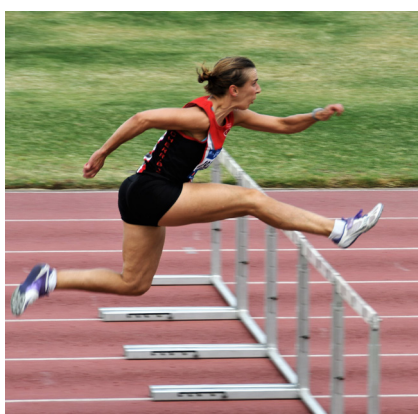


WE'RE COMING OUT OF COVID!



Top row LtoR:

Gavin Murray/Afternoon group/Sam Latanis @ NSW Indoor Champs Nov 1

Bottom row LtoR:

Jen Bishop @ Interclub Blacktown Oct 17; Hornsby inaugural Masters Interclub @ Ern Holmes Oval Nov 4
Photos Jill Taylor and Nicky Jenneke

What's inside this edition:

- Page 3: UNIFORM SHOP SALE - 50% off for November
- Page 7: Our inaugural Indoor Throws State Championship event
- Pages 8-9: Reps Reports
- Page 10: Hornsby District inaugural Masters Interclub event
- Page 11: Winter Cross Country competition roundup
- Pages 12-15: Our Virtual Throws competition - how the whole country took part
- Page 16: Pete's Records update
- Pages 18-19: A plea to save E S Marks Field
- Page 20-22: World Championships - Mary Thomas' 40 year medal haul
- Page 24: Culinary Corner - Cauliflower Salad/ 3 Ingredient Scones
- Page 25: Becoming an Official - the low down on the "how-to"



A word from the President:

For a while there, over the past 8 or so months, it really seemed like we wouldn't be at the stage where we would have some regular comps again, or be able to run some of our own special events again. But here we are...events have indeed begun again...thankfully...so a big welcome to the 2020 Season.

At the AMA Annual General Meeting in September, our NSWMA Secretary **John Clark** was successful in being elected the new AMA Treasurer, and is now part of the AMA Executive Committee. John is a very experienced company CFO, with years of working in high profile organisations and government bodies, and will be an excellent asset to the new AMA Board.

In October we hosted the 25th running of the AMA Winter Throws Championships in Wollongong, our 5th time hosting this national event. Short on numbers being able to attend in person due to border closures, we did the '2020 pivot' and decided to set up a Virtual competition to run alongside. We had 31 athletes in Wollongong, and 65 Virtuals participating from every state and territory around our country. It was a great experience for all, and we got a lot of kudos for making the effort to enable those who couldn't be there got the chance to be connected, and a relief to the lockdown restrictions around the country. Result - some very happy throwers! We had some cracker photos and fun comments sent into our social media during the event, so check out our report on page 16.

A significant milestone for us was holding our first official NSWMA Indoor Throws State Championships on Nov 1, at an equestrian stud up in Somersby (see page 7 for pictures). So great also to see some Centres embracing new masters competitions - Hornsby District held their first Masters Interclub last week (see page 14 for pictures). We've also been expanding our social media presence recently, with an Instagram account and a new Facebook Page, which will allow us to become more visible to more non members, to spread the news about what it is that we do.

For the sprinters, great news in that we have secured 2 seeded masters 400m races at the Albie Thomas Mile event at the Crest Bankstown, on Sat 19 December, and great work to secure that by our Track Rep Ryan Dowling. Ryan and I are also working on organising a Masters Sprint Day, and also some coaching events. We're looking at a couple of options - **running some half day clinics, and organising a 2-3 day coaching clinic/sightseeing trip to a track location in NSW (to start) - perhaps to the new Maitland athletics track (<https://tracks.insideathletics.com.au/track/maitland/maitland-regional-sport-precinct-athletics-track/>) with sightseeing, or maybe Dubbo's Barden Park, with a trip to Western Plains Zoo.** We're also looking at maybe leveraging the travel bubble with NZ, and looking at discussing a TransTasman Challenge type event in Apr/May 2021, which has been met with enthusiasm from some local athletes we've chatted to. We'll put out expression of interest forms for these, once we have more definite ideas.

Don't forget to check out our UNIFORM SHOP SALE, and pick up some bargains during this month (see page 3 for details)

Hopefully you can get out into the summer track and field events soon - I hope that you all get to enjoy the season, and our return to competing. Good Luck!

**Yours in Sport,
Jill**

**Next year, in 2021,
we will be celebrating 50 years of
Masters Athletics in NSW**



We're currently in planning to commemorate
this great milestone, with:

**Celebration lunch/dinner in October
Celebrating 50 of our highest achieving members
Commemorative merchandise**

**If you'd like to offer some help with organising for the event,
please email us on:*

nswmastersathletics50th@gmail.com

Watch our facebook pages and NSWMA website for more informa-



PODCAST CORNER

**Recommendations for some interesting
and informative podcasts!**

Episode 35: Managing the Masters Athlete

PROFESSOR PETER REABURN - sports scientist and
self-confessed crazy competitive masters
athlete — addresses an area previously ignored:
how to keep a competitive edge and slow the
inevitable age-related decline in performance

<https://www.chiro.org.au/episode-35-managing-the-masters-athlete/>



NSWMA UNIFORM AND MERCHANDISE SALE

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NSWMA 2020/2021 Committee

Jill Taylor
0409 607 384
president@nswmastersathletics.org



Vice President
Amanda Coombe
0419 337 397
vicepres@nswmastersathletics.org



Secretary
John Clark
0413 189 187
secretary@nswmastersathletics.org.au



Treasurer
Robert Clark
0411 013 146
treasurer@nswmastersathletics.org



Records
Peter Murray
0437 888 564
records@nswmastersathletics.org.au



Uniforms
Belinda Westcott
0438 278 360
uniforms@nswmastersathletics.org



Registrar
Anne Weekes
0428 923 372
registrar@nswmastersathletics.org



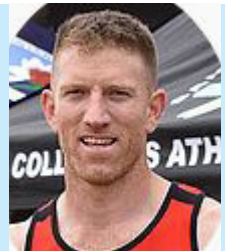
Media & Website

Maria Cimino
0421 700 227
website@nswmastersathletics.org.au



Track Rep

Ryan Dowling
0421 700 227
trackrep@nswmastersathletics.org.au



Field Rep

Gabi Watts
0409 313 667
fieldrep@nswmastersathletics.org.au



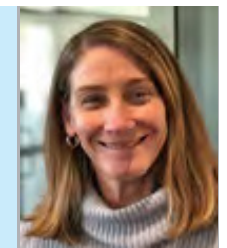
Distance Rep

Bianca Keehn
0415 324 396
distancerep@nswmastersathletics.org.au



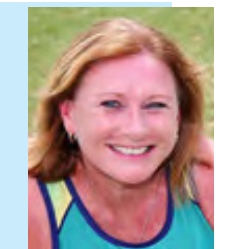
Walks Rep

Anne Weekes
0428 923 372
walksrep@nswmastersathletics.org



Newsletter Editor

Jill Taylor
0409 607 384
editor@nswmastersathletics.org





We're now on Instagram!

Follow us at

@mastersathleticsnsw

NEEDED: HELP SCANNING SOME OF OUR OLD WARATAH NEWSLETTERS

We've recently inherited a couple of boxes of old Waratah newsletters and minutes of old meetings that go back over our history. We'd love to get these sorted and scanned so we can share them during the 50th year celebrations next year. We need some help with this, so if you have a printer/scanner and some spare time in the next few months, and can help out,

please email:

president@nswmastersathletics.org.au



Around the Grounds.....

Dunbar Park in North Ryde, home of Ryde Athletics Centre, has recently had a much needed upgrade with a new hammer circle, complete with a unique artificial grass surround. Council also seems to be working on an upgrade of the grass track. Great to see!



Notes from the Athletics NSW Annual General Meeting - Wed 2 Sept 2020 chaired by Matt Whitbread, attended by NSMWA President and Secretary

The 2019/2020 was a year with unprecedented challenges including the outbreak of the COVID 19 virus and the impact on the business, particularly in the last 4 weeks of the financial year. The cancellation of 2020 Open and Junior National Championships, and other major events had a significant effect on the financial position of ANSW. The financial result was a loss of approximately \$169,000, 2 months prior to year end ANSW were projecting a breakeven financial position and then COVID 19 occurred. If no action had been taken ANSW would have been insolvent within 12 months. The Board, in consultation with the CEO, reduced working hours for some staff and stood down some staff and management.

The leadership of the CEO during this unprecedented period, the Board during the year had been concentrating on improving its governance processes including risk management. This proved to be invaluable once the COVID outbreak occurred. Some positives from this very trying time – ANSW is properly governed, managed and is financially secure. Over the next 12 months the Board will focus on:

- Achieving One Athletics in NSW and this would mean working with NSWMA and NSW Little Athletics.
- Reinvigorating track and field in NSW, including looking at the product offering, including more specialised event group competitions, events closer to the membership base, decentralise competitions and expand opportunities for more competitions.

Andrew Watson, Chair of the Audit Committee, then outlined the financial position of ANSW noting:

- A clean audit report for 2019 and 2020.
- Loss of \$169,000 for the financial year.
- Cost cutting, reduced hours for some staff and standing down of staff.
- Impact of some bad debts and loss of revenue from the cancellation of major events.
- ANSW has a strong balance sheet, debts were collected, the CEO made application for grants for sporting organisations, the Job keeper subsidy from the Federal government assisted ANSW, most staff have now returned to full time employment.
- Financial position is now stable, cashflow is on track and being monitored, expenditure has been reduced.

Kirin Lindop, ANSW Chief Executive Officer, noted:

- Officials education online for the last 5 or 6 months.
- TPP and coach education is available online.
- Looking to promote smaller more specialised competitions for 2020/2021 summer season.
- A Club forum via Zoom will be held Thursday week.

Election of Directors: the following were elected to the Board:

Nick Bromley - John Mc Fadden - David Lewis

Notes from the AMA Annual General Meeting - Wed 28 Sept 2020 via Zoom, attended by NSWMA President and Secretary

- Board changes:
 - elected – Phil Urquhart VIC (President) **John Clark NSW (Treasurer)** and Stan Perkins QLD (Director)
 - outgoing – Richard Blurton, Jim Langford, Janet Naylor
- NSWMA proposed motions for annual awards and changes to Constitution for the provision of information relating to the member association nominating people for Board positions, which were adopted.
- A NSWMA motion for information relating to the transfer of athletes between states was not adopted.
- The AMA Board proposed a special resolution for a change to the AMA Constitution relating to the provision of audited accounts from member state and territory associations, which was not adopted.
- The AMA capitation fee is to remain at \$7 per member for the current season.



NSWMA Inaugural Indoor Throws Championships Nov 1 @ Il Cadore Equestrian

Our 1st official NSWMA Indoor Throws Championship was finally held on November 1st, after being postponed from early September. We'll be publishing a more detailed report soon, but until then, here are some action shots from the day.

Thanks to everyone who attended and made this a day to remember.

FULL RESULTS are at: https://67a8b5d8-704e-47d0-80ee-761ae29401c6.filesusr.com/ugd/b88fb5_98113ff8aa6d4506a3e5949690423d02.pdf



Top row LtoR: Indoors throwing area; Samatha Latanis scoring; Gabi Watts
Center row LtoR: Anne Weekes; Maria Cimino; Andrew Wilson; Ian Guthrie
Bottom row LtoR: interested spectator; Afternoon Session group; Vicki Townsend

Photos - Jill Taylor

Throws Report - Gabi Watts

INDOOR THROWING CHAMPIONSHIPS 2020: we managed to finally hold our Indoor Throwing State Championship event last weekend (**see photos and the results link on the previous page**) with a great day out for all, and many new state and national records set. This event is really gaining in popularity, and we hope to expand these competitions next year.

In 2021 and beyond, we propose that the NSW Masters Indoor Throws Championships will occur annually in September. Several lead up meets will occur after nationals during the winter months, culminating in the main Championship event in September.

We are pleased to announce that Australian Masters Athletics have recently given us a grant, to purchase some specific equipment - an EDM machine and a second indoor circle. The EDM is working well at our events, and we hope to have the second circle ready for our next indoor meet. This extra circle will allow us to run two events at a time, and really expand our athlete participation capability.

We are very proud that NSWMA continues to lead the other states in the development of indoor competitions. Who knows where this development will lead??? Exciting times ahead!!

Walks Report - Anne Weekes

The Winter walking season was hindered by COVID restrictions with only 2 NSW Winter Championship races proceeding. The first being the NSW 15km Road Walk Championships held at Tempe late July. This was the also first race of the season, so the distance was a huge ask for our regular competitors who have been unable to train during this time. Brendon Hyde was the sole finisher in this event taking the gold in the 75-year age group, well done Brendon.

The NSW Short Course championships were held in August on a course winding around the Sydney Olympic Park car park. Great for spectators, but little shade for competitors on a very humid day. Four gold medals in the men's events went to Jim Seymon, Brett Mathison, Douglas Barrett and Brendon Hyde.

Congratulations to all. Unfortunately, injury prevented a women's event this season.



Track Report - Ryan Dowling

There has been a lot of news about Masters results around the world with the World Masters Association supporting a few virtual competitions. The throwers and middle/long distance crowds seem to have supported these events, with little interest from the sprinters. Not too sure what to attribute this to, perhaps it is easier to take a picture of a shotput or hammer on a scale indicating the weight. Measuring the circle and the tale of the tape have also been photographed and submitted as proof of the effort.

Personally I have not been up to setting up all the artefacts to try and prove distances ranging from 60 meters to 400 meters. Without a fully automated timing (FAT) solution, the result is always going to be questioned, and so I would choose a training session and save the legs for a future competition. Going down to the park or local community track has been my choice of adrenaline rush, and meeting up with other masters athletes and some youngsters and giving them a go.

As far as competition events go, I have been able to find results from Mingara, Hunter, Northern Zone and Blacktown. Note, there may have been others and if so, be a doll and email them to me, so they get a mention. Only as good as the data at my disposal.

Mingara have put events on a Tuesday, Wednesday and Saturday, and have included some non-Olympic distances which I find quite fun and tend to run them at training. Be sure to hit them up on Facebook or Athletics New South Wales Events page- Geoff Crumpton is more than willing to answer your questions and get you participating.

Some results include Ernie Leseberg in the short stuff and Renae Briffa, who is in pursuit of a sub 60 second 400 meter this season. Some great results across the other disciplines as well, be sure to check it out. The Hunter, in particular Fearnley Dawes, also have a few non-Olympic distances on their program. They have a 6 lane track and having set a club record their in the 200 meter hurdles a few years ago. It is a neat venue and offers some great country competition, with a few Sydney siders making the trip up. Big Ben Baker and club mate John Cranden, who himself is a year away from a master, duelled it out in the Javelin throwing 59.65m and 63.51m respectively, so watch that development into 2021.

Blacktown, the first NSW Interclub event of the 2020/2021 season, saw Jenny Bishop go over the sticks in the 200 meter hurdles chasing a prodigious talent in 14 year old Delta Amidzovski. Kim Neuenkirchen (F34) from Cherrybrook went in the para 200 meter. The regulars of McMahons, Lamberts, Briffa, Bishop and Kelaher were keen, but the quickest masters lady was newcomer to the bracket in Cora Patriarca across the 100. The mens 100 had Lachlan Mclean challenge Andrew Malpass in the 30-34 category. McMahon took the chocolates in the mens masters 200 meter. Highlight was 4th place finisher in the 200 meter Christine Wearne, as she challenged a junior star who went sub 24. Then if the big lights is too much to handle, the Northern Zone run by UTS Norths out of Lane Cove off Mowbray Rd, offers a community based competition. Rules still apply but the environment is open to learning new skills and transfer of knowledge, especially across the large throwing group that attends. The grass is easy on the limbs and you can enter multiple heats in the same event, if you want to work on a specific phase of your race or just general fitness.

Hornsby holds its inaugural Masters Interclub competition

HORNSBY DISTRICT LITTLE ATHLETICS

has recently affiliated with ANSW, and are wanting to encourage all our Little A's parents to come and have a go at Masters Athletics. Last Thursday, Nov 5th, we hosted their inaugural Masters Interclub at Ern Holmes Oval, Pennant Hills. We'd love some of our local Masters athletes to come and get involved, and showcase how fun Masters can be.

We promise a bit of organised chaos and a good way to try some events you wouldn't normally do.

Next one will be **Thu Dec 3rd**, please support us if you can.

Alice Clayton - HDAC



Hornsby Masters Interclub #1: 5 November 2020

Name	Club	Age Category	Long Jump	300m	Discus	1600m
Lance Erasmus	Hornsby	M40-44			19.35	
Matt Dubsky	Hornsby	M40-44	4.07	53.08	17.94	
Andrew Sims	Hornsby	M45-49	4.02	48.62	13.40	6:31.49
Dennis Williams	Hills	M70-74	2.87	1:03.14	16.40	7:33.06
Jane Wegener	Run Crew	W35-39				6:06.15
Madeleine Smith	Hornsby	W35-39		1:02.31	15.68	8:47.75
Alice Clayton	Hornsby	W40-44				6:21.82
Kerri Campbell	Hornsby	W40-44	2.98	1:03.30	20.03	8:45.65
Joanne Kachel	Hornsby	W45-49	2.22	55.92	14.58	
Baerbel Koribalski	Epping	W55-59	3.45		17.01	
Ellena Cubban	Epping	W60-64			18.28	
Jill Taylor	Cherrybrook	W65-69			22.38	

!New Club Record!

Winter Cross Country Competition



Due to Covid 19, the prospects for the Westmet Cross Country winter competition this year were not looking very promising back in March, and the event was cancelled. However, thanks to the tireless efforts of Dave Archbold, and after many protracted & complex discussions with local councils and the Health Dept, Dave managed to organise a weekly run, held at up to five of our regular venues in Ermington, Rydalmere, Concord, Winston Hills & Castle Hill, and which ran for sixteen consecutive weeks from June 1st to September 19th.



This run could be done on any of the previous week days + Saturday, thereby enabling the maximum group/ social distancing requirements to be met. Points were awarded in the usual way. Dave is to be applauded for his supreme efforts, along with valuable assistance from Graham Allomes, Michael Christie and Ron Wills, in bringing this event off. There were around 50+ athletes competing at some point, and most would agree that it was a game changer for maintaining our physical, and mental, health during these difficult times.

Coffee club after Westmet at Heritage reserve, Castle Hill today. A challenging course! Thanks again to Dave Archbold.



As many of the Westmet 'regulars' did their runs at the 'traditional' Saturday afternoon time, it was a great excuse for a 'covid' times catch-up which allowed the longstanding coffee club to be maintained at various outlets, when the group number of 10+ could be accommodated.

The Coffee Emporium at the West Ryde shopping centre was the popular venue & many an enjoyable afternoon was spent in great company!

Noel Wright and Brad Sharpe

Photos courtesy Noel Wright

Coffee club after Westmet at Kendall reserve today.



2020 Australian Masters Winter Throws Championships adds in a country wide Virtual Competition!

The Australian Masters Athletics Winter Throws Championships is the premier annual throwing event for masters age athletes in Australia. Held in October each year, it is 3 days of throwing, where entrants can compete in the Throws Pentathlon, Heavy Weight Pentathlon, all individual throws events, 56 and 100lb heavy weights, Weight for Distance (a highland games based event throwing a weight one handed like a discus), and the Super Weights.

In its 25th competition year, it had been run by the ACT association for 20 years, and shifted to being hosted by our NSW state in 2016. But in 2020, the global pandemic which has wrought so much havoc in our world, had other ideas for our annual event. With multiple state border closures, the number able to attend in Wollongong were looking at being well down on the usual. So, in the spirit of the new buzz word 'pivoted', we set up a Virtual Competition to run alongside the main event, to stay connected with some of the athletes who couldn't attend in person.

Whilst the main championship in Wollongong with our 31 attending athletes was its usual enjoyable event, the standout success has been our Virtual competition. With 65 athletes, from every state and territory around our country, some doing their first ever masters events, and competing from as far afield as Bundaberg, Mackay and Brisbane in QLD/Bunbury, WA/Darwin, NT/Hobart, TAS/Adelaide, SA/Melbourne and Bendigo in VIC/Canberra, ACT, and Sydney, NSW.

We were all kept very entertained with the constant facebook group posts and photos over the 3 day timeframe, as our virtual competitors threw from wherever they could, in groups where possible, or solo if necessary. Or with the occasional duck, or covid19 safe spectators!

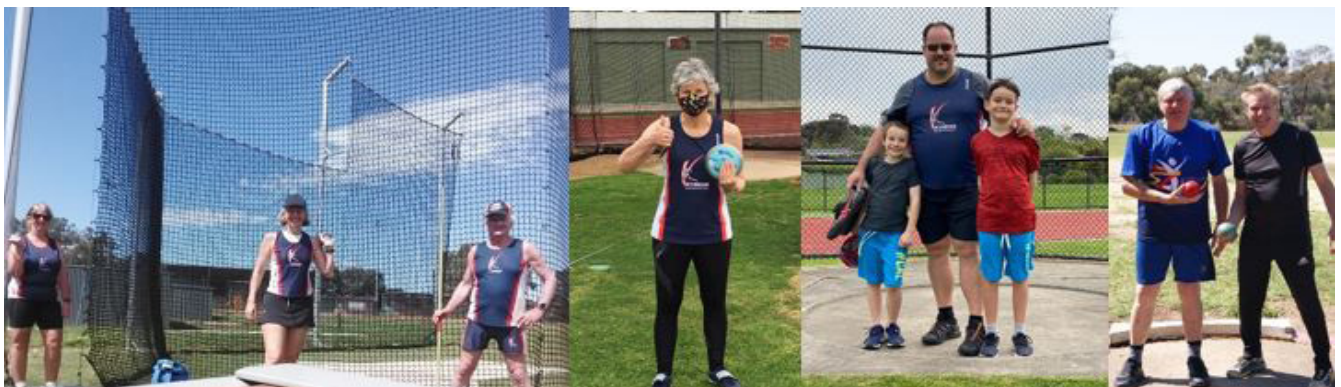
Results:

Championships event: https://67a8b5d8-704e-47d0-80ee-761ae29401c6.filesusr.com/ugd/b88fb5_df1888033c3a4ca8bbff09c27970af84.pdf

Virtual Competition: https://67a8b5d8-704e-47d0-80ee-761ae29401c6.filesusr.com/ugd/b88fb5_b2219cf2995046e786784d6312d8cf65.pdf

Blown away by our virtual competition success, we definitely see a place for more virtual events for the future, even if we do get back to a post pandemic world. And next year we're hoping to make it a global virtual event! So watch this space.....

Jill Taylor
*Convenor, Local Organising Committee
AMA Winter Throws Championships*





"Spectators! I would like to thank Ken and Barbie for cheering us on and getting into the spirit of it all. Melbourne didn't disappoint and raised mercury levels to 29 degrees, and in true fashion expecting 14 tomorrow. Thanks for the inspiration AMA WTC. Great to see all the participants around Australia posting"
Angela Edw, Ringwood

"Thank you for allowing us throwers who are not able to travel interstate a chance to compete, virtually. Thanks Craig and Olivia for spotting the falls and watching the feet. Not allowed to throw at the aths track if someone is on the back straight so we had to use the old cricket pitch we use for training"
Sharon Barr, Bendigo

"Thanks Jill, it was such a thrill to be able to compete despite having a 12 week old son which would have meant travelling interstate for it wasn't an option even without covid restrictions. A lot of other virtual covid events have been disappointing and unengaging, but it was great to see all on the posts on here and imagining them all throwing against me in a different place at the same time. Really appreciate your efforts and those of your helpers and the competitors that bought in to the idea and participated"
Michael Higgs, Hobart

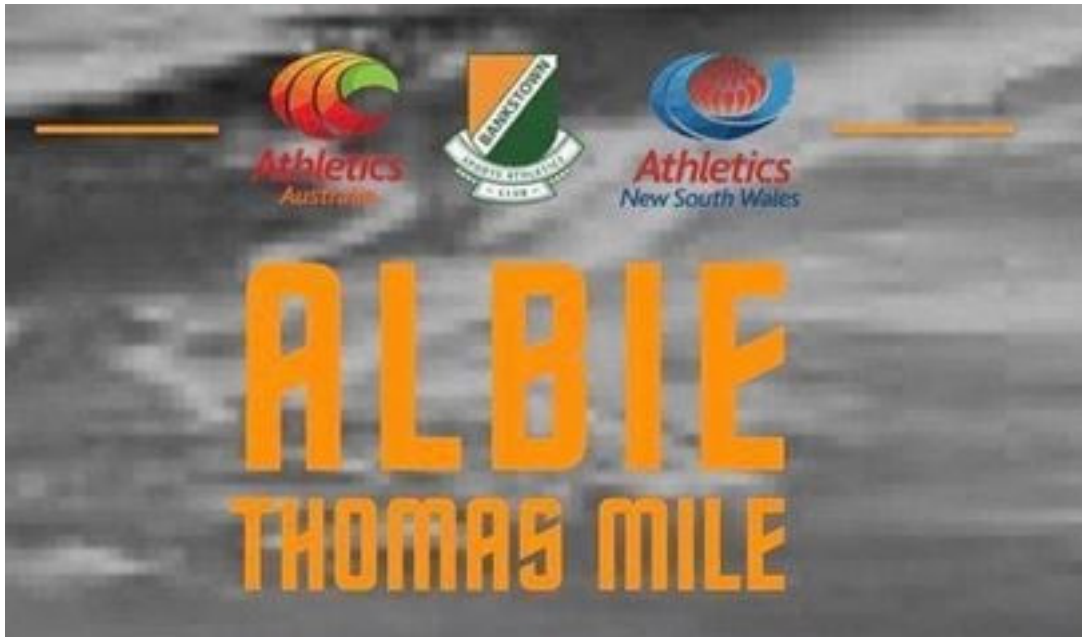


"Saturday night session in Darwin - individual throws incorporating the throws pentathlon, plus weight for distance to finish off. Past bedtime for many but a tea break and a snack of mini sausage rolls kept everyone going! Thanks to Jill Taylor and the rest of the NSWMA crew for putting on the virtual comp. It was a great day of throwing up here in the NT"
Joanna Bailey, Darwin



AMA WINTER THROWS CHAMPIONSHIP RECORDS (at 11/10/2020)

Age Group	Hammer	Shot	Discus	Javelin	Weight Throw	Super Weight	56LB Weight	100LB Weight	Weight for Distance	THROWS PENTATHLON	HEAVY WEIGHT PENTATHLON
										~2002 table	~2002 table
Men 30	36.69 W. Jones (2013)	12.47 G. Urbasiewicz (2011)	51.16 A. Sada (2019)	42.57 M. Day (2017)	12.50 G. Urbasiewicz (2011)		7.90 M. Day (2017)	4.16 M. Day (2017)	15.83 M. Day (2017)	2597 M. Day* (2017)	3023 G. Urbasiewicz *
Men 35	53.42 S. Zdzinski	17.17 S. Grogall	50.03 D. Haworth	51.67 J. Halley	16.13 D. Haworth	5.43 W. Jones (2019)	10.94 D. Haworth	5.57 D. Haworth	15.09 J. Muscat (2014)	3457 S. Grogall	4436 D. Haworth *
Men 40	51.82 R. Miering (2017)	14.43 J. Halley	41.88 J. Muscat (2019)	46.55 J. Halley	16.92 R. Miering (2017)	8.82 J. Muscat (2019)	10.49 R. Miering (2017)	4.97 J. Muscat (2019)	17.87 J. Muscat (2019)	3271 J. Halley *	4668 R. Miering* (2017)
Men 45	51.85 S. Zdzinski	15.47 S. Grogall (2012)	42.88 S. Grogall (2012)	47.42 B. Barrens	14.37 T. Dawey (2015)	6.90 R. Watson (2019)	10.34 G. Edwards (2013)	4.38 G. Edwards (2013)	16.02 R. Watson (2019)	3584 T. Dawey* (2015)	4747 G. Edwards*
Men 50	50.25 G. Edwards (2013)	16.08 S. Grogall (2014)	55.20 T. Dawey (2018)	56.03 N. Butty (2020)	17.74 G. Edwards (2013)	6.38 N. Connell (2019)	9.39 G. Edwards	4.81 T. Dawey (2018)	21.13 T. Dawey (2018)	4309 G. Rose*	4647 G. Edwards*
Men 55	47.19 G. Rose	12.59 G. Rose	42.98 W. Selway	48.95 G. Rose	17.40 G. Rose	6.45 R. Clark (2019)	7.33 G. Crumpton (2010)	4.02 G. Crumpton (2011)	17.32 P. Reed (2016)	4187 G. Rose *	4581 G. Rose*
Men 60	49.00 W. van Weenan	12.08 G. Gee (2013)	49.53 K. James	43.06 G. Rose	18.49 G. Rose	6.54 J. Joni (2019)	7.40 R. Glas (2011)	3.68 R. Glas (2011)	18.78 J. Joni (2019)	4344 G. Rose *	4469 G. Rose*
Men 65	47.52 W. van Weenan	12.41 G. Gee (2018)	43.14 K. James	40.91 A. Farr (2015)	17.83 W. van Weenan	6.64 G. Murray (2019)	6.18 W. van Weenan	3.09 B. Birks	16.47 G. Murray (2019)	4384 G. Rose	4095 G. Gee* (2018)
Men 70	42.46 T. Hancock	12.11 G. Mersck	39.52 K. James (2011)	37.42 T. Hancock	17.38 K. Priestley		5.55 P. Rowlands (2018)	2.74 W. van Weenan	18.23 P. Rowlands (2018)	4322 T. Hancock	4326 G. Rose* (2014)
Men 75	40.55 W. van Weenan	11.24 G. Mersck	33.13 R. Sencusck	32.44 R. Sencusck	14.91 W. van Weenan	7.23 R. Green (2018)	4.60 R. Green (2020)	2.44 R. Green (2019)	16.99 R. Green (2020)	4176 W. Van Weenan	4335 K. Priestley* (2013)
Men 80	38.71 R. Sencusck (2016)	11.77 T. Hancock (2016)	29.60 T. Hancock	30.68 R. Sencusck (2015)	16.92 G. Mersck (2013)	6.40 N. Donohue (2020)	3.49 H. Weythoven	1.76 N. Windred	13.55 N. Donohue (2020)	4670 T. Hancock* (2016)	5034 R. Sencusck* (2015)
Men 85	23.54 N. Windred (2013)	8.04 N. Windred (2013)	23.54 N. Windred (2013)	20.06 N. Windred (2013)	11.34 N. Windred (2013)			1.66 F. Jakobsen	3375 N. Windred (2013)		2395 E. Drummond*
Men 90			7.78 F. Jakobsen (2017)	6.19 F. Jakobsen (2017)	3.06 F. Jakobsen (2017)						
Women 30	58.47 K. Di Marco	10.77 M. Holahan (2014)	36.67 S. Dickson (2017)	39.75 L. Smith	17.52 K. Di Marco		5.87 M. Holahan (2015)	2.51 K. Di Marco	10.22 S. Dickson (2017)	3531 K. Di Marco	4472 K. Di Marco*
Women 35	53.75 G. Palmer (2020)	12.96 C. McCall	43.49 K. Hunter (2016)	40.42 J. Hardy	15.87 C. McCall	8.87 G. Palmer (2020)	4.48 A. Muscat (2015)	2.34 A. Muscat (2016)	13.63 A. Muscat (2016)	3757 C. McCall	5301 C. McCall**
Women 40	46.33 J. Hardy	11.26 K. Hunter (2017)	41.36 K. Hunter (2020)	37.76 J. Hardy	14.22 J. Hardy		5.00 A. Muckle (2013)	2.24 J. Hardy	13.35 K. Hunter (2020)	4394 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. McCall	6.57 M. Green (2020)	4.74 A. Muckle (2017)	2.25 A. Muckle (2018)	12.81 A. Muckle (2018)	4179 C. Schultz	4637 J. Hardy*
Women 50	49.12 M. Pavlison	12.59 G. Watts (2018)	34.74 G. Watts (2018)	31.63 J. Hardy (50kg 2011)	15.89 M. Pavlison		4.40 J. Hardy	2.02 J. Hardy	9.94 D. Engler (2016)	4263 J. Hardy	4245 A. Muckle * (2018)
Women 55	46.00 J. Davies	11.39 M. Kay (2016)	29.66 S. Gibbins (2016)	29.90 J. Buerke (50kg)	14.04 J. Davies	8.11 J. Hardy (2019)	3.65 J. Hardy (2019)	1.89 V. Townsend (2020)	13.12 D. Engler (2018)	4005 J. Davies	4386 J. Hardy* (2019)
Women 60	46.09 H. Searle	12.24 H. Searle	32.03 H. Searle	29.93 C. Shaw (50kg 2018)	16.22 H. Searle	8.56 J. Taylor (2019)	3.13 J. Taylor (2019)	1.64 J. Taylor (2019)	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 (40kg)	13.74 J. Taylor (2020)	8.52 J. Taylor (2020)	2.98 R. Ruden (2010)	1.63 J. Taylor (2020)	18.49 J. Taylor (2020)	5046 H. Searle	4772 H. Searle*
Women 70	32.08 H. Searle (2010)	9.90 H. Searle (2010)	23.28 M. Thomas (2014)	22.74 M. Thomas (50kg 2014)	11.71 J. Barrens (2013)		2.58 M. Thomas (2017)	1.37 F. Harris	10.27 M. Thomas (2017)	4349 H. Searle (2010)	4201 J. Barrens*
Women 75	32.27 H. Searle (2014)	9.79 H. Searle (2015)	21.56 M. Thomas (2019)	18.83 M. Thomas (2019)	11.60 M. Thomas (2019)	7.42 M. Thomas (2019)	2.35 M. Thomas (2019)	1.02 M. Thomas (2019)	12.04 M. Thomas (2019)	4363 H. Searle (2014)	4001 M. Thomas* (2019)
Women 80	15.23 M. Watson (2014)	5.52 M. Watson (2014)	11.60 M. Watson (2014)	11.85 M. Watson (2014)	6.08 M. Watson (2016)					1914 M. Watson (2015)	
Women 85											
Women 90	12.96 R. Frith (2kg)	5.10 R. Frith	11.46 R. Frith (2kg)	10.00 R. Frith	5.96 R. Frith (5.0kg)					4180 R. Frith	
Women 95	14.09 R. Frith (2kg)	5.09 R. Frith (2kg)	13.71 R. Frith (2kg)	5.78 R. Frith	5.33 R. Frith					7193 R. Frith	
Women 100	11.10 R. Frith (2010)	4.06 R. Frith (2010)	8.20 R. Frith (2010)	5.62 R. Frith (2010)	4.30 R. Frith (2010)					5495 R. Frith* (2010)	



ANNOUNCING MASTERS INVITATIONAL RACES AT THE 2020 ALBIE THOMAS MILE

We are very excited to announce that after discussions with ANSW and Bankstown Athletics Club, that we have secured:

2 seeded 400m races for Masters
- 1 Mens and 1 Womens -
at the **Albie Thomas Mile** event
being held at the Crest, Bankstown,
on Saturday 19 December.

The races will be on after the Community 3000m "A" race, between 8.15 and 8.35pm. 8 athletes will be allowed per race, and by invitation.

Details will be published and emailed out soon on the process to submit times to be considered.

Huge thanks to our awesome Track Representative **Ryan Dowling** for organising.

REPORT – 1-APR to 20-SEP 2020

There have been NO new NSWMA records reported since 1st April 2020.

Heather Lee set a new W90 1 mile World Record in Jan-20 and the exhaustive process of retrieving all of the necessary evidence to produce a compliant claim has been completed and that application is now in the hands of the AMA records officer for submission to OMA and subsequently WMA for ratification. Watch this space.

The question of publishing NSW Indoor Records has been raised several times during my tenure as records officer. I have finally compiled that list and it is now included on our website:

<https://www.nswmastersathletics.org.au/records>

As part of the forthcoming celebration of the 50th anniversary of the NSWMA club next year, I have been researching past results to compile a list of "50 Stars in 50 Years". Results have been gathered for athletes who have represented NSWMA at AMA and WMA carnivals over the last 50 years.

Performances have been collected from all AMA Championships from 1973 – 2019, all WMA Outdoor Championships from 1975 – 2018, and all WMA Indoor Championships from 2004 – 2019. I have collated over 22,000 performances from these carnivals and all NSWMA and AMA records achieved since 2014.

The approach I have taken to select which athletes to include, and there are many more than 50 that are worthy of consideration, is as follows;

1. Separate performances into 7 disciplines –
 - a. Distance
 - b. Jumps
 - c. Middle/Steeple
 - d. Sprints/Hurdles
 - e. Throws/Multi-Throws
 - f. Walks
 - g. Multi-Field
2. Primarily from an objective perspective I calculated the age-graded percentage from the latest WMA tables, using average points per event for multis, and sorted the results
3. Secondly from a subjective perspective I considered additional information such as WMA medals, World Records, AMA Records, period of active NSW competition
4. There are a few athletes who have competed for NSW and subsequently moved to another state. All those athletes' performances achieved while registered with NSWMA have been included and any achieved for another state are excluded.

Any input from members past or present regarding this list is encouraged and I will consider and respond to all feedback and any suggestions. The final list is by no means conclusive, and as yet has NOT been reduced to the target 50 Stars in 50 Years.

COACHING CLINICS and COMPETITIONS



With the lifting of many restrictions in NSW from the COVID-19 lockdown, we are working towards holding some coaching clinics for our members in beginner/basic coaching for events across:

- FIELD - HAMMER AND SHOT PUT BASICS
- TRACK - SPRINTING BASICS
- DISTANCE - RUNNING DISTANCE BASICS
- WALKS - RACE WALKING BASICS

We're looking at a couple of options:

1. **running some half day clinics, with sessions of 2-3 hours.** These sessions would be free to current financial NSWMA members.
2. **organising a 2-3 day coaching clinic/sightseeing trip** to a track location in NSW (to start) - perhaps to the new Maitland athletics track (<https://tracks.insideathletics.com.au/track/maitland/maitland-regional-sport-precinct-athletics-track/>) with some sightseeing on the area, or to Dubbo's Barden Park, with a trip to Western Plains Zoo.
3. **a Trans Tasman Challenge trip between AUS and NZ, possibly May-Apr 2021**

We are still at the beginning of our planning stages for these, but if you've got questions, ideas or suggestions, please contact:

*Our Coaching co-ordinator - Ryan Dowling at
trackrep@nswmastersathletics.org.au*

*We're always looking for input from our members,
so please send any stories and photos from events
that you participate in, or on topics that you'd like to share.*

*Got feedback? Love to hear what you think!
Email: editor@nswmastersathletics.org.au*

I received this letter during the week from the lovely Anne Saville, mother of Olympic athlete Jane. After reading it, I rang her and we had a chat about the situation out at ES Marks field, which you would all agree has been in a sad state of disrepair for many years now. We naturally offered our support for the cause, so agreed to include her letter here, and to look at starting an online petition, to garner more support. So please read and share with your clubs and communities and anyone you know who might be able to help, and we'll let you know when the petition gets underway.

SO LET'S START THE CONVERSATION, AND GET THE WORD OUT THERE

SAVILLE FITNESS & SPEED PTY LTD

- Level 4 Athletics Development Coach/Level 4 Sprints, Hurdles and Relays Coach
- IAAF Kids' Athletics Coach /Youth Athletics Leader
- Former Aust. Junior Walks Coach / Member ATFCA and Member ASCA

Re: E.S Marks Field

To Government bodies, Administrators of Centennial Parklands and athletics bodies:

As a longtime user of E.S. Marks Field, I have decided to make contact with Government, Centennial Parklands administrators and athletics bodies regarding the decline, nothing short of disgraceful the facilities on and off the track of this once great athletics field.

The track is only open on three days of the week to the public, Tuesday, Wednesday and Thursday from 3pm to 8pm. The facility is used by the following clubs; Athletics East, Randwick Botany Harriers, South Eastern Little Athletics, Eastern Suburbs Little Athletics, Balmain Athletics, Balmain Little Athletics, Sydney University Athletics, University of NSW, not to mention large running groups for charities and fitness. Amongst athletes we have Olympians, Paralympians and disabled athletes. All are welcome and encouraged by all in attendance.

We have approximately twenty (20) coaches there working with their groups/squads, sometimes at the one time. All self employed. South Eastern Little Athletics and Eastern Suburbs Little Athletics this is their home ground during the summer months with South Eastern Little Athletics on Saturday morning and Friday night Eastern Suburbs. They pay on top of hire of ground also storage for all their equipment all year round. Both clubs have about five hundred (500) hundred little athletes each season (pre-Covid numbers).

The ground is also hired by the many schools in the eastern suburbs during the year. Equipment supplied by Athletics NSW. Sometimes borrowed from Little Athletics. No throws are allowed on the inner field during training, i.e. javelins, hammer and discus. These disciplines are an integral part of athletics. Athletics is track and field as advertised for E.S. Marks. The substandard shot put areas near the kindergarten as well as one area nearby has no cage for discus and a second on the track/field is portable and erected by little athletics only on competition days. There is a full cage at the southern end of the field.

On a good note, the inner field is in pristine condition with lines and nets for soccer, with games of touch football four (4) teams being played across field, east to west, whilst the "Tuesday" runners and others are training. This is extremely dangerous when athletes and footballs all finish up on the track at the same time. It has been promised over the years that the field will be updated by Centennial Parklands, but unfortunately the deterioration far outweighs the small amount of updating that has been done.

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I would like to list the following updates to be done to improve the complex.

- 1.) The track is now very worn and hard with cracks and pieces lifting. It needs resurfacing with more up to date materials as other tracks outside our area are using.*
- 2.) Markings around the track are virtually nonexistent (e.g. for distances, hurdles, lanes)*
- 3.) The rails around the inner track have lost markings and have been unhinged and lay in lane one.*
- 4.) High jump and throws area run ups have the same materials as track. These areas have not been done since the 1970s.*
- 5.) Long jump areas on the eastern side run ups and pits are in disrepair (unusable).*
- 6.) Long jump areas on the western side do not have covers, therefore open to droppings from animals from the golf course.*
- 7.) The only equipment available is the high jump bag at the northern end, left out by Athletics NSW after a lot of lobbying by users. Users must have their own high jump bars and stands.*
- 8.) Most coaches bring their own equipment.*
- 9.) Storage sheds for Athletics NSW, Randwick Botany Harriers, South Eastern Little Athletics and Eastern Suburbs are all open to the elements and equipment has to be off the ground due to flooding. (South Eastern Little Athletics pay \$1300 per quarter for the privilege for hire.*
- 10.) We cannot hold interclub meets as a lot of events of importance cannot be held due to substandard track and field areas unusable.*
- 11.) Concrete in open grandstand at the southern end is lifting. Some work done but unfortunately to no avail. This area is fenced off to the public.*
- 12.) Parking on Anzac Parade outside the track was previously used for parking, but fencing was erected for the "tram works". Fencing has now been taken and down and patrons to the grounds have resumed parking there. No signage has been put there advising "no parking" and people have been fined. I believe \$300.*

Users over the years have been told the following works would be done to the facility.

- 1. We would lose shot put area and long jump area at the northern end to make way for a paid car park off Dacey Avenue for users.*
- 2. Scrap the facility completely for a 'Dog Walking Park'. (Clover Moore Plans)*
- 3. Demolish grandstand at southern end and users to find somewhere else to store equipment.*
- 4. Decided to close ground (about 10 years ago). Athletics Australia became involved and suggested I hire ground and keep it open, which I did for a couple of years. When athlete numbers grew they then took it back.*

I appeal to our Attorney General the Hon. Mark Speakman to advise if there are terms of a Trust Deed pertaining to E.S. Marks Athletics Field and if so may I request a copy, as this ground might not be able to be used for any other purpose than an athletics field unless permission is granted by the Supreme Court.

I am submitting this letter in the interest of all aspiring athletes, Olympians, Paralympians and special Olympians, coaches, fitness/charities who use the facility. The numbers have grown and I think we are entitled to train at a better athletics field.

I appeal to Government and community leaders to bring back a much needed facility to a standard of which E.S. Marks once was, as we do not have a modern up to date Athletics field to service the CBD, inner west or eastern suburbs.

Yours sincerely,

Anne Saville
Merit Holder: Athletics NSW
Life Member: Randwick Botany Harriers
Mother of two Olympians

Mary Thomas @ Veterans (WAVA) and Masters World Championships

The amazing Mary Thomas shares some of the memories of her many World Championships, and the swag of medals she has won in the past 40 years of world competition

I joined the NSW Masters in 1977, when it was mainly a men's club. My first World Veteran's Champs were in Hanover, Germany in 1979. In the W35 javelin, I came second, beaten by the German Open javelin champion. The medal was a lovely one. I came 2nd in the Australian Open Javelin Championship that year.

In 1981 the WAVA were in Christchurch New Zealand where the Commonwealth Games were held in 1974. I won a gold medal in the W35-javelin, but by the time I had got it home it was nearly silver by people handling it.

In 1983 the WAVA Championships were in San Juan – Puerto Rico. After competing in the USA titles in Houston, Texas, the World Championships put on a great opening ceremony with sky divers and people in the stands with coloured cardboard to form all the nations flags. I again won the W35 javelin and it was a beautiful medal. In 1985, Rome, Italy, I won the W40 javelin and they held a hammer exhibition as there were only three throwing events for women – javelin, shot put and discus. In 1987, Melbourne, Australia, had the championships for the first time. They also added the hammer and throws pentathlon for women. I came second in W40 javelin and first in the weight pentathlon – nice medals.

In 1989, Eugene Oregon, USA, the first time in America and they put on a fantastic opening ceremony with all the stands packed, this was the 'athletic part of America'. I came first in the W45 javelin, second in the shot put, third in the discus. Again, they were beautiful medals.

Turku, Finland in 1991 was a disappointment to me, as I was warming up for the javelin and I pulled my hamstring and had to do a standing throw. I came fourth in the W45 javelin. In 1993 in Miyazaki, Japan, I was still in the W45. I came second in the shot and throws pentathlon and third in the javelin and discus. These were one of the championships that stood out for me, as the people were so friendly and the place was so clean. They had a wonderful opening ceremony and I rate their medals as one of the best, as they came in velvet boxes and also had a participating medal.

In 1995 the championships were in Buffalo, USA. I was in the W50 and had one of my most successful championships, winning the javelin with 48.56m in a new World Record. I was disappointed with the throws pentathlon where they had the javelin on a wooden runway covered with rubber about a foot off the ground. It was a bit scary and I threw about 10m shorter, as the ground was flooded, and came second by four points. I also came second in the shot put.



Durban, South Africa, in 1997, I competed in the W50 and was first in the shot put, second in the javelin, third in the hammer and throws pentathlon. I met Tom Petranoff (USA), the former world record holder in the men's open javelin, who was now living and coaching in South Africa. He invented the 'Turbo Javelin' which I bought. Again, beautiful medals.



The 1999 championships were held in Gateshead, England. I competed in the W55 and was first in the throws pentathlon, second in the javelin and third in the shot put. We competed on wooden painted throwing circles in the shot that were very slippery. In the M55 javelin, they wanted them to compete in a paddock which had houses at the end which was about 50m away. In that event there was Janis Lasis (58) from Latvia who was a former world record holder and Olympic Champion, and who was throwing over 70m. They finally changed them with the M80+ to the main arena.

In 2001 the championships were in Brisbane. This was the second time in Australia. I came first in the throws pentathlon, second in the javelin and third in the shot put. In 2005, the championships were in San Sebastian, Spain. I competed in the W60 and came third in the javelin. The medals were very poor quality. Riccione, Italy held the 2007 event. Again, I competed in the W60 and came third in the javelin and the throws pentathlon, very nice medals.

In 2013 I competed in Porto Alegre, Brazil in the W65. I won the javelin and came third in the throws pentathlon. They were the worst medals ever, felt like they were made of lead. Lyon, France held the 2015 championships, I had another successful championship with 1st in the weight throw and the throws pentathlon, second in the javelin and third in the hammer in the W70. I had another successful championship in 2016 in Perth. I came first in the discus, hammer, weight throw and throws pentathlon. I came second in the javelin and shot put. In 2018 the championships were in Malaga, Spain. These are championships I should have never competed in, as I was having a hip replacement for after I arrived home. However, I was pleased to make the finals in all six of my events in the W70.

Indoor Championships:

2014 – Budapest, Hungary, I came third in the W65 discus.

My most successful championships ever were in 2017 in Daegu, South Korea where I came first in the javelin, hammer, shot put, discus and weight throw.

Photos Mary Thomas, with thanks to Andrew Wilson for article typing

WAVA and WMAC CHAMPIONSHIP MEDALS

OUTDOORS:

1979	Hanover – Germany	W35	2nd	Javelin	
1981	Christchurch – New Zealand	W35	1st	Javelin	
1983	San Juan – Puerto Rico	W35	1st	Javelin	
1985	Rome – Italy	W40	1st	Javelin	
1987	Melbourne – Australia	W40	2nd	Javelin	
			1st	Throws Pentathlon	
1989	Eugene Oregon – USA	W45	1st	Javelin	
			2nd	Shot put	
			3rd	Discus	
1991	Turku – Finland	W45	4th	Javelin	
1993	Miyazaki – Japan	W45	3rd	Javelin	
			2nd	Shot Put	
			3rd	Hammer	
			2nd	Throws Pentathlon	
1995	Buffalo - USA	W50	1st	Javelin – World Record	
			2nd	Shot put	
			2nd	Throws Pentathlon	
1997	Durban – South Africa	W50	2nd	Javelin	
			1st	Shot Put	
			3rd	Hammer	
			3rd	Throws Pentathlon	
1999	Gateshead – England	W55	2nd	Javelin	
			3rd	Shot Put	
			1st	Throws pentathlon	
2001	Brisbane-Australia	W55	2nd	Javelin	
			3rd	Shot Put	
			1st	Throws Pentathlon	
2005	San Sebastian – Spain	W60	3rd	Javelin	
2007	Riccione – Italy	W60	3rd	Javelin	
			3rd	Throws Pentathlon	
2013	Porto Alegre – Brazil	W65	1st	Javelin	
			3rd	Throws Pentathlon	
2015	Lyon – France	W70	2nd	Javelin	
			1st	Hammer	
			1st	Weight Throw	
			1st	Throws Pentathlon	
2016	Perth - Australia	W70	2nd	Javelin	
			2nd	Shot put	
			1st	Discus	
			1st	Hammer	
			1st	Weight throw	
			1st	Throws pentathlon	
2018	Malaga – Spain	W 70			

INDOORS:

2014	Budapest - Hungary	W65	3rd	Discus	
2017	Daegu – South Korea	W70	1st	Javelin	
			1st	Shot Put	
			1st	Discus	
			1st	Hammer	
			1st	Weight Throw	
2019	Torun - Poland	W70		No medals	

Medals Tally:

First	16
Second	13
Third	11

CONGRATULATIONS!

OUR NEWEST NOVELIST:

"A Passion to Run" by Robyn Suttor

My journey to become a Masters athlete began during a holiday in Bali in my early 40s. Several years passed as I met, trained with and was encouraged by many fantastic people. Cris Penn was my first point of contact and I can't thank her enough, for all her support and guidance in the early days, leading me on towards a very exciting and most unexpected journey.

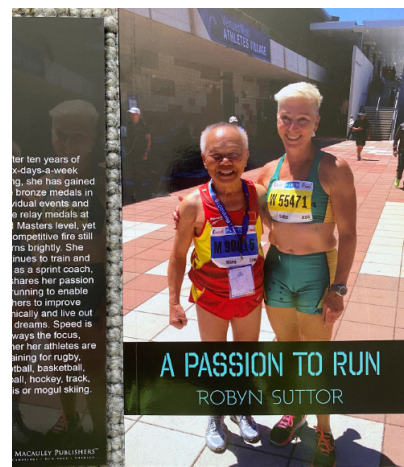
After returning from overseas in 2011, having competed at the World Masters Outdoor Athletics Championships in Sacramento, America, I was chatting to one of my personal training clients about the event. She was so fascinated she asked me if I would write an article in my regular Personal Training Newsletter for all my clients, saying that people would be interested in what it takes to get yourself ready to compete at such a level and what is involved when you actually go to these events. As I wrote the article I realised that it was both an opportunity to encourage my clients with their own fitness goals and to explain in more detail what I did that was different to their training. After reading the article this same client suggested that I should write in detail about my experiences as it was so interesting. So I began to jot down some ideas, and then discovered that my ideas were flowing thick and fast. Over the course of a few months I had written several short stories and then I realised that I had the makings of a book.

I made a list of the topics that I wanted to write about and then over a year or two I completed writing about everything I had originally listed. I then arranged my material into the first stage of a book. I took my material back to my client who read my draft and her response was so positive. She asked me if she could have another author read my draft, and her response was extremely positive. At this point I began editing my material until I had a manuscript ready to chart the unknown waters of either self publishing or being published through a Publishing House. I was beside myself with joy when Austin Macauley Publishers (London) accepted my manuscript!

After an amazing journey of about 6 years, my book, **A Passion to Run**, ISBN 978-1-5289076-0-6, is now available via Dymocks, Amazon Kindle, Amazon Paperback, The Book Depository (world-wide), Barnes and Noble (USA) Wheelers (NZ), Foyles (UK), WH Smith (UK), Austin Macauley Publishers (London) website, and can be requested in to any book store and Library.

I hope your journey as a Masters athlete is as passionate as mine! May passion be our guiding light!

Robyn Suttor





Roasted Cauliflower and Chickpea Salad

can be served either warm or cold!

From our training squad 'chef' Jen Bishop!

Roasted Cauliflower:

1 whole head cauliflower, chopped into 2-3cm chunks
1 small red onion
Salt and pepper to taste
Method: roast at 180 deg for 15 mins, then stir and return to the oven for another 15 mins

Spiced Chickpeas:

1 can chickpeas, drained
1 tablespoon olive oil
½ teaspoon smoked paprika
1 clove garlic, crushed
Pepper to taste
Optional: 1 teaspoon each cumin seeds and caraway seeds
Method: roast in a separate tray at 180 deg for 15 minutes

Dressing:

1/3 cup hummus
1/3 cup plain yoghurt (use coconut yoghurt for a dairy free option)
Juice of 1 lime (or can use lemon)
2 cloves of garlic, minced
Pinch of salt and pepper to taste

Method: Mix together in a small jar

To put salad together, add these to the cauliflower mix:

½ cup chopped parsley
¼-½ cup chopped mint
½ cup fennel finely sliced
1 cup sugar snap peas or snow peas

Mix the dressing in and top with the spiced chick peas.

3 Ingredient Scones

Pre-heat oven to 190 degrees

3 cups of SR flour
1 cup of cream
1 cup of lemonade (or for a lower sugar version you can use mineral water – soda stream water works too, as does lime and soda)

Mix flour and cream together until just mixed through. Add lemonade and fold through gently
Tip out onto a flour covered board and kneed gently until just mixed through
Use a scone cutter to cut scones, and place onto a tray covered in baking paper
Bake for 12-15 minutes or until the tops are just brown

Allow to cool and serve with jam and cream - Best eaten on the day of baking



Interested in becoming an Official?

We're keen to encourage more members to get their officiating accreditation, to offset a lack in the number of officials currently helping out at ANSW events. Please consider getting yours!

The Australian Athletics Officials' Education Scheme (AAOES) is a joint initiative of Athletics Australia and Coles Little Athletics Australia, providing a seamless and transparent education pathway for Australian Athletics Officials. The scheme is endorsed by the Australian Sports Commission and follows best industry practice, with online learning coupled with face-to-face delivery. Aim of the Education Scheme is to ensure that an effective and efficient education framework is provided, to guarantee that Australian Athletics Officials remain world leaders in event delivery, at all levels of athletic competition, to be widely accessible, and to encourage a greater number of people so as to be provided with the opportunity to acquire the knowledge to officiate athletics competitions. The specific levels of this scheme delivered within Australia are:

Grading	Level	Notes
Level 0	Introduction to Officiating	An Australian Sports Commission course for all sports in Australia. Although preferred, this is not compulsory for Athletics Officials.
Level 1	Club/Centre/School Official	Basic Grading. This is aimed at Officials wishing to officiate at a local/ club/centre/school level
Level 2	State Official	This level is aimed at Officials wanting to: - be appointed as a Chief or Referee at State Level - be appointed as a Chief at National Level
Level 3	National Official	This level is aimed at Officials wanting to be qualified to be appointed as: - a Chief at National Level - a Referee at National Level - a position within Competition Management at a National level
Level 4	IAAF Technical Officials Education Certification Scheme - TOECS Level 2 (Diploma) - conducted by the Oceania Regional Development Centre	Eligible to be appointed as an Area Technical Official (ATO) - Oceania Athletics Association
Level 5	IAAF Technical Officials Education Certification Scheme - TOECS Level 3 (Diploma) - conducted by the IAAF	Eligible to be appointed as an International Technical Official (ITO) - worldwide/global

The Australian Athletics Officials' Education Scheme is complemented by two additional invitation-only courses, which are delivered at Oceania Athletics Assn or International Association of Athletics Federations (IAAF) level. These courses are designed to allow Australian Athletics Officials the opportunity to advance their education past that of existing national officiating levels.

Getting started is easy: Firstly, complete the Level 0 - Introduction to Officiating module, then move on to the Athletics Specific Level 1 Club/Centre/School Official. Once you have completed Level 1, we encourage you to make contact with your local member association. They can assist in providing opportunities for you to utilise the knowledge you have learned through the online courses.



For all the details click the following link :
<https://www.athletics.com.au/officials/education>