

# The Waratah



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No we're not cheating, relay teams are often mixed at these events. Susan Bourke of the ACT joined Robyn Suttor, Jenny Schell, Ellena Cubban and Julie Omanski in the women's relays. Richard Butler, Nick Bastas, Paul Nies and EJ Davie ensured the men's teams enjoyed some success.

## Pan Pacific Masters Games 2012

I travelled to the Gold Coast again with my family as this was my second Pan Pac Masters Games, my first was 2 years ago as the youngest of my age group. Now, 2 years on, I was more relaxed as I had made many new friends and it was great catching up with them once again.

**By Belinda Westcott**

The weather was good for the 3 days on the track, though it was very humid on Sunday morning for the Cross Country & 10km Road Walk.

I was crazy and entered 9 events, though I was lucky and received more medals than last time with only a small amount of athletes in my age group. It was disappointing that only a few travelled to Southport to compete but it was still good competition for us all.

Day 1, I started the day at Triple Jump, having only 3 jumps before the 800m, it was enough for me & I came 3<sup>rd</sup> with 8.37m, an ok jump considering club comp nights have not gone too well.

As I checked in for the 800m we were advised that the computer system (auto timing etc) had gone down and wouldn't be back online until the computer had been reset. This all happened about 1pm & didn't come back online until after 1.30pm, putting most of the 800m races back by more than 30mins.

It was very hot running the 800m, as I was the only one in my age group I took it easy and did an ok time for me of 3.05:35mins.

The 100m start times for women were also adjusted as there were events that were now straight finals instead of heats, so now I only had 60 minutes to recuperate from the 800m before I had to run the 100m and then go back to Hammer.

In the 100m I had tough competition and came 4<sup>th</sup>.

I headed back to Hammer & starting throwing, the first 3 rounds were very average. It was going to be close. I pulled out a good release in 4<sup>th</sup> round & did a PB by more than 50cm, 17.60m. My only competitor was throwing about 16m so I knew I had the gold. The officials were nice and let us have a 6<sup>th</sup> throw even though we thought the competition was over so my final throw I think was luck

more than anything, a big PB with a throw of 18.39m. That was a good way to finish competition that day.

I got my 2<sup>nd</sup> Gold of the day and headed home (holiday house) to get ready for my Birthday Dinner with family & then off to the Opening Ceremony with my brother.

The opening ceremony was good, packed & very loud. We met up with Jill Taylor, Brett & Sharon Kingston. It was a late night & I was starting to feel very tired, needed sleep and was in bed by 11.30pm

Day 2 was a late start for me with Discus and 200m scheduled at 3.15pm & 3.20pm. 200m was first, I knew that the other competitors had the speed on me & I came 3<sup>rd</sup> with a steady time of 30.08s.

**T**hen back to Discus where the officials tried not to rush us but we did not have much time to catch our breath and change our shoes before we were called to throw. There were 4 girls in my age group, 2 had already thrown over 20m and I had hoped that 1 throw would come out well. It wasn't to be & I came 4<sup>th</sup>.

I had my kids there to watch and they were excited to see my bronze medal from the 200m. We got back and they had a swim but it was too cold for me so it was a quick jump in & out.

Day 3 was going to be another busy day 3 events in 2 ½ hours. 60m was first, I was 3<sup>rd</sup> again with a slow time that I was disappointed with. Next was Weight Throw which was only the 5<sup>th</sup> time I had

thrown it. In the 4<sup>th</sup> round I threw a PB by 30cm, so I was happy with that and came 2<sup>nd</sup> & finally got a silver medal to complete the set.

The 400m was next, it was getting quite hot by now and the SMA team were handing out wet towels to the finished competitors to help cool us down. I was the only one in my age group again. I was happy with my time of 70.57s to finish off the weekend.

Other highlights of the weekend were the close races and the poor athletes who leant over the finish line too much and fell over causing a few injuries to themselves. Everyone was chatting at the events & gave great encouragement to all athletes that were finishing races whether they were long or short and also applauded great jumps & throws. All in all it was a good weekend.

Now we all are focusing on State Champs & Nationals in the new year where I hope we have a great NSW Team travel to Canberra and continue to support one another and have fun.

## Track Report

By EJ Davie

The Pan Pacific Masters Games were held on the Gold Coast from 3-11 November 2012. It was the second one I have competed at and it was great to see so

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many of my NSW Masters team mates there. Every age group was competitive:

#### 30+

Jay Stone ran superbly winning 3 Golds in the sprints and Belinda Westcott won 2 Golds and 2 bronze.

#### 40+

Cristine Suffolk won 4 Gold racing in the middle distance events including the Cross Country and Beach Mile with EJ Davie adding 2 Silver and 4 Bronze.

#### 45+

Darren Hughes and Chris Brack both went home with a full set of medals (Gold Silver and Bronze) performing well in the sprints.

#### 50+

Neil Holmes ran well in very competitive heats and finals in the sprints. Lynda Douglass (1 Silver 1 Bronze) and Robyn Suttor (3 Bronze) raced well in the sprints and Cris Penn (1 Gold 1 Silver) in the Middle Distance events.

#### 55+

This age group was also very competitive. June Lowe (1 Gold 2 Silver) and Ellena Cubban (2 Golds 1 Silver 1 Bronze) Nancy Lloyd won 3 Golds in the walks.

#### 60+

Paula Moorhouse (3 Golds 1 Bronze) and Antony Morphis (1 Silver 1 Bronze) ran well in the sprints and Stuart Hayward won Gold in his only event the 800m.

#### 65+

Great sprinting by Neville McIntyre winning 3 Golds and 1 Silver.

#### 70+

Also great sprinting by Nick Bastas winning 2 Silvers.

#### 80+

Richard Hughes sprinted well winning 2 Golds and 1 Silver and being part of an Australian 4x400m relay team that broke the world record for their age group.

#### 85+

Heather Lee raced well winning 3 Golds in the walks.

## Field Report

In the field events the Pole Vault saw **George Jankowski** (M55) soar to 2.70m and another good effort by **Greg Mamalis** (M70) at 2.00m

**Edward Van der Jagt** (M40) impressed with a winning 6.05m long jump while **John Searle** (M65), **Clay Tompkins** (M55) and **Greg Mamalis** (M70) scored age graded percentages in the mid and high 80's with their high, long and triple jumps with John Searle scoring best at 90.48% in the high jump.

**Stuart Gyngell** was the meet's standout performer, well ahead of his rivals in all the throws: Shot put, Discus, Hammer, Javelin and Weight Throw, only failing to win the Javelin. However, he made up for that with a clean sweep of the Throws Pentathlon where the javelin didn't let

him down again, finishing up with 5 gold and one silver medal. Meanwhile a tight battle waged between **Jill Taylor** and **June Lowe**, June winning the Shot and Javelin and Jill winning the Discus, Hammer and Weight Throw but in the Pentathlon (which was held during the individual events and not as a stand alone) June led Jill with the first 4 events and might have won had it not been for Jill's mastery of the last event, the weight throw, that secured a lot of points and tipped the scales. Jill finished with 4 gold and 2 silver, and June with 2 gold and a silver in the Throws events.

**Gavin Murray**, in stiff competition, won 2 gold and 3 silver medals and was really only held out of greater glory by an athlete from Slovenia. Results for everyone follow.



Belinda Westcott, Jill Taylor and Ellena Cubban.



## Three World records broken at the Pan Pacs

The recent Pan Pacific Masters Games at Southport was a very successful meet for a number of NSW Masters members. None more so than 85 year old **Heather Lee** and 80 year old **Richard Hughes**

Heather, who returned to the sport in 2011, has broken a number of records in that time. At the Pan Pacs, she competed in both the 3000m and 5000m track walks. In the 3000m event, Heather

placed 1<sup>st</sup> in the W85 age category in a great time of 23:24. In the very demanding 5000m event, she again placed 1<sup>st</sup> in her age category in another very good time of 40:06. Both of these

great efforts broke the existing world records. In the 3000m, Heather bettered the previous record, which has existed since 2004, by a massive 3 minutes & 47 seconds. In the 5000m, she bettered the

previous record by 7 seconds. The previous record had also existed since 2008.

Richard, who first competed in athletics events at the World Masters Games in Melbourne in 2002 at the age of 70, is also not new to breaking records. He currently holds the M80 State records for 60m, 100m, 200m and 800m. He also jointly holds 400m record with another legend of the track in **Norm Windred**. He also held the Australian record for the 4 x 400m relay with Leo Coffey (VIC), George Harrod (QLD) and Irwin Barrett-Lennard (WA). They took a remarkable 70 seconds off the previous record.

Recently, Richard was world ranked in the 100m (2<sup>nd</sup>), 200m (2<sup>nd</sup>), 400m (1<sup>st</sup>) and 800m (3<sup>rd</sup>) but before he could blink, a couple of Japanese athletes overtook him at the recent Asian Games. It is certainly competitive in the M80 age category!

At the Pan Pacs, Richard teamed up again with Leo Coffey and George Harrod for the M80 4 x 400m relay. This time the 4<sup>th</sup> member was David Carr of WA who holds



addition, they also took 28 seconds off the previous M80 world record or so they thought. They have subsequently found out that a German team had broken the record a short time before them by 12 seconds. However, the good news is that Richard and his team took 16 seconds off the German record time so they still hold the world record.

Richard, whose favourite events are 60m, 100m and 200m, said that one of his goals is to attempt his first 1500m race. He's even thinking of having a go at some field events at some stage.

Next year, he is looking at a change of pace. Richard is planning to spend about 5 months walking from Nuremburg to Santiago de Compostela in Spain starting in March and then revisiting Chilean Patagonia for 5 weeks after that so he will be going all out to break some more records before then.

Can anything stop these 2 remarkable athletes? We think not!

**Garry Womsley**

## PAN PAC RESULTS 2012

### Beach mile

W40	Christine Suffolk	1	7:58
M40	E J Davie	3	8:08

### 60M

W30	Belinda Westcott	3	9.17
W55	June Lowe	2	9.48
	Ellena Cubban	3	9.80
M35	Paul Makakaufaki	3	7.54
M40	E J Davie	8	9.82
M45	Darren Hughes	1	7.60
	Christopher Brack	3	7.76
	Gavin Holland	4	8.02
M50	Peter Shepherd	4	8.24
M55	John Fienieg	5	8.63
M65	Neville McIntyre	1	8.49
M70	Nicholas Bastas	2	9.45
M80	Richard Hughes	1	9.84

### 100M

W30	Belinda Westcott	4	14.71
W50	Lynda Douglass	3	14.54
	Robyn Suttor	4	14.82
W55	June Lowe	3	15.25
	Ellena Cubban	4	15.77
W75	Kathleen Cook	1	18.83
M35	Paul Makakaufaki	3	11.63
M45	Christopher Brack	1	11.97
	Darren Hughes	3	12.02

M50	Gavin Holland	5	12.61
	Peter Shepherd	4	12.47
	Neil Holmes	8	13.23
	Paul Nies	14	13.79
M60	Anthony Morphus	4	13.47
M65	Neville McIntyre	1	13.40
M70	Nicholas Bastas	2	15.32
M80	Richard Hughes	2	16.08

### 200M

W30	Belinda Westcott	3	30.08
W50	Robyn Suttor	3	30.82
	Lynda Douglass	4	31.35
W55	Ellena Cubban	2	34.42
W60	Paula Moorhouse	3	34.91
W75	Kathleen Cook	1	39.95
M30	Jay Stone	1	23.05
M35	Paul Makakaufaki	1	23.80
M40	Richard Butler	9	27.72
	E J Davie	10	31.20
M45	Darren Hughes	2	24.61
	Gavin Holland	5	26.40
	Christopher Brack	6	27.48
M50	Michael Daly	4	26.89
	Neil Holmes	14	28.44
M55	John Fienieg	4	28.04
M60	Anthony Morphus	2	28.07
M65	Neville McIntyre	1	28.27
	Martin Auster	4	30.28
M70	Nicholas Bastas	4	32.37
M80	Richard Hughes	2	33.61

**400M**

W30	Belinda Westcott	1	70.57
W35	Janette Schell	2	69.45
W50	Robyn Suttor	3	71.90
W55	Ellena Cubban	1	97.61
W60	Paula Moorhouse	1	77.41
M30	Jay Stone	1	49.99
M40	Richard Butler	5	61.74
M45	Christopher Brack	2	54.27
M50	James Baker	4	59.18
M55	John Fienieg	3	64.41
M60	Stuart Hayward	2	60.28
M65	Neville McIntyre	2	64.08
	Martin Auster	3	65.75

**800M**

W30	Belinda Westcott	1	3.05.35
W50	Cris Penn	1	2.34.32
W55	Ellena Cubban	1	3.56.60
W60	Paula Moorhouse	1	3.01.17
M30	Jay Stone	1	2.03.14
M40	E J Davie	3	2.48.84
M50	James Baker	2	2.15.46
M60	Stuart Hayward	1	2.29.00
M65	Martin Auster	1	2.40.75
	Lewis Macey	5	3.55.15

**1500M**

W40	Christine Suffolk	1	5.31.07
W50	Cris Penn	2	5.25.62
W60	Paula Moorhouse	1	6.18.73
M40	E J Davie	3	5.28.23
M50	James Baker	2	4.52.70
M65	Martin Auster	1	5.46.78
	Lewis Macey	6	8.07.43

**5000M**

W40	Christine Suffolk	1	20.08.09
M40	E J Davie	3	21.07.70
M65	Lewis Macey	4	30.08.28

**8000M**

W40	Christine Suffolk	1	33:47:00
M40	E J Davie	3	41:13:00
M65	Lewis Macey	3	55.55.00

**80M Hurdles**

W55	June Lowe	1	17.59
M70	Greg Mamalis	1	14.51

**100M Hurdles**

M50	Paul Nies	2	17.53
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**400M Hurdles**

M50	Paul Nies	4	71.06
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**3000m Steeplechase**

M40	E J Davie	2	13.51.93
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**2000m Steeplechase**

M65	Lewis macey	3	13.41.03
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**High Jump**

W55	June Lowe	1	1.13
W60	Paula Moorhouse	1	0.98
M45	Edward Van der Jagt	1	1.60
	Darren Hughes	2	1.55
M50	Paul Nies	3	1.50

M55	Clay Tompkins	1	1.60
M65	John Searle	1	1.52
M70	Greg Mamalis	1	1.35

**Pole Vault**

W40	Selina Ellis	1	1.80
M50	George Jankowski	2	2.70
M55	Frank Chapman	1	1.68
M70	Greg Mamalis	1	2.00

**Long Jump**

W40	Selina Ellis	6	3.08
W55	June Lowe	1	3.46
	Ellena Cubban	2	3.39
	Jill Taylor	3	3.18
M45	Edward Van der Jagt	1	6.05
M50	Paul Nies	3	4.99
M55	Clay Tompkins	1	5.34
	John Fienieg	6	4.59
M60	Anthony Morphus	1	4.72
M65	John Searle	1	5.05
M70	Greg Mamalis	1	4.13
	Nicholas Bastas	2	4.11

**Triple Jump**

W30	Belinda Westcott	3	8.37
M40	E J Davie	5	6.60
M55	Clay Tompkins	2	11.48
M65	John Searle	1	10.05
	Lewis Macey	3	5.27
M70	Greg Mamalis	1	8.61
	Nicholas Bastas	2	8.48

**Shot Put**

W35	Kellie Watson	4	6.97
W40	Lisa Mumberson	7	7.02
	Selina Ellis	8	5.76
W45	Amanda Coombe	5	6.35
W50	Annette Tillman	4	5.76
W55	June Lowe	1	8.86
	Jill Taylor	2	8.77
	Ellena Cubban	5	7.57
M35	Rodney Watson	4	10.36
M40	E J Davie	10	5.65
M45	Stuart Gyngell	1	16.01
M55	Gavin Murray	1	11.26
	Clay Tompkins	3	10.28
	John Fienieg	5	8.23

**Discus**

W30	Belinda Westcott	4	17.65
W35	Kellie Watson	4	18.17
W40	Lisa Mumberson	8	17.44
	Selina Ellis	9	17.08
W50	Annette Tillman	4	14.14
W55	Jill Taylor	1	23.61
	June Lowe	2	21.62
	Ellena Cubban	4	20.11
M35	Rodney Watson	6	27.97
M40	Richard Butler	10	20.90
M45	Stuart Gyngell	1	42.52
M50	Paul Nies	3	34.71
M55	Gavin Murray	2	36.43
	Clay Tompkins	3	31.90
	John Fienieg	5	17.30

**Hammer**

W30	Belinda Westcott	1	18.39
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W35	Kellie Watson	1	23.65
W40	Lisa Mumberson	2	29.67
W50	Annette Tillman	3	18.56
W55	Jill Taylor	1	33.76
	June Lowe	2	33.20
M35	Rodney Watson	5	28.56
M40	E J Davie	3	5.24
M45	Stuart Gyngell	1	46.87
M50	George Jankowki	5	18.58
M55	Gavin Murray	2	39.22

#### Javelin

W35	Kellie Watson	3	15.39
W40	Lisa Mumberson	7	15.84
W50	Annette Tillman	5	13.21
W55	June Lowe	1	18.31
	Jill Taylor	3	18.20
	Ellena Cubban	4	18.15
M35	Rodney Watson	5	37.61
M40	E J Davie	5	11.83
M45	Stuart Gyngell	2	35.25
M55	John Fienieg	3	20.57

#### Wt Throw

W30	Belinda Westcott	2	6.67
W35	Kellie Watson	1	8.40
W40	Lisa Mumberson	2	9.51
W50	Annette Tillman	3	6.28
W55	Jill Taylor	1	11.05
	June Lowe	2	9.50

M35	Rodney Watson	2	10.48
M40	E J Davie	3	4.93
M45	Stuart Gyngell	1	13.74
M50	George Jankowki	4	8.16
M55	Gavin Murray	2	13.21

#### Throw Pent

W35	Kellie Watson	1	1611
W40	Lisa Mumberson	2	2447
W50	Annette Tillman	3	1518
W55	Jill Taylor	1	3145
	June Lowe	2	3000
M35	Rod Watson	3	2186
M45	Stuart Gyngell	1	3941
M55	Gavin Murray	2	3240

#### 3000m Walk

W50	Annette Tillman	2	27.25.28
W55	Nancy Lloyd	1	22.12.13
W85	Heather Lee	1	23.24.89

#### 5000m Walk

W55	Nancy Lloyd	1	36.48.20
W85	Heather Lee	1	40.06.97

#### 10000m Walk

W50	Annette Tillman	2	1.33.59
W55	Nancy Lloyd	1	1.19.06
W85	Heather Lee	1	1.21.17



## Our Walkers get amongst the medals

NSW TEAM WALKS CHAMPIONSHIPS – SUNDAY, 20<sup>TH</sup> MAY, 2012 – TENCH RESERVE, JAMISONTOWN

### By Garry Womsley

As has been reported previously, our members did very well in the running events over winter and won gold at the State Half Marathon Championships. However, they were not the only ones to earn state medals.

A small contingent of walkers also had success over the winter at the NSW Team Walks Championships. This event attracts the best race walkers from all over Sydney and the Central Coast. It is held at Tench Reserve in Jamisontown which is on the banks of the Nepean River. It is a very popular area for runners and walkers alike.

On a fine day, NSW Masters members **Mary Willis, Angela Redzic** and **Judy Brown** contested the women's 10km race walk. While they have individual awards in age groups, the teams category is contested in the open category only.

Mary Willis, who has also done well in running events in the past, was the first of our members home. She finished 5<sup>th</sup> overall in a time of 1:06:52. She also placed 1<sup>st</sup> in the 45-54 age category. Angela Redzic was the next home in a time of 1:17:02. She placed 7<sup>th</sup> overall and 2<sup>nd</sup> in the 35-44 age category. Judy Brown, who has been a regular at many fun runs and ANSW events over many years, was our third member home.

She finished 8<sup>th</sup> overall in a time of 1:21:24. She also placed 1<sup>st</sup> in the 55+ age category.

On top of their personal achievements in the event, Mary, Angela and Judy received silver medals for placing second in the open teams category. This was a remarkable effort considering they were up against much younger opponents. It just goes to prove that age is no barrier. Well done ladies on your fantastic effort!



## WORLD BEST and WORLD RECORD

A question arose recently. What is the difference between a 'World record' and 'World best'?

**World record** normally applies to events taking place in a stadium because they are built to IAAF standards and therefore equal to each other. World records otherwise apply to distances that fulfil exacting requirements, including the marathon. **World best** applies either to track events that are wind assisted or events that take place out of stadia such as road walks, 10k races, cross countries, marathons and half marathons where these events have differences between them. For example, some courses may be on the flat and others hilly.

# A NSW Master **running on home turf** overseas

I had an opportunity to visit my sister and friends in the Netherlands.

Routinely I checked if there were any interesting running events on. I saw there was the Dam to Dam run on in Amsterdam but damn, it had already filled up. Yet in Utrecht, only 9.2 km (don't you love your GPS) from the front door of my sisters place, the 10km Dutch Road champs were on. It's called the Singelloop. You may think this means you only have to run a singel loop and the truth is not far from it. Singel means canal (moat), particularly around a fort or castle. Utrecht is a town that started as a fort built by the Romans. Where Uut stands for downstream and Trecht stands for Trajectum or river. or as we would say, down the river. Utrecht is famous for the Cathedral (the Dom). The Singelloop is the oldest road run in the Netherlands and was first staged in 1925 with only 37 participants. The world record 10km road was set on this course (Singelloop) in 2010 by Kenyan Leonard Komon in 26:44.

I arrived in the Netherlands mid September. The finale to my winter season would normally have been the Hidden Half, but I decided to extend my stay to 30 September. So I continued to train. Running there is so different. You can run on bicycle tracks, footpaths and forest trails safely. It is also dead flat. One day I did a 15km recovery run and it was

By Ron Cozijnsen

extremely windy. There were tree branches all over the place and at one point I got hit by a falling tree branch. My way back was mostly against the wind. It was so windy that many cyclists are forced off their bicycles and have to walk and I overtake them running!!

The Thursday before the race I intended to explore part of the course. It rained on and off a lot and I found myself spending my time in shops and nice cafes.



As soon as the camera was pointed at him, a shy Ron plunged into the canal. You can just make out his clogs floating in the foreground.

Finally it was 30 September and the much anticipated day had arrived. The whole week it rained or was overcast and windy. However on the day the sun shone and it was between 19-21 °C, perfect running weather. The event is well organised and on the day, all goes well. There are plenty of marshalls. I started with the Elite male and Dutch 10 km Road Champions. There was a total of

about 10,000 people taking part. I had never seen a set up like this. The female elite and Female Dutch 10km started 4:30 before the men. Then, in 5 minute waves they started the rest of the field.

It was indeed a fast course, the only rises I noticed were bridges over canals (singels). There was a big crowd lining the street. As with any of our runs the athletes got a lot of cheers from their club members. At the 4 km, somebody yelled out my name: it's Marieke the massage therapist that treated me the Thursday before. She herself normally participates in this run as well, just not this year. The home stretch has one surprise: head wind.

Winner of the 62nd edition of the Singelloop is Kenyan Charles Cheruiyot in 28:22 in a sprint finish with four of his compatriots. The female winner is Great Britain's Helen Sharpe in 36:32. I was thrilled to finish in 42:48, a (lifetime) PB by 1:40.

I highly recommend this run, it's fast and

the town is just so unique.

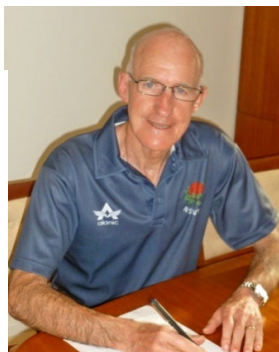
<http://www.singellooputrecht.nl/>

## Top 3 International - male

- |    |                   |     |       |
|----|-------------------|-----|-------|
| 1. | Charles Cheruiyot | Ken | 28.22 |
| 2. | Philip Langat     | Ken | 28.22 |
| 3. | Wilfred Murgor    | Ken | 28.22 |

## You heard it here first

As many of our athletes have suffered injury due to strains from hurling heavy implements an alternative competition has been set up for injured competitors during their recovery periods. They will still be throwing but with much lighter implements such as cushions and rugs. Not ordinary cushions and rugs but especially designed ones; throw rugs and scatter cushions. We wish you many soft landings, guys!



## On the record

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

Our Masters Athletes have been very busy breaking numerous State records since our last Waratah edition in September. There have even been World and Australian records set at the Pan Pacs Masters Games held at the Gold Coast recently.

**M**arvellous and highly motivated walker, **Heather Lee** in the **W85** age group not only broke her own NSW records at Pan Pacs in the 3000m (23:24.89, 5000m (40:06.97) and 10,000m (1:21.17) walks she broke the World record in the 5000m, World best in 3000m and the Australian record in the 10,000m. Heather is understandably very pleased and excited with her achievements. The World records are still in process of being ratified, mainly due to the complexities of claiming records at a Masters Games event. Keep it up Heather, we know there are more records to come.

The records keep breaking for **Ron Schwebel M60** who broke Don Mathewson's 3000m record of 4:46.44 in a time of 10:45.77. Not content with that time, he broke his own record again in 10:44.81 in November. I know that Ron will better this time again very soon so that he can get a lead on Dennis Wylie who comes into this age group soon.

Outstanding thrower **Lajos Jani M55** broke the 25lb weight record at the Winter throws in Canberra with a distance of 15.65m breaking the existing record of 15.10m. Lajos is not new to the records book and continues to improve.

Thrower **Tatiana Sudarikova W35** broke her own 56lb weight record with a distance of 4.36m at the Winter throws in Canberra. We will be seeing more of Tatiana as the season progresses.

**Jamie Muscat M35** has been busy again and broke the 100lb weight record in the Winter throws in Canberra with a distance of 4.16m breaking Brett Kingston's record of 2.97m. Keep them coming Jamie.

Distance runner **Dorothy Tanner W70** shaved 5 seconds off her own Half Marathon record at Lake Gillawarna in a time of 1:56.28. An excellent time Dorothy on a difficult course. I think this record will fall again to Dorothy.

**M35** distance runner, **Brendan Davies**, now has the Half Marathon record of 1:15.32 to add to his Marathon record. A good effort Brendan.

**M70** athlete, **Greg Mamalis** broke two NSWMA records at Pan Pacs in November. The 80m hurdles in 14.51 and the high jump with a height of 1.35m. Well done Greg.

Impressive high jumper, **M40 Nick Moroney**, who is a new recruit to masters jumped 2.10m winning the event outright and breaking both NSW and AMA records in his first competition as a NSWMA member. We will be seeing more records from Nick and it is great to have him as a member.

Finally, **M50** thrower, Wayne Martin, broke both the NSWMA and AMA (to be ratified) Discus record on 20th Nov with a distance of 44.47m. Wayne has more distance in him yet.

*Keep your quill near the ink Don, I'm 60 already!* Ed



## World Record Applications at Masters Games

**Every athlete who might possibly break a world record should be aware that Masters Games are a risky event from which to claim world records. This is because Masters Games' are not championships run by State Masters Associations, nor by AMA or WMA. Accordingly there is not the same knowledge or motivation to follow the rigorous process required by WMA to validate World Records.**

If a world record is broken at a Masters Games (or any other race which meets the requirements for timing and officials), a WMA record claim form needs to be completed and sent to the NSWMA records officer. Depending on the event, this could mean obtaining: signatures from the starter, the chief timekeeper (and three watch times) or chief photo finish judge,

and meet director; wind speed; signature from chief walk judge and names and addresses of at least three walk judges; throwing equipment verification of weight, and field judges signatures; signature from multi-event coordinator; copies of results, program, photo finish print, lap scoring sheet, walk judges sheet; proof of age with a copy of birth certificate or passport (but not a driver's licence).

If you don't alert officials to the possibility of a world record before the start, or you don't tell anyone after you break a record, you run the risk of WMA requirements not being satisfied, and the record disallowed. If you think you might set a World Record, get the paperwork off the website before the event and obtain the necessary validation straight after the event.

**Don**



# 1960

## A SPECIAL YEAR

There was something in the air  
the year I was born

A subtle but significant advantage that has produced a vintage crop of Masters women, all champions, and all presently in Australia. Move on a year or two and you get in addition ex Olympians, ex Commonwealth Games reps, and women high on the breezy heights of the Australian all time lists. No other age or sex group appears to be similarly afflicted - and I've checked. I can count at least six and that's only the athletes I've researched. In fact, if they all turned up on the same day, you'd never have to leave Australia to get world class competition.

Why not 1965 or 1958, I wonder? Why 1960? Why athletics? Why women? Why me!!

My daughter has partially arrested the slide into self pity by suggesting that I should feel honoured to compete in such distinguished company.

That's a noble sentiment. In theory I like it.

But there are those dark days when I desire to cower them into defeat by spinning the stories about my Super Genes. My sister who walked the Kokoda trail. My great great great great grandfather who skippered the *Norfolk* around Tasmania with Bass and Flinders. My 92 year old mother who scaled a rock face



in Dee Why at midnight. And the haunting tale of Dolores Mihajlovic, our very own Montenegrin high jumper who, fleeing the Turks in the sixteenth century, invented the Fosbury Flop in order to scale the walls of Cattaro and escape to Croatia.

That should get their knees knocking!

Or maybe I'll wait until arthritis slows them all down.

Or I could always train harder.

But at the end of the day, what I feel is best summed up in the beautiful oath of our Special Olympians, "Let me win. But if I cannot win, let me be brave in the attempt."

**Margaret Walker**



## AMA CHAMPIONSHIPS, CANBERRA

ACTVAC will be conducting the annual Australian Masters Athletics Track and Field Championships at Easter in 2013. That is: 29 March -1 April. The year 2013 is the Centenary of Canberra, so this will be an excellent opportunity for you to be part of the festivities.

Book accommodation  
soon if going



A special purpose website has been built for the championships.

The website is found at

<https://sites.google.com/site/ama2013canberra>

This website provides links for event registration and results, contains information about timetables and venues, and has plenty of other helpful information.

# Belinda Martin takes the State title

## 13 OTHER MEMBERS RUN WELL

The NSW 3000m Open State Championships began in early 2004. Back then, there were two men's races and one women's race. How times have changed! This year there were eight men's races and three women's races. This event is so popular that despite it being an open championship, it continues to attract many athletes over the age of 30. The oldest male athlete to compete was 61 and the oldest female was 54. The fact that it is held at Homebush, which is the true home of athletics in Sydney, also helps to bolster the numbers.



Belinda has many followers

The first of the races was held at 6.00pm in the evening and the weather was cool and overcast which made it comfortable for all athletes. A total of 14 NSW Masters members (10 males & 4 females) competed in the races. For the first time

in the history of this event, one of our members took the state title.

The Men's H race was the first event on the programme and we had five representatives in this race. **Bradley Sharpe** was our first member home in a great time of 10:37. He was followed by the in-form **Paul Sheringham** in a time of 11:08. Third home was **Garry Womsley** in a time of 11:29 and he was closely followed by **Ron Cozijnsen** (11:32), who was having his first major race of the season after doing quite a bit of cycling of late. **EJ Davie**, fresh from his 14 events at last week's Pan Pacific Masters, forgot about his weary legs in posting a time of 11:49.

The Men's G race was next on the programme and NSW Masters was also well represented in this event. The ageless **Dennis Wylie** continues to go from strength to strength and was our first member home in an outstanding time of

10:21. The consistent **Justin Keane** was next home in a time of 10:30 and not too far behind were **Ron Schwebel** (10:44), just breaking Don Mathewson's old record for the second time in 5 weeks and **Ian Rose** (10:47) who continued good early season form.

45 year old member **Wayne Bulloch** ran in the Men's D race and was our fastest male member on the day with a blistering time of 9:41. This time proved to be very competitive against the youngsters.

In the women's races, we had two representatives in the C race with **Wendy Bock** running strongly to finish in a time of 11:09. The consistent **Caroline Yarnell** finished in a time of 12:27. In the B race, **Robyn Basman** made her long awaited return after a long injury layoff and showed that she has lost nothing in finishing in a time of 10:54.

**Belinda Martin** has been an outstanding distance runner for many years and at 38 continues to be competitive against younger opposition. So much so that she took the State Title in the A race by 2 seconds in a fantastic time of 9:29. This was an outstanding achievement and really showed what Masters age athletes can do.

All in all, despite the extra races, this event continues to be well run by Athletics NSW and will only go from strength to strength. The beauty of this event is that each race is seeded on time so you only get to race against those who are around the same pace as you so no one really gets left behind. This seeding usually results in very close races. So if you're a distance runner but have never run in this event, why not give it a go? You will be glad that you did.

**Garry Womsley**

### Age shall not weary her

A film featuring former ANSWMA member **Ruth Frith** recently won its second award, the **United Nations Association of Australia Media Peace Award** (bit of a mouthful) in Melbourne. The 30 minute film captures centenarians who are still active in their chosen endeavours. The other award the film secured was '**TV Current Affairs Award**' at the Older People Speak Out (OPSO) Awards in Brisbane. Ruth is now 103 and is the oldest person in the World still competing at athletics. You can obtain a DVD through <http://www.flickchicks.com.au/100+clubdoco/buy> or see it at <http://www.youtube.com/user/flickchicks>.

# THE MEN'S TRACK TEAMS **grab the medals** AT THE STATE RELAYS

**Saturday & Sunday  
17<sup>th</sup> & 18<sup>th</sup> November,  
2012 at Homebush**

For the second year in a row I had the pleasure and privilege of managing the men's track teams at the State Relays. While last year was very successful and enjoyable, this year was even better. With six teams and only ten athletes, everyone got at least two runs. Our six teams were entered in the various 4 x 100m, 4 x 200m and 4 x 400m events. It was unusual to have all sprinters but in the end, the results spoke for themselves. From the start, everything went without a hitch. While there was one drop out due to injury before the event, there were able replacements. We even had the privilege of having 70 year old Neville McIntyre who travelled all the way from Glen Innes to participate. We also had some newcomers in Don McArthur, Dan Sprange, Richard Butler, Alan Provenzano and Steve Clark. They joined EJ Davie, Ron Cozijnsen, Richard Hughes and David Skala who participated in 2011. The great thing was that all team members gelled and this chemistry really set our teams onto the path of success.

## **Saturday**

**4 x 400m 160+ - 4<sup>th</sup> place – time: -  
4:04.85**

Team Members: - **Steve Clark, Richard Butler, Ron Cozijnsen and EJ Davie**  
This performance was a great start to the weekend. We were competitive from start to finish. 4<sup>th</sup> place was an outstanding achievement in a pretty hot field. All team members contributed and didn't give up.

**4 x 100m 240+ - 1<sup>st</sup> place – time: -  
55.47sec**

Team Members: - **Neville McIntyre, Richard Hughes, Ron Cozijnsen and Don McArthur**



**Dan Sprange, Alan Provenzano, David Skala and Steve Clark form a towering presence**

Neville McIntyre gave the team a great start and Richard Hughes kept us in a prominent position. The difference was Ron Cozijnsen who ran the final bend beautifully and passed to Don McArthur in 2<sup>nd</sup> position. Don kept his position and finished behind the team from the Illawarra Blue Stars. Unfortunately, IBS were disqualified with two other teams. As a result, NSW Masters were elevated to the gold medal position. It was a pleasant surprise when I went down to collect the silver medals which suddenly turned to gold!

After just one day of competition, we were already more successful than 2011.

## **Sunday**

**4 x 200m 160+ - 1<sup>st</sup> place – time: -  
1:41.11**

Team Members: - **Dan Sprange, Alan Provenzano, David Skala and Steve Clark**  
Our team was in a prominent position throughout this race. Steve Clark who ran the last leg ran a blistering final 200m to leave the other teams in his wake. The second gold from three races was a great feeling.

**4 x 200m 160+ - 2<sup>nd</sup> place – time: -  
1:55.89**

Team Members: - **Neville McIntyre, Richard Hughes, Richard Butler and Don McArthur**

NSW Masters got their second medal in 10 minutes today in another great effort. The team was prominent throughout and

it was a very good Illawarra Blue Stars team who took the gold medal after an outstanding duel down the home straight. (I got a great view of this duel as I was a very distant 3<sup>rd</sup> in the Hills team!) Silver was no disgrace.

**4 x 400m 200+ - 5<sup>th</sup> place – time: -  
4:33.20**

Team Members: - **EJ Davie, Don McArthur, Richard Hughes, Richard Butler**

With such a small squad, fatigue was starting to set in at this point. It was a wholehearted effort from NSW Masters in this event and they were never too far behind at any stage.

**4 x 100m 200+ - 1<sup>st</sup> place – time: -  
49.77sec**

Team Members: - **Neville McIntyre, Alan Provenzano, David Skala and Dan Sprange**

Again the NSW Masters team was outstanding in this event. A great start by Neville McIntyre followed by a good second leg by Alan Provenzano had us in a prominent position. David Skala's third leg around the last bend was excellent and gave Dan Sprange the perfect opportunity to finish it off. While medals aren't everything, it was a remarkable effort by our small squad that they finished with 3 gold and 1 silver medal from just six races. It was probably the best result from a NSW Masters men's track team for a number of years. As manager, I would have to say that my job was made easier by everyone turning up



## Women's results from State relays

**Saturday 17th Nov**

### **12.55pm 200m 160+**

A-4th 2:00.98 Sue Gore (50), Robyn Smith (45), Margaret Walker (52), Cathy Kermond (45)  
B- 2nd 1:58.71 Lisa Harrison (46), Kirsty Curnow (38), Baerbel Koribalski (48), Julie Forster (51)  
C- 1st 1:56.56 Ranell Hobson (40), Kylie Strong (45), Suzanne Cosgrove (31), Ellena Cubban(55)

### **2.20pm 100m 120+**

A- 1st 52.99 sec Ranell Hobson (40), Kylie Strong (45), Suzanne Cosgrove (31), Kirsty Curnow (38)  
B- 2nd 55.62 sec Baerbel Koribalski, Lisa Harrison, Julie Forster, Cathy Kermond

### **4.26pm 100m 200+**

2nd 62.01 sec Ellena Cubban(55), Margaret Walker (52), Sue Gore (50), Cathy Kermond (45)

**Sunday 18th Nov**

### **12.47pm 800m 200+**

1st & ANSWRecord 11:12.80 Sue Gore(50), Paula Moorehouse(63), RobynSmith(45), Cris Penn(54)

### **1.22pm 100m 160+**

A - 1st 53.52 sec Ranell Hobson (40), Kylie Strong (45), Suzanne Cosgrove (31), Baerbel Koribalski (48)  
B - 2nd 55.31 sec Ellena Cubban (55), Cathy Kermond (45), Kirsty Curnow (38), Julie Foster (51)

### **1.27pm 200m 200+**

1st 2:06.28 Ellena Cubban (55), Sue Gore (50), Cris Penn (54), Julie Foster (51)

### **1.27pm 200m 120+**

1st 1:53.18 Ranell Hobson (40), Kylie Strong (45), Suzanne Cosgrove (31), Cathy Kermond(45)

### **1.44pm 400m 160+**

1st 4:36.45 Janie Carter(43),Robyn Smith(45), Robyn Basman(52), Lisa Harrison(46)

Thanks to **Cris Penn**, Women's team manager, for compiling this

on time and having a great attitude. Everybody ran for each other and that team ethic really shone through in the results. As I've had a little more experience, I would hope that I'm getting a little better at putting teams together. With so few athletes to choose from it is always a balancing act but it worked well.

It was an enjoyable weekend. While I didn't get to run with NSW Masters this year (due to my commitments with Hills), I at least got to throw the discus in NSW Masters colours when they were one

man short. 11.08 metres is certainly not a long throw but I enjoyed being out there knowing that I was helping the team and that's what it's all about.

**Garry Womsley**

*These reports often only concern those who run for Masters. Plenty of Masters athletes run for first preference clubs and do well but are not reported. Garry himself was in a Hills team on this occasion and won a gold medal. Ed*

## More success FOR NSW MASTERS ATHLETES

### AUSTRALIAN HALF MARATHON CHAMPIONSHIPS & STATE MARATHON CHAMPIONSHIPS

**Sunday, 16<sup>th</sup> September, 2012 – Sydney CBD & surrounds.**

Ideal conditions greeted runners for this year's Australian Half Marathon Championships & State Marathon Championships held in conjunction with the very popular Blackmore's Running Festival. Unlike last year's hot conditions, runners experienced fine and mild conditions with very little wind.

**EJ Davie** was selected by Athletics NSW to be part of their team in the Australian Half Marathon Championships. The NSW team performed very well in the event and placed second behind a strong A.C.T. team which resulted in EJ and his team mates earning a silver medal. EJ ran a very good time of 1:37:10. EJ's achievement in getting an Australian Championship medal was remarkable as he was part of an Open team. Well done EJ, keep up the good work.

In the NSW Marathon Championships, we had 5 representatives in the 42.2km event. **Simon White** finished 4th in the 35-44 age category in a time of 3:05:13, **Paul Sheringham** finished 3rd in the 45-54 age category in a time of 3:25:59, **Garry Womsley** finished 5th in the 45-54 age category in a time of 4:11:26, **Ray James** finished 3rd in the 55-64 age category in a time of 3:52:27 and **John Waddell** finished 5th in the 55-64 age category in a time of 4:45:23. Paul was also part of the winning Sutherland team in his age category. Well done to all who competed.

**Garry Womsley**

## You heard it here first

Due to the oversupply of Masters' ladies uniform stock in XL sizes in briefs and crop tops the committee has decided not to accept memberships from small and medium sized women for a while until these stocks are depleted. We hope this will not cause any inconvenience.

# OBITUARY

## Bob Cartwright

### LIFE MEMBER



Bob was born on the 13th July, 1928 and attended Canterbury High School. I first met Bob in 1951 when he was a member of Botany Harriers, later Randwick Botany Harriers. At that time he was running cross country and distance events, when the Vets were formed Bob concentrated more on shorter events. He was a dedicated athlete and club member, being awarded Life Membership of the Harriers in 1971, by coincidence the year the N.S.W Veterans was formed (Wirinun V.A.C.). Being a qualified accountant he spent many years on the Harriers Committees as Hon. Treasurer or Auditor. Apart from these positions he had a more active part in the running of the competitive side of the Club and the promotion of the sport in general.

In 1967 he became a foundation Director of the Randwick Botany Club Ltd, a licensed club formed to develop the Hensley Athletic Field (incidentally the first Tartan all weather track in Australia) and to promote athletics in general. The Hensley Athletic Field was



Barefoot running in the 1970's!

the Mecca for athletics in Sydney for some years until other all weather tracks were established.

Bob was a foundation member of the Veterans athletics movement in 1971, he was at the inaugural Meeting and was actually Member No.13, numbers being allotted on date of birth. Again he had no hesitation in throwing his knowledge and expertise into the Vets, and once again was awarded a Life Membership in 1996. He assisted the Club in whatever capacity was required, auditor, committee member, track and field official, cross country and road running official. Without the likes of Bob the Club would not have taken off like it did.

**B**ob competed in Club, Stat, National and World events. You may not see his name in the records but there was no one more dedicated to athletics. He loved to compete. His interest was not only in competing and assisting but he was knowledgeable on all aspects of the sport.

As a person he was a man of real honesty and integrity, likeable, you may say even loveable. A gentleman and gentle man.

His wife Jan passed away not long ago and I would pass on my sympathy at Bob's passing to his daughters, Michelle and Diane, his sons David and Peter and their families.

We cannot live on memories but we can live with beautiful memories.

**Logan Irwin**



### How can you compare Marathons?

The World's best time of 2:03:02 was achieved in Boston last year. It cannot be a World record because of IAAF rules. The race finishes at a lower elevation than where it begins. The World record is 2:03:38 set in Berlin a year earlier. All Marathons differ. Many people attempt records and personal best times by taking on the flattest courses. There are many flat courses in Australia but the preferred ones for a fast time are the Gold Coast Airport Marathon and the Canberra Marathon. The worst marathon in the World is probably the Antarctic marathon held on King George Island. Because you have to rug up for it, a fast time is impossible. A number of bush races with the word 'marathon' in their title are not marathon distances but in fact '**ultra marathons**' meaning 'more than a marathon'.

By the way, the oldest person to have finished a Marathon is a British runner of Indian descent. Fauja Singh, aged 100, took just over 6 hours in London in 2003.

# AUSTRALIAN MASTERS ATHLETICS HALF MARATHON CHAMPIONSHIP

(Incorporating the Tasmanian Masters Athletics Half Marathon Championship)

<b>Where:</b>	Start/finish at the Cadbury Chocolate Factory, Claremont, Tasmania.
<b>When:</b>	7.30am, Sunday, 13 January 2013.
<b>Eligibility:</b>	All financial members of a State Masters Athletics Club will be eligible.  All entries will be validated with the State Club prior to race day.
<b>Entries:</b>	The entry fee is \$65.00. Please enter online at <a href="http://www.cadburymarathon.com.au">www.cadburymarathon.com.au</a> To be eligible for the R4YL magazine subscription (refer below), entry must be completed before 30 November 2012.  <b>No championship entries will be accepted after midnight on Wednesday, 9th January 2013.</b>
<b>Acknowledgement of Entry:</b>	Online entries will receive an automatic email acknowledgement.
<b>Awards:</b>	<b>Medals will be awarded to the first three placegetters in the usual 5 year age categories for both males and females commencing with the 30-34 age group. There is no upper age limit. In addition all finishers will receive a certificate, medal, beach towel, 12 month subscription to R4YL magazine, goodies bag and a chance to win some great spot prizes.</b> The award ceremony will commence at 10.15am.
<b>Course:</b>	There is a new flatter, faster and more scenic course in 2013, with runners crossing the Bowen Bridge for the first time. A course map can be viewed on the Cadbury Marathon website. There are no major hills and the course surface is road/bitumen for the entire distance. This is an officially measured Running Australia course.
<b>Weather Conditions:</b>	The conditions are generally very pleasant for distance running. Historically temperatures have been in the low 20's with the past few years providing generous sunshine throughout the event, without being scorching hot.
<b>Background:</b>	The Masters Half Marathon Championships will be conducted in conjunction with the Cadbury Marathon and Half Marathon, which are open events. These events have been held annually since 1984.
<b>Website:</b>	<a href="http://www.tasmastersathletics.org.au">www.tasmastersathletics.org.au</a>
<b>Further information:</b>	Further information can be obtained from:  Michael Walker, Secretary, Tasmanian Masters Athletics: (03) 62446229 / <a href="mailto:mikejoywalker@gmail.com">mikejoywalker@gmail.com</a>



## What's ahead?

			16-Feb	& Sutherland Allcomers	Sylvania
			23-Feb	5000m Champs	SOPAC
5-6 Jan	10,000m Walks Champs	Campbelltown		ANWS Allcomers	
5-6 Jan	Multi events (heptathlon, Pentathlon, Decathlon)	Campbelltown	23-24 Feb	& Waratah Series	SOPAC
5-6 Jan	Athletics Carnival			NSW Masters	
	Barden Park	Dubbo	1-3 Mar	Heavy Weight Pentathlon	Wollongong
12-Jan	Club Champs	SOPAC	7-Mar	State Open Champs	SOPAC
13-Jan	AMA Half Marathon Champs	Hobart	10-Mar	GWS Track Series	Blacktown
17-Jan	ANWS All-Comers	Blacktown		NSW Masters Throws	
19-Jan	Sutherland Allcomers		9-10 Mar	Pentathlon Campbelltown	
	& Masters Meet	Sylvania	14-Mar	NSW Police Games	Blacktown
19-Jan	Athletics Wollongong		16-17 Mar	ANWS All-Comers	SOPAC
	Throws Pentathlon	Wollongong	21-Mar	Masters Champs	SOPAC
22-Jan	ANWS Permit Meet	Campbelltown		GWS Track Series	Blacktown
25-26 Jan	Country Champs	Glendale	29 Mar-1Apr	AMA National Masters	
2-Feb	NSW Masters Postal Relays			Track & Field Champs	Canberra
	& Sutherland Allcomers	Sylvania	6-Apr	ANWS All-Comers	SOPAC
9-Feb	NSW Masters Postal Relays		20-Jan	SMC	Greystanes
			15-17 Feb	Stromlo Running Festival	Canberra





# From the Presidential Desk

Dec 2012

As we move through the first few months of our new season, I've been impressed by the enthusiasm of so many of our members in regard to their training and performances. Everyone seems hyped to make this season their personal best, so here's hoping the vibe continues!

It was great to see so many of us out at Homebush recently at the State Relay Championships, and congratulations to all who competed for their club events. Also congratulations to those who travelled up to the Gold Coast a few weeks ago for the Pan Pac Masters Games – many great performances were put in, including 3 World Records. More on that in an accompanying article.

**A**t the AMA Board meeting in Qld in October, Secretary Garry & I had a delightful weekend meeting the members and learning more about the inner workings of the committee. Stan Perkins gave the Board an update of how IAAF and WMA worldwide are looking at amalgamation, pursuing a 'from the top down' attitude, giving us hope for a future where all our sporting bodies are working together for the common good of all athletes. And on a more local note, Northern Territory put forward its application to join AMA, which was passed unanimously by the

attendees. So prepare to pack your sunscreen, because it looks like in 2017 we may be travelling to Darwin for National Championships.

Speaking of Nationals, the online registration tool for the 2013 Nationals in Canberra should be up and running very soon, so keep a look out for it at <https://sites.google.com/site/ama2013canberra/>

VP Janet and I have had some very productive meetings recently with NSW GM Greg Meagher, and we are very pleased to announce we have secured Sydney Olympic Park Homebush as the venue for the next State Championships, to be held on Sat 16<sup>th</sup> and Sun 17<sup>th</sup> March 2013. We are looking at alternating venues each year between city and country, so that we can access the best venues available, and in 2014 our state championships may be held at the Hunter Sports Centre at Glendale. We will update on that in the new year.

Our registration numbers pleasingly continue to climb, and we have more new members joining each week. As we go to press we are at the 300 mark, a fantastic number for so early in the season. The marketing we have been doing this season with the other NSW club is really starting to pay off. And have a look at our new Masters information page on the NSW website, which has just been set up - <http://www.nswathletics.org.au/> and click on **Get Involved!** This was a request I made to NSW GM Greg Meagher during a recent meeting, as I realised there was nothing on their site about our Association. A great start to what I feel will be a rewarding relationship between our two groups.

I'm also delighted to announce that we now have a new Website officer – Kirsty Curnow has joined our Committee, and will be instrumental in doing an NSWMA website refresh over the next few months. Kirsty is a talented Graphic Designer and we look forward to the flair that 'Special K' will bring to our web home!

**N**ational Uniform design: we had an amazing response to the uniform survey, with 118 NSWMA members responding in the 1 week the survey was open. The uniform committee greatly appreciated your thoughtful and constructive comments, which have now been used to develop a uniform concept brief. The brief summarises the critical performance and design features that should be incorporated into a National uniform if it is to suit the needs of Masters athletes. We have submitted our survey results and the concept brief to AMA this week, and we hope to get their approval to use the brief as the basis for a new National Uniform. Our uniform working committee comprising Julie Steele, Cris



Penn, Ranell Hobson and Margaret Walker have been working very hard behind the scenes, and we are hopeful that AMA will take on our suggestions...thanks girls!

As we quickly approach the Festive Season, on behalf of the NSWMA Committee I'd like to wish you and yours a very Merry Christmas, and a safe and Happy New Year break.... enjoy the time with family and friends, and good health and good performances to you all ☺

**Jill Taylor**

Thanks to the following personnel:

Proof reading: Lynette Smith

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Please send contributions to [editor@nswmastersathletics.org.au](mailto:editor@nswmastersathletics.org.au)

# Throwing

## AN ADDICTION – NO CURE IS NECESSARY

When our trusty Editor invited me to write an article about the NSW Throwers Club and on throwing generally in about half a page I wondered how I could possibly fit so many of the wonderful aspects of throwing into a full years' worth of "Waratahs" let alone half a page in one edition. Nevertheless I will endeavour to share the below wonder and excitement of this great field event as well as information on the NSW Throwers Club. So let's start at the very beginning (I think they wrote a song about that).....

By Wendy Hord



**T**he shot – *the smallest and cutest of implements*

**H**ammer – *the most majestic and exhilarating implement to throw (some people may say I am biased)*

**R**olling the discus off your fingers is essential for good Discus (unfortunately not one of my mastered skills)

**O**n all occasions walk out the rear of the circle/runway

**W**eight Throw – *a true test of core strength and the provider of some great facial expressions*

**I** mportant skill for all throwers – *keep the feet moving – the power is in the legs*

**N**ot falling out of the circle or over the white line is a good skill to master early in your throwing career

**G**etting the javelin to land out over the 50m mark is a buzz (well in my dreams it is)

The throwing fraternity is a great bunch of people who can be seriously competitive and seriously friendly nearly all at the same time. The luxury of 6 attempts in a competition gives you plenty of time to get the nerves out, get something reasonable in and then just nail the rest.

### The NSW Throwers Club

The NSW Throwers Club was originally formed back in the 1960's, and re-established in 1992. The object of the club is to provide athletes with an opportunity to compete in the winter preparation period. It also serves as a vehicle for those travelling overseas with teams to achieve pre-departure

standards, as well as giving school athletes extra opportunities to obtain qualifying marks. In recent times in conjunction with Athletics NSW, summer competitions have been added to provide throwers with additional opportunities to compete, and selected meets are given permit status.

The Throwers Club is a meeting place for coaches, and other interested parties to discuss ideas in a relaxed and friendly environment. It also serves as a development opportunity for younger athletes. It has had a number of homes over the years – Homebush, Western Suburb Athletics and its current home at Gipps Road Complex in Greystanes. The

Throwers Club is affiliated with Athletics NSW and Athletics Australia and all events are conducted under IAAF rules. (Adapted from the NSW Throwers Club website)

Throwers Club competitions provide a great opportunity to catch up with fellow masters athletes, to be inspired by the younger athletes (insert your definition of young here) as well as the pure joy of throwing the hammer, discus and shot put.

For more information please see the Throwers Club website:  
<http://www.nswthrowersclub.com.au/>.

## Merit Awards

The Merit Award is an award made in recognition of reaching a good standard of performance in an event. It is made irrespective of whether you have ever won the event in competition or set records, and indicates that you are a skilled performer in that event. The award is based on a score of 600 points on the WMA multi-event scoring tables. Similar schemes operate in other clubs and countries, notably in the USA Masters. The award is in the form of a Certificate.

You can check whether you meet the standard by clicking on the link below. If you wish to claim an award, you must provide evidence of the performance in bona fide competition on a properly certified competition arena. For performances in State/National/World Titles, Masters Games or ANSW competitions it is sufficient to refer us to the published results, otherwise you may need a copy of the result sheet. Contact the Records officer ([records@nswmastersathletics.org.au](mailto:records@nswmastersathletics.org.au)) for further information. **Note: only one award can be claimed per event per age-group.**

# run down on Ron

**Ron Schwebel has completed his 4 deserts marathon. After the Atacama, mentioned in the last Waratah, he and his team tackled the Gobi, then the Sahara and finally Antarctica.**

In Kashgar where the Gobi race begins, 90% of people are Middle Eastern, 10% Chinese. The town has a population of 650,000. The competitors ran in 4WD tracks for some time but there were hills and streams to cross as well. By the second day two of Ron's team fell ill but recovered by day 4. As a result there was a lot of walking. Next it was off to the Sahara.

The Sahara was a 250k trek consisting of a full marathon each day for 4 days and a double on the fifth. The team leader ran into difficulties on the first day which slowed them down until the last day when he recovered from the illness that was plaguing him. Fortunately it was cool at night, permitting sleep, but a roasting 46 degrees during the day. On the 3<sup>rd</sup> day they came across a pool which cooled them enough to provide comfort for about 4k.

The numbers dropped off for the Antarctica leg but a quarter of the field were brave Aussies. On the way the team spent some time in Ushuaia, the World's southernmost city. It is always cold but sometimes the temperature reaches a scorching 10 degrees during the day! The trip from there on a rolling ship gave many aboard seasickness. Ron reported less and less people at meal times! The first stage of 100km on a repeat circuit not far from shore went well, and they were watched by Penguins and Whales.

Most of the racing was loops of defined areas in various locations. There is obviously a safety issue. Weather can change quickly and it would be easier to find someone in a white out. The athletes covered as many laps as they could in a given time, perhaps 8 hours. In stage 1 the team made 77 km but the last half was hardest as the snow softened due to sun and the footfall of many others going before. Stage 2 was cancelled at the expected location due to high winds and moving pack ice which put a scare into the ship's Captain. It resumed 24 hours later in another location but the weather worsened there as



**Even with two layers of footwear the sand was mighty hot but the team were saved by a brilliant plan: to drink lots of gaseous drinks.**

well. Eventually it began in good weather which became colder throughout the day and the trip on a Zodiac back to the boat was freezing. Stage 3 had to be steepened and shortened to account for the weather. Many competitors suffered sun and wind burn.



**Ferocious winds overnight had blown his igloo and all it contained out to the edge of the ice shelf and it floated away toward New Zealand**

fever and sweated substantially the night before. A belated start for this leg gave him a little more recovery time. It was just a matter of forbearance and soon it was all over and Ron's team were the first team to ever complete all 4 deserts. They did so in 16<sup>th</sup> position.

As soon as he arrived back in Australia, Ron was off to run the Coast to Kosciusko (240km from the sea to our highest mountain). In so doing he broke the race record for a 60 year old. Match that!

Stage 4, the final stage involved only running until the race leader reached 200k. Lucky as Ron had a

## NEW MEMBERS

name	age
Steve Clark	M30
Brett Halls	M30
Iyush Kumar	M30
Luke Stewart	M30
Dan Sprange	M35
Adrian Ferrand	M40
Andrew Cassin	M40
Geoff Hynoski	M40
Reza Ebrahim	M40
Craig Ferguson	M40
Nick Moroney	M40
Crispin Lyne	M40
Darrin James	M45
Dean Taylor	M45
John Peter	M45
Don McArthur	M50
Peter Lang	M50
Mark Conroy	M50
Steven Denning	M55
Mark Conyers	M55
John Lamb	M60
James Anthony	M65
Suzanne Cosgrove	W30
Lisa Ebrahim	W30
Edwina Ekins	W40
Donna Collett	W45
Robyn Smith	W45
Vicki Townsend	W45
Jenny Schell	W50
Delma Freed	W55
Susan Rilen	W55
Roslyn Wolfers	W65
Barbara Maxwell	W65



## Food for thought.

The following tables concern just a couple of events for illustrative purposes. The entire set of tables would take up several pages. You can see the difference between Australian state and national standards and a comparison with American national standards. In most cases Americans have an easier standard. As could be expected the state standard is easier than the national standard but in some cases even the Australian state standard is higher than the American national standard.

I intend to go into this a little more in another issue

*Ed*

	1500 M	NSW	AUS	US
M30	4: 17.50	4: 11.2	4: 20	
M35	4: 20.80	4: 14.5	4: 22	
M40	4: 34.30	4: 27.6	4: 24	
M45	4: 47.80	4: 40.8	4: 35	
M50	5: 01.30	4: 53.9	4: 45	
M55	5: 14.70	5: 07.1	5: 10	
M60	5: 28.20	5: 20.2	5: 20	
M65	5: 41.70	5: 33.4	5: 45	
M70	5: 56.20	5: 47.5	6: 30	
M75	6: 25.20	6: 15.8	7: 20	
M80	6: 52.90	6: 42.8	8: 10	
M85	7: 49.60	7: 38.2	9: 20	
M90	9: 43.10	9: 28.9		
M95	13: 10.3	13: 10.3		
M100	17: 19.4	17: 19.4		

	Shot	NSW	AUS	US
W30	12.00	13.00	10.30	
W35	11.50	12.25	9.32	
W40	10.70	11.50	8.51	
W45	9.80	10.50	8.40	
W50	10.70	11.25	8.00	
W55	9.30	10.00	7.77	
W60	9.00	9.50	7.50	
W65	8.50	8.90	6.60	
W70	7.30	7.70	6.00	
W75	5.30	6.60	5.20	
W80	5.00	5.60	4.30	
W85	4.40	5.10		
W90	4.00	4.60		
W95	3.50	4.10		
W100		3.50		



## My Injury By Ron Schwebel

After reading your editor's injury woes with the angle grinder, I decided to reveal a real injury.

I remember his predicament of being out a whole 2 months or so. Returning to top form in no time, he gives injuries a good name.

Shortly after, I needed simple arthroscopic surgery for a torn meniscus. I was promised a quick recovery, 2/4 weeks out, maybe 6 weeks till running again. 8 whole months later, I got back into it and it was a year until I was in reasonable shape. Had I met my surgeon again at that stage, I would recommend to him to use an angle grinder rather than a scalpel!

All was good 2 years later, however, as I was running better than ever on the age tables.

But, that is not my injury story.

In Nov 2010 I was in good shape. One day after finishing my last lawn mowing job I saw a few kids kicking a football. I asked to join in as I was once the goal kicker in a few league teams I played for many years ago. I tried a few of the old style kicks and the newer methods, but was not achieving much. Then I remembered a place kick that I employed to start play. It was to place the ball vertically and kick the top of it. This resulted in the ball running across the surface and at a random point would jump a couple of metres. If it jumped over a players head it looked amazing, otherwise it was very hard to stop without knocking on.

I lined up the kick, ran in and swung my leg hard. Immediately I felt a sharp pain just above my knee. I limped back to my car, went home, iced it and cancelled training that night. A few days later my Physio diagnosed a torn quad, and commenced a plan of treatment. I concluded that when I kicked the ball, using a

bent leg instead of a straight one caused the problem. I must have done it differently years ago.

A week later, I was working at home, on my knees. I stood up, using my injured leg and again felt a similar sharp pain. Oh, no, a setback. I had actually further torn the muscle.

Then a few days later, I tripped and did it again, but now I was forced to limp. The Physio sent me for an ultrasound.

The picture revealed a serious problem. My rectus femoris was completely ruptured from the tendon and had contracted about 8 cm up my leg. It was really wrecktus completus. A GP recommended I go to Manly casualty and from there I was referred to a specialist.

The surgeon examined my leg and the ultrasound. We talked about reattachment, and he informed me that "these types of operations are not very successful". My heart sank, as I feared my running days were over.

He then left the room to consult another, much younger surgeon.

After a few minutes, they came back in. The younger surgeon said, "I can do this operation and you should be ok." He said that an All Black Rugby player had returned to Internationals after a similar operation.

My world had just turned 180 degrees, again.

I was booked in for 2 days later, had the surgery, a complete success. This is late Nov 2010. My recovery involved a leg brace for 6 weeks, and 6 weeks rehab.

My first serious running was the Aus. Masters Champs in Brisbane, Easter 2011. I ran ok but about 3 mins off my 10 k pace. By November, one year post, I had reduced that to 1 minute. I was happy at that stage.

Now I am actually running back to pre-injury times, adjusted for age, so that's a great outcome.

*Have you got an injury story? Send it to the Editor*

## How much do you slow down with age?

This website is interesting

<http://runningtrainingplan.com/runningpress/2011/how-age-affects-running-speed/>

It compares results of British Masters runners, taken from a table in Bruce Tulloh's book, 'Running over 40' with a table of Masters World record holders performances from age 35-70. The data shows how much you slow down each year. Both tables only compare 5000m (track) and the marathon (road) results in both groups.

To cut a long story short, as you could guess, people at the age of 35 can expect the least amount of slowdown and 70 year olds the most. This information may be a few years old but the detail is accurate all the same.

The British Masters results followed the World's best results remarkably closely.

There are interesting anomalies because not all elite runners are equally good. Haillie Gebrselassie had the least amount of slow down, showing only a 0.6% decline per year, or .1 of a second per km per year. Bernard Legat also was low at .45% decline or .7 of a second per km per year.

After age 70, men decline at 3.8 sec/km/yr and women at 4.6sec/km/yr so that's something to look forward to.

Discounting the 35+ and 70+ figures and looking instead just at 40-60 year olds we see declines of between 1 to 3 seconds per year with an average 1.6 secs/km/yr. Women fared slightly worse at 2.89 secs but these are averages and the results are blown out by the ranges of performances, women having a wider differentiation. There is not a gradual decline throughout, some 60 year olds do better than 50 year olds.

You can use these figures to determine the expectation of your next performance based on last year's result, assuming you trained for and performed with an equal effort.



## Hammer Throw Basics

By Todd Taylor

**Key Point: Four-Turn Entry** Four-turn throwers often initiate the entry with a toe turn to create space inside the circle to complete four rotations, but turns 2 through 4 are heel/toe turns. To use 4 heel/toe turns like elite thrower Tibor Gecsek, you will need relatively smaller feet and/or tight footwork in the turns.

### The Turns

When you "catch" the ball at the top of Turn 1 (i.e., top or high point of the ball's orbit at 180°) as you "step to the ball" that **right foot is pressed down into the circle** (not just tapping down as you go around) touching down somewhere between 180° to 220°. Then, you counter the speed you just put on the ball with the entry into the turn as you **immediately shift your hips/butt behind your feet**. The right leg drives and the right arm sort of "**sweeps the ball**" around to 0° at the back of the circle and on around again to 180°; and you take another quick step to the ball. It is important to **feel the "ball speed" move around you** (the tetherball pole metaphor) and "send it by" into the next

turn and out to 180°. This is the "main event" in the hammer.

**Key Point: Make It a Linear Event** The key to the hammer (like breaking down the rotation of the full discus movement into line and wheel drills and ½ & ¾ throws) is to make it a linear 180-to-180 event, rather than a circular one, i.e., you are simply walking towards the back of the circle rather than spinning around.

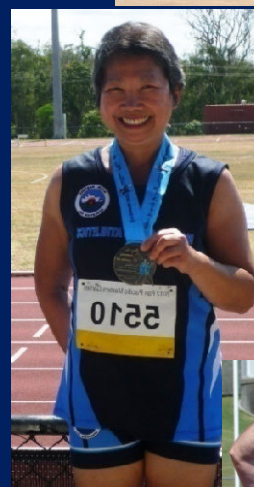
**Key Point: How to Counter the Ball** Notice that you are using your body weight to counter the hammer **naturally** in a gradual lean against the increased outward pull of the ball. The more you lean, the faster the ball moves around you (remember ball speed not body speed is the key distance variable), and the more you then have to lean back against the ball to keep up with its speed. Remember from above that you are not leaning backward at the waist, rather you are positioning the hips/butt farther behind your heels which in turn places your back against the ball.

**Key Point: Generate Force from the Ground Upward** Earlier we talked about that "right side drive" where the right foot grinds or pushes like the free foot on the ground with a scooter or skateboard. If you start out throwing the hammer or weight with a 1 or 2 turn "grip it & rip it" mentality, you will most likely have a difficult time progressing far in the hammer. The key to being able to accelerate the hammer in the turns, in addition to the body countering the outward pull of the hammer (centrifugal force) is for the thrower to generate centripetal force from the ground up through his/her body and out into the hammer. The feeling and upward progression of force should be a "pivot": forefoot, ankle, knee, thigh, hip, obliques, then & only then, the arm pushing the ball. The grip it & rip it, weight room, muscle mania mentality uses the arms and does not engage all those other right side drive components to generate force. Conversely, this is why smaller throwers with great technique can compete with the big guys. The big guys that grasp this stuff throw really far.

The above is an excerpt to demonstrate the complexity and technical nature of this endeavour. See more at the below link:

[http://www.google.com.au/#hl=en&sugexp=les%3B&gs\\_nf=3&pg=throwing%20weights%20athletics&cp=31&gs\\_id=2g&xhr=t&q=throwing+techniques+for+weights&pf=p&scient=psy-ab&og=throwing+techniques+for+weights&gs\\_l=&pbx=1&bav=on.2,or\\_r\\_gc.r\\_pw.r\\_qf.&fp=3320033cfdaf4959&bpci=38625945&biw=886&bih=538](http://www.google.com.au/#hl=en&sugexp=les%3B&gs_nf=3&pg=throwing%20weights%20athletics&cp=31&gs_id=2g&xhr=t&q=throwing+techniques+for+weights&pf=p&scient=psy-ab&og=throwing+techniques+for+weights&gs_l=&pbx=1&bav=on.2,or_r_gc.r_pw.r_qf.&fp=3320033cfdaf4959&bpci=38625945&biw=886&bih=538)





Top left to right: Gavin Murray behind bars. Julie Steele on camera. Baerbel Karibolski with the 4kg shot. Ian Rose putting a scare into his Doctors. Next Row: Jenny Schell is shocked by the Masters team tactics as Robyn Basman takes the batten and Robyn Smith suddenly drops to complete her morning exercises.



Left: Christopher Brack is in fine form for the Blue Stars. Above: Nancy Lloyd Gets a medal.



Second from top right: Garry Womsley with the 200+ 400m team of Richard Hughes, Richard Butler, Don McArthur and E J Davie.

Above: Lajos Joni, Andrew Atkinson Howatt, Wayne Martin and Voitek Klimiuk won the shot put by 4m.

Left: Masters had 3 teams in the one race, the W160+ 4x200m. Back row: Kirsty Curnow, Baerbel Koribalski, Cathy Kermond, Margaret Walker, Suzanne Cosgrove, Kylie Strong, Robyn Smith, Lisa Harrison. Middle row: Ellena Cubban, Ranell Hobson, Sue Gore. Front: Julie Forster.

Please send pictures and postcards, letters, paper bags full of money and fan mail to:  
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