

Official Newsletter of NSW
Masters Athletics

The Waratah



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November 2017



Jill Taylor

22nd AMA Winter Throws Championships

Meet record holder discus, weight throw, javelin Felikss Jakabsons M90
with his daughter, Daina Sander W45.



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Vale Cheri Womsley

Cheri was a past NSWMA athlete herself and wife of Garry, former AMA Board Director, NSWMA committee member and NSW Team Manager. She had battled much illness over the past few years and had been in hospital receiving treatment for an infection.

In the early hours of October 10th Cheri suffered a heart attack,

She slipped away the following day.

Our deepest sympathy to Garry, their son Ethan and family

The Presidential Address

The summer season is under way again with masters athletes making their presence felt at the State Relays and elsewhere in ANSW events such as Treloar Shield. Although NSWMA itself did not field many teams, most masters competed for their local club and were able to participate. See report later by Janet Naylor. An interesting development also is the Beachletics held back in late September. Beach sprinting has been part of the Surf Lifesaving culture for many years and one of our members, Russel Foy, sadly no longer with us, was a top beach sprinter back in the 1950s. Surf Lifesaving applied for it to be a demonstration event at the 1956 Melbourne Olympics but were unsuccessful though they did hold their championships at Torquay to coincide with the Olympics.

On the long weekend in October we again held the AMA Winter Throws at Beaton Park in Wollongong. This was another successful running of the event thanks to Stuart Gyngell, Adriana Van Bockel and Jill Taylor, ably assisted by Athletics Wollongong volunteers and some ANSW officials. See Stuart's report in this newsletter.

Some time back Athletics NSW advised us that the masters state titles for 2018 would be held at Blacktown. With some doubt about the

state of the facility there, we undertook a site inspection and reported a number of concerns to ANSW, which were then relayed to Blacktown. They have agreed to rectify those issues and consequently the championships will be held at Blacktown on 3-4 March 2018.

The AMA national championships will be in Perth starting on April 26

2018 and intending athletes should note some changes to the program as agreed to at the recent AMA AGM. More international championships are on the horizon with the Oceania Masters Athletics being held in Dunedin NZ on 20 -27 January 2018, closing date 8 December 2017.

The masters world

championships will be in Malaga, Spain in September 2018 with a closing date of 15 July 2018 so plenty of time to start preparations.

Just a reminder that through the AMA and the Perth2016 organising committee there are funds in a trust that states can apply for. Thus far we have had a couple of suggestions from members but none that we felt we could put forward. If you have any ideas for making a claim on these funds which would be of significant benefit to NSW masters athletes please let the committee know.

Best of luck in the coming season,

Mark



2017-2018 SUMMER CALENDAR

EVENT	VENUE	DATE
Club Champs and State Multis	SOPAC	2 -3 Dec 2017
Allcomers	Campbelltown	9 Dec
Treloar Shield #6	SOPAC	16 Dec
Allcomers + Albie Thomas	Bankstown	23 Dec
Treloar Shield #7	SOPAC	6 Jan 2018
AMA Hep and Decathlon	Bendigo, Victoria	6-7 Jan
Illawarra Track Challenge	Wollongong	13 Jan
Allcomers + NSW 10 000	Newcastle	13 Jan
Hunter Tack Classic	Hunter	20 Jan
Allcomers	SOPAC	21 Jan
Country Championships	Wollongong	26-28 January
Oceania Masters Champs	Dunedin	20-27 January
NSW Open Champs	SOPAC	2-4 February
Australian Open Champs	Gold Coast	15-18 February
Allcomers	TBC	17 February
Allcomers	Bansktown	24 February
NSW Masters Champs	Blacktown	3-4 March
Allcomers	SOPAC	10 March
Allcomers	TBC	24 March
AMA Nationals	Perth	26-29 April
WMA Champs	Malaga, Spain	Malaga, Spain 4-16 September

Janet Naylor, UTS



Photo supplied by Gianna Mogentale, IBS

The summer season started at the beach for some! In conjunction with Athletics NSW and Shelly Beach Surf Life Saving Club, the second edition of Beachletics was held at Shelly Beach, Central Coast on 23 September 2017.

Dave Smith of Mingara AC (formerly UTS Norths) is a beach sprinter and track athlete and the brains behind this event. He wanted to bring the two sports together and what better way than to run a timed athletics meet on the beach to start the summer season?

Most people know Stuart and I enjoy running on the sand, though it is normally uphill, so it will probably come as no surprise that we went to the inaugural carnival last year and returned again to start this season.

The carnival has events for ages ranging from Under

8 through to 60+ with distances ranging from 70m through to 2km, a 4x90m relay and the traditional beach flag events.

The Shelly Beach SLSC set up a 6 lane track for all events under 200m, while the 500m, 1km and 2km races were at the water's edge with poles set 500m apart. The last event, in a separate area, was the for beach flags. This really was a cross between the two sports.

Dave Smith said, "In addition to the Central Coast clubs, surf clubs were represented from the far North Coast, Sydney, the Hunter and the Illawarra while athletics club members came from Sydney, Central Coast, Hunter and Cessnock. All saying they would bring more club members next year."

It is a fun event albeit hard work running on the sand. The numbers in the junior and opens events were good but disappointing in the masters events so I would encourage everyone to mark this one in their diary for next year and give it a go!

I also officiated doing: athlete check-in, some data entry and running of start lists to the various locations, which was more of a work-out than my 70m sprint :)

Photo caption – W50+ medallists - Janet Naylor (silver) and Gianna Mogentale (gold)

Results at this link - <http://www.nswathletics.org.au/Results/beachletics-4>

2017 Athletics NSW - State Relays

Janet Naylor

photo by Stuart Paterson

Although it was wet and windy this year's State Relays was a great weekend of racing at Homebush. 40 clubs competed with teams ranging in age from U14 to 240+. It was the biggest athletics meet of the year and great fun to be involved with.

NSWMA entered two teams in the 120+ 4x100m and the 160+ 4x200m with Margaret Walker, Tracey Grozdanis, Greer Calabro and Anne Weekes. They took silver and bronze in 61.42s and 2:08.81 respectively- great effort! I hear the ladies enjoyed themselves and compared stories about their clubs not having enough athletes to field teams.

Four highlights for me, in no particular order, were firstly organising the NSWMA teams and seeing them achieve success. A second was being part of the dominant UTS Norths Women's group which won gold medals in all the events they contested with two championship records.

Anchored by Jay Stone in just one of his ten relay legs over the weekend, the Men's 120+ 4x400 was won by Armidale with a great come-from-behind. Jay has done amazing things with athletics in Armidale and this year he had a record 50 athletes making up 40 teams competing at the Championships.

My last highlight was another nail biting finish in the Women's 160+ 4x400 where Norths were leading early and Blue Mountains moved to the lead on the third leg. Julie Forster, a classy 400m runner from BMA (W55) took the baton with at least a 20m lead and Monique Perry, a 100/200 runner from UTN (W40), set out to chase her. Monique closed a little in the back straight and then a little bit more off the bend. Julie lifted and so did Monique. They crossed the line together and it seemed like an eternity till the result was announced - Norths by 3/100ths!!!



Bronwyn Kelaher, Monique Perry, Jackie Bezuidenhout, Stephanie Markos, Janet Naylor, Alice Bohdan, Deborah Drennan, Kylie Wickes and Maria Cimino .

CLUB	GOLD	SILVER	BRONZE
UTS Norths	14	7	
Mingara	8	3	6
Hills	6	4	4
Athletics East	5	1	1
Illawong Revesby	3	2	
Armidale	1	2	1
Illawarra Blue Stars	1	1	3
Balmain	1	1	1
Girraween	1		1
Ryde	1		
Sydney Pacific		4	3
Sydney Uni		2	
Blue Mountains		2	
NSWMA		1	1
Asics West		1	1
Sutherland		1	1
Camden		1	
Rejoov Runners		1	
Mounties			1
Randwick Botany			1



22nd AMA Winter Throws Championships

30 September - 2 October 2017
Kerryn McCann Athletics Centre

Wollongong



Photos Jill Taylor

Introduction

The 22nd AMA Winter Throws Championships were again conducted at the Kerryn McCann Athletics Centre, Wollongong over the traditional long weekend period of Saturday September 30th to Monday October 2nd. Once again, we were blessed with blue skies and warm conditions, although a little bit windy on the Saturday!

The meet was again conducted by NSW Masters Athletics in conjunction with the home club, Athletics Wollongong, and gratitude is extended to the AW President, Michael McLelland, and his team of volunteers for all their help over the weekend. We were also fortunate to be assisted by officials from Athletics NSW and special

thanks goes to Ann Grimm who acted as Field Referee for the meet and efficiently organised her team of officials. The organisers would also like to extend their thanks to Destination Wollongong, Wollongong City Council and the staff of Beaton Park Leisure Centre for their help and generosity in staging this event again at Kerryn McCann Athletics Centre.

A total of 65 throwers entered the Championships. This was composed of 45 NSW, 8 ACT, 5 QLD, 2 TAS, 2 VIC, 1 WA athlete as well as 1 international athlete from Sri Lanka. The age groups of both Male (39) and Female (26) athletes ranged from the age groups of M30-90 and W30-80 and the organisers were very encouraged by the great spread of ages and abilities amongst the athletes who attended.

Report, Results and Records

Day 1 - Individual Events

Day 1 opened with bright, sunny but also windy weather in almost an exact replica of last year. The gusting wind was to make life interesting for the Javelin and Discus throwers as well as **Adriana van Bockel** who was kept busy with bacon blowing off the BBQ!

In the Hammer throw, the standout competitor in the Men was **Ricard Meiring** (M40) who threw 51.82m with the 16lb hammer. **Jim Fassolis** (M50 - 44.64m) and **Paul Olsson** (M60 - 44.00m) also threw very well to win their age groups. In the Women, **Melissa Holohan** (now Melissa Kierath after just getting married - Congratulations, Mel!!) had a great throw with the 4kg hammer of 46.72m in the W30 competition. In Shot, **Todd Davey** (M50) had the furthest throw of the day of 13.40m in the Men's category while **Kelly Hunter** (W40) threw 11.27m to break the meet record in the W40's.

Discus probably saw the biggest battle of the day in the M50 division as the current Australian record holder, **Todd Davey**, went head-to-head with the current World Champion, **Martin Harland**. Both fought hard in the gusting wind and the lead changed several times. Finally, after both broke the meet record, **Martin Harland** prevailed with a throw of 50.47m. In other categories, **Sharyn Dickson** (W30 - 36.67m) and **Tom Gravestock** (M60 - 45.55m) both broke meet records to win.

Mention should also go to our Sri Lankan guest, **Gamini Ranasinghe** (M65), who won the first of his two blue ribbons, throwing 24.57m in

the discus.

Finally, we should acknowledge the efforts of **Felikss Jekabsons** (M90). Felikss, formerly of QLD but now living in NSW, had to have his left leg amputated below the knee some months ago but returned to competition at these Championships to 'clean up' the M90 age group and set new meet records in several events!



Melissa Holohan



Gamini Ranasinghe

In Javelin, **Michael Day** (M30 - 42.57m) and **Chris White** (M45 - 40.62) both threw over 40m with Michael's performance being a new meet record. **Kelly Hunter** was the furthest of the Women with a throw of 26.66m in the W40's.

In the Weight, **Ricard Meiring** (M40 - 16.92m) once again came to the fore with a new meet record. **Todd Davey** (M50 - 16.06m), **Melissa Holohan** (W30 - 14.79m) and **Gabi Watts** (W50 - 13.24m) also had quality throws to win their respective events.

To wrap up the day, the demonstration event of Weight for Distance was once again offered to the athletes. This is an event which has been adapted for Athletics from the Highland Games event of the same name by NSWMA and AW Throwers. It consists of throwing a lighter Heavy Weight one-handed from the Discus circle. It again proved popular with 13 athletes taking the opportunity to compete in the event. Nine meet records were set with the two 60 year-olds,

Gavin Murray (M60 - 18.04m)

and **Jill Taylor** (W60 - 17.48m) pulling out the biggest throws of the day.

Day 2 - Throws Pentathlon

Weatherwise, Day 2 was even better as the temperature rose slightly and the wind died away to a gentle zephyr.

The standout head-to-head battle came in the W55 age group as **Christine Shaw** and **Sharon Gibbins** battled it out for supremacy. It all came down to the final Weight event and Sharon was able to gain the ascendancy and win with a points total of 3216 to Christine's 3153. The best overall scores in the Women's age groups went to the unopposed older ladies, **Mary Thomas** (W70 - 3741 points) and **Jan Banens** (W75 - 3648 points).

In the men, the battle royale was between **Paul Olsson**, **Gavin Murray** and **Tom Gravestock** in the M60 age group. The lead changed hands several times as each athlete played to their strengths but, in the end, Paul was victorious (3443 points) from Gavin (3337 points) and Tom (3282 points). The man with the greatest point score however was **Ron Simcock** (M80) who threw consistently well to gain 3745 points.

In the evening, the AMA Winter Throws Championships Dinner was held at the Outback Jack's Restaurant in Wollongong with approximately 36 athletes and their accompanying persons attending.

Day 3 - Heavy Weight Pentathlon + Super Heavy Weights (56lb, 100lb)

Nursing aches and pains from the previous two days of competition, athletes approached probably the most difficult day of competition and the temperature soared even higher!

In the Heavy Weight Pentathlon, it was again **Ricard Meiring** (M40) who came to the fore as he broke the previous record by 700 points to set a new meet and Australian record of 4668 points. Along the way, Ricard's throw of 10.49m in the 56lb Weight also broke the individual M40 meet record by nearly 2 metres! **Ron Simcock** (M80 - 4291 points), **Todd Davey** (M50 - 4160 points) and **Althea Mackie** (W45 - 4138 points) also excelled in their age groups and posted substantial scores.

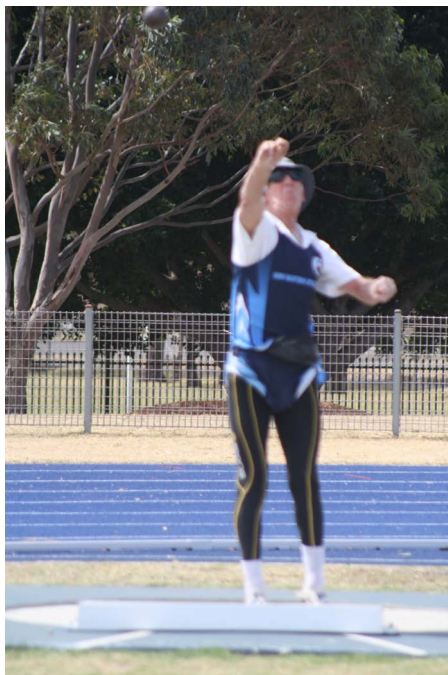
The battle of the day came in the W55 age group between **Deb Engeler** (2462 points) and **Narelle Messerle** (2642 points) as they matched one another in the latter rounds. Narelle came out victorious as she was able to post better throws with the lighter weights.

In other Women's age groups, **Mary Thomas** (M70 - 3799 points), **Jill Taylor** (W60 - 3595 points) and **Melissa Holahan** (W30 - 3501 points) also performed well. In the men, **Paul Olsson** (M60 - 3875 points) and

Robert Clark (M55 - 3676 points) also had significant scores.



Deb Engeler



Ron Simcock

The final events consisted of the two Super Heavy Weights - the 56lb Weight and 100lb Weight and, surprisingly after 2½ days of rugged competition, there were several meet and Australian records set.

In the Women, **Althea Mackie** (W45) excelled by breaking meet records in both events, throwing 4.74m in the 56lb Weight and 2.19m in the 100lb Weight. There were also meet records from **Melissa Holahan** (W30 - 5.01m) and **Mary Thomas** (W70 - 2.58m) in the 56lb Weight.

However, it was with the Men that the sparks really flew. In the 56lb Weight, **Michael Day** (M30) set a meet and Australian record of 7.90m and in the 100lb Weight, **Todd Davey's** throw of 4.43m was more than enough to break the M50 Australian record. There was another meet record to **Michael Day** (M30 - 4.16m) in the 100lb Weight as well as to **Jamie Muscat** (M40) who posted the longest throw of the day - 4.92m - to fall just centimetres short of the Australian record.

2017 Athletes of the Meet

The Male and Female Athlete of the Meet awards were very closely contested affairs. In the men, there was only a hair's breadth separating **Todd Davey** and **Ricard Meiring** - each has been mentioned several times in this report. The award went to Todd Davey for his consistently high quality perfor-

mances across all the events.

In the Women it was a three-way contest between **Melissa Holahan**, **Kelly Hunter** and **Althea Mackie** and any one of them would have been a worthy recipient. The award went to **Kelly Hunter** who competed at a high level in every event and went throughout the weekend undefeated.



*Kelly Hunter
Jill Taylor*



*Todd Davey
Ann Grimm*

What to Expect in 2018

Next year, the LOC is thinking of making a few changes to the order of events in order to provide more opportunity for athletes to excel at the events on offer. This would mainly involve swapping the first two days around and conducting one of the Super

Heavy Weight throws after the Throws Pentathlons on the Saturday.

This may inconvenience some athletes and we are keen to hear feedback before we set this change in concrete. We also plan to hold the Weight for Distance event next year as a fully fledged event as part of the AMA Winter Throws Championships. It is our view that, over the coming years, this event should become a regular event in Masters Athletics throwing.

Finally, we also plan to move the Championships dinner from Sunday to Saturday evening with the hope of attracting even more people to the event and avoid the clash with the NRL Grand Final.

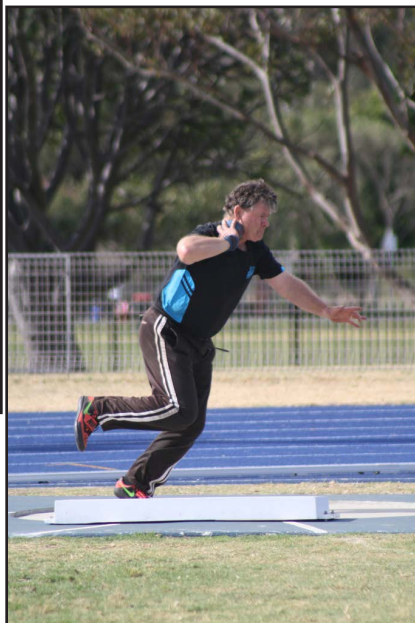
Conclusion

As Convenor and Meet Director of the event, I must acknowledge that this event could not have been conducted without the help of many key people and my thanks go out to them - in particular, the other members of the LOC: **Jill Taylor**, who was responsible for remembering and organising everything that I had forgotten, and **Adriana van Bockel**, who ensured that the winners' ribbons and merchandise was ordered and delivered in record time and who cooked up a storm on the BBQ each day.

There were also several other volunteers and officials who either worked behind the scenes to ensure that the Championships ran smoothly or in officiating, including **Mark Johnston, Jayne Hardy, Jodie Sundstrom, Bob Banens, Maria Cimino** and **Sue Sundstrom**.



Christine Shaw



Gavin Murray



Ricard Meiring

Special mention must go however to two people: **Ann Grimm**, our chief official/referee, who officiated and co-ordinated our officials over the whole weekend in such a wonderful and low-key way; and **Michael McLelland**, the president of Athletics Wollongong, who probably worked the hardest of all of us over the 2½ days as he quietly went about set-up, officiating and pack-up in his own self-effacing way.

We are looking forward to hosting the AMA Winter Throws Championships once again in 2018, and would like to extend the invitation to all throwers to come and enjoy the summer weather of Wollongong over the October long weekend (September 30 - October 2, 2018).

Stuart Gyngell

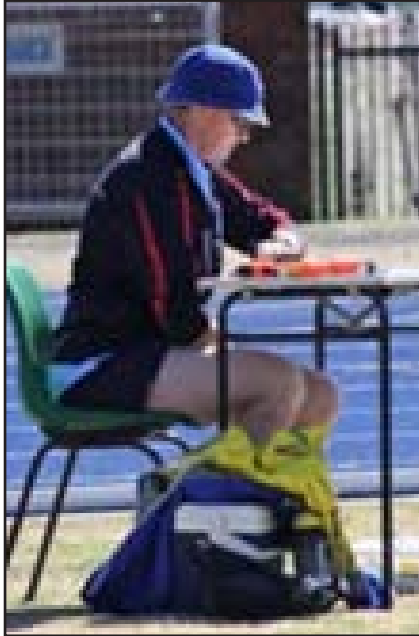
AMA Winter Throws Championships LOC Convenor and Meet Director



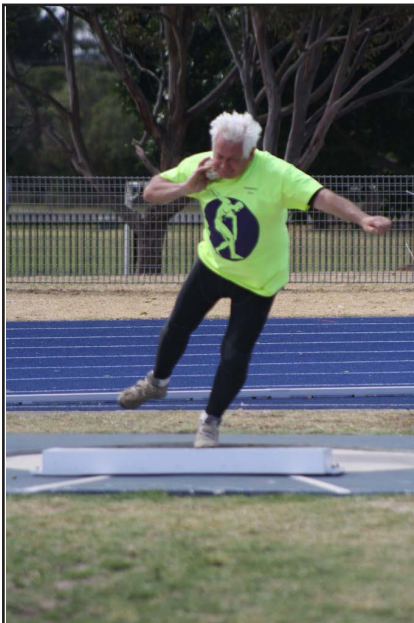
Records



Matthew Cooper



Jayne Hardy hard at work



Ray Green,
founder of AMA Winter Throws Competition

2017-18 AMA WINTER THROWS CHAMPIONSHIP RECORDS

Age Group	HAMMER	SHOT PUT	DISCUS	JAVELIN	WEIGHT THROW	56LB	100LB	Weight for Distance	THROWS PENTATHLON	HEAVY WEIGHT PENTATHLON
Men 30	36.69 W. Jones	12.47 G Urbanowicz	40.13 M Day (2016)	42.57 M Day (2017)	12.50 G Urbanowicz	7.90 M Day (2017)	4.16 M Day (2017)	15.83 M Day (2017)	~2002 table ~2010 table	~2002 table ~2015 table
Men 35	53.42 S Zablotki	17.17 S Cyngeil	50.03 D Haworth	51.67 J Hailey	16.13 D Haworth	10.94 D Haworth	5.57 D Haworth	15.09 J Muscat (2016)	2420 W Benbow~ 2397 M Day* (2017)	3023 G Urbanowicz
Men 40	43.07 P Fkovic	14.43 J Hailey	39.13 J Hailey	46.55 J Hailey	16.92 R Meiring (2017)	10.49 R Meiring (2017)	4.92 J Muscat (2017)	15.29 R Meiring (2017)	3457 S Cyngeil	4436 D Haworth
Men 45	51.85 S Zablotki	15.47 S Cyngeil	42.88 S Cyngeil	47.42 B Benans	14.37 T Davey	10.24 G Edwards	4.38 G Edwards	15.29 R Meiring (2017)	3271 J Hailey ~ 3378 Muscat* (2017)	4668 R Meiring* (2017)
Men 50	50.25 G Edwards	16.08 S Cyngeil	50.47 M Harland (2017)	48.18 B Benans	17.74 G Edwards	9.39 G Edwards	4.43 T Davey (2017)	12.20 T Lowrey (2016)	3584 T Davey* 4309 G Rose~ 3736 Davey (2017)*	4747 G Edwards* 4864 G Edwards*
Men 55	47.19 G Rose	12.59 G Rose	42.98 W Selvey	48.95 G Rose	17.40 G Rose	7.33 G Crumpton	4.02 G Crumpton	17.32 P Reed (2016)	4187 G Rose ~	4581 G Rose~ 4303 R Class*
Men 60	49.00 W van Weenan	12.98 G Gee	49.53 K James	43.06 G Rose	18.49 G Rose	7.49 R Class	3.68 R Class	18.04 G Murray (2017)	4344 G Rose ~	4469 G Rose~ 4647 R Class*
Men 65	47.52 W van Weenan	12.34 G Mencik	43.14 K James	40.91 A Farr	17.83 W van Weenan	6.18 W van Weenan	3.09 B Binks	14.80 D Ross (2016)	4384 G Rose	5069 K Priestley
Men 70	42.46 T Hancock	12.11 G Mencik	39.52 K James	37.42 T Hancock	17.38 K Priestley	5.38 W van Weenan	2.74 W van Weenan	16.44 R Green (2017)	4322 T Hancock	5032 G Rose
Men 75	40.55 W van Weenan	11.24 G Mencik	33.13 R Simcock	32.44 R Simcock	14.91 W van Weenan	3.96 H Wynhoven	1.99 H Wynhoven	4176 W Van Weenan	4176 W Van Weenan	5186 K Priestley
Men 80	38.71 R Simcock (2016)	11.77 T Hancock (2016)	29.60 T Hancock	30.68 R Simcock	16.92 G Mencik	3.49 H Wynhoven	1.76 N Windred	3.49 H Wynhoven	4670 T Hancock* (2016)	5034 R Simcock
Men 85	23.54 N Windred	8.04 N Windred	23.54 N Windred	20.06 N Windred	11.34 N Windred	3.07 F Jekabsons	1.66 F Jekabsons	1.66 F Jekabsons	3375 N Windred	2186 E Drummond
Men 90			7.78 F Jekabsons (2017)	6.19 F Jekabsons (2017)	3.06 F Jekabsons (2017)					
Women 30	58.47 K Di Marco	10.77 M Holahan	36.67 S Dickson (2017)	39.75 L Smith	17.52 K Di Marco	5.87 M Holahan	2.51 K Di Marco	10.22 S Dickson (2017)	3531 K Di Marco	5380 K Di Marco
Women 35	47.68 C McCallill	12.96 C McCallill	43.49 K Hunter (2016)	40.42 J Hardy	15.87 C McCallill	4.48 A Muscat	2.34 A Muscat (2016)	13.63 A Muscat (2016)	3757 C McCallill	5101 C McCallill
Women 40	46.33 J Hardy	11.26 K Hunter (2017)	39.19 J Hardy	37.76 J Hardy	14.22 J Hardy	5.00 A Maedle	2.24 J Hardy		4194 J Hardy	4830 J Hardy
Women 45	41.51 S Gibbins	12.30 C Schultz	40.82 C Schultz	33.09 J Hardy	13.95 C McCallill	4.74 A Maedle (2017)	2.19 A Maedle (2017)	10.76 M Cimino (2016)	4179 C Schultz	4637 J Hardy
Women 50	49.12 M Parvialainen	12.37 M Thomas	34.40 G Watts (2016)	42.26 M Thomas (400g)	15.89 M Parvialainen	4.40 J Hardy	2.02 J Hardy	9.94 D Engler (2016)	4263 J Hardy	4716 J Hardy
Women 55	46.00 J Davies	11.39 M Kay (2016)	29.66 S Gibbins (2016)	29.90 J Bourke (500g)	14.04 J Davies	3.32 J Corham	1.62 J Taylor	11.58 D Engler (2017)	4005 J Davies	4088 R Rudov
Women 60	46.09 H Searle	12.24 H Searle	32.03 H Searle	26.27 H Searle (400g)	16.22 H Searle	3.05 R Rudov	1.61 T Thomas	17.48 J Taylor (2017)	5154 H Searle	4871 H Searle
Women 65	40.11 H Searle	10.53 H Searle	26.34 H Searle	30.69 M Thomas (400g)	13.15 H Searle	2.98 R Rudov	0.55 J Heatin		5046 H Searle	4772 H Searle
Women 70	32.08 H Searle	9.90 H Searle	23.28 M Thomas	22.74 M Thomas (500g)	11.71 J Benans	2.58 M Thomas (2017)	1.37 F Harris	10.27 M Thomas (2017)	4349 H Searle	4201 J Benans
Women 75	32.27 H Searle	9.79 H Searle	21.00 H Searle	17.47 H Searle	11.55 H Searle	1.97 S Saberton			4363 H Searle	3073 S Saberton
Women 80	15.23 M Wahren (2016)	5.52 M Wahren	10.96 M Wahren	11.83 M Wahren	6.68 M Wahren (2016)				1914 M Wahren	
Women 85										
Women 90	12.96 R Frith (3kg)	5.10 R Frith	11.46 R Frith (1kg)	10.00 R Frith	5.96 R Frith (5.45kg)				4180 R Frith	
Women 95	14.09 R Frith (2kg)	5.09 R Frith (2kg)	13.71 R Frith (9750g)	5.78 R Frith	5.33 R Frith				7193 R Frith	
Women 100	11.30 R Frith	4.06 R Frith	8.20 R Frith	5.62 R Frith	4.30 R Frith				5495 R Frith*	



AMA has appointed Flight Centre Sports and Events as its TRAVEL PARTNER.

The arrangement with **Flight Centre Sports and Events** enables members and their families to book specially prepared group travel packages, pre and post championship tours and/or to make their own private arrangements.

The preliminary Flight Centre Sports and Events accommodation packages for Oceania in Dunedin and Worlds in Malaga are now available. Please note additional Malaga packages for longer stays, apartments, tours and so forth are still being negotiated as many prices in Spain have not been finalised by the tourism operators for that time of year. Nationals packages to come.

To register your interest, please see this page: <http://fcsportsandevents.com.au/active/run/australian-masters-athletics/> and click on the relevant event.

Check this Flight Centre website regularly for updates and flight specials.

AMA will receive **a rebate on all bookings** (team-related and personal) and this additional revenue stream will assist in keeping levies and fees for members to a minimum. This rebate is only available when booking via the details supplied below and you must identify yourself as being from Australian Masters Athletics.

To make a booking through **Flight Centre Sports and Events** please **contact Anna Kearney or Julie Costa on 1300 220 293 and make sure you identify yourself as being from AMA.** The rebate is not available through Flight Centre shops or other avenues as they are different franchises so **please save these contact details.**

FLIGHT CENTRE[®]
Sports and Events

AMA Team Management

AMA has appointed the following managers:

Oceania Championships

20-27 January 2018, Dunedin, NZ

Hazel McDonnell (hazelmcd@bigpond.com)

World Championships

4-16 September 2018, Malaga, Spain

Janet Naylor (janetlnaylor@gmail.com)

Donna Hiscox (donnahiscox28@gmail.com)

AMA Uniforms

If you are intending to compete at Dunedin for Oceania in January or head to Malaga next September then you need an AMA uniform, or if you have one consider buying an extra AMA singlet or two and shorts to swap or wear.

This will give you the opportunity to swap your gear for other national uniforms! See the AMA website for sizes and prices.

<http://www.australianmastersathletics.org.au/ama-merchandise/amauniformpurchases/>



Get off the couch, get in the game!

Send your news – people will see it!!!

Have news people want to see?

Send it to us and we'll post it to this news site.

National Masters News & MastersRankings.com strive to help our sport. We are thrilled to be working together to fill a need within Masters Athletics, aka Track & Field, to provide you with news, upcoming meet alerts, athlete spotlights, WMA & Affiliates' notifications and other fun posts which we hope will enhance your experiences plus help our sport grow and thrive.

<https://www.mastersrankings.com/.../welcome-to-your-news-feed/>



***Australian Masters
Athletics Championships***
Perth 2018

26 - 29 April 2018

Western Australian Athletics Stadium, Floreat

<http://www.mastersathleticswa.org/perth2018/>

M Walker



HIGHLAND MUSCLE

Audrey Muscat



Murray Irwin

The Highland Games is not only a great way to celebrate Scottish and Celtic culture, but the Heavy Events are a fun addition to off-season throws training. About a year ago Jamie and I joined Highland Muscle and started competing in Highland Games Heavy Events. We were hooked from the first time we tossed the caber (it's harder than it looks!). The heavy events traditionally consists of hammer throw, stone putt, weight for distance, weight for height and caber toss. Every now and then events such as sheaf toss, farmers walk and manhood stones are added into the mix to keep things interesting.

Recently there has been a couple of exciting Highland Games that have been held in Australia and New Zealand. At the Central Coast Scottish Spectacular, 5th November 2017, the Strongmen and women of Highland Muscle braved the rain, donned their kilts, and competed in the heavy events. This was the Heavyweight Events Australia Competiton. Cabers were tossed, stones and hammers were thrown and heavy weights hurled for distance and height. There were four NSWMA members in the field of competitors, Stephen Henry, Rodney Watson, Jamie Muscat and Melissa Kierath. Competition was fierce but Jamie managed the overall win, taking home the



Grand Champion trophy and also winning the 56lb heavy weight over bar. Stephen placed 3rd overall. Melissa Kierath was a stand out competitor, comfortably winning the Women's event.

The following weekend 11 November 2017, I competed in the Hororata Highland Games in New Zealand. This event is also the Oceania Heavyweight Championships for the Professional Male athletes. It was a great opportunity to watch some of the big guys in action, including Australia's Scott Martin. I was the first woman from Australia to fly over for the competition and it was a strong group of ladies I was up against. I managed to place 2nd overall in the Womens event, which I was very pleased with.

The Highland Games Heavy Events is a true test of strength, power and technique and is an interesting addition to any thrower's training regime.



Rodney Watson throwing the Heavy Stone.



Photos, Highland Muscle

Melissa Kierath, Stone Putt



SCOTLAND FOREVER



HIGHLAND MUSCLE TEAM

**ONE MORE
FOR
THE RECORD BOOKS!**

**Congratulations Heather Lee
WORLD RECORD
3000m walk, W90
24:56:97**

**Heather will be part of the
Queen's Baton relay
in Penrith for the
2018 Commonwealth Games.**



(Awaiting ratification.)



Athletics Masters Women's Heptathlon
New South Wales

NSWMA is grateful to Athletics NSW for including the **Masters Heptathlon** in the State Multi's for the first time this year. The event was added to the online registration from Friday 24 November. The **Masters Decathlon** has been available for some time and we are confident that, the specifications for Masters Women being so much simpler than Masters men, the event will proceed smoothly.

All Masters women 40 and over run the 80m hurdles. Adjustments are made on the day in the same way as we have been doing at Treloar Shield.

Thank you, officials, for your patience.

Aside from the hurdles, women should note that 50+ have identical specifications to U16 women. Women from 40-49 are the same as the Open women and younger women compete with the Open women in all events.

NSWMA New Records 2017

Peter Murray, Records Officer

Athlete	Age Group	Event	Date	Performance	AR-WR
Noni Cooper	W30	1500m	21-Jan-17	4:37.32	
Cheryl Webb	W40	3000m Walk	21-Jan-17	14:56.21	
Leigh Bennett	M30	200m	22-Jan-17	21.63	AR
Jay Stone	M35	200m	22-Jan-17	21.96	AR
Aanika Milne	W35	100m Hurdles	28-Jan-17	15.05	
Anne Weekes	W50	10000m Walk	11-Feb-17	1:05:30.33	
Michael Laws	M30	Pentathlon Throws	18-Feb-17	2124 points	
Noni Cooper	W30	Mile	04-Mar-17	5:05.07	
Judith Kenyon	W75	5000m Walk	04-Mar-17	40:47.66	
Richard Hughes	M85	100m	11-Mar-17	17.42	
Richard Hughes	M85	200m	11-Mar-17	36.93	
Richard Hughes	M85	800m	11-Mar-17	3:46.48	
Anne Weekes	W50	1500m Walk	11-Mar-17	8:35.59	
Anne Weekes	W50	10km Walk Road	24-Mar-17	60:11.00	
Lenore Lambert	W45	400m Hurdles	31-Mar-17	1:03.85	AR
Leigh Bennett	M30	400m Hurdles	02-Apr-17	51.21	
Michael Laws	M30	Weight 56lb	09-Apr-17	8.16	
Jamie Muscat	M40	Weight 100lb	09-Apr-17	4.91	
Jamie Muscat	M40	Weight 56lb	09-Apr-17	9.16	
Robert Clark	M55	Pentathlon HW	09-Apr-17	3778 points	
Gavin Murray	M60	Weight 100lb	09-Apr-17	2.68	
Anne Weekes	W50	1500m Walk	25-Apr-17	8:32.15	
Kerry Bray	W70	10000m	27-Apr-17	57:50.45	
Keith Bateman	M60	10km Road	06-May-17	36:41	
Gregory Smith	M45	60 Meter Dash	09-Jun-17	7.44	
David Riches	M60	10000 Meter Run	09-Jun-17	35:41.52	
Osmo Millridge	M85	1500 Meter Race Walk	09-Jun-17	11:33.20	
Richard Hughes	M85	60 Meter Dash	09-Jun-17	10.71	
Sharyn Dickson	W30	1500 Meter Race Walk	09-Jun-17	10:59.20	
Cheryl Webb	W40	1500 Meter Race Walk	09-Jun-17	7:11.20	
Kelly Hunter	W40	Discus Throw 1kg	09-Jun-17	43.04	
Kylie Strong	W50	Long Jump	09-Jun-17	4.66	
Judy Kenyon	W75	1500 Meter Race Walk	09-Jun-17	12:24.20	
John Gordon	M70	High Jump	10-Jun-17	1.35	
Richard Hughes	M85	200m	10-Jun-17	35.13	AR
Cheryl Webb	W40	5000 Meter Race Walk	10-Jun-17	24:52.98	
Judy Kenyon	W75	5000 Meter Race Walk	10-Jun-17	39:55.65	
Nathan Smith, Darren Hughes, Matthew Lynch, Jay Stone	M35	4x400m Relay	11-Jun-17	3:44.01	
Ashley McMahon, John Minto, Nathan Smith, Darren Hughes	M40	4x100m Relay	11-Jun-17	45.98	
David Riches	M60	5000 Meter Run	11-Jun-17	17:27.59	
Osmo Millridge	M85	200 Long Hurdles (68.6cm)	11-Jun-17	52.22	AR
Richard Hughes	M85	400m	11-Jun-17	1:25.63	AR
Philippa Wight, Kylie Strong, Jackie Bezuidenhout, Gianna Mogentale	W50	4x100m Relay	11-Jun-17	53.49	AR
Lynda Douglass, Julie Forster, Diane O'Toole, Karen Douglas	W55	4x100m Relay	11-Jun-17	1:03.81	
Jason Keane	M45	8k Run CC	12-Jun-17	29:18.00	
David Riches	M60	8k Run CC	12-Jun-17	29:03.00	
Lenore Lambert	W45	400m Hurdles	12-Jun-17	1:03.63	AR
Judy Kenyon	W75	10km Walk Road	12-Jun-17	82:06.00	
Ken Saunders	M80	10km Road	01-Jul-17	1:25.59	
Cheryl Webb	W40	20km Walk Road	23-Jul-17	1:53:51	
Anne Weekes	W55	20km Walk Road	23-Jul-17	2:04:24	
David Riches	M60	10km Road	29-Jul-17	36:13	
Gavin Murray	M60	Weight 100lb	13-Aug-17	2.83	
Gavin Murray	M60	Weight 56lb	13-Aug-17	6.47	
Margarita Jekobsen	W80	Discus	26-Aug-17	8.03	
Margarita Jekobsen	W80	Javelin	26-Aug-17	6.49	
Margarita Jekobsen	W80	Weight	26-Aug-17	6.41	
Ricard Meiring	M40	Pentathlon HW	02-Oct-17	4668 points	AR
Ricard Meiring	M40	Weight 56lb	02-Oct-17	10.49m	
Mary Thomas	W70	Weight 100lb	02-Oct-17	1.31m	
Mary Thomas	W70	Weight 56lb	02-Oct-17	2.58m	
David Riches	M60	3000m	05-Oct-17	9:54.39	
Anne Weekes	W55	3000m Walk	07-Oct-17	17:17.18	
Heather Lee	W90	3000m Walk	23-Oct-17	24:56.97	WR
Anne Weekes	W55	5000m Walk	24-Oct-17	29:10.05	
Heather Lee	W90	5000m Walk	24-Oct-17	42:36.49	WR
David Riches	M60	5000m	26-Oct-17	17:01.39	
Anne Weekes	W55	1500m Walk	26-Oct-17	8:12.99	

Training on Holidays (or DINING IN EASTERN EUROPE)

Margaret Walker (images: creative commons)

Training commences Boxing Day.



Jogging around the aisles possible but not recommended.

Instead watch 'Chariots of Fire', 'Unbroken' or 'Marathon Man' on the inflight entertainment system.

ON ALIGHTING IN

Treacherous Romania



THERE ARE THE FOLLOWING HAZARDS TO AVOID AT THE TRACK: wolves, bears and vampires.

BUT WONDERFUL COMFORT FOODS:

mamaliga cu branza si smantana, slaninuta afumata cu boia, sarmale, and drob.

YUM!

THEN NEXT STOP



CROATIA



The birth place of my 97 year old biological parent is a 7km bike ride from Novigrad at an elevation of 104m. Am unable to get out of this cross training due to my terrible fear of driving on the wrong side of the road.



The wine manual describes Dalmatian Prosek as 'notoriously heady' but, from experience, I would argue that you are safe until halfway through your second glass. At this point you may suddenly feel so carefree that it is unlikely you will ever want to train again. You may also smash the glass into the fireplace, but not the bottle.

Now you're in the spirit of things it's time to join



And finally *andiamo in Italia!*

Happily my husband is a native Italian speaker and, as a consequence, I order food fluently. I can read menus, chat with waiters, request seconds, and shop for chocolate.



It will also be my birthday in Rome and, when in Rome...as they say. So *Buon compleanno! Tanti baci!* and *Salute*, of course.

I roll off the plane on 20 January and my first Allcomers is the following day.

Events offered: flying, jogging, running with wildlife, dodging the supernatural, eating, bike riding, cross training, drinking, glass smashing, negotiating Italian restaurants.

Buon viaggio!



Membership Form for season Oct 1, 2017-Sep 30, 2018

Personal Information

Full Name		
Street No and Name		
Suburb and Postcode		
Home phone		
Mobile phone		
Email address		
Date of Birth		Male or Female
Have any of the above details changed since last year? Yes/No		
New Member or Renewal		If New , how did you hear about us?
Are you joining another ANSW Club as well?	Yes /No	If Yes , which Club?

Registration Fees for 01/10/2017 to 30/09/2018

Association Membership – select this only if you wish to join us as the State body (eg you are already a member of an ANSW Club, or are not joining another Club at all)	Paper Fee	Tick your selection
NSWMA Association Member only	\$ 40.00	
Club Membership – select this only if you are joining NSWMA as your main Club, and have not joined another ANSW Club	Paper Fee	Tick your selection
ANSW Registration incl NSWMA Association - Open Athlete <i>(note – if you register online this amount will be \$180.00)</i>	\$195.00	
ANSW Registration incl NSWMA Association - Age Concession (60+ or with Pensioner or Senior card) <i>(note – if you register online this amount will be \$140.00)</i>	\$155.00	

Waratah Magazine: please tick your preference:

Via Email	<input type="checkbox"/>	Via post	<input type="checkbox"/>
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Declaration : I agree to be bound by the Constitution and Rules of the New South Wales Masters Athletics Inc (NSWMA). I also agree to advise the NSWMA Registrar of any changes to the details provided here as soon as practicable.	
Date:	Signature:

Payment by Cheque or Money Order, made out to "NSWMA Inc"
Post to: The Registrar NSWMA, 93 Barry St, Cambridge Park 2747

Office Use Only:	Financial to:
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STATE RELAYS 2017

Clockwise from left:
 NSW Masters,
 Armidale,
 Mounties,
 Illawarra Blue Stars,
 UTS Norths

M Walker