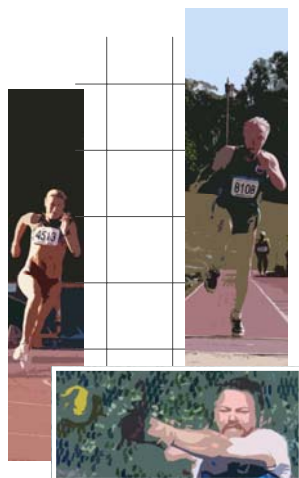




# Waratah

Issue 2 - April, 2007



## Annual General Meeting—19th June 2007

### Notice for the Annual General Meeting of the New South Wales Masters Athletics Inc.

The Annual General Meeting will be held at The Bankstown Sports Club on Tuesday **June 19, 2007**, at **7pm** for **7.30pm** start.

In Rooms B and C

#### Bankstown Sports Club

#### Greenfield Parade, Bankstown

All financial members are invited to attend and to nominate for positions on the 2007-2008 Committee (*nomination form on Page 18*). All positions will be declared vacant.

Note: You must be a financial member to stand for positions or to vote at the meeting.

Coinciding with Annual General Meeting will be a short trophy presentation recognising the achievements of our members throughout the previous season.

We sincerely hope to see everyone on the 19th June to catch up and reflect on past glories and plan for the future.

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2007 State Champions Gianna Mogentale (W45), Philip Carrero (M55) and Anthony Butt (M30)



## New South Wales Masters Athletics Inc.

Postal Address: 8 Edinburgh Crescent, ST ANDREWS, NSW 2566, Australia

The Waratah is the official newsletter of NSWMA Inc.

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

### Committee and Office Bearers

**President:** Mark Johnston

8 Edinburgh Crescent, ST ANDREWS, NSW 2566

Phone: 02 9820 2146 Mob: 0419 914 915

[president@nswmastersathletics.org.au](mailto:president@nswmastersathletics.org.au)

**Vice-Presidents:**

Susan Newton

[SNewton@alznsw.asn.au](mailto:SNewton@alznsw.asn.au)

Greg Nicol

[rnic@optusnet.com.au](mailto:rnic@optusnet.com.au)

**Secretary:**

[secretary@nswmastersathletics.org.au](mailto:secretary@nswmastersathletics.org.au)

**Treasurer:** Nancy Lloyd

Phone: 0411 270 393

[treasurer@nswmasterathletics.org.au](mailto:treasurer@nswmasterathletics.org.au)

**Editor:** Phil Frkovic

Phone: 0400 385 611

[editor@nswmastersathletics.org.au](mailto:editor@nswmastersathletics.org.au)

**Registrar:** Garry Womsley

33 Andrews Ave, TOONGABBIE, NSW 2146

[registrar@nswmastersathletics.org.au](mailto:registrar@nswmastersathletics.org.au)

**Records & Awards:** Jim McGrath

35 Sylvan Ave, EAST LINDFIELD, NSW 2070

[records@nswmastersathletics.org.au](mailto:records@nswmastersathletics.org.au)

**Track Representative:** Alec Walker

[secretary@nswmastersathletics.org.au](mailto:secretary@nswmastersathletics.org.au)

**Field Representative:** Andrew Atkinson-Howatt

[javelin3@optusnet.com.au](mailto:javelin3@optusnet.com.au)

**Walks Representative:** Jim Seymon

**Distance Running:** Frank Scorzelli

**Uniforms:** Lynette Smith (acting)

[Lynette.Smith@dnr.nsw.gov.au](mailto:Lynette.Smith@dnr.nsw.gov.au)

### 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 April 2007 and May 2007

June					
Ernest LESEBERG	35	Ronald STUART	70	Donald MATHEWSON	60
Paul DAVIDSON	35	Russell FOY	80	Brian HODGSON	65
Donald McLACHLAN	35	July		Joan PURCELL	65
Janet NAYLON	40	Brett KINGSTON	35	Ronald WILLS	65
Keith BATEMAN	50	Darren RILEY	40	Norman COOPER	70
Raymond JAMES	55	Garry WOMSLEY	40	Robert CARTWRIGHT	75
Alan CAREY	55	Roberta THOMPSON	45	Kenneth SAUNDERS	75
Elizabeth RADLEY	55	Mark JOHNSTON	50	Olive WEBB	75
		Terrence GIBBS	50	Ronald WERNER	75

## The Presidential Address

As I write it's just a week until the first lady returns from 10 months in China. Therefore training at the moment involves more swinging of mops and brooms than hammers or shots. Yes the white house should be "whiter than white" as the ad goes. But now to matters athletic. I didn't go to Hobart, but heard it was a well-run carnival. We fielded quite a large contingent and numbers were generally up from the last time it was run down there.

As I mentioned last time, it's our turn next year and naturally we want to put on a good show. We want people to leave Sydney with the same impression as from Hobart. Last time we ran the games in 2001 there was criticism from various quarters. One of the keys to making the championships successful is for plenty of members to really get behind the event. It's our championships, ownership is for the whole club not just a handful of people on an organising committee. There are many areas where members might be able to help. For example we will need a photographer, an engraver, printing needs to be done, medals need to be organised, computers need to be borrowed, scales to weigh implements need to be found. I've had an offer of some items for raffle prizes already. If you or the company where you work can offer us anything, whether it be cheap printing or a book or a bottle of wine as a prize, let us know. Every little bit helps. So I'd just like to conclude by issuing a Lleyton Hewitt-sized "COME ON!" to everyone out there to get behind the event.

The World Masters Games local organising committee met for the first time a little while back and preliminary planning is underway. It will be interesting to see what sort of support we can generate on the officiating side of things. This is always the big challenge in track and field. In 2009 the World Masters Athletics Championships are also on, no doubt some people will have to make a decision regarding which event they attend.

Don't forget the AGM is on in mid June, see ads elsewhere in this newsletter. We have the usual set of annual trophies to present and a number of people haven't picked up trophies from the Allcomers Series. To those people, come along and get your gong, they're getting dusty in my garage and I'd hate to see one get mashed by an errant saw or hammer! I think we still need a secretary too so don't be bashful.

We aren't running a Winter Series this year. The suggestion is to take part in one of the ANSW Allcomers meets being run. Check the ANSW website for details.

Also just recently one of our long-time members passed on some old newsletters and sets of results. If you have any old archival material like this let us know. There are some big gaps in the Club history at the moment which would be good to fill.

Lastly for those training for the Worlds, best of luck.

Regards,



2007 State Championships—Alan Carey and John van Stappen M55 60m and Tony Baker M50 25lb Weight Throw



## Letters to the Editor

Dear Editor,

I am writing in response to John Sturzaker's letter regarding the choice of Blacktown as the venue for the 2008 Nationals.

I joined the interim organising committee with the sole purpose of pushing for the selection of Homebush as the venue for 2008 Nationals as I believe it is the premier athletics venue in Sydney. I had heard rumours that other venues were being considered.

At the committee's first meeting in January I presented a document listing the pros and cons of each Sydney venue and Homebush was clearly the best despite the problem of there being no nearby cross country or walks courses. The Easter Show and improved transport timetables were considered as positives rather than deterrents.

An action from that first meeting was to check the availability and costing of Homebush, Campbelltown and Blacktown.

Unfortunately at an anticipated \$18,000 for 4 days hire the cost for Homebush is well beyond the event budget. Further it is due for re-surfacing next March.

You may or may not be aware that Telstra's contract with AA concludes in December 2007. This means that the hosting grant (\$10,000) from AA/AMA cannot be

guaranteed. The low event entry fee (\$7.00 per event) only just covers the medals cost. This would have to be increased significantly (to \$20 or more per event) to afford the premier athletics venue.

So with due fiduciary responsibility (and reluctantly) we considered other venues.

Due to the large number of throws that are additional to a normal track and field program (i.e. weight pentathlon and weight throw) a venue with a second track or outside throws area is required to conduct the Nationals program. Over the course of a further 3 meetings, many emails and 2 venue inspections it was determined that Blacktown was the next most suitable venue. It is in fact the only venue other than Homebush that can accommodate the event.

Blacktown has recently been upgraded, has a new covered grandstand and at a fraction of the cost of Homebush is affordable.

Elsewhere in the April edition of The Waratah, the President calls for members to join the Organising Committee and I would strongly urge anyone who has something constructive to contribute, to join the Committee.

Kind regards

Janet Naylor

(2008 Nationals Planning Committee member & athlete)

## 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](mailto:editor@nswmastersathletics.org.au)

## Membership Subscriptions Now Due

Dear All,

Just a reminder that club subs are due. I have now activated the on-line renewal process via the ANSW IMG facilities. Both Nancy and I have tested it by renewing with our credit cards. It appears to work OK. 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?

### Renew your subs on-line

Yes, now you can renew your Masters' subs on-line with your credit card. This can be done via the Athletics NSW website using the "Members Section" option on the home page menu. There are two slightly different procedures depending upon whether you are registered with Athletics NSW through Masters or not. Not registered with Athletics NSW through NSWMA

(most people)

Choose "New Registration" then select "NSW Masters Athletics" from the dropdown list of clubs and then select "NSWMA member only" from the list of possible fees. From there on just follow the prompts leading eventually to credit card payment.

Registered with Athletics NSW through NSWMA (only about 20 people)

Choose "Login" instead of "New Registration". 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](mailto:g.womsley@olex.com.au)). Once you have logged in select "Registration Renewal" and follow the prompts leading to credit card payment. You can also change your id and password to something you can more easily remember.

regards,

Mark

## 2007 Nationals: W40 Sprints Proved to be the Best of All Time

**By Gary Kidd**

The lead up to this championship was proved to be a magnificent contest between Gianna Mogentale of New South Wales and Julie Brims from Queensland.

In 2006 Mogentale broke Una Lund's twenty five year old 100m record of 12.48 taking it to 12.47. As Una is a Queenslander it was only fitting that Brims got it back in December recording a time of 12.46.

Not to be outdone Mogentale equalled this time at her State Open Championships in February 2007

March was to be the month that these two brilliant sprinters would take this record to a new level. At her State Masters Championships Brims ran an amazing 12.37. However, one week later at the NSW Masters Championships Mogentale ran 12.26.

The stage had now been set for Hobart.

As a prelude to the 100m they would face off first in the 60m where Brims held the Aust record with a time of 7.92. In a close race Mogentale prevailed clocking 7.86, a new Australian record. Brims second in 7.93.

Now it was time for the main event, the 100m. Would Julie be the first Australian since 2000 to defeat Gianna over 100m in her age group or would the defending champion rise to the occasion? We were all about to find out.

With introductions completed they were now in the starter's hands. With a hush of expectation they were away, with Gianna winning the start. Julie pushed hard to bridge the gap but it was too late as Gianna went on to win in a championship time of 12.37, with Julie clocking 12.54.

The following day the 200m proved to be ar-

guably the best race in Australian W40 history.

Brims found herself leading into the straight. Mogentale mounted a challenge that would push both athletes to a championship record and give Brims her first win over her rival in a photo finish. Brims 25.35, Mogentale 25.36. Wow, what a race!



After the 200m the 400m was a bit of a let down with Mogentale totally dominating and winning in a time of 58.09, Brims second 60.95.

Mogentale was also part of the winning NSW 4 x 100m W120+ (Forster, Strong, Hobson) in an Australian record of 48.86, and backing it up in the 4 x 400m W120+ winning team of Smith, Hobson, Forster, also an Australian record in a time of 4.14.96.

## National Championships – Hobart, 2007: An Athlete's Perspective

### By Noel Peters

I have often pondered over this – what constitutes a good athletic meet? Is it outstanding performances, records broken, an emotive moment? Is it the camaraderie, the bonhomie between competitors or the friendliness of the hosts .... or could the locale have something to do with how one perceives a meet to be – successful and pleasing or otherwise.

Let me endeavour to answer this all-important question by saying that all of the above come into consideration when one is deliberating whether it was a good or mediocre meet and of course one's own performances have a significant bearing on the answer too. None-the-less two factors stand out for me: the hosts and the venue.

From a personal perspective I have always had the most cordial relations with those Tassie types. They have been convivial, considerate and co-operative, extending little courtesies such as making allowances for athletes who have not checked in exactly 59 minutes and 59 seconds before their events, providing lifts for the tired and sore, information for the lost and unaware, and all-in-all, proving again and again the relevance of the word 'host'.

The events ran to schedule and athletes were made aware of forthcoming events well in advance. Equally impressive was the fact that medals winners received their medals almost immediately after the event with all competitors given the opportunity to stand on the victory dais and be given due recognition by the crowd. And if that wasn't enough, there was even an engraver present who engraved medals & (believe it or not) – AT NO COST – FREE - GRATIS!!!

As to the venue – Enchanted Isle would be as appropriate a nom-de-plume as Apple Isle as Tassie has so much to offer: beaches, mountains, rivers and rugged terrain - and that's in the immediate proximity of Hobart. Go one step further to left or right and you are transported into a mystical wonderland of mists and memories, cradles and doves – lakes and mountains ..... if you get my drift. And amidst all this pristine beauty there are the areas around the island that are rightfully

world heritage listed, the moonscape of denuded Queenstown, the wild raging torrents of the Franklin and Gordon Rivers with their breathtaking, churning, gushing, raging waters, spectacular waterfalls, 1000 year old trees - majestic sentinels to a time long ago (sadly being lost to our civilisation because of some uncivilised acts). To add to all this there are the wild, snappy, snarly, yet intriguing Tassie Devils, unique to the island and unique to the world (though currently affected by a virus that is eroding their population in large numbers). I could rave on about the joys of Bicheno on-the- beach, the superb hot springs and limestone caves of Hastings or the awe-inspiring beauty of the Freycinet Peninsula and Wine Glass Bay but someone might think I have a vested interest in the place. Suffice to say, Tassie has so much to offer everyone and no doubt many of us had the great joy of experiencing some of those bountiful treasures.

But what of the athletics itself? Well, NSW was well represented with a large contingent of athletes making the trip down and acquitting themselves remarkably well in the main. Of course there were outstanding performances and hard luck stories (to the latter, later). I know there were NSW winners galore: Keith James, Andrew Atkinson-Howatt, Jim Soutar, Mary Thomas, Stuart Gyngall – all throwing the best part of a tidy distance to record wins in their specialities: hurling implements of all shapes and sizes better/further than the rest and displaying all the grace and guile of champions.

Sprinters too did outstandingly well – John Van Strappen running as only he can, Peter Crombie, Neville McIntyre, Julie Forster, Gianna Mogentale, Lyn Smith – all fleet of foot and winning their special events well.

We can't overlook the jumpers can we, especially those fine gentlemen who grace the jumps arena and make it all look so easy - Jack Sturzaker, Jim McGrath and the grand old man of track and field Mr Fred O'Connor, all generous with their friendship and advice; Gavin Murray, Max McKay and bringing up the rear – yours truly - who though still a novice amongst this august group, none-the-less gets as much enjoyment playing in the sand as do the others and occasionally even



managing a win.

Sadly, there are some names that would head the list of outstanding performers but are no longer members of our fraternity: Marie & John Kay, Noreen Parrish, Denise Palmer, Joy Schmidt. Each one of them is outstanding in their own right and acquitted themselves with distinction at the Nationals ..... but sadly, wearing uniforms for other States. Once proud members of our club they are now competing for other States and if there is any veracity to the rumour, because of in-house bickering and politics that should never have been allowed to circulate and fester, but unfortunately, seems to have done just that. We can only hope that this situation is contained and whatever caused the angst is addressed, and these fine athletes return to the fold.

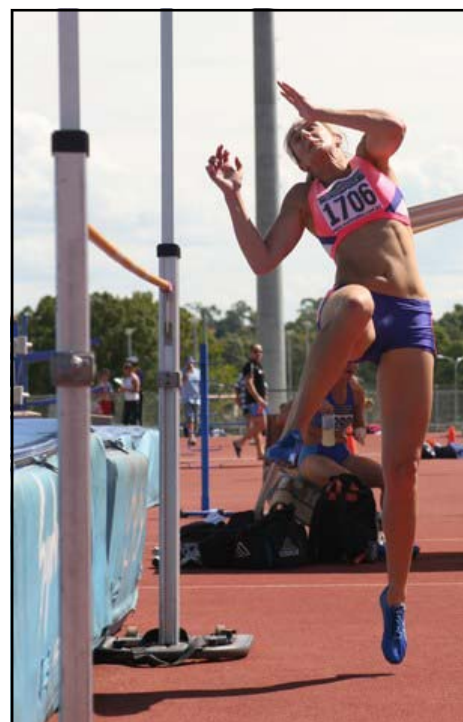
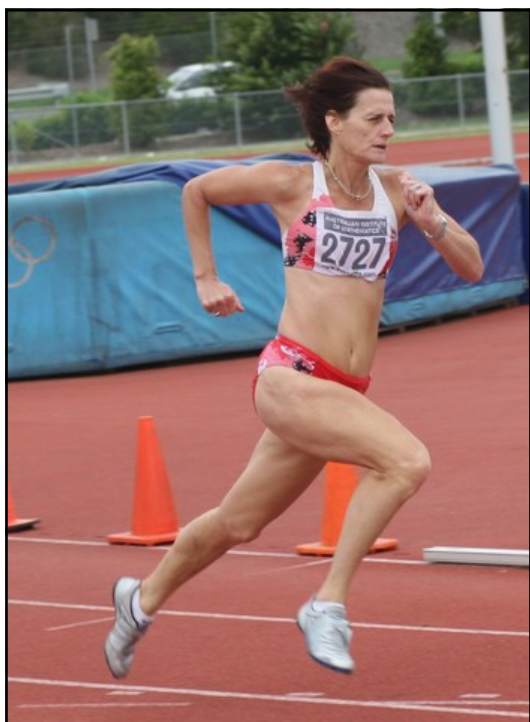
In mentioning some I undoubtedly will do injustice to others who gave of their utmost and performed feats of great strength and speed and agility but were not mentioned. My sincere apology in not listing your names: it is not so much that I was remiss as unaware of each and every individual performance so have not included you. You deserve as much commendation and recognition as anyone for your efforts and long may they continue. (I should also add I am not the official recorder of events just a hack writer who enjoys putting pen to paper).

One or two hard luck stories come to mind too: Alan Carey stumbling at the start of the 60m and never quite recovering; Peter Crombie injuring a hamstring, Mike Sharkey not even making it onto the track owing to an injury incurred prior to the Championships. Undoubtedly there were many other similar stories of sore muscles, bad backs, gammy legs, just operated shoulders, to-be operated knees, bad feet, or for that matter, bad feats as a result of these misfortunes. (I learnt early in the piece not to ask a masters athlete "How are you?" unless I had a good 20-30 minutes to listen to the litany of problems physical and psychological that would come forth in a torrent in response. So I say instead, you look well.)

So, was it a good Meet? Unequivocally yes, if I apply my own yardstick to determine what constitutes good in this context. Fingers crossed that the Nationals in Sydney 2008, when we are the hosts, will receive at least the same positive comments from our guests.

Happy training and many injury-free moments.

P.S. Even though Blacktown has been chosen as the venue for the Nationals, I remain hopeful that good sense will prevail and the venue changed. Blacktown offers little by way of an attractive venue; it is out of the way, isolated and certainly doesn't 'showcase' Sydney. Perhaps Homebush is the ideal spot and well worth considering.



2007 State Championships—Jackie Bezuidenhout W40 200m, Lajos Joni M50 Hammer Throw and Julie Forster W45 High Jump

## FRIENDLY AND EFFICIENT HOBART NATIONALS.

### Report by Bryan Thomas ACTVAC).

Many visiting athletes, especially those at the last national championships held in Hobart and indeed the local organising committee, were concerned that cold and/or wet conditions might be a problem for these 35th Telstra AMA Championships. However, the weather throughout Easter could not have been better with daily temperatures ranging from 17 to 24 degrees and sun-cream more likely to be needed than jackets.

This was the fourth occasion Tasmania has hosted our Australian Championships, the first being in 1985, then 1992 and the third was the infamously cold and windy carnival in 2000. All three previous championships were characterised by being efficiently conducted by friendly officials and volunteers and this Easter the Tasmanian Masters Athletics club further enhanced their deserved reputation. The many junior athletes clad in bright yellow T/shirts doing all sorts of tasks were greatly appreciated by competitors. Hopefully they enjoyed the experience and were inspired by observing the outstanding efforts of athletes many decades older than themselves. Two other aspects of these championships won widespread approval; they were the efficient medal presentations that immediately followed the completion of every event and the absence of a call room.

Not only was Hobart blessed with beautiful warm autumn weather and efficient and friendly personnel but organisers also had the use of excellent venues. The Domain Athletic Centre located on top of a hill above the Botanical Gardens and city with Mt Wellington dominating the background makes this track and field venue one of the most picturesque in the country. The Centre was also the venue for the AMA Board Meeting prior to competition and the Coaches' and Athletes' Forums. The 8km cross-country held in the area surrounding the stadium was popular with runners, many of whom commented after the race that the course was a little easier than they had imagined but a good test for off-track running. The 10km and 20km road walks were conducted on an almost level stretch of smooth traffic free road through the middle of Kempton, an attractive little village about 45km NW of Hobart. The Dinner-Dance and Awards Evening is always a highlight and the Tasmanian LOC again organised an excellent social occasion – this time in the ballroom of the Hotel Grand Chancellor over looking Constitution Dock.

The LOC were thrilled that 431 competitors, almost a

hundred more than in 2000 and only about sixty less than in Canberra last year, entered the championships. Victoria had the largest contingent with exactly 100 athletes, followed by the hosts with 96, NSW 92, Queensland 61, ACT 30, WA and SA 26 each, Northern Territory 1 and 3 from NZ.

Approximately 37.5% of participants were women; Western Australia had the ideal - equal numbers of men and women in their team while Queensland with 44.2% and the ACT 42.2% had the next best female representation. Most popular age group for men was M45 with 44 participants just three more than M65 while for women the W40 and W60 each had 24.

Older age groups were well represented with eleven M80s and three W80s. The remarkable and inspirational Ruth Frith from Queensland at 97 years-of-age was the most senior competitor as she has been for so many championships, while Victorian M85 Ken Matchett was the oldest male. Ruth and daughter Helen Searle featured in a story and photograph displaying the eleven gold medals won between them on the front page of the Hobart Mercury. Unfortunately M90 Victorian Andy Smith was unable to make it to Hobart and so sadly broke a unique and historic string of having participated in every national championship since they commenced in 1973.

Hobart witnessed the introduction of three new events – 60m dash, three age bands for relays and the 20km road walk available for all race walkers. With the addition of the 60m, sprinters are now even better catered for with a sprint each day. The 200m was the most popular event with 120 nominations, the 100m had 118 and the 5000m 117. Women favoured the discus throw with 51 entries, closely followed by the 200m with 50, javelin 49 and shot and 100m 48 apiece; on the other hand men were more attracted to the 5000m and cross country with 78 and 74 entries respectively. Least popular events were the 20km walk (9 men and 3 women) and the women's pole vault with only two participants. Increasing popularity of the throws pentathlon creates logistical difficulties for organisers, but the 81 men and 37 women who participated in Hobart were pleased with how the event was conducted.

The average competitor entered four and a half events but some participated in many more. Most active were M75 Rad Leovic (ACT) with 15 events, M65 Don Chambers (Vic) 14, M45 Mark Cepak (NSW) 13 and M55 Rob Antoniolli (WA) 12; while a pair of W40s Jennifer Baldwin (Vic) and Sharon Moloney (WA) were the busiest women completing



ten events each. Most of these fit, enthusiastic and multi-talented athletes also included the pentathlon and/or throws pentathlon in their program. M70 New Zealander Ron Johnson, renowned for the number and variety of events he usually participates in championships, this year restricted himself to just eight. His explanation was that his preparation had not been ideal for serious competition because he had only just got off a cruise on the Queen Mary. Oh how awful!

These championships, like all before them, had its share of outstanding performances. Western Australian race walker Lyn Ventris who recently moved up to the W50 age group set two new World Records – 5000mW (23.37.78) and 10km road walk (48.27); times most athletes her age dream of achieving in a run let alone maintaining the technically difficult gait of race walking.

Apart from Lyn's World Records there were many new Australian and Championship Records set and of course even many more PBs achieved.

Listed is just a sample of some other outstanding individual performances - M70 Hugh Coogan (Q) 60m 8.50 and 200m 27.77, M75 Jack Thackray (ACT) 60m 9.47 and 100m 15.33, W45 Julie Forster (NSW) 200m 26.42 and W40 Gianna Mogentale (NSW) 100m 12.37 and 400m 58.09 in the sprints; middle distance runners M70 David Carr (WA) 800m 2.34 and 1500m 5.29, M45 John Jago (T) 1500m 4.14, W45 Victoria Gunn (T) 800m 2.38 and 1500m 5.06 and W60 Peggy MacIver (WA) 800m 2.58; long distance runners M70 Colin McLeod (Q) 2000m steeple 8.48 and 5000m 20.26, M65 Peter Sandery (SA) 10000m 37.40 and 5000m 18.36, W40 Glenda Banaghan (Q) 10000m 35.48 and 5000m 17.05 and W55 Bronwen Cardy (V) 10000m 37.50 and 5000m 18.52 ; hurdlers M65 MikeStevenson (T) 100mH 16.95 and W45 Marie Kay (Q) 80mH 12.72; race walkers M45 Mark Donahoo 5000W 24.19 and 20kmW 1.54.52 and W55 Heather Carr (V) 5000W 26.01 and 10kmW 54.53; jumpers M45 Volodymyr Shelever (NSW) high jump 1.76m and triple jump 11.79m, W45 Marie Kay (Q) long jump 5.08m and W35 Kylie Strong (NSW) long jump 5.07m and triple 10.29m; and throwers M55 Bob Banens (ACT) javelin 47.39m, M40 Stuart Gingell (NSW) shot 15.82m and discus 44.81m, M60 Graeme Rose (V) heavy weight 18.33m, W55 Lisa Kirsch (T) hammer 46.14m and shot 11.40m and W30 Byrony Glass (WA) hammer 53.93m and heavy weight 16.41m.

Two special "Champion of Champions" events are always features at the national championships. The Champion of Champions sprint, first conducted in

1987, is a handicapped 100m race for the best eight age-graded performances for both men and women run in the 100m finals. South Australian 78year-old Ann Cooper won in a close photo finish from W40 Gianna Mogentale. This was Ann's fifth victory in this prestigious event, having previously won last year and also in 2002, 03 and 04. M70 Hugh Coogan (Q) was the winner of the men's race. The other Champion of Champions event is a handicap throwing competition, first held in 1999, in which winners of each age group are invited to participate. This year shot put was the designated throw. W55 Lisa Kirsch (T) won the women's event while M40 Stuart Gingell (NSW) was male champion.

The Royce Foley Award, introduced 1996, is presented to the male and female with the highest point score in the weight pentathlon, but may only be awarded to the same athlete once during each five-year age group. W65 Jan Banens (ACT) and M65 Keith James (NSW) were the 2007 recipients.

Highlight of the Sunday evening dinner-dance is always the presentation of the annual AMA "Asics" Awards for outstanding athletic performances achieved in the previous year (2006). Finalists for each of the eleven categories are nominated by each state or territory and the winner is announced in an Academy Award style keeping the audience guessing. This year's winners are – M60 Peter Crombie (NSW) sprints/hurdles, M80 Norm Pearce (Q) middle distance, W65 Theresa Baird (V) distance, M60 Andrew Jamieson (V) walks, M40 Stuart Gingell (NSW) throws, W35 Irie Hill (V) jumps, W40 Julie Brims (Q) multi/relays, M60 Robin Whyte (ACT) most outstanding performance, W45 Marie Kay (Q) most outstanding female athlete, M70 Hugh Coogan (Q) most outstanding male athlete and Frank Rogers (SA) administrator/official of the year.

Being part of the nationals is not only about athletics. Just as important is the socialising at the venues and at the dinner-dance as well taking time to explore another city and state. Many visiting athletes enjoyed dining in the numerous and excellent seafood restaurants and takeaways on the Hobart waterfront then after the championships setting out for a holiday to various attractions throughout Tasmania.

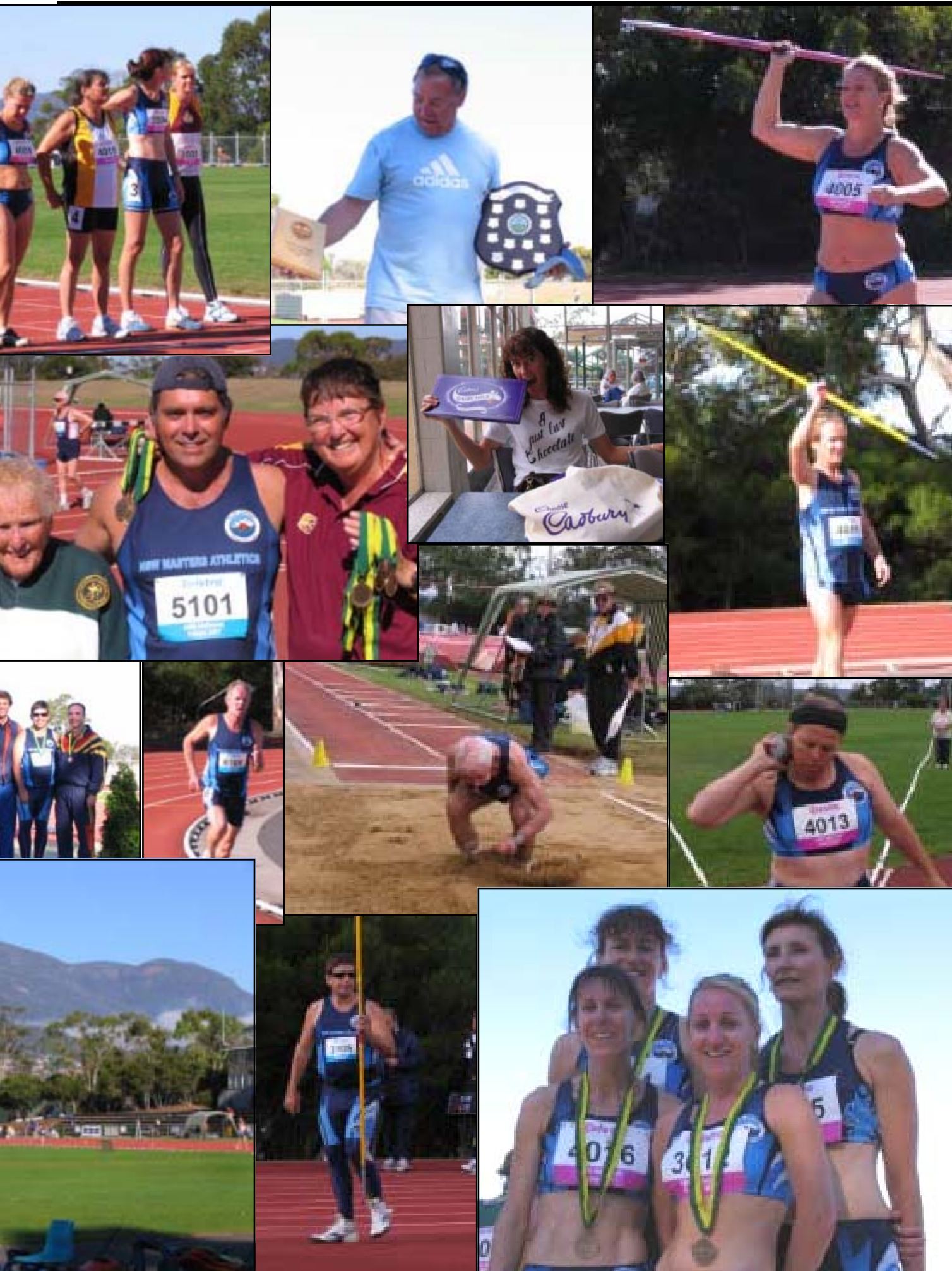
Thanks Tassie. Now we look forward to the 36th AMA Championships to be held at Blacktown Olympic Park (NSW) next Easter and the 2008 Oceania Masters Athletics Championships in Townsville (FNQ) in late July/early August next year. See you there.

2007 Nationals Photo Gallery

By Andrew Atkinson-Howatt









2007 State Titles - Photo Gallery  
By Philip Frkovic









## AMA News

### Archiving AMA History

AMA is currently drawing up guidelines for archiving its History and would be pleased to receive an Expression of Interest from anyone with archiving experience to review the draft document and offer guidance in how to request, gather, sort/organise and scan information, write up, store and disseminate it. It is important that our History and information on past great masters athletes is not lost. Please send your EOI and details of experience by **30 June** to AMA Secretary, Hazel McDonnell, email: [secretary@australianmastersathletics.org.au](mailto:secretary@australianmastersathletics.org.au).

### Action Photos

AMA is calling all athletes and club newsletter editors for any action photographs of masters athletes (themselves and/or others) for inclusion in a portfolio of digital images of our history for inclusion in the AMA archives. The intention is to put together the best of the best (pictures) for display at future championship dinners. Please forward any material you have to Bob Banens, email: [banens@ozemail.com.au](mailto:banens@ozemail.com.au) or by mail to: Villa 21 "Melaleuca", 23 Termperley Street, Nicholls, ACT 2913.

### Hall of Fame

At the 2006 AGM details of AMA's Hall of Fame proposal were provided for consideration by the State clubs. As there has been no comment back to the Board it will now go forward for approval at the forthcoming AGM.

The Board suggests the document be included in your next Club Newsletter (still as a proposal), asking members to think about who could be nominated. If the document is too large for reproducing, then please direct your members to the AMA website for viewing. Following approval by the Council at the AGM, and consideration of membership of the subcommittee required to assess and recommend nominations, the State clubs would then be asked to commence nominating appropriate Hall of Fame members.

It is seen that each Hall of Fame member (or living relative as appropriate) would receive a congratulatory letter and associated written summary of their citation (as would be provided on the website and Handbook), as well as an AMA metal plaque citation that incorporates an action or other photograph of the individual in their key event.

### AMA Club Secretaries and Presidents

The following items from the Hobart Board meeting and national championships may be of interest for your newsletters:

Appointments: 2007 WMA Championships, Riccione – Harry Giles and Judy Cooper (Qld) were appointed

Team Managers and Bruce Farlow (Qld) appointed as Team Massage Therapist. Wilma Perkins and Peter Crombie were appointed Team Relay Selectors. Once entries have been finalised, Judy and Harry will provide competitors with their contact details and other relevant information prior to departure for Riccione.

On-line Entries - NSWMA will trial use of on-line entries for the 2008 AMA national championships to be held in Blacktown 21-24 March.

### AMA "Asics" Awards

Announcement of the winners of the AMA "Asics" Awards for outstanding athletic performances achieved in the previous year (2006) were again a highlight of the annual Championships Dinner Dance. Finalists for each of the eleven categories are nominated by each state or territory.

The judging criteria for these awards included consideration of all outstanding performances, not necessarily winning performances. Masters competition throughout the 2006 season included participation in the Athletics Australia Telstra A Series, AMA National Championships in Canberra, WMA Indoor Championships in Linz, Austria as well as State Masters Championships, the AMA Marathon, Winter Throws and Multi Events Championships and the various club competitions.

Eleven areas of performance excellence were again recognized and the 2007 award winners were:

#### Sprints/Hurdles

Peter Crombie	M60	New South Wales
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#### Middle Distance/Steeplechase

Norm Pearce	M80	Queensland
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#### Distance

Theresa Baird	W65	Victoria
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#### Walks

Andrew Jamieson	M60	Victoria
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#### Jumps

Irie Hill	W35	Victoria
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#### Throws

Stuart Gyngell	M40	New South Wales
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#### Multi Events/Relays

Julie Brims	W40	Queensland
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#### Most Outstanding Individual Performance

Robin White	M60	ACT
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#### Most Outstanding Male Athlete

Hugh Coogan	M70	Queensland
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#### Most Outstanding Female Athlete

Marie Kay	W45	Queensland
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#### Administrator/Official of the Year

Frank Rogers		South Australia
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## Records Update

### State Records

#### 10km Road Walk

W50	Judy Brown	1: 17: 26.9	05/11/06	Bankstown
M55	Robert Osborne	53.02	18/08/01	Ch. Norton
M50	Ken Smith	1: 03: 36.9	05/11/02	Bankstown
M65	Ron Whitham	1: 04.00	04/04/94	Hobart

#### 2km Steeple

W30	Mary Fein	7: 24.74	09/04/07	Hobart
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#### Weight Throw

M80	Jim Peridis	11.87	4/11/06	Gold Coast
M65	Keith James	14.51	17/03/07	Camp
M65	Keith James	14.62	09/04/07	Hobart
W40	Gabriele Watts	12.52	09/04/07	Hobart

#### 100lb Wt

M50	Terry Gibbs	2.84	02/10/06	ACT
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#### Weight Pentathlon

M65	Keith James	4120 pts	17/03/07	Campb.
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#### Discus

M65	Keith James	44.18m	20/01/07	Bank
M65	Keith James	44.36	08/04/07	Hobart

#### 3km Steeple

M55	Osmo Millridge	11-20.60	30/11/87	Melbourne
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#### Javelin

W35	Lynette Smith	37.21	07/04/07	Hobart
M50	Andrew A-Howatt	47.73	07/04/07	Hobart

#### 4x400 Relay

W30		4: 14.90	09/04/07	Hobart
	Lynette Smith, Raneli Hobson Julie Forster, Gianna Mogentale			

#### 60m

W30	Raneli Hobson	8.02	06/04/07	Hobart
W35	Melissa Mendicott	7.98	25/07/06	Sydney
W40	Gianna Mogentale	7.86	06/04/07	Hobart
W60	Noreen Parish	9.81	07/11/04	Gold Coast
M35	Ernest Leseberg	7.31	06/04/07	Hobart
M45	David Isakson	7.49	05/11/06	Gold Coast
M50	John Van Stappen	7.52	02/11/09	Gold Coast
M65	Albert Gay	9.15	25/03/07	Campbell -

#### town

M75	Norm Windred	9.56	02/11/04	Gold Coast
M80	Fred O'Connor	11.05	06/04/07	Hobart

#### 200m

W40	Gianna Mogentale	25.36	08/04/07	Hobart
W45	Julie Forster	26.44	03/03/07	Sydney

#### Pole Vault

M30	Anthony Butt	3.65	24/03/06	Campbell - town
M65	Albert Gay	2.80	24/03/07	Campbell - town

#### 100m Hurdles

M55	Stephen McGugan	16.47	06/ /07	Campb.
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#### 400m Hurdles

M55	Neil Fowler	1: 06.02	28/01/07	New
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#### 3000m

W35	Cristine Suffock	11: 45.58	16/12/06	Syd
M50	Keith Bateman	9: 10.16	16/12/06	Sydney

#### High Jump

W35	Lynette Smith	1.58m	6/04/07	Hob
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### Australian Records (and State Records)

#### 60m

W30	Raneli Hobson	8.02	6/04/07	Hobart
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#### 100m

W40	Gianna Mogentale	12.26	24/03/07	Campb
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#### 2000m SteepleChase

W30	Mary Fein	7: 24.74	7/04/07	Hob
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#### 300m Hurdles

W65	Francis Harris	67.37	7/04/07	Hobart
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#### 100lb Weight

M30	Brett Kingston	2.86m	2006	ACT
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#### 56lb Weight

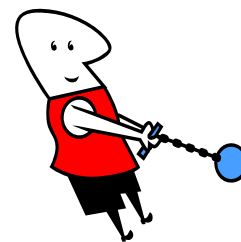
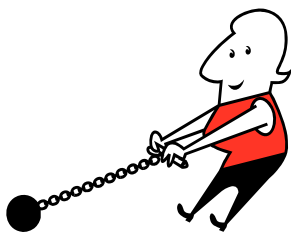
M30	Brett Kingston	5.05m	2006	ACT
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#### 4x100m Relay

W30		49.63	18/11/06	Sydney
	Raneli Hobson, Roberta Thompson, Gianna Mogentale, Kylie Strong.			



2007 State Championships—Volodymyr Shelever; Anthony Albanese & Jim Seymon; Salvina Agius & Graham Allomes; Peter Crombie



**SPRINGWOOD DISTRICT ATHLETIC CLUB**  
In conjunction with  
**NSW Masters Athletics and ACT Veterans Athletics**  
*Invite you to be part of our*

## **6th ANNUAL MID WINTER THROWS COMPETITION FOR SENIORS & MASTERS**

*A special throws only competition has been organized with NSW Masters and  
ACT Vets*

*This will be held on*

**Sunday August 19, 2007**

*At*

*Tom Hunter Park , Faulconbridge (Springwood, Blue Mountains).*

*Events will include*

***Shot      Discus      Hammer      Javelin      Heavy Weight Throw***

Each event will be 6 throws, the first 3 of which will go towards a weight pentathlon competition.

*A BBQ lunch will be available.*

**Athletes must have current registration with NSW Masters or ACT Veterans Athletics or  
ANSW or AMA (insurance)**

Pre -Entries by Friday August 10 encouraged \$6 general entry plus \$3 per event

Late entries or enter on the day will cost \$12 plus \$5 per event.

***Please note start time 9 am sharp.....***

We may have to run some events ourselves, but come along and have an enjoyable and relaxed competition day.

**AWARDS** - Competitors will receive a participation medallion and a laminated certificate which will include a record of their performances on the day.

For further details and entry confirmation, please phone Brett Sowerby 0417 661 938 or email [waxtech@bigpond.com](mailto:waxtech@bigpond.com)

Entry forms and details also available from Springwood District Athletic Club's fantastic website at [www.springwoodathletics.org](http://www.springwoodathletics.org)

**SPRINGWOOD DISTRICT ATHLETICS CLUB**  
**Winter Throws ENTRY FORM**

EVENT : 6<sup>th</sup> Annual Seniors and Masters Throws Day, August 19, 2007

SURNAME..... GIVEN NAME.....

ADDRESS.....

CONTACT NUMBER..... email.....

CLUB..... GENDER            M            F

DATE OF BIRTH..... VET'S AGE DIVISION.....

EVENTS ENTERED            (Circle)

Shot            Hammer            Discus            Javelin            Weight throw            Weight pent.

FEES            Note: Pre-entries close on Friday August 10, 2007. Late entries accepted on the day with penalties.

Note:            Weight pentathlon counts as one event

Entry fee	For entries prior to August 10 \$6.00	For late entries \$12.00
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Plus

Event entry @	\$3.00 per event	\$5.00 per event
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TOTAL
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**DISCLAIMER**

I confirm that as at August 19, 2007, I am registered with NSW Masters Athletics Inc. or Athletics NSW or Australian Masters Athletics (can be via ACT Masters Athletics).

In consideration of acceptance of my entry I hereby waive all and any claims or causes of action which might now have or may at any time in the future have against Springwood District Athletics Club, NSW Masters Athletics Inc, Australian Masters Athletics Inc. Athletics NSW and/or any competitor, manager, official, organiser or other person whomsoever is involved in any event or function conducted as part of the Springwood District Athletics Club Seniors and Masters Throws Day, 2007 who may be liable to me in any way, arising out of or incidental to the events or functions conducted as part of the Springwood District Athletics Club Seniors and Masters Throws Day, 2007.

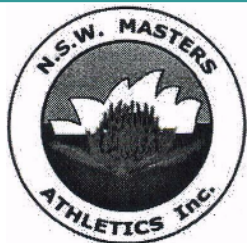
SIGNED..... DATE.....

PLEASE RETURN WITH ENTRY FEES (MONEY ORDER OR CHEQUE payable to Springwood District Athletics Club Inc) by August 10, 2007.

POST TO:  
Brett Sowerby  
P O Box 153  
Springwood NSW 2777

Enquiries to:    Brett Sowerby  
                         02 47 511 637 or  
                         0417 661 938  
                         waxtech@bigpond.com





# NSW MASTERS ATHLETICS INC

## 2007 COMMITTEE NOMINATION FORM

Committee positions are:

President  
Secretary  
Records & Rankings Officer  
Editor

Vice President  
Treasurer  
Registrar  
Publicity Officer

**NOMINATIONS MUST BE RECEIVED BY THE SECRETARY BY  
TUESDAY 5 JUNE, 2007**

All positions will be declared vacant. You must be a financial member of NSWMA to vote or to nominate for a position.

Nominations will be taken from the floor on the night, **ONLY** in the event of no prior written applications.

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### **PART A:**

I hereby wish to nominate \_\_\_\_\_ for the  
position of \_\_\_\_\_

Proposer: \_\_\_\_\_ Signature: \_\_\_\_\_

Seconder: \_\_\_\_\_ Signature: \_\_\_\_\_

Date: \_\_\_\_\_

I, \_\_\_\_\_ agree to the nomination and am  
willing to take on the position of \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Nominations to returned to:

**Secretary—NSWMA  
c/o 8 Edinburgh Crescent,  
ST ANDREWS, NSW 2566**

## Links on the Web

### International

World Masters Athletics

[www.world-masters-athletics.org](http://www.world-masters-athletics.org)

International Association of Athletic Federations

[www.iaaf.org](http://www.iaaf.org)

Oceania Masters Athletics

[www.oceaniamastersathletics.org](http://www.oceaniamastersathletics.org)

### Australia

Australian Masters Athletics

[www.australianmastersathletics.org.au](http://www.australianmastersathletics.org.au)

Athletics Australia

[www.athletics.org.au](http://www.athletics.org.au)

Athletics Gold

[www.geocities.com/geetee](http://www.geocities.com/geetee)

Athletics in Australia - Historical Results

[www.athletics.org.au/history](http://www.athletics.org.au/history)

Australian Track and Field Coaches Association

[www.atfca.com.au](http://www.atfca.com.au)

### States

NSW Masters Athletics

[www.nswmastersathletics.org.au](http://www.nswmastersathletics.org.au)

Athletics New South Wales

[www.nswathletics.org.au](http://www.nswathletics.org.au)

Lollylegs - Masters Athletics

[www.lollylegs.com](http://www.lollylegs.com)

ACT Veterans Athletic Club

[www.apex.net.au/~actvac\\_web/index.html](http://www.apex.net.au/~actvac_web/index.html)

Queensland Masters Athletics Association

[www.mastersathletics.com.au](http://www.mastersathletics.com.au)

Victorian Masters Athletics

[home.vicnet.net.au/~vicvets/introfr.html](http://home.vicnet.net.au/~vicvets/introfr.html)

South Australian Masters Athletics

[www.samastersathletics.org.au](http://www.samastersathletics.org.au)

Masters Athletics WA

[www.mastersathleticswa.org](http://www.mastersathleticswa.org)

### Competition Sites

Pan-Pacific Masters Games

[www.mastersgames.com.au](http://www.mastersgames.com.au)

2007 World Championships

[www.riccione.vma2007.org](http://www.riccione.vma2007.org)

World Masters Games

[www.sydney2009mastersgames.com.au](http://www.sydney2009mastersgames.com.au)

### Throwing

Australian Hammer Throwing

[www.hammerthrowing.com.au](http://www.hammerthrowing.com.au)

Coaching the Throwing Events Field

[www.thethrows.com](http://www.thethrows.com)

Hammer Circle

[www.hammer-circle.co.uk](http://www.hammer-circle.co.uk)

Hammerthrow.org by Harold Connolly

[www.hammerthrow.org](http://www.hammerthrow.org)

Australia's—Hot Circle Coaching

[www.hotcirclecoaching.com](http://www.hotcirclecoaching.com)

Mac Throw Video

[www.macthrowvideo.com](http://www.macthrowvideo.com)

Throwers Club of NSW

[throwersclub.creativit.com.au](http://throwersclub.creativit.com.au)

### Equipment Manufacturers and Suppliers

Kings Track & Field

[www.ktf.com.au](http://www.ktf.com.au)

Nelco

[www.nelcoathletics.com](http://www.nelcoathletics.com)

### Statistics

Athletics Data

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

## Competition Calendar

### August 2007

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

### September 2007

4 <sup>th</sup> -15 <sup>th</sup>	17 <sup>th</sup> WMA World Championships, Stadia ( <a href="http://www.riccione.vma2007.org">www.riccione.vma2007.org</a> )	Riccione, Italy
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### October 2007

5 <sup>th</sup> -14 <sup>th</sup>	Australasian Masters Games	Adelaide
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### July 2007


22 <sup>nd</sup>	Lawler Partners Hunter Valley Winery Running Festival ( <a href="http://www.huntervalleymarathon.net">www.huntervalleymarathon.net</a> )	Hunter Valley, NSW
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### March 2008

17 <sup>th</sup> -22 <sup>nd</sup>	WMA 2008 Indoors Championships	Clermond-Ferrant, France
21 <sup>st</sup> -24 <sup>th</sup>	National Masters Track and Field Championships	Blacktown, Sydney


### July 2008

28 <sup>th</sup> - 3 <sup>rd</sup> Aug	Oceania Master Championships ( <a href="http://athleticsnorthqld.org.au/oceania2008">athleticsnorthqld.org.au/oceania2008</a> )	Townsville
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**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](mailto: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)