

## ***NORM WINDRED - AWARDED 1998***

Born 9/4/1928

Norm Windred is the ultimate all-rounder when it comes to athletics. A sprinter, thrower, coach, official and NSWMA Committee member, he's done it all, during his long and illustrious career.

Norm was an allrounder when it came to sports in his youth, playing rugby union, cricket and basketball, and later coaching those sports as well. After University he taught in Marist Brothers colleges, and there was little time to commit to outside teams.

After leaving the Order, Norm married his greatest supporter Jill, and they started their family of 6 children. His competitive interest in athletics was spurred on by his children and their involvement in Little A's, one eventually winning a state Womens 1500m title. He trained others outside of school to titles in Men's Steeplechase, Men's Novice 10000m, National Junior Cross Country and U17 Boys 400m.

Norm joined the Veterans Association, as they were then in the early days, and was member #43. He attended the Veterans tours of San Diego, London and Cologne, which pre-dated the first World Masters Championship in Toronto in 1975. After that he was involved in coaching, in concert with his teaching jobs, mainly at Sydney Grammar. While teaching there, he was a distance running coach during a time when running was in its heyday.

After retiring from teaching he worked on his own athletics career. In 1993 at the National Championships in Adelaide, winning the M65 both the 400m and 800m events. He went on to compete that year at the World Championships in Miyazaki Japan, winning the gold medal in the M65 800m, which he notes as being his proudest personal athletics achievement.

Among his coaching credits he has lectured Grade 1 coaches, served on the executive of the NSW Coaches Association and Amateur Athletics Association of NSW, and is a grade 4 coach (specialist). Always officiating, he worked at the Sydney Olympics and the Pan Pacific Games, and also served on the NSWMA Committee for many years, being President for two seasons.

"Athletics has been very kind to me over the years, I've loved it the most, and it's been very rewarding" he says.



- 1993 World Veterans Championships gold medal in M65 800m
- Grade 4 Coach athletics
- Ex-President NSWMA

Still holds NSW state records in:

M60 800m  
M75 400m & 800m  
M80 400m & 100lb HW  
M85 Hammer, Shot, Discus,  
Weight, 56lb, Throws  
Pentathlon

## Honorary Life Membership to Norm Windred

AT the Annual General Meeting in June, former President Norm Windred was elected to Honorary Life Membership of the Club, an honour well deserved.

Since retiring from the Presidency three years ago Norm has been one of the small band of members who turns up most of the time to help run the Club's meetings.

In particular, he has been, week after week, chief marshal (and occasional starter) for the Summer and Winter Series.

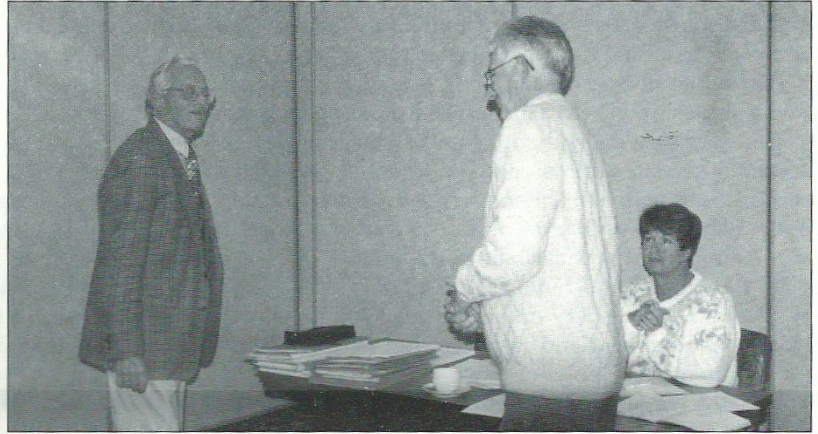
This, of course, is simply a continuation, without the obligations of office, of the service Norm had given while in office.

He first joined the Committee about two years after the Vets' organisation began in 1971.

By 1976 Norm was the Club's President, and in the following year he was elected to the Executive of the Amateur Athletic Association of NSW.

In his dual role he was able to maintain the Vets' autonomy.

When Norm's successor, Vic Townsend, was unable to be present for the Australian Championships at Sydney (Sylvania) in 1979, Norm was asked to stand in as host for the gathering.



*Norm Windred modestly turns his back to the camera as he shapes up to President Bob Solomon for well deserved congratulations on his Honorary Life Membership. Retiring Secretary Georgina Hanser is ready to score the round.*

He chaired a meeting at Cronulla which discussed the formation of an Australian body.

Norm Windred again became President of the Club in 1994/95, when Fred O'Connor stepped down.

He began the process of incorporation, and gave particular encouragement to distance runners and throwers.

As a bonus, Norm often brings wife Jill along to officiate. They have done the medal presentations for the last few State Championships.

On the track, Norm's record is sur-

passed by few. He has won State and Australian titles over all distances from 100m to 1500m. He was a finalist in both the 400m and the 800m in the World Championships at Eugene in 1989, and at Miyazaki in 1993 he won the M65 800m.

His runs in the M70 events at the 1998 Australian Championships were excellent (under 66 seconds for the 400m), and at the time of writing he is at Eugene again, contesting the World Masters' Games. Well done, Norm Windred, and thank you.

*Nomination September 1998*