

Official Newsletter of NSW
Masters Athletics

AUS

THE WARATAH

October 2016

Perth 2016
World Masters
Athletics Championships
26 October - 6 November



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The Presidential Address

Entries have closed for the World Masters Titles and we have nearly 220 members going. The Vics have topped us in numerical terms with about 250 members attending but then they have a much larger membership. Overall about 1400 Aussie masters have entered. It promises to be a great event and, for some no doubt, opportunity for a holiday. There are various competitions on in the lead up to the worlds, some of which were mentioned in a recent e-News.

Speaking of events and holidays, next year's Nationals in Darwin also promises to be a great opportunity, it's been years since I was in the 'Top End' now. Also the World Masters Games are also coming up next year in Auckland N.Z. The next Oceania Masters Championships will be also in N.Z. in January 2018 then it's back to Australia for the next one, possibly in Dubbo or Cairns. By the time you read this we may well have already run the AMA Winter Throws in Wollongong, ably organised by Stuart Gyngell and his band of helpers down in the Gong.

Secretary Stuart Paterson and I have recently returned from the AMA AGM where a number of changes were made to the AMA constitution including limits on the terms people can serve on the Board. We don't have limits on terms for our committee, but it probably isn't a bad idea. People have a 'use by date' in most cases; you

run out of ideas and it's time for someone new to step in. The AMA is also endeavouring to meet with officials from Athletics Australia to strengthen ties with the open body, something which is long overdue.

Athletics NSW are working up a new strategic plan over the coming months and we will have some input into general discussions as I understand it. The landscape of athletics is changing as many of you may have noticed, with changes to the upcoming summer season and a major push for athletics to be more unified and inclusive in the One Sport initiative.



As mentioned in the recent e-News, we would like to run our annual awards event again next year, after failing to get sufficient numbers in 2016. The committee is tossing around various dates and times, given that we now work on a calendar year for awards. One thought is that it be earlier in the year, possibly coinciding with the Masters' State Titles, expected to be in early March 2017. If you have any suggestions, let a committee member know.

That's all for now and best of luck to those attending the World Titles. **Mark**

Like many of you, I have been flicking through the entry lists for Perth, pleased and terrified in turn by what I find. Having little knowledge of whom I am competing against though confirms the old saying that ignorance is bliss. If, like me, you are performing on the world stage for the first time, that advice is comforting. I have been training three times a week, plus running with the dog another four mornings. That makes seven, and if it hasn't made me ready for Perth then nothing will. Working with children, as well, has proved beneficial by observing my own faults in others. I coach with the Little Athletics in Primary Schools Program and take a primary school high jump group once a week. There's nothing like watching a child throw outside the field because his hips are not straight, or slow down before the bar, or drive up instead of out of a crouch start to make me aware of similar errors in myself.

The other day I added up my best results ever for the seven events comprising my first heptathlon, compared them to the results from Lyon and discovered that, in the happy event that I perform at my best, I will come fourth. Two things can happen now: one, I can work like mad at coming third (recommended) or two, I can relax and not burst a blood vessel trying to scale Mount Improbable. First or seventh would have been less worry. I have also just realized that I have forgotten to practise long jump.

I haven't entered the steeplechase but I did have a quick look and discovered, to my great surprise, that some men and women are competing whom I had never seen in the event before. If you're one of these mysterious adventurers we have just the article for you, **Event Specific Training for Steeplechase** by Garry Womsley on page 12. I recommend you read, mark and inwardly digest this, as the only time I ever tried the event I realized after the first lap of five that I had made a serious mistake in entering. It was only misplaced pride that prevented me from dropping out, eventually limping over the finish line swearing I'd never do this again. If only I'd had Garry's article in front of me!

The Rio Olympics produced an historic women's steeplechase, with two Australians in the final for the first time. It seems obvious to me that this was the inspiration for NSW athletes in Perth. (Hope I'm right.) I love knowing that this race, like many events, has interesting historical roots. Although it's doubtful that doing circuits of a hot tartan track compares to my fond idea of runners chasing each other from the steeple of one English village church to the steeple of another over styles, streams and dry stone walls, Genevieve Le Cage does make it look easy in her photographs. When I saw the race live at the 2016 Sydney Track Classic, however, the men looked pretty worn out by the end.

Our spotlight athlete this issue is **Rod Bennet from Sydney Striders**. Rod is both a runner and a walker and, on page 10, writes vividly about his experience competing in his first 20km walk at Penrith Lakes earlier this year. Now he is off to pursue the same race in Perth.

Donna Hiscox has sent me the **instructions for Perth** that were in the last competitor's email. On the presumption that emails are easy to ignore, I thought it was important to repeat them on page 8.

Garry Womsley has also written about **Parkruns** on page 18. As the veteran of three Parramatta Parkruns where I cut two minutes off my best time by Changing Technique Alone, I recommend this noble institution and am looking forward to reading Garry's slant on them. The last time I went, it was bucketing down and eighty people turned up and ran anyway. This must be a testament to their popularity.

(BTW, my times? 32:30 down to 30:30 without training. It's wonderful what technique can do.)

The Club Championships are just before Christmas this year, on the 17th and 18th December. I've included some tips for getting more points for your club, straight from Athletics NSW. My club at Epping could have benefitted from this last year had we read the fine print, page 9.

On page 14, I decided to delve a little more deeply into the recent exciting developments in **men's high jump** and determine how women might benefit from them.

The AMA Winter Throws competition was held in blustery conditions last weekend at Wollongong. Those results and new records are on page 5.

Lastly, I thoroughly enjoyed my first **Grass Games** on 17th September, photos page 17. The drone, which was used to video the afternoon, was almost as enjoyable as the events themselves. Unfortunately I never saw it land, so was denied the opportunity of finding out how it worked; but it didn't get lost in the trees, a minor miracle as Rotary Park is very leafy and a lovely place to spend an afternoon, right on the Lane Cove River.

You may notice that I have changed my software from Word to Adobe Indesign. I had my first lesson yesterday - thanks, Jo - and, as I lift my design game, I trust you will forgive a few teething problems.

I also hope Audrey will forgive me for recording her as Thomson and Muscat twice each in the same article.

Editor

NSWMA Awards 2016

Newcomers: Kelly Hunter, Michael Laws

Marcus Tooley Award – this recognises an outstanding athlete of either sex in a specific age group:

- 30-39 Melissa Holohan
- 40-49 Paul Stinson
- 50-59 Robert Hanbury-Brown
- 60-69 Nancy Lloyd
- 70-79 Robert Warmoll
- 80+ Michael Johnson

Sprints and Hurdles: Janelle Delaney and Peter Crombie

Middle Distance and Steeplechase: Paula Moorhouse and Donald Mathewson

Distance – Wirrinun Distance Award: Angela Carpini and David Tonge

Walks: Suzanne Brown and Jim Seymon

Jumps: Lenore Lambert and Albert Gay

Throws – Taley Trophy for the best thrower: Mary Thomas and Jamie Muscat

Cross Country: Rosemary Roediger and Jose Carvalho

Multi Events: Gabrielle Watts Ron Simcock

Athletes Champion: E J Davie

Athlete of the Year – Logan Irwin Award: Lenorie Lambert and Ron Simcock



Ron Simcock



GabrielleWatts



Jamie Muscat



Janelle Delaney



Peter Crombie

AMA WINTER THROWS CHAMPIONSHIPS



1-3 October 2016 Wollongong

Photographs Phil Frkovic

The AMA Winter Throws Championships were held over three days, 1-3 October, in Wollongong and competitors quickly discovered that the Illawarra has a well-deserved reputation for strong winds. With six throws each over the five individual events on Saturday, totalling thirty throws in blustery conditions not counting warm ups and repeated on Sunday for those entered in the Pentathlon, it was a one way street to exhaustion for many athletes. Those still standing by Monday also competed in the Heavy Weight throws.

Our thoughts are with Karen Jones as she recovers from an injury sustained over the weekend.

Congratulations to Tom Hancock (M80 VIC) and Audrey Muscat (W35 NSW) for being named male and female athletes of the meet. A big thanks to the hard working members of the LOC - Jill Taylor, Adriana Van Bockel, Pesch and Philip Frkovic - as well as our wonderful officials/volunteers - Ann Grimm, Andrew Atkinson-Howatt, Michael McClelland and Mary Thomas.

Day 1 Individual Events: Hammer, Shot, Discus, Javelin, Weight Throw (m)



Jamie Muscat

M35

Jamie Muscat	48.10, 13.28, 45.78, 33.70, 14.53
Warren Jones	34.72, 8.34, 25.95, 21.39, 10.02
Anatoly Kirievsky	31.01, 8.67, 32.22, 29.95, 9.93

M40

Rodney Watson	33.20, 11.75, 34.35, 37.80, 11.16
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M45

Stuart Sutton	33.09 - 35.76, 31.90 -
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M50

Jim Fassolis	44.27, 11.14, 34.00, - 14.23
Stephen Liggins	28.53, 12.85, 40.85, 47.75, 11.81
Martin Harland	- - 48.25 - -

M55

Sergei Zablotkii	46.05 - - - 13.80
Robert Clark	33.93 - 30.88, 28.43, 12.87
Peter Murray	- 10.79, 28.81, 36.31 -

M60

Lajos Joni	39.25, 10.86 33.10 - 14.46
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M65

Dave Ross	29.00, 8.31, 28.73, 24.33, 11.79
John West	17.79, 7.79, 25.40, 28.58, 9.24
Bob Jones	13.96, 4.89, 13.21, 11.08, 5.43

M70

John Appleton	- - - 27.94 -
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M80

Ron Simcock	38.71, 11.26, 27.66, 27.57, 16.46
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W35

Kelly Hunter	27.41, 10.72, 43.49, 27.63, 10.18
Audrey Thomson	33.17, 9.55, 27.09, 15.65, 10.71
Trudie Barton	23.94, 7.65, 19.37, 19.12, 7.46
Vanessa Beddie	14.01, 5.39, 14.01, - 4.14



Audrey Muscat

W40

Samantha Latanis 31.73, 10.03, 30.06, 21.84, 12.17

W45

Maria Cimino 31.45, 8.30, 22.09, 22.03, 10.35

**W50**

Gabi Watts 43.03, 11.73, 34.40, 22.62, 14.89
 Deborah Engeler 22.93, 7.26, 22.99, 12.96, 8.68
 Denise Fellows 26.13, 6.22, 18.19, 11.66, 8.52
 Donna Hiscox - - 17.52 - -

W55

Ellena Cubban 29.46, 8.95, 20.23, 17.45, 8.59
 Wendy Hord 36.79, 7.44 - 16.63 -

W60

June Lowe 39.74, 9.64, 22.04, 22.92, 11.95
 Jill Taylor 32.54, 7.94, 21.62, 16.12, 12.15
 Kate Clark 24.06, 7.15, 20.52, 17.15, 7.34
 Adriana Van Bockel 18.89, 4.32, 16.24, 12.02, 8.59
 Karen Jones 13.78, 4.89, 11.59, 9.36, 5.87

W70

Mary Thomas 27.70, 7.79, 17.98, 18.96, 10.63

Day 1 Weight for distance**M35** Jamie Muscat 15.09**M65** Dave Ross 14.80**W35** Audrey Thomson 13.63**W45** Maria Cimino 10.76

W50 Deborah Engeler 9.94
 Denise Fellows 7.29

W60 Jill Taylor 17.20
 Adriana Van Bockel 10.18

W70
 Mary Thomas 9.18

Day 2 Throws Pentathlon**W35**

Kelly Hunter 2948 1st
 Audrey Thomson 2251 2nd
 Vanessa Beddie 849 3rd

W40

Samantha Latanis 2663 1st

W45

Maria Cimino 2463 1st

W50

Gabi Watts 3841 1st
 Deborah Engeler 2171 3rd
 Denise Fellows 1927 4th

W55

Christine Shaw 3147 2nd
 Wendy Hord 2998 3rd
 Ellena Cubban 2678 4th

W60

June Lowe 3911 1st
 Jill Taylor 3218 2nd
 Kate Clark 2556 3rd
 Adriana Van Bockel 2180 4th

W70

Mary Thomas 3832 1st

M35

Jamie Muscat 3118 2nd
 Anatoly Kirievsky 1961 3rd
 Warren Jones 1724 4th



Robert Hanbury-Brown

M80

Ron Simcock 4292 2nd

Day 3 Heavy weight throws: 56lbs, 100lbs



HEAVY WEIGHTS: A Serious Business

M40

Rodney Watson 2486 1st
 Stephen Henry 1843 2nd

M50

Jim Fassolis 2771 1st

M55

Robert Hanbury-Brown 2840 2nd
 Robert Clark 2694 3rd

M60

Gavin Murray 3521 1st
 Lajos Joni 2810 2nd

M65

Dave Ross 2458 1st
 John West 2101 2nd

M35

Jamie Muscat 9.53 4.72
 Warren Jones 5.30 2.37

M40

Rodney Watson - 3.63
 Stephen Henry - 3.29

M65

Dave Ross 4.11 2.56

M80

Ron Simcock 3.36 1.71

W35

Audrey Thomson 4.37 2.34

W45

Maria Cimino 3.32 1.65

W50

Denise Fellows 2.27 1.00

W60

Jill Taylor 2.73 1.50
 Adriana Van Bockel 2.28 0.97

New Records set by NSW athletes

Ron Simcock, M80 Hammer throw. 38.71m
 Martin Harland, M50 Discus. 48.25m
 Kelly Hunter, W35 Discus. 43.49m
 Gabrielle Watts, W50 Discus. 34.40m
 Jamie Muscat, M35 100lb weight. 4.72m
 Rodney Watson, M40 100lb weight. 3.63m
 Audrey Thomson, W35, 100lb weight. 2.34 AR



Ellena Cubban

INFORMATION FOR NSW MASTERS ATHLETES

At my request Donna Hiscox, Assistant Event Co-ordinator for Perth2016, has sent the content of the last emailed newsletter. For those of you who, like me, neglect their emails from time to time it contains important information for competitors and should be read carefully if you have never been to a World's before. (I have not.)



COLLECT YOUR REGISTRATION PACK AND ACCREDITATION

- At least one to two days before your first event collect your Registration pack and Accreditation, by attending the Venues West Technical Information Centre (TIC), located in the HBF Stadium, adjacent to the WA Athletics Stadium at Mt Claremont.
- The TIC opens at 9.00am on Sunday 23 October 2016 and will be open each day until the end of the Championships on Sunday 6 November.
- When registering and collecting your accreditation you must show a Government Issued Photo Identification Document (e.g. Passport or Driver's License) in order to confirm your name and date of birth.
- Your Registration Pack will contain three (3) Competition Bibs (numbers) and pins.
- One Bib is for use as identification on your sports bag, the other two are for the front and back of your running top. For the longer events you may receive an additional bib with a 'Timing Chip' contained in the number, so make sure you place this on your running top for the stipulated events.
- Bibs will NOT be available for collection at Non Stadia Events (Cross Country, Road Walks, Half Marathon and Marathon). They must be collected from the TIC beforehand.
- Your Accreditation pass will provide you with complimentary train and bus transport to both Stadiums and the Non Stadia Venues during the Championships.

COMPETITORS' HANDBOOK

- The Competitors' Handbook be issued with your registration pack, it will also be posted on-line late September after the Program Schedule is finalised.
- Apart from the Program Schedule, the Handbook will contain Venue Maps and Competitors Entry List for each Event.
- The Handbook also includes information on Transport to and from venues and Perth City Centre.
- The Handbook contains all information you will need on Call Room Procedures.
- It also contains all information regarding advancement procedures for sprints and field events.

CALL ROOM PROCEDURES

- This is your check in point before your Event.
- The location of the Call Room at both Stadiums and the Non Stadia Events will be indicated on the maps in the Handbook.
- You MUST present at the Call Room at the time specified in the Handbook, or you risk not being allowed to compete.
- Ensure you have your accreditation with you when you check in to the Call Room for identification purposes.

SPIKES

- Both Stadiums have a 'Mondo' Surface therefore, only Christmas Tree or Pyramid Spikes will be permitted.
- Needle spikes are NOT permitted.
- The Call Room Staff will be checking the spikes on your shoes.
- The maximum length of spikes for track events will be 7mm, field events will be 9mm and for the high jump and javelin 12mm.
- Spikes will be available for purchase at the WA Athletics Stadium.

COMPETING WITH HEADPHONES/MUSIC

- Please note the wearing of headphones/music whilst competing in ANY event is NOT PERMITTED under any circumstances.

EVENTS BEFORE PERTH 2016

SATURDAY 8 OCTOBER: Treloar Shield #1 Campbelltown, UTS North Northern Zone, Girraween Athletics

SUNDAY 9 October: IBS Track and Field, Wollongong

WEDNESDAY 12 October, Nowra Track and Field, Athletics Wollongong

THURSDAY 13 October, Newcastle Track and Field

SATURDAY 15 October, Central Coast Run, Jump, Throw. Girraween Track and Field

MONDAY 17 October, Wallsend Track and Field

WEDNESDAY 19 October, Sutherland Track and Field, Nowra track and Field, Athletics Wollongong

FRIDAY 21 October, Hensley Allcomers, Macquarie Hunter Track and Field

SATURDAY 22 October, Treloar Shield #2 SOPAC, UTS North, Northern Zone, Central Coast, Girraween

HOW TO SCORE MORE POINTS IN THE CLUB CHAMPIONSHIPS

In order to get more points in the **CLUB CHAMPIONSHIPS 17/18 December 2016 SOPAC**, you need to:

1. Read the ANSW FINE PRINT.
2. Correctly EXPLOIT THE RULES.

KNOW THE RULES

Only two athletes may score in an age group. However (and this is the IMPORTANT BIT), **Masters athletes may compete in A YOUNGER AGE GROUP**. In fact, ANSW told me this week that 'the only event at which masters athletes cannot compete in a younger age group is the NSW Masters Championships.' Therefore, if you have more than two men or women in an age group, consider entering one in a younger age group. Give some thought as to how you can best do this to maximize points scored.

Entries close at 12am midnight Tuesday 13th December 2016.

At the time of publishing (30.09.16) the ANSW Summer Handbook 2016/17 was not on their website. The 2015/16 Handbook read:

1.2. Ages are calculated as at December 31 of the year of competition for all age groups (including junior and masters age groups).

1.20. Two athletes from each club are eligible to score points per event. Each club may enter no more than one relay team.

3.2. The Masters division will be for athletes competing in the 30-39, 40-49, 50-59 and 60+ age groups. Athletes may compete out of their natural age group, up an age group for juniors or down an age group for masters and will score points in the age group of the event selected.

3.6 Athlete performances in the NSW Combined Event Championships are to be included in the point scoring for the Club Championships. Triple points will be awarded for places first through to twentieth.

SPOTLIGHT ON

– ROD BENNETT, SYDNEY STRIDERS

‘It is nice to think that, at 62 when I have only ever been a participant of sport but never an athlete as such, one can persevere for a little enjoyment.’



While putting together this edition of the Waratah I was privileged to read Rod’s account of his 20k walk which was published in Sydney Strider’s magazine the Blister. Not being a walker, I began in much the same frame of mind as I read many articles but, by the time I finished, I was hooked. Rod has a gift for relating his experiences from the heart and in such a vivid manner that I was totally drawn in. Like a good thriller, I really needed to find out what happened next.

Here is the link:

<http://www.sydneystriders.org.au/striders/content/Blister/blisters/Blister129.pdf>

Rod has been a member of Sydney Striders for eight years and a race walker for seven. The club has provided both the opportunity and the incentive to get out there and do what he loves. Although he enjoys running and has completed in three of their 10km series this year, he decided after a spate of injuries to focus on race walking.

On 22 May at Chipping Norton, competing for NSW Masters in the NSW Team Walks, Rod won silver in the 10km race walk, 55-64 year age group in 1:10:08.

On Sunday 10 July this year at Penrith Lakes, Rod came third in the Open Men’s 20km walk, competing for Sydney Striders in a time of 2:54:24. In what proved to be a serendipitous decision, Rod swapped on the day from the 5km event he had entered in his Masters age group to the 20km Open event even though the furthest he had ever walked was 15km.

‘Here I was at 62 years of age,’ he writes. ‘Doing something that was way out of my comfort zone and, importantly, to think this was not a Masters age event but a NSW State Open Athletics event that was four times further than my age group event. For me it was about representing Sydney Striders first and foremost and to proudly display the club colours.’

Happily, race walkers are a supportive bunch. Rod’s adventurous move was greeted with encouragement and advice which paid off throughout the race.

‘It is funny knowing that when you are in this situation, being in a place where you have never been before, and wondering how will it all end.

‘I finish the first lap in 15 minutes and 27 seconds and I think, gee, that was not too bad at all. My mind is churning and I start thinking of one lap at a time; I am a Sydney Strider and I have to keep going and I have to finish. My mind is now thinking to focus on getting to five; five laps and ten kilometres. I pass the first water stop at the start of the third kilometre and this will be a decision I will regret.

‘Walking beside the rowing course there is the silence of wind and your mind relaxes for an instant as you look at the ripples of the water. You look for distractions to help you continue to turn over the lap numbers. The one kilometre turn at the lap half way point proves a bit of a difficulty in turning so as to not bend your knees and thus incur the ire of this particular race judge. During each kilometre up and down the course I would pass several race walking judges; thus I needed to focus on my walking style; a mental drain on my energy levels.

‘Before I know it I have completed my second lap in 31 minutes and 17 seconds as I continue to focus on keeping up eight minutes per kilometre. I am now into the fifth kilometre and gladly take water at the water station.



'The lap numbers start to turn and before I know it I have completed five in just over one hour and 19 minutes and I am still under eight minutes per kilometre. My thoughts begin to wander and to focus again I tell myself that the race has just started from scratch and I am on my first lap of five.

'While I am walking there are other races also in action. At one point a walk judge tells me that those training should use the other path, to which I reply, "I am in the main event". I soon realise that I am now in the middle of the race I should have been in. I am now given a lift as they yell out, "keep going Rod", "you are going well mate", "just keep going", "Rod keep your head up". I realize that the ninth kilometre was my fastest kilometre of the race after five laps, as I had other race competitors to help me along.

'I get through the sixth lap and then I am at the end of the thirteenth kilometre in one hour and 44 minutes and bang on eight minutes a kilometre, but I also realise that I am now slowing and the race is now getting tougher.

'As I finish the seventh lap I am now nearly a minute behind my 8k pace time. I then get to the 15 kilometre mark but am finding the turning at the half way mark in each lap hard as I lose pace while turning, and end up goose stepping to turn to avoid bending my knees as I then head back again down to the start line. I finish the eighth lap in two hours and 11 minutes and realise that I am now three minutes behind as I start to head back down for the seventeenth kilometre.

'I then hear the sound of a spectator who has finished his race, "come on Rod you have only got two laps to go mate and you will have a state medal". The emotion of that sound brings me to tears as the pain increases. I

know I have to keep going; I am now in a battle of attrition not knowing whether I will last the distance. The one kilometre turn in each lap is getting more difficult for me to turn and not be penalized. The pain in my body and feet is getting more intense.

'The race is now getting tougher with me losing focus. I am relieved for a moment that I am now back at the start and have completed nine long laps and finally get the glory bell; a sound I did not think I would hear when I started over two and half hours ago.

'My mind is now on one thing and that is to finish but I forget to take water again. I have now slowed to ten and a quarter minute walking pace and it is now a race just to finish. I round the half lap turn for the very last time to complete nineteen kilometres and head for home down the twentieth kilometre.

'I am now six hundred metres from the glory line when my fingers start to tingle and I know that dehydration is now hitting me. I clench my fists to ward off the effects and decide this is it; I tell myself, "Rod you must finish and not fall short". I am now 50 metres from home and it looks like 250.

'I am nearly there and then in an instant it is magic, as I finally cross the line to fall into the arms of officials and finish in two hours, 54 minutes and 24 seconds, exhausted and unable to walk. I am helped to a seat and given a bottle of water to help with recovery.'

Although ANSW was unable to confirm Rod as the oldest walker to win their first Open medal, they confirmed that he was the oldest such medallist in recent years. Two weeks later, Rod was named fourth place getter in the Athletics NSW 2016 Male Distance Walker of the Year.

He is now looking forward to walking the 20km event in Perth.
Editor



EVENT SPECIFIC TRAINING

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Garry Womsley

I began contesting the steeplechase in 2001. I didn't know how to do it properly and I picked up a lot of bad habits which hampered my progress. At the end of 2003, Max Wilkinson offered to coach me in the event.

In my opinion, I was coached by the best and now, as a coach myself, I've tried to pass onto others what Max taught me.

I went to my first training session under Max and learnt from scratch how to do the event properly. I took to it like a duck to water and the improvement was almost immediate. In the many years since, I've had a lot of success particularly at Masters level and, even though I'm older and slower now, I'm still doing the event and enjoying it.

The most commonly asked question is: how can you train for steeplechase? My answer is that the majority of the training is the same as what a normal distance runner would do each week. However, during the track season it is important to spend one day a week on event specific training.

A typical training session would be as follows: -

Warm Up: - a 2km jog. A slow steady pace is fine. This is to loosen up the legs.

General Drills: - such as butt kicks, laterals, high knees, bounding, backward butt kicks and slow run throughs. There are plenty of warm up drills besides these. Do the ones you feel comfortable with.

Hurdle Drills: - hurdling is an important part of Steeplechase. If a steeplechaser can hurdle well, he or she will gain valuable metres at each jump over an opponent who can't.

(1) Line up four hurdles one after the other. Work along the side of each hurdle using the space between each one to kick upwards, which stimulates the lead leg. Do this 5 times.

(2) As per Drill (1) but kick upwards with knees bent which simulates the trail leg. Do this 5 times.

(3) Separate the four hurdles leaving a space of about half a metre. Try to put the hurdles on a line so that it runs down the centre of the hurdle. In slow motion, step over each hurdle using the correct lead and trail leg action and land on the centre line after clearing each hurdle. Do this at least 10 times.

(4) Space the hurdles 15-20m apart. With the hurdle at the lowest height, jog over each hurdle using the correct



action. Increase the height and speed when comfortable. It is best not to have the hurdles equally apart as this encourages the athlete to use different legs to lead with. This is a definite advantage in a race.

Water Jumps: - the technique for negotiating the water jump correctly is one of continuous movement. If a steeplechase gets the water jump right they can gain valuable metres over an opponent. They need to get to the top of the steeple driving upwards with one leg, then drive forward pushing off the steeple face, land on the alternate leg in as small amount of water as possible and continue without having to stop or start again. The best way to perfect the water jump is to put a steeple on the edge of a long jump pit. The sand acts as the water and the runway acts as the track. Once the correct technique is taught, it is just a matter of repetition to perfect it. As the athlete gets better, you can mark the sand pit with the dimensions of the water jump so that you can check the progress of where they are landing.

1000m Repeats with hurdles: - The amount of repeats will depend on the stage of the season. The hurdles are in the same positions as the steeples. This gets the athlete hurdling at speed without the reliance of stepping up on a steeple. It also gives them an idea of the tempo and rhythm of the race.

Circuits: - Using the sand pit and surrounds, I put a little circuit together with other hurdles in different positions and get the athletes to do laps of the circuit. This teaches the athlete to think quickly in a fatigued state.

Warm Down: - A 2km jog. At slow pace. The warm down is important.

This in a nutshell is how to train specifically for Steeplechase. Happy Steepling!

Footnote: - I'm happy to coach anyone who requires help with their steeplechase. I'm a Level 2 Accredited coach and can be contacted on 0459436660.



LOVE, JOY, PEACE, HIGH JUMP

Margaret Walker

High jumping is an emotional sport.

Somebody once told me that and I suppose I was inclined to believe it. The leader in any competition looks happy because she's jumping high, then jumps even higher because she's happy, right? The two feed on each other. Being female, and emotional by nature, it all seemed very obvious to me. But I suppose it depends on which emotions you're talking about.

On being asked through a Russian interpreter if he expected to win gold at London2012, Ivan Ukhov replied in an endearing piece of genial arrogance that, 'He not only expected it, he was sure.' (1)

Canadian thinking ran along similar lines. As a plethora of recent articles will inform you, at Rio2016 Canada increased their medal haul in track and field to six from only one in London2012. In addition to winning gold in the men's high jump, they won silver in the men's 200m and bronze in the men's 100m, men's 100m relay, heptathlon and decathlon. As well, they had a number of significant fourths and excellent performances.

When asked how they raised so many international eyebrows the answers, in common with Ukhov, reflected attitude.

"It's been a shift in our mentality," said Derek Drouin who won the high jump comprehensively, clearing every height at the first attempt, up to and including his winning height of 2.38m.

John Chidley-Hill from The Canadian Press continues, 'Drouin says he and his athletics teammates flipped a mental switch and started to believe in themselves. Canada won five medals at the world track championships in Moscow in 2013 and in his mind it was all thanks to that new psychological approach.' (2)

In the words of Canadian coach Jeff Huntoon, 'It wasn't being nervous, it wasn't agitated, it wasn't pressure, it was a competition...it was 'let's go out and do this'. (3)

Attitude then must be a key.

As well, there will always be a male way of doing things that will never be attractive to females. When I googled 'How to Jump Higher' I discovered, among more conventional suggestions, a YouTube video of young men leaping over cars. A further search revealed that there were, in fact, lots of videos of young men leaping over

cars, one appropriately titled 'extreme parkour.' How many high jumpers googled 'how to jump higher' and discovered videos about leaping over moving vehicles? Had high jumpers themselves posted these videos? Now that's a thought. After all, the performances of Ukraine's Bohdan Bondarenko have been described as 'a display that bordered on the daring.' (4)

I know young men think they're immortal. Could it be that this disregard for safety crosses over to the high jump? Men hurl themselves into the air uttering Homeric war cries, expressions of orgasmic exultation lighting up their faces whereas women are much more precise in their technique and restrained in their joy. My coach commented once that women perform the Fosbury Flop with more technical correctness than men.

Something very exciting has been happening in men's high jump in the past two years, and we are now in a position to suggest that it's due to more than just good technique. It is 'the renaissance...a golden era', writes Jason Henderson in Athletics Weekly. (5)

It began in 2014 when Mutaz Essa Barshim from Qatar seriously challenged Sotomajor's 1993 world record of 2.45m. 'In two years the number of athletes jumping over 2.40 metres has risen by a staggering 500%', writes Alex Mills in Athletics Weekly '(6). Mills credits Barshim with bringing the high jump back into the limelight since London2012 with his many stunning performances.

Barshim, perhaps helpfully for a high jumper, doesn't believe gravity applies to him. It says so on his cap. In a notable clash on 14 June 2014 in New York with Bohdan Bondarenko, both men leapt 2.42m at their first attempt. After a single dally at 2.44m the bar was raised to 2.46m, one centimetre above the world record. Witnesses observed that Barshim only brushed the bar with his feet on the best of his three attempts, his body arching well clear. His personal best of 2.43m was set in Brussels on 5 September the same year.

Barshim's father was a race walker, so how did he get into high jumping?

"I wanted to do something that was more fun," he said. "When I was in a sports club and I saw people training for high jump, I thought 'that looks more fun than running'. That's why I started long jump, high jump and triple jump." (6)

He certainly makes it look like fun. He also conveys to his audience the sort of male emotions that make mere happiness look like the poor relation. 'Ecstasy, nonchalance, intensity, showboating,' writes Reem Abulleil of sport360.com - 'Barshim delivers each sentiment perfectly.' (7)

So how might women benefit from this?

Getting both technique and emotions right on the day seems to be the burning dilemma for women and needs to be addressed in order to put women's high jump on a par with the men's. The heights jumped at Rio were the lowest in decades, just 1.97m for all three medallists. (This compares with London: 2.05, 2.03, 2.03; Beijing: 2.05, 2.05, 2.03; Athens: 2.06, 2.02, 2.02; and Sydney: 2.01, 2.01, 1.99.)

I also noticed something interesting about the outdoor performances of those women who have jumped over that magical two metres in the last ten years – the number of personal bests that were set in their home countries. (8)

NAME	PB		SET IN	
Blanka Vlasic	2.08	Croatian	Croatian	2009
Anna Chicherova	2.07	Russian	Russia	2011
Ariane Friedrich	2.06	German	Germany	2009
Chaunte Lowe	2.05	American	USA	2010
Tia Hellebaut	2.05	Belgian	China	2008
Irina Gordeeva	2.04	Russian	Germany	2012
Brigetta Barrett	2.04	American	USA	2013
A. Di Martino	2.04	Italian	Slovakia	2011
Svetlana Shkolina	2.03	Russian	England	2012
Ruth Beitia	2.02	Spanish	Spain	2007
Eleanor Patterson	1.96	Australia	Australia	2013

Seven out of eleven! (And yes, I realize 1.96 is less than 2.00. It's Eleanor's PB, that's all, and I wanted to include her.) Is the table is pointing to the emotional effects of being in the air over your home ground?

'Terribly biased! Hopelessly subjective!'

I can hear your howls of protest, but I just thought that seven out of eleven women doing their best in front of a home crowd was an interesting observation.

Now let's look at the men. Like the women, I've picked the top outdoor PB's during the last ten years and included Brandon Starc, our best male jumper.

NAME	PB		SET IN	
M. E. Barshim	2.43	Qatari	Belgium	2014
B. Bondarenko	2.42	Ukrainian	USA	2014
Ivan Ukhov	2.41	Russian	Qatar	2014
Derek Drouin	2.40	Canadian	USA	2014

Andriy Protsenko	2.40	Ukrainian	Switzerland	2014
G. Tamperi	2.39	Italian	Monaco	2016
Zhang Guowei	2.38	Chinese	USA	2015
Linus Thornblad	2.38	Swedish	Sweden	2007
Brandon Starc	2.31	Australian	China	2015

Guess what? Country of origin seems to make no difference! The one exception is Linus Thornblad of Sweden who jumped 2.38 in his home country way back in 2007. The best performances more recently were achieved without home crowd advantage. There are several men competing very close to the world record.

In conclusion, girls, if you want a few tips from the boys on how to excel at high jump, here they are:

1. Galvanize that innate male competitiveness when the world record looks under threat.
2. Prepare to retaliate by adopting a risk-taking mentality.
3. Do not be distracted, so you will consistently perform at your best outside your comfort zone.

Once at the track:

4. Get down to business.
5. Flip that mental switch.
6. Have fun, because wasn't that why you started high jumping in the first place?
7. Smile a lot - at rivals, cameras, selfies, media, etc. This will show everybody that your arrogance is just self-belief in disguise.

And remember that gravity is only a theory.



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Following page: The Grass Games, 17 September, Rotary Field, Chatswood.

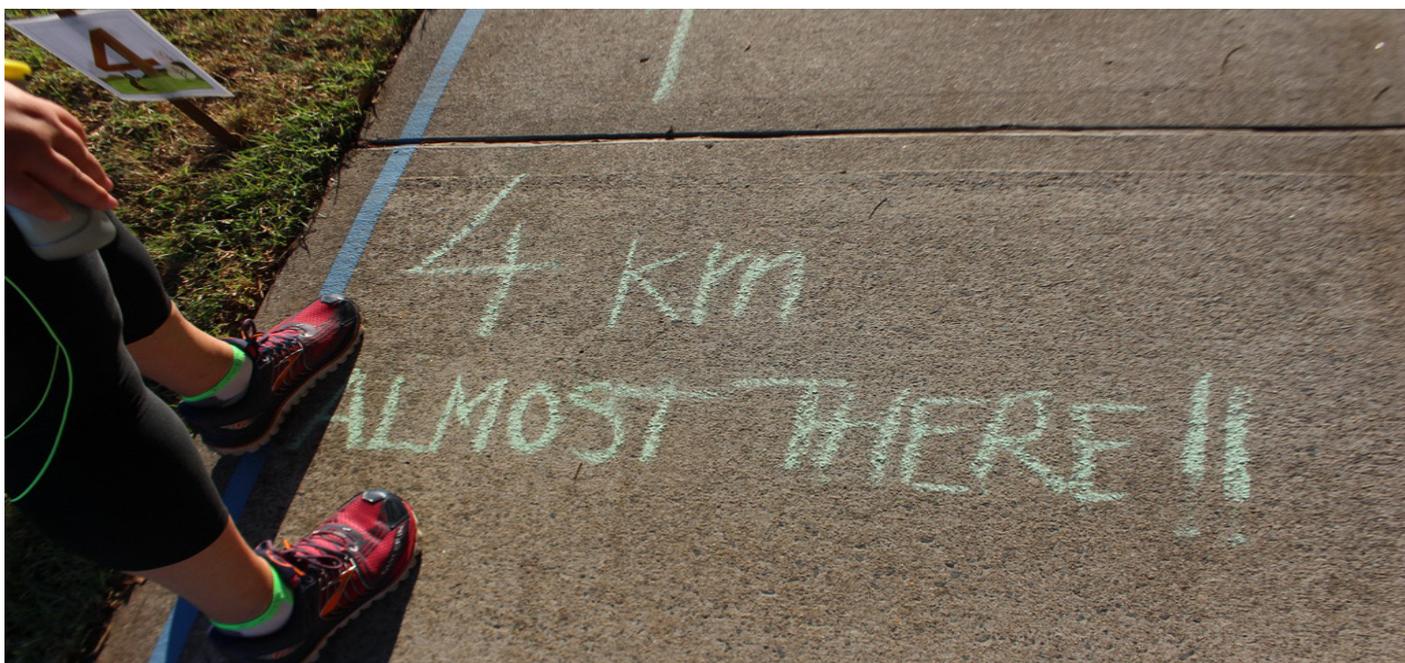
Don't be fooled, the drone didn't take these pictures, I did. But the drone was an entertaining feature of an enjoyable afternoon, videoing from the air while the driver, holding an iPad, instructed it from below.

And I wasn't the only one running in bare feet – yay! - I spied at least two other Masters athletes similarly unclad.

Clockwise from top left: waiting for the Men's 400m Eliminator, Lenore Lambert scissors high jump, Ashley McMahon men's 60m, Philipa Wight overhead shotput.

Editor





THE PARK RUN PHENOMENON

Garry Womsley

Photographs by Melissa Alderton

Not too many years ago, there were Fun Runs on just about every weekend throughout the year. This meant that distance runners got plenty of opportunities to get race fit. Due to changes to public liability insurance, increased costs and admission fees, a lot of long term events have fallen by the wayside. There are now several large events which cost more to enter and there is an expectation there that you raise money for charity at the same time. In my case, my family and friends are getting sick of me asking for donations. Which is fair enough. As a result, runners now pick and choose which of these events they do.

This does not just happen in Australia. It has happened right around the world. This is one of the reasons why Park Run was started in the UK in 2004. Park Run is unique in that they conduct a 5km event every Saturday morning for all ages, shapes, sizes and fitness levels. The best thing about it is that it is free. How can a running event be free? The answer is that they have some great sponsors which allow this to happen. So all costs are covered.

All runners have to do is register on-line prior to their first event. Each runner is then sent a unique bar code which they carry with them while they run. At the finish line, they receive a place token which

they give to the person with the scanner along with their bar code and their result is logged. They then receive their result by email not long after the conclusion of each event.

It took a while for Park Run to be introduced to Australia. The first one was started on the Gold Coast in 2011. The first one in Sydney was started at St. Peters in January 2012. There are now Park Runs held in every major Australian city as well as in many country areas. Each event is run separately by an Event Director and several dedicated volunteers. In fact, it is quite common for runners to visit different Park Runs which has created a unique form of tourism.

Another unique Park Run initiative is that they keep a tally of how many runs each participant does and they award special shirts for 50, 100 and 250 completed runs. In addition, they are very big on members volunteering at least 3 times a year. As an incentive, they also offer a shirt for those who volunteer at 25 runs. Up until recently, there was a yearly point score where medals were awarded for the top three in each gender. However, that has now been abolished as it was regarded as being unfair to those who are a little slower or those who choose to walk.

Another great initiative is that there are Park Run events held on both Christmas Day and New Year's Day. The organisers are aware that this holiday period can be a very lonely time for some so it is great that runners have somewhere to go on these days.

As for me I started participating in Parkrun St Peters

in January 2014. To date, I have completed 91 races and volunteered 33 times. Getting involved with them is one of the best decisions I've ever made. As a Masters athlete I've always felt comfortable competing and volunteering has really helped me to learn different skills such as Run Directing, Bar Code Scanning, Timing and Marshalling.

I would recommend this event to any Masters age athlete who is looking to stay fit or to just get a little competition in between the bigger events. It is also a great way to meet other runners that you would not normally see at other events. There are a number of Park Runs in the Sydney metropolitan area as well as in the country areas so go to <http://www.parkrun.com.au> where you can find the locations, register for bar codes as well as other relevant information. I hope to see you out there some time!



Parkrun Australia: www.parkrun.com.au/
Number of events: 19, 229
Number of locations: 186
Average runners per events: 125.3



Exhilarating and stressful, the **'ZOMBIE'S, RUN!'** app is like an audio book that you listen to and participate in at the same time.

Every run is a **MISSION TO SAVE THE HUMAN RACE.**

Your character needs to survive the apocalypse whilst helping others survive, and avoiding the grasp of the **UNDEAD** is a core imperative in surviving this particular apocalypse.

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Whenever a zombie is near you are encouraged to speed up before they reach you. It's never just a glacial run - you're always anticipating the next chase

This is a really fun app. It's flexible - i.e. you can adjust the distance or speed at which you'd like to complete each mission.

But it's challenging, not only physically but mentally. **IT'S NOT JUST YOUR LIFE AT STAKE** but the lives of an **ENTIRE FICTIONAL COMMUNITY.**

I highly recommend it.

Amalia Walker.



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Have any of the above details changed since last year? Yes/No			
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