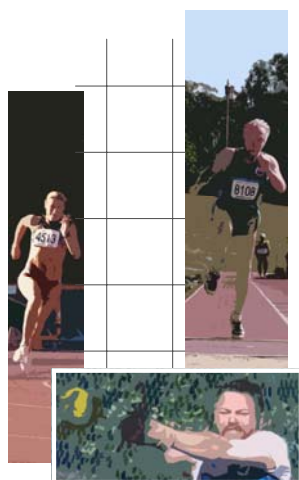




Issue 4 - August, 2007



NSW Masters Athletics Members Support 2007 City Surf

Each year around mid August thousands of people take on the infamous 14 km 'fun' run from Sydney's Hyde Park, through the city's eastern suburbs and onto the finish line at Bondi Beach. This event is not only Australia's largest fun run but also the largest in the Southern Hemisphere. Such is the appeal of this event that each year is bigger than the last, this year almost 65,000 people made the journey.

Not only have some of our members been regular participants in the City2Surf but there is also a small number who give up there time to assist on the day as volunteers. For the past several years two of these people have been Lynette Smith and Andrew Atkinson-Howatt. Both are NSWMA competitors and committee members—Lynette is Uniforms Officer and Andrew is Field Representative. This year they were there at the finish handing out medals to everyone who made it to picturesque Bondi Beach.

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Lynette Smith congratulates Garry Womsley (NSWMA Registrar) on successfully completing another City2Surf run.



Andrew Atkinson-Howatt and Lynette Smith—happy volunteers, helping out in Australia's biggest fun run.



New South Wales Masters Athletics Inc.

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The Waratah is the official newsletter of NSWMA Inc.

Disclaimer: the views expressed in the Waratah are not necessarily the views of NSWMA Inc.

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Life Members

Alexander Hunt OAM	(deceased)	Bob Cartwright	(1996)
Logan Irwin	()	Norm Windred	(1998)
Ron Whitham	()	Max McKay	(2004)
Victor Townsend	(1984)	Jim Seymon	(2006)
Yvonne Piper	(1984)		
Fred O'Connor	(1994)		

Birthday Roll Call:

Many happy returns to our members celebrating with Birthdays in August 2007 and September 2007

August		September	
Lisa-Maree MUMBERSON	35	Mary FIEN	35
Elizabeth WILLIAMS	40	Annette TILLMAN	45
Jonathan BLAKE	40	Geoffrey COY	50
Suzanne BROWN	40	Dennis WILLIAMS	55
Naomi JEFFERY	45	Stuart HAYWARD	55
Stephen BALL	50	Susan NEWTON	55
Gregory HEPBURN	50	Kenneth SMITH	55
Jill TAYLOR	50	James BARNES	55
Stuart PATERSON	50	Dorothy SIEPMANN	60
		George EDWARDS	60
Ian HEAZLEWOOD	55	John SEARLE	60
Paul HAMMOND	60	Gregory MAMALIS	65
Tom BARBER	60	Noel DONOHOE	65
Nicholas BASTAS	65	Bruce WIGGINS	65
Derek WILLIAMS	70	Keith JAMES	65
Thomas HOUGHTON	70	Vince BASILE	65
Victor PLUMMER	75	Logan IRWIN	70
Edward McLEAN	75	Donald BRODIE OAM	75
William BURRIDGE	80	Maurice DOBBIN	75
		Roy BENNETT	75

The Presidential Address

The first lady has now returned from her sojourn in Chongqing PRC. To celebrate we went to Tetsuyas restaurant, recently rated by Qantas in the top 5 restaurants in the world. I can certainly recommend it if you like interesting food and top class service. Make sure your credit card has plenty of room on it though! July is normally snow ski time for us and we went to Perisher a couple of weeks back. Got the GPS out again for some speed trials and set a new record of 88kph. Had a fall at 86kph but luckily nothing got broken and I'm still OK for athletics which I better get to now.

The AGM has been and gone with most of the committee nominating again and being re-elected. Well known W30 sprinter Ranell Hobson has joined the committee as track rep. Unfortunately no one put their hand up for secretary, so that position is still vacant. Send general mail to me in the interim. Registration material still goes to Garry Womsley and record claims still to Jim McGrath.

The annual awards were presented and Ranell Hobson was selected as Athlete of the Year for the 06-07 season. Well done Ranell! At the AGM there was again discussion of fees at events such as state titles and the feeling of the meeting was that they should be reduced, especially in view of the use of cheaper venues and the shortage of officials. NSW's \$25 fee for NSWMA members who are not registered with them to compete was also considered to be too high. There was also discussion concerning NSW registered athletes entering the Masters Nationals next year. It was decided on equity grounds that there should not be a reduced fee for these non-members of NSWMA/AMA and that they be encouraged to join ASAP paying normal fees. Still on NSW, the Summer schedule is out now and members should note the State Titles will be on 8/9 March, two weeks before the Nationals at SOPAC. Throwers should note NSW are not offering a separate weight pentathlon competition, they intend to award medals based on how people perform in the Nationals. The Club therefore will offer a titles with

medals planned for Sunday 2 March 2008. More on this later.

Planning for the AMA Nationals 2008 continues with quotes for the dinner function, special deals for accommodation and transport being organised. Merchandise and medals are also in development. At the AGM there were some useful suggestions re helpers/gofers, massage, engraving and printing of programs etc. Can I just remind those people to please follow up and again call for any constructive suggestions/comment from the membership. The event will only be as good as the effort we all put in.

The World Masters Games organising committee has not met since I last reported so no news on that front. The AMA AGM is coming up and I expect there will be further discussion on matters such as the Masters Hall of Fame and I hear there is also a suggestion of AMA performance awards similar to our Merit Awards and the US "All American" scheme. I should be able to report on these next time.

Some of you will be getting ready for, or may have even left for the World Titles by the time this issue hits the streets. Good luck to all going and stay injury free.

Regards,

Mark



2007 US Outdoor Masters

Details supplied by Peter Winfield

Videos of each days' events (7+ hours) can be downloaded on:
<http://usatfmasters.sportnet.com/>

The Programme and Results:

<http://www.usatf.org/events/2007/USAMastersOutdoorTFChampionships/schedule.asp>

Letters to the Editor



Venue: The Ridge, Illawong

Athlete: Simon 'The Shot' Butler -White

Date: 11/08/07

Weather: Fine 21c

Visibility: 20 miles

Excuse: None

The shortest valid throw ever achieved by a registered NSWMA athlete....Lucky the stop board is there...It could have rolled back over your foot...Ouch!!!

Just in case we all missed it...Simon is very kindly pointing to where the implement landed!!

Editors Wrap

- Please send in any results, photos, articles, details of upcoming events or anything else you can find. This newsletter depends on its members input.

- Expect to see some of the NSWMA Committee looking for untold stories to be shared in Member Profiles. We'd like everyone to feel part of our track and field community;

editor@nswmastersathletics.org.au

Membership Subscriptions

There are two methods depending upon whether you are registered with ANSW with us or not. Most of you are not. See instructions below. Why not give it a try?

Done via the "Members Section" link on the Athletics NSW home page (https://www.clubsonline.com.au/registrationclubportal/index.cfm?fuseaction=display_main&orgid=52)

Full Registration with Athletics NSW through NSWMA (only about 20 people):

Click on "Login"; to do this you need to know your username and password. This can be obtained from Club Registrar Garry Womsley (g.womsley@olex.com.au).

- once logged in select "Registration Re-

newal"

- the follow the prompts leading to credit card payment.
- You can also change your id and password to something you can more easily remember.

Not registered with Athletics NSW through NSWMA (most people):

Click on "New Registration"

- select "NSW Masters Athletics" from drop-down list
- then select "NSWMA member only" .
- From there on just follow the prompts leading eventually to credit card payment.

regards,

Mark

A Distance Runners Adventure

By George McGrath

During a period of twenty years with the Vets and Ryde-Hornsby, I ran eighty five marathons, and, over shorter distances, Lord knows how many road, cross-country and track events. Naturally enough, I had quite a few unusual experiences in the process.

One such occurred at Toronto, Canada, on the opening day of the inaugural World Masters Games, in August, 1975. The cross-country event, 10k, was held in a lovely park, and two groups, M45 and ours, M55, were marshalled on one of the several rugby fields on a high plateau. There were more than two hundred athletes in the field and, by the time a one-kilometre circuit of the plateau had been negotiated, the runners ahead of me (40 or so, I suppose) were already in single file, and were starting to spread out. I was pleased to see only a few of our colour code numbers among them.

We then descended into the woods to run two very long loops before scaling the hill for the final kilometre run home. In the woods, nobody passed me and, while I had overtaken a lot of runners, I was surprised when spectators at the top of the hill screamed out that I was in third place overall. There were so many people milling around that I could not see either of the leaders.

As I approached a roped-off corner of the plateau, an official directed me to the left, and, as it happened, 400 metre off-course. He had thought that I had completed only one loop in the woods.

A U-turn and eventual finish in the correct place revealed that I was the third placed M55 runner.

Prior to the medal presentations, the officials made a public apology for the error, as an examination of the check-point records showed that, on re-entry to the plateau, I was leading my division by almost three minutes.

Six weeks after Marie and I returned to Australia, a letter arrived from the President of the World Masters Committee explaining that the runner originally placed second was found to have run less than the full course, so his disqualification meant my elevation. Enclosed was a silver medal and a message not to bother returning the bronze. A fresh one had been mailed to the British athlete who was listed fourth in the original placing's.

The final chapter occurred, again in Toronto. In April, 1976, I ran the Boston marathon, after which Marie and I spent some time with friends in Toronto. At a farewell party in our honour, the same Games President, Don Farquharson, presented me with an office desk pen set. At the base of the pen holder was a gold medal, one left over from the Masters Games. "It has to be unofficial", he said, "but you were robbed of a victory last year, and this is the closest we can go towards squaring things."

In terms of that lovely gesture, I appear to have run first, second and third in a field of more than one hundred athletes. It was a most unusual introduction to international competition.



Fathers Day 5 run is to raise funds for the Prostate Cancer Foundation. This event is to be held at Sydney Olympic Park on September 2nd 2007.

For more details on Fathers Day 5 and to register online, please visit: www.fathersday5.com.au. Discounted pre-race entries close 31st August.

Date: Sunday 2 September 2007 (Fathers Day)

Venue: Sydney - Sydney Olympic Park

Start Time: 9:00am

Event Type: 5km Fun Run/Walk for men, women and children

Sydney Course Info: Starting and finishing on Olympic Boulevard adjacent to the Olympic Cauldron, the course passes through the Sydney Olympic Park Tennis Centre, Sydney Olympic Park Athletic Centre and then takes an underground passage via the secret Athlete's Tunnel into the basement of Telstra Stadium before returning aboveground to finish back at the starting point on Olympic Boulevard.

Official Charity: Prostate Cancer Foundation of Australia

Event Patron: The Hon. Tony Abbott, Federal Minister for Health & Ageing

Ambassadors: Guy Leech, Australian Athlete; Normie Rowe, Australian Rock Legend

Interview with Nixon Kiprotich

(Source: www.brianmac.demon.co.uk)

Interview by Owen Anderson

800 Metres: Coaches and runners are confused about how to train optimally for 800-metre racing, and with good reason. After all, there's a wealth of scientific information about training for 400 metres, 5000 metres, 10,000 metres, and the marathon, but almost no research has been done concerning 800-metre training. As a result, thoughts about 800 preparations tend to be long on philosophy and anecdote -and short on fact

In addition, the 800-metre distance itself presents a key paradox. The race is now considered to be an extended sprint -a contest for the truly fleet of foot. When Seb Coe set his world record of 1:41.73 in 1981, for example, he ran an astonishing first lap of 49.7 seconds. This suggests that fast-twitch muscle fibres and anaerobic energy production are dominant in the race, yet over 55 per cent of the energy actually needed to run 800 metres is generated aerobically, suggesting that aerobic ('endurance-type') training is absolutely essential for success.

The importance of aerobic energy production puts 800-metre coaches in a dilemma, because endurance training can easily compromise raw muscle power and check running velocity in those who undertake it too rigorously. Endurance training for 800-metre athletes must somehow preserve anaerobic capacity and avoid transforming fast-twitch muscle fibres into intermediate- or slow-twitch cells which would generate less power. In short, finding an optimal balance between endurance and raw-power training is necessary to produce an athlete's best-possible 800-metre performances.

Study the best to find out

Since there's no scientific research concerning 800 training, how can one identify that balance? One answer is to study the top 800-metre people in the world, and there's little doubt about who they are. While we tend to think of the Kenyans as long-distance-people who dominate the 5,000 and 10,000-metre distances, the truth is that their grip on superlative 800-metre performances is far tighter than the hold created by runners from any other country.

If you doubt that the Kenyans are great at 800 metres, consider these facts. Each year, the esteemed American publication, Track & Field News, ranks the world's 800-metre runners. In both

1993 and 1994, five of the top 10 800-metre athletes were Kenyans, and in each year the No. 1 runner was Kenyan (Nixon Kiprotich in 1993, Wilson Kipketer in 1994). In fact, since 1987 Kenya has produced the number-one man an incredible six times, with five different men.

If you look at the 10 fastest 800-metre men of all time, four are Kenyans (Great Britain has three, Brazil two, and the U.S. -much more noted for its sprint athletes -just one). In contrast, only three of the 10 fastest 5000-metre runners of all time have been Kenyan. Kenyan men finished first and third at 800 metres in the 1993 World Championships in Stuttgart, and first and second at 800 metres in the '92 Olympics. In contrast, Kenyan men captured 'only' one medal at 5000 metres in the World Championships -and one at the Olympics.

What Kiprotich has to say

The Kenyan 800-metre men have shone so brightly that it's difficult to pick out a single-best performer, but Nixon Kiprotich would have to be very close to the top of the list. The willowy (6'1", 149-pound), 32-year-old Kenyan won the IAAF/Mobil Grand Prix for 800 metres both in 1990 and 1992, snared a silver medal at the '92 Olympics in Barcelona, has garnered gold at both the East-African and African Championships, and was rated No. 1 800-metre runner in the world for 1993 by Track & Field News. His 800-metre PB is a not-too-shabby 1:43.31.

Recently, PEAK PERFORMANCE had the good fortune to catch up with Kiprotich at his home in Eldoret, Kenya, and we found the Kenyan to be quite willing to share his ideas about optimal 800-metre training.

PP: Nixon, when do you begin preparing for the outdoor track season?

KIPROTICH: I really start in December. If I'm not going to run in any indoor track meets, I'll take a two month break October and November, during which I do very little training at all. Then, throughout December and January I'll train Monday through Friday, running about 15 kilometres at 10 a.m. and another eight kilometres at about 5 p.m. each day. It's all easy, aerobic running -at about four minutes per kilometre -with no speed work at all. Saturday and Sunday are rest days.

PP: There's been a lot of debate about the merits of that kind of aerobic-base training for 800-metre runners. You run about 115K per week during your base period. What is the value of this

training for you?

KIPROTICH: I've found through trial and error that if I don't do my base work and build up my aerobic capacity properly, I have a very hard time maintaining my fitness during the competitive season. Without the base, I just can't sustain fast times for very long; I lose my 'peak' quickly.

PP: That's very interesting. You know -exercise physiologists have pointed out that the first 400 metres of an 800-metre race is primarily anaerobic, while the second 400 metres is more aerobic. Do you think that your base training helps you consistently maintain a high- quality velocity during the second laps of your races?

KIPROTICH: There's no doubt about it.

Next, some hill training

PP: So in December and January, you're just running steadily at an easy pace. What happens in February and March?

KIPROTICH: I add in some hill training.

PP: How does that work?

KIPROTICH: I'll do my regular base running on Tuesday through Friday, but I'll add in hill sessions on Monday and Saturday. Nothing fancy about the hill workouts; I'll just find a steep, 200-metre hill and complete 20 reps per session at close to top speed, with jog- to-the-bottom recoveries (Editor's note: These reps are carried out at an altitude of about 7000 feet near Kiprotich's Eldoret home).

PP: Nixon, do you ever work out with weights?

KIPROTICH: Never, man. The hill work is my substitute for weight training. Weight work would just bulk me up, making it too easy for me to get injured.

PP: So in February and March, you are running aerobically and doing hill work twice a week. How do things change in April?

Then, the track workouts

KIPROTICH: In April, I'll really start to get ready for the outdoor season. Basically, I cut way back on mileage and start doing my track workouts. My schedule is as follows:

On Monday, I'll run 2 sets of 5 X 1000 metres, with each 1000 in 2:45 to 2:55. There are two minutes of recovery between reps and 10 minutes of rest between the two sets. I'll run the first

800 of each 1000 at slower than race pace and then finish the last 200 metres at actual race velocity, which helps me develop the ability to run at race pace when I'm tired.

On Tuesday, I'll complete 8 X 200 metres in 25-27 seconds (very close to actual race pace), with only five to 10 metres of easy jogging between reps. This workout helps build up my speed endurance -my ability to sustain a fast speed throughout the race, and as it does so, it increases my confidence tremendously. Since about 1992, I've been the kind of 800-metre runner who likes to come from behind. When I can do this workout the right way, then I know I'm ready to overtake almost anyone at the end of a race, and I'm a lot more relaxed in the second halves of my races, which helps me to run more fluidly and powerfully.

PP: How do you warm up before your workouts?

KIPROTICH: I just complete a standard 30-minute warm-up, with lots of jogging and stretching -and several upbeat 100-metre strides.

PP: What do you do during the rest of the week?

KIPROTICH: Well, on Wednesday, I'll run 4 X 600 metres in 83-86 seconds, with two-minute recoveries, and then 5 X 300 metres in just 40-41 seconds, with two-minute recoveries. However, again I'm looking to develop my finishing power during this workout, so for the 300s, I'll do the first 100 in 14 seconds and the final 200 in just 26 seconds -right at race pace.

On Thursday, I'm looking to develop speed, so I'll just do 4 X 400 metres in 49-50 seconds each, about two to three seconds faster per 400 than race pace. Again, I'll use two-minute recoveries. This is a very tough workout for me.

On Friday, I'm after speed endurance, so I'll do 4 X 500, with the 500s at the pace I want for the second lap of my 800s, i.e., about 66-68 seconds per 500. As usual, I'll rely on two-minute recoveries, and the overall goal is to develop the ability to run the second lap of the 800 in a quality way.

Saturday is an easy day, with just jogging for 40 minutes, and on Sunday I'll rest completely. I'll follow this schedule throughout April and May, and then go to Europe or the United States in early June to begin the competitive season. I'll always start with small races first -just to ease into competition.

Training during competition

PP: During the competitive season, you're often

racing every week. What is your training like when you are competing?

KIPROTICH: It depends. If my first race is bad, I'll continue training hard, with basically the same schedule I've just described to you. On the other hand, if my first race goes fairly well -in about 1:46 or so, I'll stop training vigorously and just do two track workouts per week.

PP: During the racing season, when you're in close to peak condition, what's your routine like during the week?

KIPROTICH: I'll generally jog for about 30-40 minutes in the morning on a grassy surface and then do a few 300-metre strides at about race pace. For the first of the two weekly track workouts, I'll do 6 X 200 in about 25-26 seconds each, which usually feels very easy. For the second session, I'll complete 5 X 400 or 5 X 600 in about 51-52 seconds for the 400s or 78-80 seconds for the 600s.

PP: Your season ends in September. What do you do then?

KIPROTICH: It's total relaxation time for at least one month. Two months are even better. I'll sleep late in the mornings and just spend the days with my family and friends, with no real training at all.

Not for youngsters

PP: Your training during the two months before the competitive season is really rigorous, with tough track workouts scheduled for Monday through Friday. Do you recommend this kind of schedule for young 800-metre runners?

KIPROTICH: Oh no, not at all. The high school and college kids should be patient and wait for their time to come. If they try to train the way I do now, they will definitely get injured. When high school runners come to me and ask what to do, I tell them 'Just do two difficult workouts per week. Do not attempt to train hard every day.' I recommend moderate workouts -30 minutes of relatively easy fartlek running, 300-metre intervals in 45 seconds or so, hill workouts with 10 repetitions, etc. Young 800-metre runners should avoid the temptation to try to progress too fast.

PP: What are your plans for the future?

KIPROTICH: I'm still thinking about the Olympics for next year. I've thought about competing at 1500 metres, but that race is too much hell. Running a 3:38 is pure torture.

PP: How about after 1996?

KIPROTICH: Well, in 1997 I'd like to run a mara-

thon. People laugh when I say that, but I've already run a 10K in 30 minutes at altitude, just kind of jogging it, and I'm really eager to give the marathon a try.

PP: Training for world-class competition is difficult and painful. What motivates you to keep running?

KIPROTICH: People say to me all the time, 'You're just running for money,' but that's not what keeps me going. I run for friendship, not for financial reward. Running has given me the chance to travel all over the world and meet all kinds of great people. Without running, I would not have had that kind of opportunity.

Nixon's training appears to be perfect for the 800-metre distance. The Kenyan builds up his aerobic capacity during the early pre-season and then tops it off with a generous 'frosting' of anaerobic capability, built up during his April-May track workouts. These track sessions are brilliantly designed to improve both raw speed and speed endurance -the ability to sustain a high running speed, even during the final painful moments of the 800-metre race.

Below, we've listed some common, important questions about 800-metre training, which should help coaches and runners develop their own 800-metre schedules.

Basic Q & A about 800m training

'anaerobically' - in order for the leg muscles to exert maximal power during the race

Q: So, should 800-metre runners carry out special workouts in order to lift their lactate thresholds?

A: No.

Q: Is the ability to use energy efficiently essential for the 800-metre runner?

A: Yes. 800-metre races are decided by split seconds. Since a limited amount of energy can be created by leg-muscle cells, the runner who can use available energy most efficiently (to drive the body forward at the highest velocity per unit energy) will usually reach the finish line first.

Q: How does the 800-metre runner improve efficiency?

A: By conducting some 200-metre and 400-metre interval workouts at faster than goal race pace -and by working on hills, hills, hills. Repetitions on hills appear to be the most specific, useful form of resistance training for 800-metre runners. Hills can be emphasized before the main

competitive season begins, during the four- to eight-week period which follows the pre-season, aerobic-development period.

Moving up and dropping down

Q: Does improving VO₂max (maximal aerobic capacity) help the 800-metre runner?

A: Yes, since about 55 per cent of the energy needed to run an 800-metre race is generated aerobically, increasing VO₂max is a good thing because it means that the heart is better at sending oxygen-rich blood to the muscles, and that the muscles are better at using the oxygen when it arrives. This helps the 800-metre runner, because as oxygen utilization improves, less energy has to be produced anaerobically during the race. The interiors of leg muscle cells are therefore less acidic (there's less lactic acid than there would be with a lower VO₂max), and as a result there is diminished fatigue and a greater ability to sustain the desired pace.

Q: What's the best way for the 800-metre runner to develop VO₂max?

A: During the pre-season training period, it's optimal to combine interval workouts (five-minute intervals at 90-95 per cent of maximal heart rate) with 30- to 60- minute continuous runs at 80-90 per cent of maximal heart rate. This kind of training can last for six to eight weeks.

Q: Is having a high lactate threshold important for the 800-metre runner?

A: Not necessarily. In an endurance runner, a high threshold is critical -so that the runner never strays too far above threshold when running 5Ks, 10Ks, and marathons. The 800-metre runner doesn't have to worry about roaming above threshold; he/she is always far above threshold during races. In fact it's important for the 800-metre competitor to be able to generate a lot of lactate by producing ample amounts of energy.

Q: Should the jet-like 400-metre runner who is moving up to 800 metres really train differently than the slower, higher-endurance character who is dropping down from 1500 metres?

A: The traditional view is to build on an individual's natural tendencies and strengths, i.e., to let the 400-metre athlete continue with the short, fast work which he/she likes and permit the 1500 harrier to do more endurance- type stuff. However, while it's wise to retain these runners' strengths, it also makes sense to work on their weaknesses, so that the 400-metre person has more endurance and the 1500-metre individual has more speed. What the 400-metre runner may be lacking is the 'lactate tolerance' necessary to

run the full 800 metres and enough speed endurance to maintain a high running velocity over twice his/her normal race distance. 90-second intervals at close to top speed, with four-minute recoveries, would be great for lactate tolerance, and Nixon Kiprotich's 1000-metre intervals (with the last 200 metres at race pace) and 500-metre intervals at race pace would promote better speed endurance.

The 1500-metre person also requires lactate tolerance but needs to especially emphasize efficiency and foot speed. 60 second intervals at close to top speed, with two- to two-and-one-half minute recoveries, would build running velocity and lactate tolerance, and 200- and 400-metre efforts at faster than 800-metre race velocity, with six-minute recoveries, would promote efficiency.

Strength training

Q: Is it absolutely necessary to strength train as part of one's 800-metre preparations?

A: The Kenyans are currently dominating 800-metre running, and few of them have ever entered a gym. However, almost all of them have grown up in the perfect environment for 800-metre runners -in places where there are lots of steep hills. As mentioned, hill running is the most specific way to develop brute power in the leg muscles -power which translates into faster 800-metre running. So, the answer to the question might be 'Yes, you need to strength train if you are an environmentally challenged runner who lives in the flatlands.' To succeed at 800 metres, you do need to bolster leg-muscle power. Whether you do that while carrying out squatting and lunging exercises in the gym or while running on steep inclines may not matter.

Q: Have any studies looked specifically at the merits of strength training for 800-metre runners?

A: Yes, a nice piece of research carried out by Terry Kemp at Ashland University in the United States compared high school runners who simply carried out circuit training with high school harriers who followed circuit training with heavy-weight power training (squats, lunges, hamstring curls, pull-downs, and bench presses). The latter group improved 800-metre times by about three seconds more than the circuit-only group, an effect which was statistically significant.

Resistance Exercise in Individuals With and Without Cardiovascular Disease: 2007 Update

Full article available from: <http://circ.ahajournals.org/cgi/reprint/CIRCULATIONAHA.107.185214v1>

A Scientific Statement From the American Heart Association Council on Clinical Cardiology and Council on Nutrition, Physical Activity, and Metabolism

Abstract—Prescribed and supervised resistance training (RT) enhances muscular strength and endurance, functional capacity and independence, and quality of life while reducing disability in persons with and without cardiovascular disease. These benefits have made RT an accepted com-

ponent of programs for health and fitness. The American Heart Association recommendations describing the rationale for participation in and considerations for prescribing RT were published in 2000. This update provides current information regarding the (1) health benefits of RT, (2) impact of RT on the cardiovascular system structure and function, (3) role of RT in modifying cardiovascular disease risk factors, (4) benefits in selected populations, (5) process of medical evaluation for participation in RT, and (6) prescriptive methods. The purpose of this update is to provide clinicians with recommendations to facilitate the use of this valuable modality.

1975

By Jim McGrath

In 1975 I competed in my first World Masters. After the US Championships near NY I competed in Toronto. Several of the Team crossed to San Francisco by plane and Tourist Bus.

In SF we toured the City by Bus. During the Trip one of the men saw an announcement of a Fun Run the following day.

They were all distance Runners and with a phone call were able to enter. I joined them.

The venue was at a small Village about 20 kms past the Golden Gate Bridge. The Run started in the Main Street with

Groups separated by Tapes, very old & very young at the front etc. At the end of the street were reputedly 1000 steps

going upward one person wide. The better runners had to scramble up the bank alongside the steps to pass. More uphill to reach the Summit which was in cloud. A rescue Helicopter was overhead.

Being one of the stragglers I was able to pick up about 100 placed on the way down. This was the Dipsea Run which had been going for many years.

The Americans were not pleased when Joe milkman from Brisbane won outright and George McGrath from Sydney won his Age Division.

The Main Trophy was 1.2 metres tall decorated with medals and mirrors etc

My last memory was Joe and George waiting at the Roadside thumbing a lift and taking off in the back seat of a Sports Car.

Westside Barbell Club—Part 1

by Terry Gibbs

As they say travel broadens the mind. When I was at the US Indoors hanging round after the comp watching the next age group I heard the discussion shift to weight training. Now this has been a passion of mine and I have been lucky to be able to train and compete against some of the best, so I was naturally curious. The man in the centre of the discussion was Jim Wetenhall the victor in the weight and super weight in the M/50 and indoor WR holder in both. Jim had been seen at the hotel proudly wearing his Westside Barbell T-shirt and was now offering an explanation as to how the lifters at this unconventional gym train. Now I have known of Louie Simmons' Westside for many years, and although extremely impressed by the accomplishments of his members I had not yet embraced his often controversial training methods.

Well after having been thoroughly trounced by genial Jim, I was prepared to open my mind. Jim benches 500lbs with a "shirt" and squats 700lbs (plates and bands ..more on that later) and all at 52. This discussion, lead me to investigate Westside on the internet, and several DVDs later, I now have a better appreciation of this very unusual man and his remarkable gym.

Louie's DVDs are shot in a "gym" that will only be familiar to people who lifted 25 to 40 years ago. No chrome, no mirrors and built strictly for function. Louie personally looks like the vice president of the local biker club, complete with shaved head goatee, and tattoos. He sounds however like a professor in exercise physiology. Louie discusses the various levels of strength. The ability to apply force, receive force, accelerate and static, eccentric, concentric etc etc., backed in detail by the best Russian research. Personal observations count but the level of research this guy has put together is amazing.

The keys to his training philosophy are that upper body (bench) and lower body (squat/deadlift) are trained maximally twice per week. One workout, is Max Effort, the other is Dynamic Effort (speed). So for this you have 4 workouts per week, around 1 hour each. On the Max effort day, the lifter works up to a max of 3 reps on one of several key exercises, followed by sets of several assistance exercises. An example would be box squats for ME and Good Mornings and DB rows sets of 6-8 for the assistance. Now what separates this from most schedules is the Dynamic Effort day. For years most lifters have realised that you cannot go flat out all the time and we have all been

trying to vary the training effect by finding the optimum non max workout. Simmons has made the non max workout a "max workout" but in a way that is positive to the training effect rather than leading to overtraining.

The Dynamic Effort day is geared to building speed and power with a simplification being taking 50% to 60% of 1RM for 8 sets of 2 in the squat with rests close to 30 secs, if you can. Now this is correct but a gross simplification. Simmons believes that for a lifter to excel he must be able to accelerate the bar. Explode with the weight. This will drive the bar through the sticking point and lead to heavy max weight being lifted come comp time. Now before I finish on the DE day, I must mention box-squats bands and chains. More on these later.

Now this is only a snapshot of the Westside method. The Westside method has been developed by a long term powerlifter. Louie has been in the game for around 40 years. He is the first person to look at powerlifting scientifically rather than empirically, and he has become very successful. The number of people who have trained at Westside and squatted 800lb, 900lb or 1,000lb is staggering as well as their 600lb benchers and 800lb deadlifters. One 700lb deadlifter does vertical jumps onto a 54" box. Top European world champions have made the pilgrimage to Westside and significantly improved their results. Top professional US Football teams like the Patriots and Packers both use Louie as a consultant.

Now what has this got to do with us. Well, if you are a thrower sprinter or jumper, the ability to overcome inertia is critical to your success. Whether you are trying to "explode" or accelerate, it is speed/power that you want, strength is only secondary, and the Westside template is dedicated to this. I know that power can be achieved through the erstwhile practice of the Olympic lifts, as it can through plyos, sprints, bounding etc. Westside may be just another tool to some but a revelation to others.

Louie has been writing articles in "Powerlifting USA" for a very long time. Recent articles are covered on his website www.westside-barbell.com. If you are looking for something extra and have some time look it up. Me personally, I have dragged out some lifting goals that were shelved 20 years ago, and I am having a lot of fun.

2007 Annual General Meeting Report

MINUTES OF ANNUAL GENERAL MEETING HELD 19 JUNE 2007, AT BANKSTOWN SPORTS CLUB, GREENFIELD PARADE, BANKSTOWN

Meeting opened at 7.35pm with Mark Johnston, the president, thanking everyone for their attendance and welcoming them

Attendance: as per list

Apologies: Norm Windred, Max McKay, Janet & Stuart Paterson, Caroline Layt, Alan Carey, John Sturzaker, Phil Frkovic

Minutes of the 2006 Annual General Meeting were read and accepted with the following spelling corrections: Johnston and Nancy Lloyd

Moved Bob Solomon, seconded Jim McGrath. Motion carried.

Business Arising: The Telstra sponsorship finishes in December 2007, so no money will be available for the 2008 Nationals. Another company may be offering so this would flow onto the AMA. Peter Crombie asked whether a portion would be available from Telstra since it covers 75% of the year. Mark is to raise the matter with the AMA

Correspondence:

1. Letter from Alec Walker re transport for the Nationals
2. Notice of the AGM from AMA, calling for nominations
3. Merit awards for AMA – calling for nominations
4. Letter from Hazel McConnell, AMA secretary, sending best wishes to any members affected by the bad weather
5. AMA Championship Manual – will have some impact on 2008 Nationals
6. ANSW – the competition advisory panel, of which Mark is a member. Feedback on competitions wanted.
7. Report from Jim McGrath on records. The new records are listed and these were read out to the meeting. The merit awards were also listed.

Annual Report: as tabled.

There was a question as to what happens if someone does not have internet access – how is information disseminated, apart from through the Waratah. Mark explained that the Waratah has the same information as the eWaratah, the only thing missing would be the current records

Moved Andrew Atkinson-Howatt, seconded Frank Scorzelli, that the report be accepted. Motion carried.

Treasurer's Report: as tabled

Peter Crombie queried the equipment purchases. A list of equipment is held. Bob Solomon noted that John Plummer has resumed his sponsorship.

Question about the interest: why did we get only \$52 when there was approximately \$17,000 in the bank? We should consider putting some in a term deposit for higher interest.

The auditor was Wong & Ferguson, Accountants.

Moved B. Solomon, seconded F. Scorzelli that report be accepted. Motion carried

Election of Office Bearers for 2007/08

Mr Robert Solomon was requested to come forward as Returning Officer to run the elections

President: there being only one nomination, Mark Johnston was re-elected as president.

Vice-President: 2 positions. Greg Nicol nominated and was re-elected.

Susan Newton, nominated by Frank Scorzelli, seconded by Mark Johnston - position accepted.

Treasurer: Nancy Lloyd nominated and was elected.

Secretary: no nominations. Committee is to find someone.

Registrar: Garry Womsley nominated and was elected

Journal Editor: Phil Frkovic, nominated by Andrew Atkinson-Howatt, seconded Lynette Smith – position accepted.

Records/Awards Officer: Jim McGrath, nominated by Keith James, seconded Mark Johnston – position accepted.

Track Representative: Ranell Hobson, nominated by Gianna Mogentale, seconded Peter Crombie

Field Representative: Andrew Atkinson-Howatt, nominated Keith James, seconded by Peter Crombie

Walks Representative: Nancy Lloyd, nominated Andrew Atkinson-Howatt, seconded Keith James

Distance Running: Frank Scorzelli, nominated Bob Solomon, seconded Nancy Lloyd

All nominees elected unopposed.

Public Officer: preferably someone on the committee. Nancy Lloyd was appointed

Auditor: Gary Wong was appointed.

General Business:

1. Peter Crombie suggested that a committee member also be elected onto the AMA board.
2. State titles – should be late February or early March, the most obvious date being 8 & 9 March. The Police Games are already booked into Blacktown track for these dates. Mark has suggested that we join the Police Games. ANSW prefers Campbelltown, if Blacktown does not work; other possibilities would be to join with the under age championships which are a little early. The ideal time would be 8/9 March, hopefully at Blacktown. If someone is a member of NSWMA only, then an extra \$25 has to be paid to ANSW. There was a request that Masters approach ANSW asking that this fee be waived and that the pensioner discount should be greater. The majority agreed that the fees should be lower and that it should cover more than one championship. Pensioner fee is currently \$68 but it should be 50% of the open fee
3. Recommended and adopted by the country delegates at the ANSW Country meeting, that event entry should be lowered to \$5 per event with a cap. It was suggested that Masters should support the recommendation. The general feeling was that \$5 is too low and that the fee has to be realistic eg \$10 with a cap
4. Is it possible to hold distance races on the Friday night of the state championships? There would be problems getting officials and country people cannot get there in time.
5. Nationals: the facility at Blacktown is good; the only thing that needs to be done is resurfacing at the start line where it is worn out. Request that the relay fee for athletes be eliminated and that the club pays for them. It would show support for the athletes.
Athletes not registered with Masters who want to compete at Nationals – a structure needs to be set up to allow them to enter. There should not be a discounted fee and there would be repercussions if you lowered the fee just for nationals. Peter Crombie suggested that extra newsletters be sent to masters-aged athletes outlining the benefits of joining.
Expression of Interest be sent to all athletes re relay teams, either on the entry form or over the internet.
One of the main tasks of the Team Manager is organising the relay teams. It was suggested that the next manager has experience in sprinting and also in organising relays. Have a selection panel for the relays. Valmai Loomes offered to assist with the women's teams, Ranell Hobson volunteered to be on the steering committee and also offered her TAFE students' services as a workplace appointment as part of their course. They would be offered a special uniform. Valmai also offered to bring some of her squad to work as basket handlers, runners etc. She can also contact an engraver.
Ranell may also have contacts to provide masseurs
There was no feedback on the forums in Hobart. Peter Crombie suggested that it needs plenty of advertising, a sensible time slot and a knowledgeable speaker
Merchandise available at the Nationals eg T-shirts etc.
An approach to the state government for sponsorship has been rejected; we should also approach the federal government, go for the Telstra grants, also the Dept of Ageing; Healthy Cities; Volunteer grants (close 27 July)
Vet Runner from ACT has ads etc which can help with the cost of the program. Sporting World may help with producing the program booklet – names could be done as an insert. Valmai offered to follow this up.
6. NSW track suits: there was a request but there has not been much interest so far. It would have to be done on an order only basis

Trophies were then awarded for the season by Jim McGrath:

- Athlete of the Year—Ranell Hobson
- NZ Silver Dish—Gianna Mogentale (the);
- Country Champion—Ranell Hobson ();
- Talay Throwers—Keith James ();
- Distance Runner—Keith Bateman ();
- Best at State—Anthony Butt ();
- Age Category Trophies—Cristine Suffolk, Julie Forster, Phillip Carrero, Tony Ireland and John Sturzaker ()

Trophies will be posted to people who were not at the meeting. The "Athlete of the year" trophy will have to be followed up

US Indoor Championships

By Terry Gibbs

Every trip has a start and mine began when I bumped into a woman wearing a US Nationals meet track top coming out of the accreditation tent at the Canberra Nationals in 2006. She happily informed me that, yes, she was from the States and was here to take part in our nationals. Hmm, if she can come here...well not much was further thought about it as I toiled away in training but the idea had been planted and after the Winter Throwing Nats I decided I better take my shot at international competition before I got any further broken down. Anyway, my training was modified and a plan was set and a six month countdown began. Chased the editors of US Masters Track & Field mag who gave me the email of the organizer of this years indoors. (why US indoors ??, because they don't throw weight at their outdoors and it has the highest standard of super heavy weight comp in the world. If you are going to get beat it may as well be by the best.) He confirmed that I was okay to compete and I knew from the 2006 results I was competitive, or so I hoped.

Booked and paid non-refundable airfare to LA, found a physio so that the airfare would not be wasted, lifted hard and waited for the injuries to heal enough to throw.

Throwing started after Christmas and I made a decision to throw 25lb heavy weight as well as the super that had been my original intention. A week later the entries opened and mine was in the mail a day later. The next 12 weeks I became a stranger in my own house. Family, especially my wife Helen, was fantastic as this was a huge all or nothing shot that would never be repeated and before I knew it the countdown had gone from months to days.

Flew out Tuesday and arrived in LA 3 hours before I left. Love the international dateline, one day and seven pair of jeans later, (if you are not a thrower or lifter you may not realise how much better the selection of Levi jeans is in the US) I was on my way to Boston. Five hours later and a US\$30 cab ride and I am in the Westin Hotel Copley Plaza (the official Meet hotel). At US\$139 a night for the days of the meet I did not really know what to expect, but was pleasantly surprised by a top 5 star hotel.

Had seen a Nike Super Store when entering Boston - two floors and around 600-800 square metres of jock shopping bliss. The 56lb super weight had always been thrown outdoors and the entry form had stated all events would be competed at the Reggie Lewis Centre (where they held the US Nationals Indoors this year) except the 'super heavy weight, which will be held out-

side'. Now I obviously knew this before I left Sydney and had 'googled' the weather in Boston for this time of year and even the forecast for the 25th March when I would compete. 60F should not be too bad, have thrown in winter on those sort of days, and I thought I would be cold but sort of okay. The unexpected snowstorm that hit Boston and closed its airport the day I flew into LA, caused that to change. Expected outdoor temp now low 50Fs, so I was buying warm gear from the best that Nike provides. Last training session on Thursday at Gold's Gym, opposite Fenway Park (quick photo of Fenway for the family to prove I did some sightseeing), and I was set for the meet. Another bad night's sleep, (found there is a huge difference, in experiencing jet lag when one is going to museums and theme parks, compared to throwing at a Nationals). Rushed back to the Nike store, this time for wet weather gear as snow was now predicted for Saturday night and Sunday morning with light showers. Now with more warm waterproof gear than Scott and Amundsen put together I was off to the Reggie Lewis Centre to check out my first indoor track facility and pick up my numbers. Here is where my life and anxiety improved. As I queued, I noticed a very big guy my age, around 2 metres tall and a neat trim 140+kg, called Jim Wentenhal, the world record holder at the indoor weight. Following a quick introduction I found out that they had finally solved the problems in developing an indoor 56lb weight, and my polar expedition shopping had been for nought, also found out that as Jim is a 20m thrower with the 25lb and the larger of the two specific throw areas in the corner of the stadium is only 20ms long we were to throw the 25lber on Saturday night on the infield. Off to catch up with some new friends throwing women's weight then back to hotel for another 3 hours sleep.

Saturday morning missed my age group throwing shot and dragged myself out to see the women throw shot. Actually found Diana Anderson, a former competitor in the Ms. Olympia bodybuilding comp, throwing and placing 5th in the O/55. It is amazing who turns up at the masters. The weights we threw are like a hard rubber shell filled with something like lead shot. It deforms on impact but leaves a very clear mark if the floor is marked with sawdust or sand. On Saturday we dipped the weight in a chalk box and it worked out fine. Problem I found with them was it was harder to feel it hooking up as I felt the filler inside move if you start dragging. They asked me what my expectations were and I said they had been 13.50m back in January but went to 14.00m before I left Australia and had been coming down each day since. Funny thing is we all

laughed and it felt great to be friends with people I had only just met. The plywood circle had been moved to the infield and the cage was made up of the pole vault bags lined up down the sector sides. Got a nice 14.25m on my third throw. Can tell you that the relief I felt when I hit an opener of 13.70m was greater than anything I can remember. Jim, however, crushed us all with 19.34m. I was competitive but would have needed another 2.25m to place. It was genuinely awesome to stand in a major arena like this on centre stage, instead of throwing far, far away from the main field as so often happened in the past. We had a small but very knowledgeable crowd of throwers that had hung around to appreciate the moment.. Back to hotel and cable TV excitement, big 16 playoffs of college basketball teams I had never heard.

Sunday morning arrived. More bad sleep and running on nerves. Lying on the floor, after stretching it occurred to me that I could just stay there. I had got a decent throw and 6th place in the US 25lb was okay, did I really need any more? Eventually the reality of how hard I had trained, much harder than I thought I could at my age, and how much effort had been put in this outweighed the feeling of self-preservation by just continuing to lie there. Back to the subway, back to the meet, and lying down on the floor again, better view, harder floor, waiting for the 56lb event to start. One warm up, then a first throw, and a 6.30m. Hmmm, worst first throw in last eight weeks for me was 6.90m. Going to be a long hard day. Checking out my opposition before the meet I knew I was competitive with the guys ranked from 3rd to 6th, only difference, they had done it at a meet whereas I was comparing my very best training throw and meets and training are never quite the same. Second throw caught my leg. Ouch! The ball used indoors is big, think basketball size and many of us were catching our legs

when pitching to the side at the start. Sat down and watched. Realised that as bad a day as I was having they were all going way off their best. Whether it was the throwing the night before, the new implement, the standing room only throwing environment, it did not matter. I realized that if I could hit a big throw I could actually gain a medal at the US Indoors. All that work and effort and in around 20 minutes it would be over. Felt suddenly remarkably calm. Had four shots at this and it would all be over. Next throw the 3rd hit it right, and knew that I could throw no further that day. Distance came up with 7.08m but when I heard 7.00m the rest did not matter as I had moved into third place. The two consecutive days of competition were catching up with us all and no positions changed in the final rounds. Jim again had the top spot all to himself with a rather Herculean 9.76m. The mission had been a big success. Time to party!

Overall impressions of an indoor meet, is that it is a great experience. A small stadium with seating for a couple of thousand, around 800 competitors, a synthetic track laid over the concrete floor, banked turns on the 200 metre track. Long jump pits inside, and outside the track (parallel to the straights), and the high jump, pole vault and 60m hurdles inside on the flat. Two throwing areas in the corners, one with a plywood, circle and the other concrete. Always something to watch. Seemed you could watch male or female throwing, pole vaulting, pentathlon, high jump or running all going at the same time. Truly great officials (and plenty of them), massage tables running all day, a great meet photographer and a superb organizing committee made this a very memorable experience.

Hate long-haul flying, but I may actually go back. If anyone is ever contemplating the US indoor nationals and wants any info, please shoot me an email on tegibbs@veritel.com.au.



Member Profiles

Name: Dave Bug-den

Age Group: M65

Favoured Event:
hammer

Time Involved in the Sport: only the past 18mths in masters



Fondest Sporting Moment: carrying the Olympic games torch in 1956

Next Sporting aspiration: World Masters Games in Sydney 2009

Athletics gives me top incentive/keeps you going

Hardest thing I've done: When I found out that I had prostate cancer 3 years ago

Hero/Biggest influence: John Cann & Eunice Jenkins

Interests: reading the good news

Perfect Evening Out: with my wife anywhere

Favourite Way to Relax: reading

My Last Meal would be... mixed grill with a beer

Best Bit of Advice: - Ruth Frith says "When you throw, throw it over the top of the trees." (for height)

Other: Have been in Athletics since the 50's, Hammer throwing and decathlon, I stopped when I was 21 because of Hernia, but returned in 1975. Was in the State Hammer, (Tom Mullins 2nd and I came 8th, throwing approx. 50m.

Name: Robert Hanbury-Brown

Age Group: M50

Favoured Event:
High Jump

Time Involved in the Sport: 5yrs



Fondest Sporting Moment: winning world thong throwing championship

Next Sporting aspiration: to run again

Athletics gives me many pains

Hardest thing I've done: swimming 1km in the Balmoral swim

Hero/Biggest influence: anyone who can swim

Interests: tennis, food, beer

Perfect Evening Out: having dinner in restaurant at Balmoral watching people eating fish and chips

Favourite Way to Relax: falling asleep listening to Philip Adams

My Last Meal would be... paella, beer, tiramisu

Best Bit of Advice: - jump higher

Other:

Name: Bernie Condon

Age Group: M70

Favoured Event: 100m

Time Involved in the Sport: 17yrs

Fondest Sporting Moment: winning member of the M60 4x400m relay at 1997 World Championships in South Africa

Next Sporting aspiration: keep running past 75.....80

Athletics gives me better health – asthmatic all my life

Hardest thing I've done: run 800m in a relay

Hero/Biggest influence: Reg Austin, Peter Crombie and all the good vets

Interests: athletics and computer animations

Perfect Evening Out: a couple of beers and a Chinese dinner

Favourite Way to Relax: read a good book

My Last Meal would be... pork chops and vegetables

Best Bit of Advice: -don't run injured

Other: run for fun!

Name: Krzysztof Wardecki

Age Group: M35

Favoured Event: long jump, 100m, 200m

Fondest Sporting Moment: competing at the 2006 European Masters Championships

Next Sporting aspiration: to long jump 6.30m, run 11.20s in the 100m and 22.99m for 200m and hopefully to win individual medal at European or World championship

Athletics gives me the opportunity to travel around the world

Hardest thing I've done: start training again after a 20yr break

Perfect Evening Out: dine out and then see a movie

Favourite Way to Relax: travelling, renovate home and watching DVDs

My Last Meal would be... Thai food

Best Bit of Advice: -have a goal for the future

Other: be happy and optimistic

Name: Alan Carey

Age Group: M55

Favoured Event:
60m

Time Involved in the Sport: 5yrs

Fondest Sporting Moment: running a 1.5sec PC in 400m at 2006 national championships

Next Sporting aspiration: keep doing PB's



Athletics gives me fitness, lessons, rewards admiration of other athletes, friendships, goals, good health, about believing, achieving and visiting places

Hardest thing I've done: 400m in Canberra Nationals

Hero/Biggest influence: Dr Graham (founder of orphanage in India) – I was in the orphanage from 4 months of age until 18.

Interests: family (my passion), music and singing

Perfect Evening Out: watching athletics

Favourite Way to Relax: sleeping

My Last Meal would be... any of one of my wife's – Anne – favourite home cooked meals

Best Bit of Advice: -attitude determines altitude

Other: watching and feeling pride in our daughter – Preya Carey – compete in sprints and watching our son – Jono – scoring 3 tries in my first match attendance

Name: Gianna Mogentale

Age Group: W40

Favoured Event: 100m

Time Involved in the Sport: 8yrs

Fondest Sporting Moment: winning gold in the 100m at World Championships in Brisbane and running my fastest time ever at the state titles in the 100m in 12.26s



Next Sporting aspiration: to do the best in everything I do

Athletics gives me friends from far and wide. It makes me feel healthy and alive and is my release from the everyday stresses of life. It also gets me to see a lot of Australia and even part of the world.

Hardest thing I've done: juggling work, two teenage children and training

Hero/Biggest influence: Hero – Melinda Gainsford-Taylor. Biggest Influence – my partner Gary, my coach Valmai, John van Stappen and all my friends and supports at club

Interests: athletics, basketball

Perfect Evening Out: spending quality time with Gary and my children – Rebecca and Joshua - something I can't find time to do at the moment

Favourite Way to Relax: I would love to say reading a book whilst having a cup of coffee but I don't seem to be able to find any time.

My Last Meal would be... chicken schnitzel and a good cappuccino

Best Bit of Advice: - set yourself goals, work hard to achieve these and nothing is impossible

Other: the last years of my life have been the best. I love athletics and all the many friends I have made along the way

Name: Tatiana Sudarikova

Age Group: W30

Favoured Event:
Javelin

Time Involved in the Sport: 20 years

Fondest Sporting Moment: as a competitor at the Sydney Olympics



Next Sporting aspiration: Australian weight pentathlon record

Athletics gives me good weekend out

Hardest thing I've done: 5km fun run ... I really don't like running

Hero/Biggest influence: myself – not as a hero but as an influence

Interests: vodka, cigarettes – unfortunately my husband won't let me

Perfect Evening Out: romantic candlelight dinner

Favourite Way to Relax: see interest above!

My Last Meal would be...a very big cake

Best Bit of Advice: -try athletics

Other: thanks for organising all these events – I am really having a fun.

Name: Anthony Butt

Age Group: M30

Favoured Event: pole vault, javelin and multi-events

Time Involved in the Sport: 20 years

Fondest Sporting Moment: 4 NSW decathlon titles



Next Sporting aspiration: compete in 20 decathlons (currently up to 18)

Athletics gives me an adrenalin rush – jumping and throwing

Hardest thing I've done: 1 hour decathlon

Hero/Biggest influence: Michael Johnson

Interests: soccer and guitar

Perfect Evening Out: pizza, beer, ca\$ino

Favourite Way to Relax: play with my 3 kids

My Last Meal would be...pizza

Best Bit of Advice: don't worry about what anyone else thinks if your happy, that's all that matters

Name: Paul Collins

Age Group: M30

Favoured Event: long jump/discus/100m

Time Involved in the Sport: since I was 6/7 years old



Fondest Sporting Moment: winning U7 rugby league grand final

Next Sporting aspiration: break back into the 11 second bracket for 100m

Athletics gives me a great way to push my body to the limits and feel great – love the lactic acid effect.

Hardest thing I've done: Holdsworthy Army training day

Hero/Biggest influence: Carl Lewis

Interests: strength and conditioning

Perfect Evening Out: dinner with friends followed by movie

Favourite Way to Relax: swimming at Noosa, massage

My Last Meal would be...T-bone steak, chocolate bar and slurpee

Best Bit of Advice: create a vision and work towards it

Other: www.sportandfitness.com.au (my college) & www.thebodycoach.com (my books)

Name: Tony Nash

Age Group: M40

Favoured Event: decathlon

Time Involved in the Sport: 35 years

Fondest Sporting Moment: winning 2 silvers, 1 bronze in Israel at the Jewish Olympics

Next Sporting aspiration: beating my all time pole vault PB

Athletics gives me serenity

Hardest thing I've done: the sand dunes at Kurnell 25 times during winter training

Hero/Biggest influence: Daley Thompson

Interests: Family, business, history, travel

Perfect Evening Out: great meal, good conversation, laughter and dancing

Favourite Way to Relax: getting out in nature

My Last Meal would be...all you can eat buffet that never ends

Best Bit of Advice: re: athletics – relax and have fun. Re-life: have a go!

Other: I wish more people did Masters Athletics, its great for the soul.



Links on the Web

International

World Masters Athletics

www.world-masters-athletics.org

International Association of Athletic Federations

www.iaaf.org

Oceania Masters Athletics

www.oceaniamastersathletics.org

Australia

Australian Masters Athletics

www.australianmastersathletics.org.au

Athletics Australia

www.athletics.org.au

Athletics Gold

www.geocities.com/geetee

Athletics in Australia - Historical Results

www.athletics.org.au/history

Australian Track and Field Coaches Association

www.atfca.com.au

States

NSW Masters Athletics

www.nswmastersathletics.org.au

Athletics New South Wales

www.nswathletics.org.au

Lollylegs - Masters Athletics

www.lollylegs.com

ACT Veterans Athletic Club

www.apex.net.au/~actvac_web/index.html

Queensland Masters Athletics Association

www.mastersathletics.com.au

Victorian Masters Athletics

home.vicnet.net.au/~vicvets/introfr.html

South Australian Masters Athletics

www.samastersathletics.org.au

Masters Athletics WA

www.mastersathleticswa.org

Competition Sites

Pan-Pacific Masters Games

www.mastersgames.com.au

2007 World Championships

www.riccione.vma2007.org

World Masters Games

www.sydney2009mastersgames.com.au

Throwing

Australian Hammer Throwing

www.hammerthrowing.com.au

Coaching the Throwing Events Field

www.thethrows.com

Hammer Circle

www.hammer-circle.co.uk

Hammerthrow.org by Harold Connolly

www.hammerthrow.org

Australia's—Hot Circle Coaching

www.hotcirclecoaching.com

Mac Throw Video

www.macthrowvideo.com

Throwers Club of NSW

throwersclub.creativit.com.au

Equipment Manufacturers and Suppliers

Kings Track & Field

www.ktf.com.au

Nelco

www.nelcoathletics.com

Statistics

Athletics Data

<http://www.athleticsdata.com/>

ILLAWARRA BLUE STARS OPEN DAYS.

BEATON PARK ATHLETIC CENTRE, FOLEYS ROAD,
GYWNNVILLE, WOLLONGONG.

The above club would like to extend an invitation to all Masters members to attend two open days in 2008.

We believe these two days will enable Masters athletes to gain valuable outside competition that they may not have encountered throughout the season.

DATES: SUNDAY 20TH JANUARY, 2008 and
SUNDAY 17TH FEBRUARY (PRIOR TO
STATE MASTERS.

COMMENCING TIME: 1P.M.

COST: No event entry: Just payment through Beaton Park Leisure Centre to the track of

ADULT COMPETITORS: \$3.90

STUDENT AND CHILDREN COMPETITORS: \$2.20

CONCESSION PENSIONERS \$2.20

SPECTATORS 60CENTS.

EVENTS; A VARIETY OF EVENTS EACH ROUND OF SPRINTS, MIDDLE/LONG DISTANCE, THROWS, JUMPS, WALKS

Track Surface: Full 10lane straight track and 8 lane circular, synthetic surface, 7mm spikes. Synthetic run ups to jumps, Olympic cages for discus and hammer. Good warm up area. For early arrivals, spa, sauna in Leisure centre, swimming pool and local licensed club next door. A BARBECUE WILL BE CONDUCTED THROUGHOUT THE DAY.

JOIN US IN THE GONG FOR A GREAT AFTERNOON OF TRACK AND FIELD

20TH JANUARY AND 17TH FEBRUARY 2008.

The Board; Ill. Blue Stars Athletic Club Incorp: Val-mai Loomes Secretary phone 42628498.

Competition Calendar

August 2007

- 19th 6th Annual Mid Winter Throws Competition Springwood, NSW
(www.springwoodathletics.org)
- 26th Victoria Falls Marathon (http://www.wildfrontiers.com/Vic_Falls_Marathon) Zimbabwe, Zambia;
South Africa

September 2007

- 4th-15th 17th WMA World Championships, Stadia (www.riccione.vma2007.org) Riccione, Italy

October 2007

- 5th-14th Australasian Masters Games Adelaide

July 2007


- 22nd Lawler Partners Hunter Valley Winery Running Festival Hunter Valley, NSW
(www.huntervalleymarathon.net)

March 2008

- 17th-22nd WMA 2008 Indoors Championships Clermont-Ferrant, France
- 21st-24th Australian National Masters Track and Field Championships Blacktown, Sydney


July 2008

- 28th - 3rd Aug Oceania Master Championships (athleticsnorthqld.org.au/oceania2008) Townsville



Your invitation to the 36th Australian Masters Track and Field Championships

Sydney 2008



Hosted by NSW Masters Athletics and Athletics NSW the 2008 Nationals will be held at Blacktown Olympic Park from 21-24 March, 2008

The venue was used for training during the 2000 Olympics and features an 8 lane mondo track and additional external throws areas.

Walks & Cross Country in nearby reserves.

Make it a royal experience and visit Sydney's famous Royal Easter Show - great entertainment for the family and easily accessible by train!

Your invitation to the 36th Australian Masters Track and Field Championships

Information
NSW Masters Athletics Inc.
<http://www.nswmastersathletics.org.au>

Athletics NSW
<http://www.nswathletics.org.au>

Blacktown Olympic Park
<http://www.blacktownolympicpark.com.au>

Expressions of interest to:
president@nswmastersathletics.org.au

Accommodation ideas

- **Holiday Inn** – Railway St, Rooty Hill, Tel. 02 9832 3888. 6 min drive (start \$135)
- **Travelodge** – cnr Reservoir and Holbeche Rds, Blacktown, Tel. 02 8822 2000. 20 min drive (start \$120)
- **Plumpton Inn Hotel** – Richmond Road, Glendenning, Tel. 02 9626 9766. 15 min drive (\$95 twin share)
- **Hotel Formule 1 Wentworthville** – Great Western Highway, Wentworthville, Tel. 02 9769 1240. 20 min drive (start \$75)

12TH AUSTRALIAN MASTERS ATHLETICS WINTER THROWING CHAMPIONSHIPS

WHEN: Sept 29th- Oct 1st 2007

WHERE: Masson St throwing ground. Masson St, Turner, ACT

CONVENOR: Ray Green

CONTACT: Jayne Hardy 0421 610 053

CONDUCTED BY: ACT Veterans Athletic Club

ELIGIBILITY: Registered Masters/Veteran Athletes

PROGRAM: Saturday Sept 29th – 11am start- Hammer, Shot, Discus, Javelin

Sunday Sept 30th – 9.30 am start – Weight Pentathlon, Barbeque 7pm

Monday Oct 1st – 9am start – Weight throw, Heavy Weight Pentathlon, 56lb & 100lb super heavy weight throws.

The Heavy Weight Pentathlon is where competitors throw their normal weight, two weights lighter and two weights heavier. Three throws of each weight, and points are tallied like the weight pentathlon.

Entry forms available from:

<http://www.australianmastersathletics.org.au/>