

The Waratah



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SEPTEMBER 2015



Voilà! Jim Langford WA and Don Mathewson running the 8k cross country

Photo Graeme Dahl

NSW ATHLETES OVERSEAS IN AUGUST 2015

Congratulations to our New South Wales team who battled jet lag, soaring summer temperatures and 8000 other competitors to compete in the **World Master Athletics Championships** in Lyon, south of Paris, between 4th and 16th August. Those of us who remained in chilly Sydney spent anxious mornings reviewing their results each day at lyon2015.com and reading reports from Athletics NSW written by David Tarbotton and Ron Bendall. To all competitors who trained for these championships and spent long months saving up to travel, we trust the experience has been a good one and look forward to hearing all about it when you return.

Several Sydney clubs will be breaking open the champagne at the stunning results achieved by their club members. Results and photos sent by team managers, Janet Naylor, can be found on page 5 and the back cover.

NSWMA is very excited that two of our members, Gianna Mogentale and Julie Forster, have been chosen to compete in the **IAAF World Championships** in Beijing. Their inaugural Masters race, the W50 400m, will be held at 7.35pm Sydney time on Saturday 29th August.

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Correction from our last issue.



Mary Thomas from Illawarra Blue Stars, seen here winning the W70 weight throw at the 2015 State Championships, has capped off an inspiring season by bringing home a swag of French medals from the World Masters Championships in Lyon.

W70

Throws Pentathlon 1st

Weight Throw 1st

Javelin 2nd

Hammer Throw 3rd

Mary also came 4th in the discus and 6th in the shot put.

At the Australian Nationals at Easter, Mary won the Royce Foley Award for the highest point score in the Throws Pentathlon for Women. Ron Simcox won the men's award. Several of Mary's recent records were accidentally omitted from the last issue of the Waratah:

W70 Javelin 22.50m (4th Oct/14), which she bettered to 22.74m the following day.

W70 Throws Pentathlon 4230 points (5th Oct/14), again raised to 4405 points (7th Mar/15).

Our congratulations to Mary.



The Presidential Address



Well, I'm back again for another stint at the helm of NSWMA. A glutton for punishment some might say.

It's been a busy 2015 for the club with the AMA Nationals being held in Sydney and the World Titles being on in France at the time of writing. Shortly after the world titles will be the Oceania Championships in the Cook Islands. I should start by paying tribute to the previous committee, ably led by Stuart Gyngell, who pulled together the best attended nationals in Sydney for a very long time. Special mention should go to Jill Taylor for convening the exercise, a Herculean task for any mortal. Importantly also, we made a modest profit on the event and so avoided dipping into members' funds to prop it up. Most of the previous committee have continued on in various roles with the addition of Sam Latanis as secretary and Kathleen Cook as track rep. The committee lost newly-weds Audrey and Jamie and we wish them well in married life.

In June ANSW held their annual awards dinner and notable successes by our members included:
Sprints/hurdles: Darren Hughes; Middle distance: Don Mathewson; Distance: Belinda Martin; CC: Belinda Martin; Walks: Jim Seymon; Jumps: Christine Shaw; Throws: Stuart Gyngell; Multis: Melissa Holahan. Congratulations to all.

In July I met with the CEO of Athletics NSW in order to continue negotiations concerning a closer working relationship between our two bodies. Unfortunately perhaps, the then CEO resigned, so at this point it's unclear what progress can be made in the short term. Ideally a new CEO will be appointed soon and will see fit to continue the discussions.

The committee has undertaken some new initiatives such as on-line meetings and storing documents in the Cloud. On-line meetings will save substantial travel time and cost to members and hopefully increase attendance. Storage of documents in the Cloud will enable better tracking and editing of documents and facilitate new members coming to grips with their portfolios.

On the field event front, Dunbar Park has been abandoned as the site for throwing competitions due to its lack of facilities and certification for the setting of records. Other sites are being explored, notably Bankstown after their successful hosting of the AMA Nationals. After a hiatus of a year or two we will be back at Springwood for a throws pentathlon in September. This was a very popular day with throwers for many years. As mentioned in the last newsletter, NSWMA will also be taking over the hosting of the Winter Throws competition in 2016, a competition which has run successfully in Canberra since its inception many years ago. This event will be based in Wollongong and planning is already underway. Over in France our members have acquitted themselves well with gold medals going to **Janelle Delaney** W45 200m, 400m; **Angela Carpini** W50 10,000m, half-marathon; **Don Mathewson** M70 1500m; **Gabrielle Watts** W45, throws pentathlon; **Mary Thomas** W70 throws pentathlon, weight throw. Winning at the masters' world titles is the pinnacle of performance in masters and no easy feat, well done! Full results can be seen elsewhere in this newsletter.

Finally I'd like to draw members' attention to our annual presentation lunch to be held at Bankstown Sports Club on Sunday 27th September. Invitations will be going out shortly to nominees and I would encourage as many as possible to come along and support your team mates.

Mark Johnston

NSWMA - upcoming events.

September 2015

Sunday 13 th	NSWMA Winter Throws Pentathlon #3	Tom Hunter Park, Faulconbridge
Sunday 20 th	NSW Marathon Championships	Bradfield Park, Milson's Point, NSW
Sunday 27 th	NSWMA Presentation Luncheon	Bankstown Sports Club, noon for 12:30.

October 2015

Thursday 1 st	Oceania Masters Athletics Champs	Rarotonga Cook Islands
Saturday 3 rd	XV Australian Masters Games	Adelaide
Saturday 17 th	Kings Sports Store Treloar Shield #1	SOPAC
Saturday 24 th	Kings Sports Store Treloar Shield #2	Narrabeen
Saturday 31 st	Kings Sports Store Treloar Shield #3	The Crest, Bankstown

November 2015

Saturday 7 th	Kings Sports Store Treloar Shield #4	ES Marks, Moore Park
	NSW 3000m Championships	"
Saturday 14 th	NSW Relay Championships	SOPAC
Sunday 14 th	"	"
Saturday 21 st	The Grass Games	Rotary Field, Chatswood
Saturday 28 th	Kings Sports Store Treloar Shield #5	Blacktown

December 2015

Saturday 5 th	Kings Sports Store Treloar Shield #6	Campbelltown
Saturday 12 th	Kings Sports Store Treloar Shield #7	The Crest, Bankstown
Saturday 19 th	Kings Sports Store Treloar Shield #8	ES Marks, Moore Park

January 2016

Friday 1 st – 3 rd	Dubbo New Year Athletics Carnival	
Saturday 9 th	NSW 10,000m Walks Championships	TBA
Saturday 9 th - Sunday 10 th	NSW Club Championships	TBA
"	NSW Combined Events	TBA
Sunday 10 th	AMA Half Marathon Championships	Hobart
Friday 22 nd - Sunday 24 th	NSW Country Championships	SOPAC

February 2016

Saturday 13 th	NSW 5000m Championships	TBA
Saturday 20 th	NSW Masters Championships	SOPAC
Sunday 21 st	"	

March 2016

Saturday 5 th	ANSW Allcomers	SOPAC
Saturday 12 th	"	SOPAC
Thursday 24 th	"	SOPAC

April 2016

Saturday 16 th – Tuesday 19 th	AMA National Championships	Adelaide
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World Masters Athletics Championships, LYON 2015, 4th – 16th August 2015.

Podium finishes by NSW athletes (in alphabetical order):

Angela Carpini W50 5000m run 2nd, 8km cross country, 2nd, 10,000m 1st, half-marathon 1st.
Peter Crombie M70 200m 2nd, 400m 3rd.
Janelle Delaney W45 200m 1st, 400m 1st.
Julie Forster 200m 3rd, 400m 3rd.
Albert Gay M70 pole vault 2nd, decathlon 3rd.
Sharon Gibbons W55 weight throw 3rd.
Lenore Lambert W45 400m hurdles 2nd, long jump 3rd, heptathlon 3rd.
Don Mathewson M70 800m 2nd, 1500m 1st.
Paula Moorhouse 400m 3rd.
Joan Purcell W70 5000m race walk 3rd, 10,000 race walk 3rd.
Sally Stagles W50 80m 3rd.
Robyn Suttor W55 300m hurdles 3rd.
Mary Thomas W70 throws pentathlon 1st, weight throw 1st, javelin 2nd, hammer 3rd.
Gabrielle Watts W45, throws pentathlon 1st shot put 3rd.



Lenore Lambert 400m hurdles
1 silver, 2 bronze, relay gold

Photo S Paterson

Relays involving NSW athletes.

W50 4x100 Meter Relay 2nd 56.82s
Julie Forster, Michele Hossack, Kathryn Blute, Sally Stagles.

W65 4x100 Meter Relay 2nd 1:03.46
Paula Moorhouse, Evelyn Peake, Margaret Taylor, Wilma Perkins.

W70 4x100 Meter Relay 1st 1:10.76
Noreen Parrish, Marge Allison, Miriam Cudmore, Peggy Macliver.

M65 4x100 Meter Relay 1st 53.05
William Carr, Alan Coleman, John Lamb, Peter Crombie.

W45 4x400 Meter Relay 1st 4:04.93
Narelle Lehmann, Jacqui Bezuidenhout, Lenore Lambert, Janelle Delaney.

W50 4x400 Meter Relay 2nd 4:51.28
Michele Hossack, Gail Stone, Marie Kay, Robyn Suttor.

W65 4x400 Meter Relay 2nd 5:56.70
Paula Moorhouse, Noreen Parrish, Wilma Perkins, Evelyn Peake.

M65 4x400 Meter Relay 1st 4:22.78
Alan Coleman, Kevin Solomon, Peter Crombie, John Lamb.

Records set at Lyon by NSW athletes.

Australian Records:

W45 400m **Janelle Delaney** NSW 57.37s 96.5%
15-8-15
W70 Javelin **Mary Thomas** NSW 24.31m 76.1%
7-8-15
W70 Throws Pent **Mary Thomas** NSW 4407pts
16-8-15

Please contact me if I have accidentally omitted anyone (or anything) - editor.

Links to articles written by David Tarbotton and Ron Bendall

<http://nswathletics.org.au/News/agon-y-and-ecstasy-for-masters-at-world-champs>
<http://nswathletics.org.au/News/delaney-spells-double-trouble>
<http://nswathletics.org.au/News/theres-gold-in-them-there-hills>



Janelle Delaney 2 individual gold, 1 relay gold.

Photo Janet Naylor



Gabrielle Watts, 1 gold, 1 bronze.

Photo cty GW



Angela Carpini, 2 gold, 2 silver.
photo Hills AC



W45 4 X 400m relay, gold. S Paterson



Don Mathewson, 1 gold, 1 silver. Hills AC

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2015 AMA Athlete of the Championships - The following athletes have won the age-graded awards for the Nationals at Bankstown and will be receiving their certificates in the not too distant future.

Thanks to Janie Carter and Peter Murray for preparing this.

Sprints and hurdles			
Lyn Peake, SA	W65	60m	99.78%
Middle distance/steeple			
David Carr, WA	M80	2000m steeplechase	97.95%
Distance			
Lavinia Petrie, VIC	W70	5000m	102.36%
Jumps			
Margaret Taylor, ACT	W65	Triple jump	93.36%
Throws			
Helen Searle, QLD	W75	Shot Put	102.49%
Walks			
Andrew Jamieson, VIC	M65	5000m walk	98.20%

VALE - Reg Austin

by David Tarbotton and Ron Bendall
for Athletics NSW, 8 July 2015

Photos courtesy of Peter Crombie.



Australian athletics lost one of its greatest athletes with the death of Reg Austin, aged 78, on June 30.

Born on October 16, 1936, Reg won professional races across Australia, claimed 15 world masters titles, set seven world records and trained one of the fastest ever rugby league players, Ken Irvine. He was also at the forefront of major changes to the amateur rules in Australian and world track and field.

He played rugby league in his early '20s in Wollongong, before moving to Sydney to play with North Sydney in 1958-1961. In 1961, aged 24, he continued his football career at Cootamundra where he played fullback for eight years.

"I started running when I went to Cootamundra purely to keep fit for football," Austin said in an interview with **Mike Agostini** in 1977. "There were no amateur clubs in the area but there were some fellows running around in \$10 handicaps in the bush, so I started doing that."

This was an era of popular professional handicapped races across Australia and Austin ran at many carnivals. The carnival at which he enjoyed most success was the Latrobe Gift in northern Tasmania. Held between Christmas and New Year, he made the gift final on eight occasions winning four races in 1965, 1966, 1969 and 1973. Also in Tasmania, he placed second in the Burnie Gift on three occasions. In 1970 he was the backmarker in the Stawell Gift final and finished fifth running off 7m.

Reg was very quick. He clocked times of 100m 10.4 (1969), 200m 20.6 (1975) and 400m 47.3 (1969). Controversially unable to compete in amateur athletics in his '20s and early '30s, masters athletics

gave him the opportunity to run against the best in the world for his age.

The inaugural World Masters Track and Field Championships were held in 1975 in Toronto, Canada. Now 38 years old, he competed at the top of the 30-39 year age group, considered a significant disadvantage. But not for Austin who won the 200m in a stunning 22.1 (0.5m/s) beating American Paton (22.5).

The next championships were held in Stockholm, Sweden in 1977. Being "known professional athletes" there was drama about the participation of Austin and another masters athlete Queenslander **Bernie Hogan**. Eventually they competed, but for the USA. Austin was possibly in his best form ever, winning the 100m in 10.8 and 200m by a full second in a world record 21.9.

"All I want to do is run and be with the boys," said Austin who was then 40 years old and not likely to impact on the amateurs.

In 1948 there had been controversy around decathlete **Peter Mullins** competing in the London Olympics. He was a physical education teacher and it was considered he earned money from sport. Fortunately he was cleared to compete. At the 1977 KB Games Reg Austin relayed a conversation with a world leading 'amateur' athlete who in one race earned more than Austin did in an entire year. During this time Austin won prizemoney of about \$2000 a year while his expenses were four times that. In 1984, after years of urging by key figures like Austin, Australian Athletics finally became 'open' allowing professional and amateurs to move freely between events. It paved the way for many professionals to

join the amateur ranks and represent Australia, including **Chris Perry** and **John Dinan**.

Austin went on to become one of the greatest masters athletes in history. At the 1997 World Masters Championships, now aged 60, he continued to win titles at a record 12th consecutive World Championships. After winning silver in the 100m and bronze in the 200m, he anchored the 4x400m relay to gold. He maintained a unique record of gold at every world championships, the only athlete to achieve this. But in 1999 the record was broken as he won bronze medals in the sprints and the relays. He continued to compete and at the 2001 World Championships in Brisbane, he was one of only a handful of athletes to have competed at all 14 championships.

During an amazing career Austin set seven world records and won 15 world titles. In 2010 he was inducted into the Australian Masters Association hall of fame.

The master coach behind Austin was **Jack Giddy** and for decades they trained at Mackay Oval in Centennial Park.

Austin also contributed to assist in the administration of the sport. He was president of the NSW and Australian professional running associations and for years financed **Harry Stanley** who administered the NSW Professional Running League.

He never moved far from football as a sprint coach/trainer with both the North Sydney Bears and Many Warringah Rugby Leagues teams for decades. While at North Sydney he coached Ken Irvine, considered one of the fastest league players ever.

His close friend **Peter Crombie**, himself a world champion masters sprinter, detailed Austin's last few years.

"I had been visiting Reg in his nursing home for some years now, and Magosia (Peter's partner) and I would take him out for a coffee and morning tea which he used to love. In the early days, some years ago, Reg had had a few falls including down the stairs at home, presumably arising from small strokes. It was then decided it was safer for him in a nursing home where he could receive proper care. At the time, his speech was slurred and he could do no more than shuffle with a walking frame. He could not even hold a coffee cup, which would spill all over him when he tried to lift it.

"In the beginning, Reg was unable to leave his room but started doing his strength exercises and was ultimately able to shuffle out of the home with me with his frame and we would take him out.

"His speech was still poor and it was difficult to understand his mumble but this gradually improved. Over a period of time, we took him out for more and more morning teas along the waterfront at Manly, which he said was the highlight of his week.

"Over a period, Reg dispensed with his walking frame and gravitated to a walking stick and then to carrying the stick, although his walk was still a little slow. At no time during the whole episode did Reg ever have trouble relating his many stories or being up with the latest football scores or being able to carry out a normal conversation.

"We took him out to the recent NSW State Titles and the Nationals, which were in Sydney and he was in good spirits, just loving the outing. I took him to training a few times and even to our squad race night, which he particularly loved as squad members came up to him to chat.

"None of these people had ever met him before (except for his incredible records) but treated him with great reverence when hearing of his many track exploits in masters sprinting and professional handicap running, where he was also a superstar in his younger days.

"Reg used to walk down to the local gym at Manly nearly every day and do an exercise workout and either walk or catch the bus back. He was tireless in his attempts to get stronger and was achieving some success.

"Just before he died, I had arranged again to bring Reg to a weekend training session in the winter sun, and he was quite excited. I rang to give him pickup details and he advised that he was in hospital for a gall bladder operation and had apparently passed some kidney stones.

"Despite the fact that they had seemed to disappear, after tests at the hospital it was decided to still proceed with his operation. He had to be under scrutiny as he was taken off his blood thinners leading in to the operation.

"He had walked down to the hospital coffee shop to buy himself a coffee where he was found on the

ground where he collapsed, presumably from a stroke. He had hit his head in the fall and blood apparently pooled in his head.

“He was in a coma for some days from which he gradually started to improve, although only marginally to the extent where he could briefly open his eyes and even say a word or two. The doctors advised the family that he would never ever improve from his current state and were surprised at how long he had lasted.



Peter Crombie and Jack Giddy, Reg's coach, at his funeral.

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Science Section

The Slingshot Effect

In space, the gravitational 'slingshot' effect brings a probe close to other planets in order to increase its velocity. The probe is accelerated by the planet's gravitational attraction and speeds up relative to the planet. The Slingshot Effect on the track is different to the astronomical version. In the 200m and 400m sprints, the slingshot effect will give the runner a boost if he understands how it works.

We first need to understand the difference between centripetal and centrifugal forces. They are brother and sister forces created by movement around a curve; centripetal in and centrifugal out. The easiest way to understand this is to consider the Fosbury Flop. When the high jumper runs five fast steps around a curve, the friction of his feet on the tartan creates centripetal force and he must lean inwards in order to stay on the curve. This inward lean

“They advised that all life-support systems be turned off, and four days later Reg died on Tuesday 30 June.”

Peter Crombie admired Reg Austin enormously.

“I sought Reg out as a mentor some 30 years ago and ran with him in his squad as a workhorse for him for some years despite me being some seven years younger. He was always helpful and a hard-working trainer who would always turn up. I later left his squad to start up my own and was able to carry with me his fierce determination to succeed.”

Crombie summed him up:

“Reg was a class guy and an incredible competitor.”

Reg Austin Statistics

An example of the fast times he recorded at different ages, many of these times were world records.

100m-11.24 at 51, 11.78 at 57

200m 21.9 at 41, 22.40 at 46 and 22.88 at 52

400m- 50.61 at 47 and 51.81 at 51

puts him in an ideal position, so that when he jumps straight up with a strong knee drive over his navel, he commences the turn that will safely land him between his shoulder blades on the mat. As he jumps, his feet lose contact with the ground and centripetal force is released. The release of centripetal force is called centrifugal force. It flings him over the bar.

In the same way, leaning in to the curve in a race is not a conscious action. It happens when you run fast. Without it, you would spin off in a straight line. As you come off the curve into the straight, you experience a kick when centripetal force is released into centrifugal force, the same as in the high jump.

Centripetal force = $\frac{\text{mass} \times \text{velocity}^2}{\text{radius}}$, which is another way of saying: your speed (velocity), more than anything else, determines how much you will lean into the curve and how big that kick will be as you come into the straight. Editor

Source: Warren, N. Excel HSC Physics. Pascal Press 2000

Spotlight on – Don Mathewson, the Hills DA.

One of the pleasures of being editor is getting to know other athletes whose paths may not otherwise cross mine. I first heard of Don Mathewson last December when the Hills Districts Athletics Club sent me a photo of him running his leg of the record-breaking Men's 240+ 4 X 800m relay team at the 2014 State Relays, for my very first edition of the Waratah. Had I been reading my back issues of the magazine more closely, I would have realized long before that he acted as Records Officer for NSWMA as well.

For my second edition, our present Records Officer, Peter Murray, sent me the longest list of new records I have ever seen, and Don's name stood out prominently, along with the seven records he broke in the M70 age group at distances from 800 to 8000m. That total has since climbed to nine with the addition of the 10km road race and the Half Marathon.

'More recently,' Don told me. 'I broke 2 Australian records. The 13 year old M70 1500m record previously held by the marvellous David Carr and the 3000m record held by Peter Sandery, another well-known Masters Athlete.'

I would like to break eleven records, too, so I decided to get in contact with Don and find out how he did it.

Don, when did you first start running and how did you get involved with Master Athletics?

'I have been running for most of my life, mainly in my younger days to keep fit for Rugby, Tennis and Squash, sports that I played regularly. I have competed in many fun runs over the years before joining a running group just over 15 years ago. My present coach Steve Whelan invited me to train at the track with the Hills District club and that is where I realised I was competitive in my age group, particularly in middle distance, and not long after started competing in NSWMA events.'



Photo Julie Steele

How often do you train and do you have a specific schedule as you approach Lyon?

'I train with Hills District Athletics Club under coach, Steve Whelan, and that involves speed sessions twice a week. I run most other days with groups and compete whenever I can in ANSW events both winter and summer. I tend to over-do my training and can be injury prone. In the lead up to the World Masters this year in Lyon, having just broken two Australian records, I succumbed to a muscle strain, putting me on the bench for 2 weeks. Too close for comfort, but perhaps the injury gave me enforced rest.'

What was the biggest high in your athletics career?

'While I have generally won most of the events I participate in at the Australian Championships, which has given a lot of satisfaction, the main highlight was winning the World Championship for the 1500m in Finland in 2009. That same year I won the 800m, and 5000m, and came second in the 1500m at the World Masters Games in Sydney. In 2010 I was awarded NSW Masters Athlete of the Year Award, which again was very pleasing. The next year I was World Ranked Number 1 in 5000m, 2 in 10,000m, 3 in 1500m and 4 in 800m, which is probably a little unusual.'

Have you had any setbacks?

‘In the past couple of years I have had two major setbacks to my running. In 2013, just three months before the World Masters Championships in Brazil, I suffered a brain haemorrhage after straining doing too many push ups. Thankfully, no surgery was needed. I recovered normally and the Neurosurgeon said I could begin running 7 weeks after the event, including giving me the all clear to compete in Brazil. Naturally with so little preparation I only competed in the 5000m and 10,000m but without podium finishes. After a slow comeback, almost a year later I had a cycling crash, breaking my pelvis in 2 places and a couple of ribs. Back to more rehabilitation and recovery, but I was keen and determined to get back to competitive running again. The comeback started 3

months after the accident, and within 6 months my times were competitive again. I have had a very enjoyable and successful season culminating in winning the middle distance, ANSW Masters Athlete of the Year Award.’

Has the Masters experience been a positive one? What words of advice would you like to share with those starting out?

‘While I love to compete and do well, a major motivation for me is the friendships which are made at Club, State and National level in running. Having this social connection with athletes of all ages is very enjoyable and will keep me in the sport for a long while to come.’



HILLS DISTRICT ATHLETICS CLUB

by Garry Womsley

The Hills District Athletics Club was formed in 1971. In that time the club has been home to a number of Australian Representatives at Open, Masters and Junior level. While we always celebrate our successes in various competitions and championships, we are also mindful that athletics is available for all ages and abilities. As a result, we welcome all athletes.

Based at Roxborough Park, Baulkham Hills, we offer coaching by fully accredited and qualified coaches in various events, 4 days a week. We also conduct a 3000m or 5000m time trial on the third Wednesday of every month throughout the year. As part of West Metropolitan Cross Country Clubs Inc., we offer Cross Country competition throughout winter at various venues in the Western Suburbs. During summer we host the Hills Zone track and field competition at Roxborough Park. In addition, a number of our members participate in the competitions and Championships organised by Athletics NSW and NSW Masters Athletics Inc. With all these opportunities to compete on offer, our members can compete 50 weeks of every year.

The continued growth of any club is reliant on a constant stream of juniors coming through. At Hills we are mindful of that and make sure that the pathway from Junior to Senior competition is as seamless as possible. With so many talented juniors in the area, the future of the club is assured for many years to come.

For further information, please contact Steve Whelan on 0411145190.



NSWMA Winter Throws Pentathlon #1

The Crest Athletics Centre, Bankstown

July 26th, 2015



Clockwise:

Jill Taylor,

Ellena Cubban,

Ian Guthrie,

Raminder Sigh,

Adriana van Bockel.

Photos A Walker



Age	Name	Hammer	Shot	Discus	Javelin	Weight	Points
		7.26kg	7.26kg	2kg	800g	15.88kg	
M35	Anatoly Kirievsky	33.09m	8.62	30.70m	29.80m	9.12m	2040
		6kg	6kg	1.5kg	700g	11.43kg	
M50	Phil Frkovic	42.71m	-	-	-	12.68m	1326
	Stuart Gyngell	42.20m	16.30m	44.65m	26.85m	15.14	3628
		5kg	5kg	1kg	600g	9.08kg	
M60	Lajos Joni	43.44m	10.31m	32.35m	21.67m	14.46m	3047
	Ian Guthrie	28.86m	8.90m	25.05m	16.90m	-	1640
M65	Raminder Sigh	20.91m	7.59m	25.95m	19.70m	8.25m	2051
	Miet Dlugolecki	19.33m	8.90m	24.37m	23.38m	7.90m	2147
Guest		3kg	3kg	750g	500g	5.45g	
	William Guthrie	17.20m	8.26m	26.16m	20.90m	8.77m	

	Name	Hammer	Shot	Discus	Javelin	Weight	Points
		4kg	4kg	1kg	600g	9.08kg	
W35	Kelly Hunter	21.83m	9.39m	32.44m	25.19m	9.32m	2324
W40	Sam Latanis	31.44m	10.54m	33.57m	23.39m	11.24m	3004
W45	Denise Fellows	20.47m	5.10m	16.02m	12.55m	6.24m	1537
		3kg	3kg	1kg	500g	7.26kg	
W50	Vicki Townsend	25.98m	9.75m	27.70m	19.03m	10.14m	2828
W55	Ellena Cubban	29.01m	7.20m	21.21m	17.64m	7.36m	2574
	Jill Taylor	30.80m	8.75m	23.99m	14.31m	10.33m	2987
W60	Adriana van Bockel	22.03m	-	15.70m	12.53m	-	1239

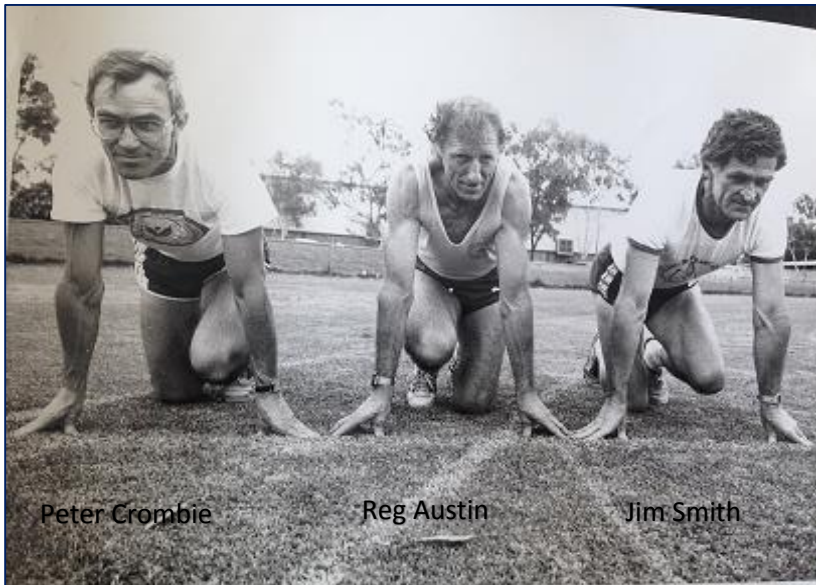
Winter Throws Pentathlon #2

Kerryn McCann Athletics Centre, Wollongong.

22nd August 2015

Age	Name	Hammer	Shot	Discus	Javelin	Weight	Points
		7.26kg	7.26kg	2kg	800g	15.88kg	
M35	Anatoly Kirievsky	30.97m	8.25m	29.38m	28.84m	11.05m	2050
		6kg	6kg	1.5kg	700g	11.43kg	
M50	Stuart Gyngell	42.50m	16.55m	43.97m	34.34m	16.33m	3841
	Robert Clark	27.09m	9.02m	23.74m	20.20m	11.81m	2071
M55	Robert Hanbury-Brown	35.27m	10.37m	35.19m	37.70m	11.99m	3182
M60		5kg	5kg	1kg	600g	9.08kg	
	Lajos Joni	44.62m	11.13m	35.16m	20.94m	15.06m	3218

	Name	Hammer	Shot	Discus	Javelin	Weight	Points
		4kg	4kg	1kg	600g	9.08kg	
W30	Melissa Holahan	42.38m	10.25m	28.08m	24.00m	14.95m	2897
W35	Eileen Livingstone	22.18m	7.37m	22.85m	17.56m	6.11m	1647
W40	Samantha Latanis	33.90m	10.24m	31.97m	23.98m	10.19m	2947
		3kg	3kg	1kg	500g	7.26kg	
W65	Adriana van Bockel	23.10	5.68m	16.02m	12.63m	9.29m	2291



Peter Crombie

Reg Austin

Jim Smith



Three reasons
why we belong.

Inspiration.

**Vale,
Reg Austin
1936 - 2015**



Fred O'Connor
NSW Police Games
2015

Photo Doug Kelley

More Inspiration.



GOLD TO AUSTRALIA

Photo Stuart Paterson

**And the sweet smell
of success.**

**Congratulations to the
W45 4 X 400m team.
Led from the start.**