntyre, Nick Bastas, Mary Thomas, Paula Moorehouse, Piyush Kumar, Richard Hughes, Robert Hanbury-Brown, Robyn Basman, Ron Schwebel, Ron Simcock, Suzanne Gore, Stuart Gyngell, Tim McGrath, Todd Devery, Wayne Martin



Top left: 5 out of 8 in this heat are from NSW!
Janet Naylor starts well without blocks.
Top right: Brett Halls holds a convincing lead.

Middle left (above and below): Leo Christopher biffs out another Wedgewood plate so that Caroline Layt and Gavin Murray (both middle pics) can try and knock a carrot (5 points) or bean (3 points) off it. Middle right: Belinda Westcott practises lowering herself gently into a chair. Bottom left: Anatoly Kirievsky. Bottom middle: Jack Sturzaker also takes the Wedgewood out for a spin. Bottom right 10000m runners Witold Krajewski and Ron Schwebel flank the Victorian winner.

