

The Waratah



WWW.NSWMASTERSATHLETICS.ORG.AU

ISSUE 1, MARCH, 2012



Deborah Drennan, Julie Steele and Cris Penn really lit up the track. It being midnight, neighbours weren't pleased

Oceania Tauranga

12TH OCEANIA MASTERS ATHLETICS CHAMPIONSHIPS, TAURANGA NEW ZEALAND

Wow... what a week! After my first unforgettable experience at an Oceania event 2 years ago in the spectacular surrounds of Tahiti, this year's Oceania Championships had a lot to live up to. Timing made it impossible for my family to join me and I had only recently returned to the track after illness late last year, so I was worried it might be somewhat of an anticlimax. Much to my delight the 12th Oceania Masters Athletics Championships, held in Tauranga New Zealand, proved to be a fantastic event,

By Julie Steele

one that I am so glad to have been part of.

After catching a small domestic flight from Auckland, we landed in Tauranga to very welcomed sunshine, squashing the pre-game Facebook weather banter. It also became quickly apparent that the New Zealand organisers were determined to ensure the championships were truly world standard, despite the

team being left to take over organisational issues as late as October last year. The track was superb, with the essential coffee cart, massage and fundraising cake stall all available trackside.

On the morning of the cross country I greatly appreciated that my accommodation was directly opposite the track, where the 6.00am bus (or 4.00am for those who hadn't yet adjusted from NSW time) departed for the course at Welcome Bay. And what a

course it was. Although some had ventured out to inspect the layout the day before, I was thankful that I arrived at the course not knowing what lay ahead... otherwise I might have simply stayed warm in bed. The course consisted of 4 x 2km circuit, which included one of the steepest "mountains" I have ever experienced in a cross country course; most found it



faster (or only possible) to power walk up the last 5 m "cliff" face. With the women's race starting at 7.00am, the initial downhill section was run blind as the sun rose exactly at eye level. Two hip-height log hurdles were thrown into the course, one with an uphill approach, just to add that extra challenge. My previous steeplechasing experience finally provided an advantage in another event! Although most of us were somewhat terrified pre-race, the sense of accomplishment was huge as we ran through those much appreciated finish gates. The amount of hugging at the medal presentations reflected how much everyone felt they had really earned their chance on the dais. In reality, it was probably the best and most "true" cross country course that I have experienced in a Masters event and the Kiwis should be extremely proud of how well organised this event proved to be. Other NSWMA to brave the cross country course included Cristine Suffolk (1st in W40), newcomer Merran Butler (2nd in W40), Michael Doggett (3rd in M35), and Brad Sharpe (5th in M50). However, the biggest cheer went to 93 year old Kiwi, Eric de Lautour, who finished the course during the medal presentations; who are



Left: Merran Butler hears about Andrews' misfortune.

Above: Trying to smile, Andrew is carted off to have the javelin tip removed.

we youngsters to complain that the course was too tough?

My original intention was to spend most of my non-competing time, away from the track and site seeing. However, it quickly became apparent that the team spirit amongst the Aussies, and in particular the NSWMA participants, was exceptionally strong, so many of us stayed at the track to support each other between events.

Notable performances by NSWMA athletes that I am aware of include:

Watching June Lowe surprise everyone on Day 1 by snatching the W55 Gold in the hammer throw from a flabbergasted Jill Taylor, who had that medal sown up until that point. After hurling the hammer into the net for her first two attempts, June let her last attempt sail over 34m, to clinch 1st place. In her first Oceania Champs, June went on to win gold in the long jump, silver in the discus, bronze in the shot put, 100m and the 60m (beating the previous meet record), and 5th in the javelin.

Determined after having that hammer medal pinched from her at the last

throw, Jill Taylor regrouped to take out W55 gold (in a meet record) in the weight throw, gold in the throws pentathlon, silver in the hammer, bronze in the discus, 4th in the javelin, and 5th in the shot put.

Other impressive throwing performances included Wendy Hord with many PBs (W50 1st in hammer and weight throw, 2nd in shot put and throws pentathlon, 4th in javelin; Glenys Whitehead (W45 2nd in shot put, javelin, weight

throw, hammer, and throws pentathlon, and 3rd in discus), Adriana van Bockel (W55 3rd in weight throw and throws pentathlon, 4th in discus, 5th in hammer, 6th in javelin, and 7th in shot put).

In the male throwing events, Andrew Atkinson-Howatt, Robert Hanbury-Brown and Tony Baker teamed up to take out a NSWMA trifecta in the M55 discus, javelin, hammer, weight throw and throws pentathlon events. Andrew took out 1st in discus and javelin, 2nd in hammer, throws pentathlon and weight throw, 3rd in shot put; while Robert took out 1st in hammer, weight throw (in a meet record), and throws pentathlon, 2nd in discus and shot put, 3rd in javelin; and Tony took out 3rd in discus, weight throw, throws pentathlon and hammer, 4th in shot put, and 5th in javelin. Andrew also took out "photographer of the meet", capturing classic steeplechasing photos of more mature female competitors with water lapping at their necks after "clearing" the water jump. These "near drowning" scenes have officially discouraged many potential NSWMA from ever trying this quirky event.

One of the performances of the meet was by Jay Stone slicing 4 sec off the M30 400m record (48.72)– extremely

impressive to watch. After much hard work, and being denied several other records due to illegal winds, this one meant so much to Jay that it brought tears to his eyes (as well as tears to a few of those lucky enough to be on the finish line). Jay also took out gold in the M30 200m and a new meet record in the M30 long jump.

Nearly as emotional was watching Cris Penn take out 1st in the W50 800m and 1500m, together with a strong personal best for a while in the 400m (and a silver behind Maree Kay). All that rehab is



Who needs wind? Jay Stone blew everyone away with a record breaking win in the 400m. Right: Noel Wright towers over those people who are much smaller than him.

finally paying off. Cris was closely followed in these races by Deb Drennan (silver in the 800 and 1500; bronze in the 400m), who is getting faster and faster at each championship (I know... I watch her run away from me). Cris, Deb and I were delighted to take out the W50 800m trifecta for NSWMA! In this same age bracket I took out 1st in the steeplechase, 2nd in the cross country, 3rd in the 800 and 4th in the 1500m.

Robyn Suttor also crossed the line with a smile in the W50 200m, taking bronze, as well as bronze in the 60m. It was good to see Robyn looking more relaxed in this longer event after being a little disappointed with her own performance in the 100m (4th).

Cristine Suffolk definitely takes out the medal for the most "Aussie" gear... blankets, towel, shoes, shorts and t-shirts all emblazoned with the Australian flag! In the W40 division Cristine took out 1st in the 5000m and cross country, and 5th in the 800m and 1500m.

We were delighted to see Ranelle Hobson complete her races still intact and with no new injuries! Despite being "a work in progress", she still managed to win several medals in the W35 (gold in 100m hurdles, long jump, 60m; and silver in the 100m and 200m), all with a huge smile on her face.

Vanessa Beddie brought home a bag of medals in the W35, including gold in the triple jump, shot put,



javelin, hammer, weight throw, throws pentathlon; silver in the discus; bronze in the 100m, and 4th in the 60m.

The look of relief on Christopher Brack's face as he finally crossed first in the M45 400m was priceless. He thoroughly deserved this gold after narrowly being beaten to take silver in the 100m and 200m; and 3rd in the 60m.

Kris Wardecki, in his very green Aussie uniform, clinched gold in the M40 400m hurdles and long jump; silver in the 60m, 100m and 400m, and 3rd in the 200m.

Michael Doggett, a relative newcomer to Masters Athletics, ran in an extremely competitive age group to take gold in the M35 800m, silver in the 1500m, and bronze in the cross country.

Battling sciatica, Noel Wright ignored niggling pain to run 4th in the M65 800m and 5th in the 1500m. Despite being disappointed with his performances, he was somewhat pleased that his times were still faster than mine!

And finally... newcomer Richard Butler came 4th in the M40 400m and discus. His cheering from the sideline during the women's cross country, especially at 7.00am, was greatly appreciated.

Being relatively new to the sport, I try to ensure I learn something new at each meet. Things that I learned in New Zealand include:

Don't run a 400m PB in the first lap of an 800m... it does not end well!

Don't try and keep up with Suzy Cole in the first lap of a steeplechase event ... again, it does not end well!

When you enter a cross country in New Zealand, expect to run a real cross country, none of this "running in a park"!

Don't trust weather forecasts for Tauranga ... the predicted rain turned into a week of sunshine!

The best "fush and chups" in New Zealand has to be at Billy's on the wharf at Tauranga. Noel Wright and Michael Doggett are great navigators... after an 11 hour tour of the north island of NZ, I was impressed by their mathematical calculations when trying to determine which road the map was trying to represent!

The Australian uniform really needs updating! Watch this space.

Don't perform any warm up activities involving high leg kicks in view of Andrew A-H, when he is armed with a camera – they no doubt will end up on Facebook, much to the amusement of all!

The 12th Oceania Masters Athletics Championships in Tauranga were a fabulous experience. I would strongly encourage anyone who has not yet tried

an international event to venture to at least one Oceania Champs, whether it be in Bendigo in January 2014, or the Cook Islands after that. Although an

international competition, they really can be tagged the Friendly Games and not quite as daunting as a World Athletics Championships! The Aussie team spirit

was exceptional and, irrespective of event or ability, we were all made to feel so much part of the team.

NSWMA		COMMITTEE	
Mark Johnston	President	president@nswmastersathletics.org.au	0419 914 915
Don Mathewson	Vice President	gomathos@bigpond.net.au	02 9873 1405
Garry Womsley	Secretary	secretary@nswmastersathletics.org.au	0459 436 660
Nancy Lloyd	Treasurer	treasurer@nswmastersathletics.org.au	0411 270 393
Jill Taylor	Registrar	registrar@nswmastersathletics.org.au	0409 607 384
Simon Butler-White	Records & Awards Officer	records@nswmastersathletics.org.au	0419 323 996
Dennis Wylie	Editor	editor@nswmastersathletics.org.au	0404 898 661
Andrew Atkinson-Howatt	Equipment Officer	javelin3@optusnet.com.au	0439 990 083
Lisa Mumberson	Uniform Officer	uniform@nswmastersathletics.org.au	0402 338 511
Phil Frkovic	Web Master	prfkovic@exemail.com.au	02 4228 4281

STATE MILE CHAMPIONSHIPS

By Garry Womsley

The Mile race conjures up memories of heroic deeds from athletes of long ago. Athletes such as Roger Bannister, John Landy, Ron Clarke and Herb Elliott quickly come to mind when discussing the distance. Bannister of course, is the most remembered for his achievement of breaking the four minute barrier for the first time. With the advent of metric measurements and the popular 1500m race, the Mile faded into the background. Apart from the annual Night of Miles at Bankstown and the odd race held by other clubs, the event has pretty much been banished to the archives.

As a result, it was a case of “back to the future” when Athletics NSW revived the State Mile Championships at Bankstown on Saturday, 10th December. The championships were held in U/14, U/16, U18, U20, Open and Masters above 35 years of age. In the case of the Masters category, medals were awarded in the usual 5 year increments. While the Open event was probably devoid of a few big names due to the Zatopek meet held in Melbourne on the same night, there were 22 Masters athletes (17 male & 5 female) who turned out for this event. There were also a few Masters age athletes who tackled the Open event.

The weather was ideal. The temperature was in the mid twenties and there was a slight headwind when entering the straight. All the races proved to be quite exciting and Betty Moore, the ground announcer, gave every athlete a mention as they crossed the line which was a nice touch. Our nine new Masters age State Mile champions are: - **Jude Gregory** (W40-44), **Lisa Harrison** (W45-49), **Deborah Drennan** (W50-54), **Michael Doggett** (M35-39), **Jason McIntosh** (M40-44), **Ron Cozijnsen** (M45-49), **Barry Mayo** (M50-54), **Dennis Wylie** (M55-59) and **John Spinney** (M70-74).

The consensus from those who competed at this meet was that Athletics NSW are on a real winner with this event. Establishing a new event in the calendar is not always easy. Now that athletes are more aware of the event and perhaps a different

date where there are no clashes with other events will result in more competitors turning up to compete in future years.

WHAT TO DO IF YOU

break a record:

Contact Simon at records@nswmastersathletics.org.au

change your address, phone no, email address:

Contact Jill at registrar@nswmastersathletics.org.au

CONTRIBUTIONS FOR THE NEXT ISSUE

If you have an opinion, comment, or a story to tell: please send it by mid May (and not at the last minute please!!) Half a page of text and a picture will make it an easy read.

I'm at editor@nswmastersathletics.org.au

JOIN US ON FACEBOOK



We'd love to have you join us on our facebook page! We've found that it's a great communication tool for our members, and also a fun place to be! If you're already on fb, just type **NSWMA** into the Search bar at the top, and request to join us. Simple!

If you're not on fb (and a lot of people aren't as they're concerned about their personal information being available to the world), it's very simple to join and you can adjust your account settings for absolute privacy – no one will be able to see any information about you if that's what you wish. You can add people, or reject friend requests – it's all up to you. And it's very easy to join:

Go to www.facebook.com and enter you details. We hope you will join us soon!

Jill Taylor

AMA Half Marathon

CADBURY CHOCOLATE FACTORY, CLAREMONT,
TASMANIA

By Wendy Bock

Rain threatened in the few moments leading up to the start of the 2012 Cadbury Half Marathon. The 600 odd athletes were huddled under trees and factory awnings attempting to warm up without getting wet. The 10 minute to start announcement brought all competitors to the start line where they leaped into action at the starter's gun.

The rain subsided within the first five minutes leaving wind free, mild conditions in its wake. The course loops twice around the Cadbury estate then heads downhill and along the highway towards the Derwent Entertainment centre. It is a predominantly flat course until the final few kilometres. Roads are closed during the event.

NSW MASTERS RESULTS

W40	Wendy Bock	1:25:38	82.34%
M40	Wayne Bulloch	1:19:19	80.30%
M45	Paul Sheringham	1:28:54	74.68%

OVER THE LINE

Female 1st Wendy Bock

Age GRADED

Female 3rd	Wendy Bock
Male 5th	Wayne Bulloch

It was an exhilarating run with a great turnout of Masters competitors from Tasmania, SA, Victoria, Queensland and WA. NSW probably provided the least number of Masters competitors which is a shame as conditions are great for aiming to beat a PB.

Some may find the final uphill stretch a bit soul destroying at around the 19½k mark, but it signals the end of the ordeal and provides another change in pace.



Overall I highly recommend making the journey down to Tasmania to compete in this Australian Masters Event. The locals are friendly and very helpful, the weather is mild and the course is mainly flat with a slope thrown on at the end to provide variety.

It was my first time racing in Tassie and I shaved 10 seconds of my previous (State) record.



Heather Lee

Heather Lee is an 85 year old newcomer to Masters. She decided to join NSWMA after having great success at the Australian Masters Games in Adelaide last year, winning 4 gold medals in the walking events. On Australia day she was named *Hawkesbury Local Australia Day Sports Person of the Year*.

Earlier on she had entered other races such as the Mt Annan 12k walk a number of times for five 1sts and two 2nds. She had entered the Bridge run eight times and won twice, with two 3rds and a 4th. She also walked the City to Surf several times with a fastest time of 1hr 46min.

She became friends with some personnel at *the Gold Company* and they sponsored her, first raising \$1,000 for Cancer

Council (she walked 45k) and the following year \$5,000 when she walked 225 laps of the Hawkesbury Showground (75k)

A friend, Dan from the Gold Company who sometimes accompanies her in these events drove her to Bankstown for the State Masters Champs on February 26 where she broke the Australian and State records for 5k walk with a 42:05.46.

She had gone faster at the Australian Masters Games but was not a member of NSW Masters at that time so did not get the record. Anyway, she knows she can yet go better!

She has her own website with interesting war era stories:

<http://heatherlee.com.au/stories/growin-g-up-in-the-war-years>

Results from Tauranga

W30				8k C/C	Julie Steele	2nd	42.46
60m	Belinda Westcott	4th	9.39	Shot Put	Wendy Hord	2nd	8.57m
100m	Belinda Westcott	4th	14.79	Javelin	Wendy Hord	4th	20.41m
200m	Belinda Westcott	3rd	30.80	Hammer	Wendy Hord	1st	30.09m
400m	Belinda Westcott	2nd	1.11.76	Weight	Wendy Hord	1st	11.96m
400mH	Belinda Westcott	1st	1.33.63	Throws P.	Wendy Hord	2nd	2641pts
Triple J.	Belinda Westcott	4th	8.63m	W55			
Weight	Belinda Westcott	2nd	6.02m	60m	June Lowe	3rd	9.48
Heptathlon	Belinda Westcott	1st	1774pts	100m	June Lowe	3rd	15.38
W35				Long J.	June Lowe	1st	3.66m
60m	Ranell Hobson	1st	8.61	Shot Put	June Lowe	3rd	9.02m
60m	Vanessa Beddie	4th	13.07	Shot Put	Jill Taylor	5th	7.96m
100m	Ranell Hobson	2nd	14.22	Shot Put	Adriana Van-Bockel	7th	5.47m
100m	Vanessa Beddie	3rd	21.69	Discus	June Lowe	2nd	21.10m
200m	Ranell Hobson	2nd	29.64	Discus	Jill Taylor	3rd	20.25m
100mH	Ranell Hobson	1st	19.00	Discus	Adriana Van-Bockel	4th	18.91m
Long J.	Ranell Hobson	1st	4.50m	Javelin	Jill Taylor	4th	18.44m
Triple J.	Vanessa Beddie	1st	4.15m	Javelin	June Lowe	5th	18.34m
Shot Put	Vanessa Beddie	1st	5.58m	Javelin	Adriana Van-Bockel	6th	8.16m
Discus	Vanessa Beddie	2nd	13.10m	Hammer	June Lowe	1st	34.22m
Javelin	Vanessa Beddie	1st	11.74m	Hammer	Jill Taylor	2nd	33.45m
Hammer	Vanessa Beddie	1st	15.48m	Weight	Jill Taylor	1st	11.75m
Weight	Vanessa Beddie	1st	4.54m	Weight	Adriana Van-Bockel	3rd	8.16m
Throws P.	Vanessa Beddie	1st	954pts	Throws P.	Jill Taylor	1st	3057pts
W40				Throws P.	Adriana Van-Bockel	3rd	1995pts
800m	Christine Suffolk	5th	2.51.02	M30			
1500m	Christine Suffolk	5th	5.32.64	200m	Jay Stone	1st	21.97
5000m	Christine Suffolk	1st	20.27.00	400m	Jay Stone	1st	48.72
8k C/C	Christine Suffolk	1st	36.43	Long J.	Jay Stone	1st	6.36m
8k C/C	Merran Butler	2nd	38.19	M35			
W45				800m	Michael Doggett	1st	2.02.29
Shot Put	Glenys Whitehead	2nd	8.49m	1500m	Michael Doggett	2nd	4.13.71
Discus	Glenys Whitehead	3rd	25.11m	8k C/C	Michael Doggett	3rd	31.17
Javelin	Glenys Whitehead	2nd	23.90m	Shot Put	Matt Staunton	1st	12.36m
Hammer	Glenys Whitehead	2nd	35.34m	Discus	Matt Staunton	1st	39.24m
Weight	Glenys Whitehead	2nd	10.80m	Hammer	Matt Staunton	1st	43.19m
Throws P.	Glenys Whitehead	2nd	2890pts	Weight	Matt Staunton	1st	13.79m
W50				Throws P.	Matt Staunton	1st	3090pts
60m	Robyn Suttor	3rd	9.34	M40			
100m	Robyn Suttor	4th	14.68	60m	Krzysztof Wardecki	2nd	7.52
200m	Robyn Suttor	3rd	30.79	60m	Keith Melton-Agbohlah	5th	8.44
400m	Chris Penn	2nd	1.07.63	100m	Krzysztof Wardecki	2nd	11.88
400m	Deborah Drennan	3rd	1.09.69	100m	Keith Melton-Agbohlah	6th	13.65
800m	Chris Penn	1st	2.35.84	200m	Krzysztof Wardecki	3rd	24.09
800m	Deborah Drennan	2nd	2.43.24	400m	Krzysztof Wardecki	2nd	55.21
800m	Julie Steele	3rd	3.05.61	400m	Richard Butler	4th	1.01.31
1500m	Cris Penn	1st	5.20.82	800m	Keith Melton-Agbohlah	4th	2.38.30
1500m	Deborah Drennan	2nd	5.37.35	400mH	Krzysztof Wardecki	1st	1.04.32
1500m	Karen Petley	3rd	5.45.91	Long J.	Krzysztof Wardecki	1st	5.68m
1500m	Julie Steele	4th	6.13.21	High J.	Keith Melton-Agbohlah	3rd	1.20m
5000m	Karen Petley	3rd	21.16.69	Discus	Keith Melton-Agbohlah	3rd	22.06m
2000m Sc	Julie Steele	1st	9.34.10	Discus	Richard Butler	4th	21.93m

Javelin	Keith Melton-Agbohlah	5th	34.15m
M45			
60m	Christopher Brack	3rd	7.87
100m	Christopher Brack	2nd	12.12
200m	Christopher Brack	2nd	24.15
400m	Christopher Brack	1st	54.58
M50			
800m	Bradley Sharpe	3rd	2.17.43
1500m	Bradley Sharpe	2nd	4.52.30
8k C/C	Bradley Sharpe	5th	35.43
400mH	Kevin Fisher	3rd	1.14.80
Long J.	Kevin Fisher	3rd	4.35m
Javelin	Kevin Fisher	3rd	38.69m
Pentathlon	Kevin Fisher	3rd	2490pts
M55			
Shot Put	RHanbury-Brown	2nd	11.23m
Shot Put	A Atkinson-Howatt	3rd	11.19m
Shot Put	Tony Baker	4th	10.55m
Discus	A Atkinson-Howatt	1st	36.96m
Discus	RHanbury-Brown	2nd	36.52m
Discus	Tony Baker	3rd	29.47m
Javelin	A Atkinson-Howatt	1st	42.91m
Javelin	RHanbury-Brown	3rd	36.69m
Javelin	Tony Baker	5th	27.00m
Hammer	RHanbury-Brown	1st	39.24m
Hammer	A Atkinson-Howatt	2nd	34.95m
Hammer	Tony Baker	3rd	26.28m
Weight	RHanbury-Brown	1st	15.05m
Weight	A Atkinson-Howatt	2nd	13.09m
Weight	Tony Baker	3rd	9.87m
Throws P.	RHanbury-Brown	1st	3476pts
Throws P.	A Atkinson-Howatt	2nd	3387pts
Throws P.	Tony Baker	3rd	2436pts
M60			
400m	Neil Fowler	4th	1.01.81
800m	Neil Fowler	2nd	2.21.59
100mH	Neil Fowler	2nd	18.801
300mH	Neil Fowler	3rd	48.09
M65			
60m	John Wall	1st	8.43
100m	John Wall	1st	13.36
200m	John Wall	1st	27.41
800m	Noel Wright	4th	2.54.43
1500m	Noel Wright	5th	6.01.21
M70			
60m	Albert Gay	1st	9.201
60m	Greg Mamalis	3rd	9.43
100m	Albert Gay	1st	14.71
200m	Albert Gay	1st	30.81
80mH	Albert Gay	1st	15.81
300mH	Albert Gay	1st	55.86
Long J.	Albert Gay	1st	4.35m
High J.	Greg Mamalis	1st	1.31m

High J.	Albert Gay	3rd	1.15m
Shot Put	Keith James	1st	11.93m
Discus	Keith James	1st	39.54m
Javelin	Keith James	2nd	36.00m
Javelin	Albert Gay	4th	27.93m
Hammer	Keith James	1st	37.69m
Weight	Keith James	1st	15.55m
Throws P.	Keith James	1st	4101pts
Decathlon	Albert Gay	1st	5861pts
Pentathlon	Albert Gay	1st	2895pts

Postal Relays 2012

By Garry Womsley

Saturday, 18th February, 2012 – Roxborough Park & Sunday, 26th February, 2012 – The Crest.

I had heard of the Postal Relays previously but had never been involved with them. I wasn't even sure how they worked. So when I became the organizer for this year's track events, it felt a bit daunting. However, I was pleasantly surprised at how enjoyable it became. The camaraderie that they created was fantastic to see and will stand us in good stead for the relays in Melbourne.

The relays were originally set down for 4th February at Roxborough Park but this date clashed with the ANSW Club Championships and the Oceania Masters Championships. To give all our members the opportunity to compete, we decided to delay them by two weeks. However, as the date approached, it became obvious that we could only conduct the 4 x 400m and 4 x 800m on this day with the 4 x 100m being further delayed to the final day of the State Masters.

4 x 400m & 4 x 800m

Roxborough Park was in perfect order on a warm, sunny day for the 4 x 400m & 4 x 800m relays. Three teams competed in each relay in the M40, M60 and W40 age categories. Both races were closely fought out and the times were very competitive despite being conducted on a grass track. All athletes involved enjoyed the day and some even stuck around and competed in some of the other athletics events held on the day.

Results as follows: -

4 x 800m: -

M40 – Ron Cozijnsen, EJ Davie, Ian Rose, Peter Byrne – 10:42.12

W40 – Karen Petley, Linda Gard, Rosemary Roediger, Cris Penn – 11:20.57

M60 – Ron Wills, Dennis Williams, Noel Wright, Geoff Francis – 11:33.41

4 x 400m: -

M40 – Ron Cozijnsen, Peter Byrne, Ian Rose, EJ Davie – 4:36.10

M60 – Fred Daniels, Ron Wills, Dennis Williams, Geoff Francis – 5:11.58

W40 – Ellena Cubban, Linda Gard, Rosemary Roediger, Cris Penn – 5:13.40

4 x 100m

Being the very last event held at the State Masters, it was always going to be a tall order to put teams together. Surprisingly, 20 athletes put their hands up to run in the 4 x 100m. There were teams in the M40, M60, M70, W40 and W50 categories. The small crowd still present were treated to a very competitive race which featured a state and national record from our M60 team of John Wall, John Van Stappen, Alan Carey and Peter Crombie. All the athletes involved really enjoyed the event and it was a fitting way to conclude the State Masters.

Results as follows: -

M60 – John Wall, John Van Stappen, Alan Carey, Peter Crombie – 51.84sec

W40 – Lynda Douglass, Catherine Kermond, Lynette Smith, Gianna Mogentale – 53.19sec

M40 – John Thompson, Ron Cozijnsen, Garry Womsley, EJ Davie – 57.59sec

W50 – Annette Mead, Ellena Cubban, Margaret Walker, Christine Shaw – 1:00.09

M70 – Nick Bastas, Charles Hobden, Morris David, Richard Hughes – 1:05.27

Many thanks go to the Hills club for allowing us to conduct the events at Roxborough Park, Athletics NSW for conducting the 4 x 100m and Cris Penn for assisting in putting some of the 4 x 100m teams together. All assistance was much appreciated.



For the record

A look at who's breaking what
by Records Officer Simon Butler-White



AUSTRALIAN RECORDS

W40 Pentathlon: **Lynette Smith**, 3091 pts, *Cmpbl*, Jan 9

W85 5000m walk: **Heather Lee**, 42:05.26, *Bnks*, Feb 26

M30 110m hurdles: **Greg Eyears**, 14.13, *SOPAC*, Feb 4

M60 Pole vault: **Phil Carrero**, 3.34m, *Bnks*, Dec 10

M70 Discus: **Keith James**, 41.66m, *Bnks*, Feb 26

NSW RECORDS

W40 Pentathlon: **Lynette Smith**, 3091 pts, *Cmpbl*, Jan 9

W45 Mile: **Nancy Newsome**, 5:23.62, *Bnks*, Dec 10

W55 60m: **June Lowe**, 9.42, *Trng*, NZ, Feb 7

5000m: **Rosemary Roediger**, 20:03.69, *SOPAC*, Jan 14

5000m: **Rosemary Roediger**, 19:47.31, *Bnks*, Feb 26

1500m: **Rosemary Roediger**, 5:27.67, *Bnks*, Feb 26

W60 High jump: **Judy Brown**, 0.99m, *Dubbo*, Jan 7

High jump: **Jill Senior**, 1.05m, *Bnks*, Feb 25

Long jump: **Jill Senior**, 3.34m, *Bnks*, Feb 26

W85 5000m walk: **Heather Lee**, 42:05.26, *Bnks*, Feb 26

M30 60m: **Jay Stone**, 7.24, *Bnks*, Feb 26

110m hurdles: **Greg Eyears**, 14.13, *SOPAC*, Feb 4

M40 60m: **Greg Smith**, 7.19, *Banks*, Feb 26

M45 Long jump: **Eddy van der Jagt**, 6.28m, *Glnl*, Jan 29

M50 Weight throw: **Sergei Zablotskii**, 17.69m, *Bnks*, Feb 26

M55 Javelin: **Andrew Atkinson-Howatt**, 44.85m, *Trng*, NZ, Feb 10

Pentathlon: **Voitek Klimiuk**, 3299 points, *Blktwn*, Jan 9

Hammer: **Lajos Joni**, 46.37m, *Grystns*, Feb 19

M60 100m hurdles: **Conrad Burge**, 16.70, *Bnks*, Feb 25

300m hurdles: **Neil Fowler**, 48.09, *Trnga*, NZ, February 11

400m hurdles: **Neil Fowler**, 1:10.20, *Glendale*, Jan 29

Pole vault: **Phil Carrero**, 3.34m, *Banks*, Dec 10

M70 Discus: **Keith James**, 39.76m, *Tauranga*, NZ, Feb 11

Discus: **Keith James**, 41.66m, *Bnks*, February 26

80m hurdles: **Albert Gay**, 15.81, *Trng*, NZ, February 10

300m hurdles: **Albert Gay**, 55.86, *Trng*, NZ, February 11

OCEANIA RECORDS

(set at Oceania Masters Championships in Tauranga, NZ, in February)

W55 Weight throw: Jill Taylor, 11.75m

M30 60m: Greg Smith, 7.30

400m: Jay Stone 48.72

Long jump: Jay Stone 6.36m

M55 Weight throw: Robert Hanbury-Brown, 15.05m

M70 High jump: Greg Mamalis, 1.31m

Discus: Keith James, 39.54m

Discus: Keith James, 39.76m

Abbreviations

Cmpbl (Campbelltown), *Bnks* (Bankstown), *Glnl* (Glendale) *Trng* (Tauranga), *Grystns* (Greystanes), *SOPAC* (Sydney Olympic Park Athletic Centre), *Blktwn* (Blacktown)

If there are any omissions or amendments, please email simonbw@live.com.au and they will be included in the following issue of The Waratah

Norman Windred

Life Member, real Gentleman

He's been a grade 4 coach (specialist) for the last couple of years and was grade 3 (advanced) for many years before that with a squad operating Mondays and Wednesdays from The Ridge, Illawong. He has 40 years experience as a runner despite starting late, aged 42.



All eyes are on Norm as he leads John Plummer in a 1500m

Unusually, today Norman (Norm) Windred is successful both as a thrower *and* runner. He added the throwing later in his athletics career but began as a runner where, again unusually, he won Australian titles in all distances from 100m to 1500m. His best results were 2:02.5 for the 800m and 4:20 for 1500m as a 45 year old. His more recent move to the sprints and throws combo reflects his preference for seeking stiffer competition and greater camaraderie as the ranks of older people are thinning among those doing distance running. The type of work he needs to do for this requires a fair bit of dynamic strength for a person whose body is really made for middle distance running and so he spends time in the gym building muscles.

Norm was present for the Veterans tour of San Diego, London and Cologne that predated the first World Masters Championship in Montreal. He didn't travel again for some time but was involved with coaching in concert with his teaching jobs, mainly at Sydney Grammar. His competitive interest in athletics was spurred on by his children. Three of whom ran with Little A's, one eventually winning a state woman's

1500m title. He trained others outside of school to titles in Men's Steeplechase, Men's Novice 10000m, National Junior Cross Country and U17 boys 400m.

Among his credits he has lectured grade 1 coaches, served on the executive of the NSW Coaches Association and Amateur Athletics Association of NSW and been president of NSW Masters twice. He has also officiated at the Sydney Olympics and Pan Pacific Games.

While a teacher at Sydney Grammar Norm was a distance running coach during a time when running was in its heyday. He took a group of boys to the Australian titles in Brisbane and to Dortmund, Germany to compete in athletics. There were boys and girls and the two groups were separated, so he was looking after the boys. Among the students was Debbie Wells who went on to represent Australia at sprints. For Debbie and the others it was a thrill to meet a German track star of the day, Annegret Richter who also came to Australia.

After retirement from work, he resumed his own athletic career, travelling to the 1993 World Veterans Athletics

Championships in Miyazaki, Japan where he won gold in the 800m. He has also won 4 gold at Oceania Championships, 3 gold at Pan Pacific Games and 17 gold from Australian Championships. He has competed in both Masters Athletics and Masters Games events over the years.

Today Norm Windred still makes his mark on Masters Athletics whenever he competes as his list of records indicates.

Recent State Records

M70	200m	28.44
	400m	1.05.74
	800m	2.56.40
M75	200m	30.76
	400m	1.11.03
	100lb wt	1.80m
M80	60m	9.89
	100m	15.35
	200m	32.80
	400m	1.16.87
	Shot put	9.65m
	Hammer	30.01m
	Wt throw	13.16m
56lb wt	3.12m	
100lb wt	1.76m	

Special thanks to the following people. Cover pic: **Michael Slagter**. Other pics were by **Julie Steele, Andrew Atkinson-Howatt** and **Kip Hobson**. Proofreading and advice: **Lynette Smith** Oceania Result: **Noel wright**

Opinions, information, jokes and any statements, whether correct or not, are not necessarily the views of NSW Masters Athletics and are intended as entertainment for the membership

Master's Women Pentathlon

(AKA 800M SUPPORT GROUP)

By Janie Carter

I love competing in the pentathlon! After 3 years of masters athletics I still can't decide what events I want to focus on so in the pentathlon I get to compete in 4 of my favourites in one day (except that dreaded 800m... shudder...) And I get to hang around with the same bunch of great girls for the day and have an awesome time.

This year we had a fantastic turnout – the previous 2 years I think we have had only 4 or 5 masters women in total - this year there were 10 of us aged from 40-59 so there was a lot more competition and camaraderie. (Though where are all the 30-somethings?)

There were 5 of us in the W40-44 (Lynette Smith, Cathy Connell, Robyn Smith, Selina Ellis and myself), two in the W45-49 (Caroline Layt and Janet Naylor), two in the W50-54 (Ellena Cubban and Christine Shaw) and Ros Perry, the only representative in the W55-59. But I think there really should be more of us at this type of event – it doesn't matter if you aren't good at all the events – it's just a great experience. And almost everyone

hates the 800m so don't let that put you off!

This year the highlight for me was definitely the battle for the W40-44 first place (and the Australian record!). Lynette Smith is a fantastic all-rounder, particularly in the throws, and Cathy Connell is a great runner and jumper and a pretty good thrower, so the two of them were very close throughout the competition. It all came down to the 800m which they both ran exceptionally well in - Cathy ran a blisteringly fast time but Lynette stayed close on her heels to get enough points to nab the gold medal and smash the Australian record (Cathy broke the Australian record too). But who knows what the outcome would have been if Cathy hadn't fouled a 5.25m long jump by about 2mm.... ouch.

There were some great personal bests that I can recall – Christine Shaw was very happy with her javelin and long jump results, Carolyn Layt's shot put and javelin were season bests and Ellena Cubban had a good PB in the long jump. And I believe Cathy Connell threw a massive javelin throw after a 1 minute lesson having never

thrown one before! I am sure there were more PBs and impressive performances amongst us than I have recorded here.

As always, the day would just not be the same without the 800m right at the end to test our resolve – javelin which is the event right beforehand was mostly just an 800m support group! 800m tactics were discussed at length and some were contemplating running the race as a 50m fartlek or as a walk, or not at all... However, when it came down to the moment to race, everyone was there ready to do their best.

It had been raining on and off all day, but as always seems to be the case, the sun came out with vengeance and the humidity hit a high point just in time for the start of our race. (Curiously the only other time the sun came out with such intensity was when we were at long jump and the officials decided to take our nice shady tent away and give it to the young male pole vaulters... not fair!)

So in the end, all the master's women finished every event and there was much satisfaction at the completion of the 800m. I will be back again next year and I think most of the others will too. And I will definitely be back in 2015 which is the only year I have when Lynette and Cathy aren't in my age group!!!!



Men's Pentathlon 30-49 wrap

New friends, old rivalries, luck ... and heaps of fun.

By Geoff Carter

Parking the car at Blacktown stadium, I was mentally running through the list of reasons why I wouldn't be able to run in the final event of the day – the dreaded 1500m. Too hot, too humid, brought the wrong shoes, don't want to hurt myself before Country Champs, no point as I won't be in the medals anyway – no matter what, I was ready with an excuse. Most of us have a love-hate relationship with the pentathlon – we love the social side of the event and the chance to shine in our favourite events but we hate having to compete in an event that we

have no interest in or makes us feel anxious (a sprinter running the 1500m on a 36 degree day for example).

No matter, all that was soon forgotten as we met up with old acquaintances and made new friends – this year we had a good turn out with Steve Clarke representing in the 30 age group, David Murphy and EJ Davie representing in the 40's. Old rivalries were renewed in the 45's with Alan Provenzano, George Jankowski and myself competing.

Long Jump was first event, and the first trip down the long jump runway involved a decision as to whether to jump off the

injured Achilles or the dodgy knee. Unable to decide in time, fate played its cards somewhere roughly near the take-off board and the Achilles took the hammering and points were on the board.

One round down, everyone had points but the field began to shrink as it always does with David deciding discretion would be the better part of valour and disappeared to glue his calf muscle up before the 200m. Honours in this event went to Steve with a monster 6m jump and Alan also jumping well over 5m.

After a cool down and another warm up (the pattern of the day) we hit the 200m start in very nice conditions. Steve blazed away and disappeared from the field while Alan and I ran our usual side by side battle.

Earlier, while Alan was preoccupied, I had loosened his spikes and a small stumble at the 150m mark as his spikes fell out allowed me a narrow victory. EJ, David and George all ran great races and in a blanket finish George took the honours.

Javelin was next and a very close battle ensued. David threw down the gauntlet with a nice opener up near 40m. EJ nearly stabbed himself in the foot and George couldn't find a phone booth to keep changing in and out of his ANSW Official's uniform so called it quits after one throw. Steve was still reminiscing about his blistering 200m but managed a nice throw and I annoyed Alan even more by beating his 40m throw by a few centimetres. Lucky he didn't see the lead tape I put around the end of his Javelin.

After a leisurely lunch of pies and hotdogs and a token grape or two (for the nutrients), we staggered out into the now considerable heat for discus. To me, discus is the 1500m of the throws, boring, seemingly pointless and hard work for little result. With that attitude I

fluked a lifetime PB and, yes you guessed it, just beat Alan who by his own admission had a shocker. Steve, EJ and David were happy with their throws and George got some good points for his total.

With discus out of the way, the 1500m loomed large. The officials were kind enough to bring it forward. Someone informed me that I had a 100 point lead going into this and with Steve and David having already wrapped up their gold medals I couldn't decide which excuse to use so ran it anyway. EJ was in his element and bolted out to a commanding lead. Alan went with him and I tried to go with Alan which was really dumb as that was never going to happen. Many hours later and having been through several verses of most songs I know to pass the time, I staggered over the line, the others by this time having showered and re-hydrated. The number crunching was done in the little glass room and the results sheet came out. Feeling bad that I had beaten

Alan by a mere 18 points in total, I fessed up about the spikes and the javelin.

All athletes competed in every event, all the way to the end of the day— not the usual outcome at a Master's pentathlon where athlete attrition is the bedfellow of anti-inflammatories, sports tape and tiger balm. Great work by George who managed to compete well and also officiate; helping out to keep the Decathlon running smoothly. This was David's first Pentathlon and he had a ball getting PB's in Javelin, Discus and the 1500m and will be back for sure. As will EJ, but then again EJ competes in every event every year and always with great humour and 100% effort. Steve impressed us all with his strength and speed and also had a great time. So Alan, the rivalry continues, I got lucky this time around but Country Champs are just around the corner so game on again! Thanks guys for your company, it was a great day and of course thanks heaps to the hard working officials whose efforts allow us to compete in our sport.

The Presidential Address

Sydney turned on remarkably good weather for the masters' state titles in late February and masters athletes took full advantage of it. All up some 325 athletes participated making it one of the largest titles I've seen in nearly 20 years. Back in the 1990s we enjoyed numbers pushing 300 but the takeover of the titles by Athletics NSW back in 2001 sent shockwaves through the masters' fraternity and numbers plummeted to less than 200 some years back. So it is great to see such a resurgence in interest. In fact field event numbers were up so much that ANSW felt the need to restrict the number of trials to a maximum of four. This is an issue we will take up with them for future championships. Two Australian records were set, one by Keith James with the discus in his new age group of M70 and one by new member Heather Lee in W85 5000m walk.

In the lead up to the titles the Club organised Postal Relay teams across

several venues with the result that we fielded some 36 teams across most of the available events. Once the AMA has collated the results we will let you know how we fared against the interstate competition. Special thanks to secretary Garry Womsley, field rep Andrew Atkinson-Howatt and Cris Penn for organising these teams.

In early February 34 members crossed "the ditch" and competed in northern Kiwiland at the Oceania Championships. Apparently the weather there was near perfect whilst back here in Sydney the rest of us endured one of the wettest, coolest summers on record. Six NSW records were set along with eight Oceania records. Well done!

Anyone who attended the state titles would, I hope, have noticed the arrival of our new team shirts, V-neck T and polo. We sold quite a few at the event and they are now listed on our website. To avoid disappointment get



yours before they run out. Maybe we'll even throw in a set of steak knives.

As I write, looking ahead we have the masters' throws pentathlon at Campbelltown, the nationals in Melbourne at the Vic's new track and then in May we will have our presentation lunch. Last year this was particularly successful and we hope to get as many members along to celebrate members' achievements and connect with fellow members. I mentioned previously that this club has notched up 40 years now and is the second oldest in Oz having been beaten to it by SA by just days. This year you will be able to book your spot for this event on-line via our

website. The final event for this committee will then be the AGM in June. We are still short a representative for track, so with the next year in mind give a thought to spending a year helping out on the committee.

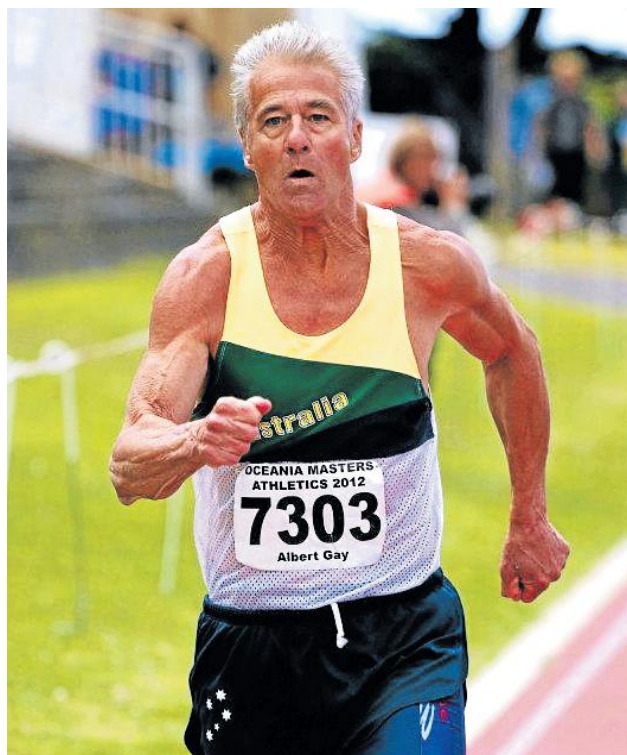
Looking way, way ahead we have even started thinking about our next nationals in 2015. The most pressing issue is to decide the venue. A nationals is a very big event especially in the field and the choice of a suitable venue is critical to

success. If you have any views or information that might inform our choice then let the committee know.

Mark



reprinted from Campbelltown Macarthur Advertiser



Veteran athlete Gay, 70, wins 8 golds'

BY SEAN CUNNINGHAM

22 Feb, 2012 01:00 AM

VETERAN Masters athlete Albert Gay recently struck gold eight times while competing in the Oceania Masters Athletics Championships in Tauranga, New Zealand.

Like a cask of matured whisky, Gay improves with age.

He recently recovered from a year of poor health to put in the hard work to return to fitness and produce impressive performances in many athletics events.

Gay, who is 70 and lives in Raby, won gold medals in decathlon, pentathlon, 60 metres, 100m, 200m, 80m hurdles,

300m hurdles and long jump and a bronze in the high jump.

Winning the decathlon with ease, Gay had a tougher task winning the pentathlon.

In the final pentathlon event — the 1500m — Gay trailed by more than 400 points, but clawed back to win the overall event by 18 points.

"Some of these big guys are tremendous *athletes*, but ask them to run further than 400 metres and they are shot," Gay said.

Despite his impressive medal tally and performances which set new Oceania

Championship records in the pole vault and three NSW records in the decathlon, 80 metres hurdles and 300m hurdles, Gay says he can improve.

"I was particularly pleased with my sharpness in the sprints, and technically the hurdles went as well as they have ever done," he said.

"My middle distance times need to improve, but that is understandable as I have not been able to get the miles in my legs that I would have liked and my throws need a bit more work. I thought I was biting off more than I could chew selecting such a big program, but I coped with it surprisingly well, not sustaining any injuries or aches and pains and I'm ready to go again. I suppose that is a testimony to my training and conditioning that I put in before the competition and, viewed against my health problems over the past couple of years, I've got to be pleased."

Gay's stunning performance has boosted his confidence of achieving success at the World Masters Athletics Championships in Porto Allegre, Brazil, and the World Masters Games in Torino, Italy, next year.

His next athletics event will be the NSW State Championships on Saturday and Sunday at Bankstown.

Gay will then set his sights on the Australian National Championships in Melbourne over Easter.



AMA 2011 AWARDS NSW NOMINEES

Brought to you by **Don Mathewson**

Sprints Julie Forster (W50).
World Championships 400m (1st), 200m (3rd), 100m (4th)
AMA Championships 400m, 200m, 100m (1st)
World Ranking 400m (1), 200m (2), 100m (3).
Aust Record 100m 21/4/2011

Middle Distance Keith Bateman (M55)
1500m World Champion, World Record, Aust Record, World Ranked #1

Distance Keith Bateman (M55) 5000m
World Champion, World Record, Aust Record and World Ranked #1.
10000m World Record and Aust Record (26/3/2011), World ranked #1

Throws Stuart Gyngell (M45)
Gold World Championships 1st, 2x2nd,
AMA 4 1st's, 1x2nd and World Ranked #1 Shot

Relays Julie Forster, Gianna Mogentale, Giola Motti and Julie Brims
World Record in 4x400 and 4x400m at Nationals

Most Outstanding Male and Individual Performance

Keith Bateman

Most Outstanding Female Julie Forster.

Coast to Kosciuszko COMPLETED!!!

An uphill run of 240k from the sea to the top of Australia's highest mountain

By Ray James

It's early on a chilly Friday morning in the second week of December and a group of 41 dedicated ultra-runners are lined up on a lonely beach on the south coast of NSW to face one of the biggest challenges of their running careers.

Boydton Beach near Eden plays host to the start of the longest annual road race in Australia, a gruelling 240km event that heads west from the beach, through Cathcart, Dalgety, Jindabyne and Perisher to the highest point in Australia, Mount Kosciuszko.

Only 36 of the 41 will make to the summit of Mount Kosciuszko, 2229m above sea level, and back down to the finish at Charlotte Pass. These 27 men and 6 women finished the race in less than 46 hours, the strictly enforced cut off time for the completion of the event.

When Coast to Kosciusko was first staged in 2004 it was unofficial, unsanctioned, and virtually unnoticed with only four starters and three finishers.

But the organisers stuck with their vision and it has been held annually ever since, becoming the Holy Grail for ultra-runners both here in Australia and further afield.

In 2007 it became an officially approved and sanctioned event. Coast to Kozzie, as it's affectionately known, has elicited

Ray flexes his muscles. His ability to walk on his hands proved useful when his legs got tired.



Travelling in a car loaded with all the food, clothing and other requirements of the crew and runner for the entire event, it's the crew's job to make sure the runner has everything he or she needs throughout the race.

Together the crew and runner come up with a strategy to make sure the runner is getting enough nutrition, hydration and encouragement to keep going both day and night, often running alongside their runners for long stretches of the race.

Thanks to diligent preparation and the support of his crew Ray was one of the 36 finishers who made it to the summit and back down to the finish in 2011. He completed the event in 43 hours, 44 minutes and 37 seconds, which would be an outstanding achievement for any runner let alone a 60-something bloke who toed the start line as the oldest competitor in the field.

some outstanding performances from the runners who have dared to take on this mammoth challenge.

The current male race record is 26 hours 1 minute and 40 seconds, held by Australian ultra-runner Joe Blake, and the current female record is 30 hours 11 minutes and 25 seconds, held by Swiss runner Julia Fatton.

This race is strictly for those with a serious amount of long distance experience and for his 2011 attempt Ray James added another 14 marathons and two ultras to his tally, including a 100 mile race in a personal best time of 27 hours 18 minutes and 23 seconds.

An experienced crew is also fundamental to any runner's success in this race and Ray had a crew of three seasoned female runners.



Coming last

After finishing a race recently someone said to me that she felt discouraged about coming last. I had to point out to her that she had won her age group (although she was the only one in her age group) and that if all the rest of Sydney women her age had turned up to the contest then she would have beaten thousands of people. I think this is a reasonable way to look at it. Even the best runner won't win forever. At some time even the fastest will have to face loss. Sometimes someone is disqualified for breaking a rule. They lose by forfeiture. If a race leader pulls out of a race then he also loses by forfeiture so a race is decided by those who turn up and successfully make it to the end. Every one of the thousands who didn't start or failed at some time during the race is a loser. All the others are placegetters. Last is still a place. The best can come last. Someone always has to come last in the Olympics yet you only get to the Olympics by satisfying a qualifying standard for your event that is only met by perhaps 50 people Worldwide. They must surely be winners. Shrug off your last places, learn something and enjoy the times you do better.

ED

MAGIC of the ring

TWINS TEST TOLKIEN IN TAURANGA

Having woken up half an hour before the end of the movie "Lord of the Rings", I remembered that it was about this special ring, which, although basically evil, contained special powers that would enable one to rule the world. Why not try it for athletics? Andrew A-H and I had just moved up an age group and weren't getting any younger. Athletes are a suggestible lot who are always superstitious about something. I bought a two dollar "beer opener ring", scratched it up a bit, and managed to convince Andrew that it was an old family heirloom that I had inherited along with my great grandfather's sword and that reputedly it had saved his life in the 2nd Afghan campaign. Why not take it as our lucky charm to Oceania?

From Auckland airport we took the scenic 3 hour drive to Tauranga. The landscape was green, lush and volcanic. On arrival at our cute cottage, the owners, far from handing us the keys promptly declared that it was "beer o'clock." The neighbours magically appeared, the beer magically appeared and after an hour or two we were best drinking buddies. The ring must have been working but was this really going to help our throwing? I took a peek in the garage and noticed 2 large plastic bins with tubes coming out of them. "What's that Gary?" "Oh that's just my still where I make the stronger stuff. Here, get rid of that Ranfurley crap and try one of these Radlers. Finally our hosts rolled down the driveway and I noticed a huge black cat hiding under the rosebush, staring at us with yellow eyes. I couldn't remember whether this meant good luck or bad, but it was rather creepy. Next morning we

looked out on the lawn just in time to see the yellow eyed monster licking his chops over the carcass of an unfortunate feathered victim. Andrew was up mixing his special protein powder drink and downing a handful of Fish Oil and Glucosamine tablets. Whatever was in them seemed to work as later that day he put the Shot further than I'd seen him do in years. Later he won the Discus, with the cabsavvy Tony and myself completing the hat trick for NSW. That evening in 'Peck and Sav', I noticed they were selling green lipped mussels cheaply. I bought a couple of dozen and our neighbour showed us how to de-beard and prepare them. Being an unadventurous Pom, Andrew turned his nose up at them. I got the beer opener ring out and showed him how it was done. "Look its 6 mussels, one Speights, 6 mussels one Old Black, 6 mussels one Steinlager and 6 mussels one Radler." In an hour I had downed all the mussels and Andrew sat and watched and waited for me to explode. Nothing happened and I crawled into bed.

The next day I threw a huge PB in the Weight, just off the state record. Andrew couldn't believe it, but he was hooked ... he'd try anything for a state record, even 2 dozen mussels! The following evening we repeated the procedure, only with Andrew as the guinea pig. It looked like he might set a record for

projectile vomit! The beer ring was working overtime ... 6 mussels, one Hop Rocker, 6 mussels, one Macs Black, 6 mussels, one Tui, 6 mussels, one Waikato Draught. Andrew lay down very carefully. The magic formula was either going to kill him or make him stronger.

The next day he smashed the NSW javelin record by 2 metres. He was on fire and not from the chilli he'd been consuming! There seemed no way of stopping him now. I noticed that his eyes were starting to go a yellow colour and he was talking to himself a lot.

On the rest day, the GGG* tried to cool things down a bit by taking us to the beach at Waihi which had a lovely view of the Rena oilfields.

Afterwards, she discovered a cafe called "the Secret Garden" which was said to promote special restorative powers. On entering the cafe courtyard, we found ourselves in a private hidden oasis filled with unusual fruit trees and Balinese pavilions. In his state of susceptibility Andrew was now willing to try anything out of the box. We laid him down on pink cushions, and plied him with chai and incense. The Indian music put him into a trance like state, during which he sucked on a pepper mango fruit we had picked from a kau kau tree in the garden. He seemed to have calmed down a bit, but still kept

feeling for the ring periodically in his backpack. We went to bed early to save energy for the weight pentathlon the next day, the final event on the programme. Andrew looked like he was over his "fever" and drifted off in the hot tub with the aid of 3 or 4 Hop Rockers.

I was mistaken. At 7am next morning, I

NSWMA

Annual General Meeting

2pm Sunday June 24

Notice is hereby given that the annual general meeting of the Club will be held at 2pm on Sunday 24th June at Ryde-Eastwood Leagues Club, Ryedale Rd, West Ryde.

The committee will present the annual report and financial statement.

All committee positions will be declared vacant and nominations called for. Nominations must be in writing (or email) and be received by the secretary at least 14 days prior to the meeting. If there are insufficient nominations they may be taken from the floor.

Any members wishing to present items for discussion or motions should forward details to the secretary for inclusion in the agenda.

was confronted by the sight of a madman in the kitchen. There he was surrounded by 2 dozen beer steamed mussel shells, a large protein shake, a pile of Omega 3's, a bowl of blueberries, another bowl of Weetbix and a large can of "Mother". He'd shaved his beard into a goatee and was wearing an Australian flag bandana and dark glasses. It was going to be an interesting day!

After 3 events, the ring was working its magic. Andrew was on a high, throwing even further in the Discus than he had earlier in the week. I was struggling to keep up. Forget Ray Greens tips - it was the invisible green rays coming from his backpack that I was up against! After another huge throw in the Javelin, it was clear something had to be done to break the spell before this experiment went completely out of control. Going into the Weight Throw, Andrew was 100 points

ahead, and only had to hold his nerve when a very strange thing happened.

From behind a grassy knoll next in the field, a strange very old Hobbit looking figure suddenly darted out, rummaged around in Andrews backpack, and then quickly darted back behind the trees. I checked the backpack to see if anything was missing, and sure enough the ring was gone! Equally strangely, it had been replaced with a half drunk bottle of whisky. By lucky coincidence, I had just had a throw and got a good one in. However, having just witnessed the theft before his first throw, the effect on Andrew was devastating. He visibly wilted. The bandana slipped, the legs slipped and he could barely lift the weight. Try as he may, he was going into major mojo meltdown. It was over. The magic had gone. It was back to the reality of sore red muscles.

Andrew was of course devastated, but on reflection, to continue would have been too much and would have led eventually to a mountain of doom. Perhaps it was for the best that someone else would carry the power and burden of the ring into the future....

Footnote

At the NSW championships 2 weeks later, Keith Bilbo James stole the gold in the M70 Discus with an Australian record throw of 41.66 metres

At Oceania Robert Gandolph-Brown set an Oceania record of 15.05 metres in the M55 Weight Throw

Andrew Batkissing-Hobbit set a NSW record in the M55 Javelin of 44.85 metres

*GGG: Green Greek Goddess



A uniform for Masters women

By Margaret Walker

'Men don't care what they look like.' True or false?

Not sure? Okay, try this - 'If a crop top and scungies don't suit you, ladies, then wear what the guys wear. And men don't care what they look like on the track, they just want to get into the action.'

Case Study: Me, 177cm tall, 14E, big feet, Croatian ancestry. Otherwise slim. I'm not an elite athlete but I'm not too bad either and I want to feel good about how I look. I'm not pubescent and I object to my limited options - either wear the teenage two piece or look like a passionfruit sponge in the guys' uniform.

So what's a solution? On a recent trip to New York I picked up a couple of sport's tops I liked and from which I drafted two patterns. One thing became immediately apparent. You cannot just argue over the arrangement of colours and symbols. For Masters Women, you must change the way the garment is cut. The longer top with a racing back that I bought at Paragon Sports is the same size as my club singlet but cut very cleverly in only two pieces. Rather than just hang, it gives shape over the bust, and curves down over the waist and hips, if you want it that long. You may prefer it shorter. The other one was a crop top I bought at Niketown, with a racing back and a



long side piece cut in a series of curves from the back to the front. It gives great support. Whilst I love wearing it, I made another one and added an extra 10 cm to the length and that looks good, too.

On the track, we neglect the principle of a well cut garment for mature women to our peril. We have bred a subclass of unhappy athletes who wear the uniform not with pride but from the threat of not being allowed to compete if they don't. The late Queen Mother once famously said - 'Uniforms don't suit me.' She refused to wear one.

Stromlo RUNNING FESTIVAL

Stromlo Running Festival, now having completed its 4th year, is an unusual event and possibly the only one of its kind. Comprising seven races it acknowledges both outright, age and sex adjusted (ASA) results. The exception is the main event, the Cross Country, which is ASA-handicapped. Many entrants were there for a shot at the prize money and the title although you have to be not only top of your own age bracket but top of



Deek hounded me for days to be pictured together

every age bracket and both sexes to win, and not just at Masters level; people below 30 were also in the mix. The most successful runner overall was a 17 year old. Results were posted soon after each event and trophies presented.

After the Corporate Challenge the next event was the 1.2k *Criterion race*. It was held on a purpose built, almost flat loop of

road. The same loop was shortened later to 1k for the 12 hour race which kept me awake all Saturday night as our tents were pitched in the grassy middle of the road loop!

Following a secondary schools event next day, the handicapped *Australian Age and Sex Adjusted Cross Country* was next on the programme. It consisted of 3 laps of a purpose built 2.5 lap course. The

handicap worked like this: according to your age you were given a starting time after the actual start. The earliest starter was on 11 minutes (don't ask me why). My bib said 15:15 which meant I started 15 minutes and 15 seconds into the event. The older you were the sooner you started. Women of the same age started before their male counterparts.

The idea was to pass everyone in front of you and not be passed by anyone behind. As Keith Bateman is not much younger than me it wasn't long before he caught up, about ¼ of a lap. Next was Steve Moneghetti at about 1½ laps, then Lara Tamsett, then Martin Dent, then in the last quarter lap about 20 others. There were some big names among them. I had to finish before I could find out who'd won. Before the race began the younger ones were backing Monners while the oldsters pinned their hopes on Bateman. Monners needed the race to be a bit longer because our Keith had him by just

8 seconds! \$750 prize money! Not bad for less than half an hour's work. See the news cast here:

<http://www.youtube.com/watch?v=STrh0Ca0gQA> and an interesting slowmo here;
<http://www.youtube.com/watch?v=XOeDjRonshE>

Robyn Basman had foot problems and was uncertain about entering anything at all. Lucky she did though. She did alright despite not really putting in a total effort. She, like Ron and Keith ran the Cross Country in bare feet. It has to be said though; the course is like plush velvet to run on. Soft, even, low cut, tight, short growing grass.

It rained. Quite a lot! Fortunately Ron was well equipped. We had a virtual kitchen and lounge room under his large marquee: toasters, electric kettles, lights tables and chairs. For his own comfort he brought an actual mattress. No blowing up air beds for him! The rain could have been a problem since his mattress was too long for the tent, but no worries, he had another tent to put over that tent!

Between events there were various seminars on injury prevention, training methods, barefoot running, a talk by Monners and so on.

The *Mountain run* was short but steep and took you up to the top of Mt Stromlo where the original burnt out observatory building still stands like a Greek ruin. The new observatory buildings are nearby but lower down.

Then the *Lightening Strike runs*, one a 10k, the other 30k. These were on fire trails and hence quite hilly. You had to do 4 events including the 30k race to be eligible for the *Percy Cerutti Challenge*. Ron was the only one of us to do it. As I predicted, the 17 year old who'd done so well

Mt Stromlo Cross Country results

		Time actual	ASA adj h/cap	Pos actual	ASA adj
7.75k	Cross Country				
Keith	Bateman	24.38		16	1
Robyn	Basman	30.01		60	13
Dennis	Wylie	28.19		45	26
Ron	Schwebel	29.12		53	36
Wayne	Bulloch	26.27		32	39
Stephen	Ball	31.05		67	57

up to now was clearly stuffed by the 30k race but still ended up equal 1st in the overall Challenge. Robyn and I did the 'easier' 10k. Robyn only decided to enter at the last minute and without a warm up, so a good effort for her. You never know what will happen or who will be there but I was only aiming for an ASA win. An unexpected outright win was even sweeter! I came second in ASA because the capable Peter Sandery of SAMA was there. Robyn was 3rd but probably could have won the ASA if not for the niggling foot injury.

Dennis Wylie

It's on again!

NSWMA Presentation Luncheon

12.30pm Sunday May 20

Ryde-Eastwood Leagues Club

Ryedale Rd, West Ryde

This is the social event of the year for masters athletes where we present the annual awards, record certificates and generally acknowledge the great performances of NSW masters during the past season.

This event is subsidised by the Club and will cost only \$25.

Booking for this event is online via NSW Masters' website.

Members unable to access the internet should contact Mark Johnston

ph 9820 2146



Summary of Drug Testing

Not just elite Sportspeople but you, yes you, can be tested for banned substances. It's probably unlikely unless you break a record but the anti doping rules extend to Masters Athletics and 'affiliates' which means us and anyone associated with us.

Part of your AMA competition fee goes towards this programme.

The World Anti Doping Agency (WADA) has a list of banned substances on its site:

<http://list.wada-ama.org/prohibited-all-times/prohibited-substances/>

Some things are prohibited:

1. at all times
2. in competition
3. in particular sports

There are long lists of names of chemical products. You can understand how people might sometimes get it wrong.

Banned things are classified as:

1. non approved substances
2. anabolic agents
3. peptide hormones, growth factors and related substances

4. beta-2 antagonists
5. hormones and metabolic modulators
6. Diuretics and other masking agents

There are also penalties for

1. tampering with results
2. being an agent or assisting with buying or administering banned substances
3. trafficking in them

Each country has a body whose job it is to carry out tests.

Obviously, honest people need medicines sometimes and these may contain banned substances. In this case you can get an exemption via a TUE form (therapeutic use exemptions) which is a kind of "Doctor's certificate."

We needn't worry. The most likely among us to have faced testing is Keith Bateman who has 5 World records but, he hasn't been tested yet. He'd have welcomed it at Sacramento though as some people questioned his apparent sudden rise, not knowing his background, workload, time on the job, Scientific approach and physical capacity.

NEW MEMBERS

Welcome to all the new members who have joined NSWMA this quarter!

W35 Jane Shaw
Natalie Heywood
Larissa Stanley
Kellie Watson
W40 Merran Butler
Caroline Bailey
Amanda Coombe
W60 Ginnette Gardner
M30 Michael Dare
Brendon Lys
Duncan Harvey
M35 Darrin Jenkins
Ashley McMahon
Jamie Muscat
Rodney Watson
M40 Terry Knight
Lee Clark
M45 Con Kotis
Andrew Ravenscroft
Micheal Daly
Jim Rich
M50 Chris Brumby
Brian Mackie
M55 Frank Chapman
David Mitchell
M60 Bill Swiney
Glenn Crompton
John West
Ron Perkins
M65 Vince Basile

Reg Austin OAM

AMA HALL OF FAME

He was the most successful pro athlete of his time.

When you win a professional race, apart from prize money, you are awarded a sash.

Most good pro runners will have collected 10 sashes. Reg has 100!

Among his wins:

4 Gold Coast Gifts in Qld

4 Liverpool Gifts in NSW

4 La Trobe Gifts in Tasmania

4 Major races at the Cricket Ground in Sydney at Grand Final half time.

4 times at the State of Origin at half time.

9 wins at 200m in a World Champs

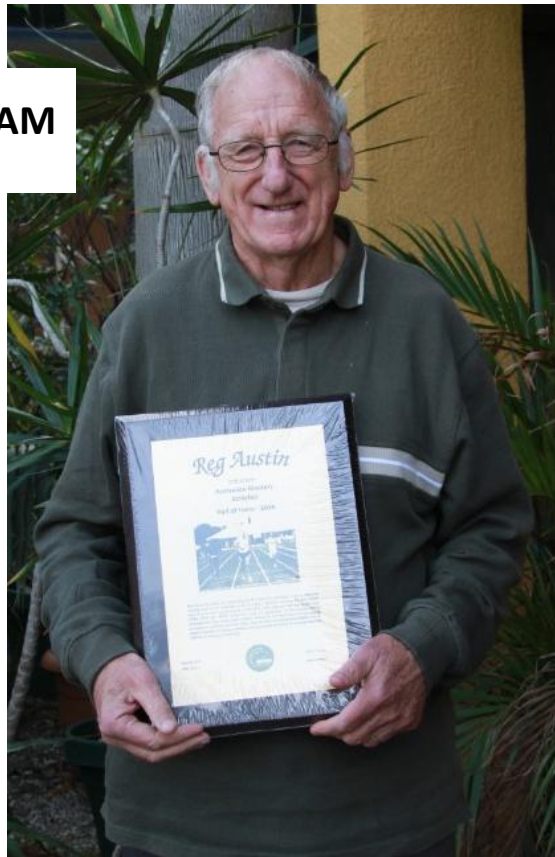
7 wins at 400m in a World Champs

6 wins at 100m in a World Champs

Reg raced overseas as well as in Australia. He liked America because people were non judgemental about professionalism. He met and ran against some famous athletes like Bob Hayes and Arthur Postle. He says Jesse Owens was one of the nicest people he ever met.

At the age of 39 at White Plains in New York in 1976 he ran 20.61 for 200m. He still has World records set in Gothenberg, Sweden for the 100m(10.8) and 200m(21.9) held since 1977, then aged 40. When he turned 50 in 1988, he set another World record of 22.8 for the 200m that still stands.

Professional running had been around since Victorian times but you couldn't live



off the earnings of races even when as successful as Reg. Still, the amateur movement was opposed to professionalism for a long time.

Professional athletes were nominally barred from the Olympics during most of the 20th Century but restrictions eased after 1988 because many athletes were receiving varying degrees of assistance

Current Aust records for sprints

M40	100m	10.87	1977
	200m	21.80	1977
M45	200m	22.14	1983
	400m	50.61	1983
M50	200m	22.88	1987
	400m	51.81	1994
M60	200m	24.93	1999

anyway. For example, successful athletes from Western nations received sponsorships and income from advertising endorsements supposedly not connected to their amateur status while Communist bloc countries virtually paid their athletes to train full time despite claims they had other jobs or were students. For a time the Olympic movement insisted these payments be placed in trust funds but eventually they conceded to allow professionals to participate.

Unfortunately, with a 10 year professional Rugby League football career, Reg was disallowed from representing Australia at amateur athletics despite being the best in the world at his age and when aged 42 he finally decided to take the Amateur Athletic Association to court. However, an out of court settlement was reached regarding runners which meant that \$10,000 of his prize money had to be kept in a trust fund. An inconvenience for him but lamentable for pro runners who didn't make much! He was 45 by then and only competed professionally for two more years. He continued a little longer as an amateur.

He hung up his spikes in 2010 but still coaches. He was coached himself by Jack Giddy for 52 years. Reg has set 7 World records in M35, M40, M45, and M50 and has 15 World titles. He was awarded the Order of Australia Medal in 1990 for Services to Sprinting. He was inducted into the Australian Masters Association Hall of Fame in 2010. In 2011 Masters also awarded him "Living Legend."





ANOTHER ONE!

All it takes is a bit of organisation and some willing personnel. Noel Wright has organised other State and National record attempts, the latest being a 65+ 4x200m. Illawong was happy to accommodate the athletes in their attempt. You only need two officials to oversee it, either electronic timing or 3 stop watches and two teams to make it a race. The original record belonged to Queenslanders who are always keen to hold records. They'd held this one for 4 years. The NSW Masters team members were Les Gilles 65, Geoff Francis 69, Don Mathewson 67, Noel Wright 65.

Final time of 11:01.70 bettered the previous Australian record by 14 secs. (11:15.37)



You heard it here first

In medieval times archers did not solely rely on the supply of arrows they had brought with them but on also firing back the arrows that the other side had fired at them. Battles lasted a long time, either until one side had all died or, until there was no ammunition left. Spears were also cast back. Cannon balls were no exception. The uncivilised Scots or 'Barbarians' were ill equipped to fight the Romans, possessing no real weapons and merely resorting to throwing stones. When the Romans started lobbing cannon balls at them the Scots would go about single-

handedly picking up the cannon balls or 'shot' rather than the usual stones and biff them back at the enemy. This was devastatingly efficient as it would take a team of Romans to organise each cannon shot but only one man to throw it back.

Off the battlefield, Knights jousted with anyone they had a score to settle with but ordinary folk who didn't have horses could only rush at one another with spears or 'javelins' as the French called them.

Later with the invention of firearms, duels were commonly fought - from a distance - but the Scots remained uncivilised until only last century and were still throwing shot at one another to settle their differences. When the first modern Olympics were re-convened in 1896 the Scots were able to successfully lobby to have what was common practise for them included in the Olympics where it remains to this day. All of this explains why Scotland's defence budget is the smallest in the World. There are still plenty of old Roman cannon balls lying about.

WHAT'S AHEAD?

25.03.12	Sri Chimnoy races/ SMC races Centennial Park/ Smithfield
24.03 -8.04	Police Games Open to Masters athletes
3-8.04.12	World Masters Indoor Jyvaskyla, Finland
6-9.04.12	Australian Masters athletics Melbourne
13-22.04.12	Port Pirie Masters Games Port Pirie, S.A.
6.05.12	Adidas State 10k Homebush
20.05.12	Throws Pentathlon Dunbar Park, Marsfield
17.06.12	Throws Pentathlon Dunbar Park, Marsfield

If you can't order on line at <http://www.nswmastersathletics.org.au/> then use this form

NSWMA TEAM SHIRTS ORDER FORM Mail this form and your cheque (made out to "NSWMA Inc") to **Uniform Officer Lisa Mumberson 29 Greenoaks Avenue, Bradbury NSW 2060 0402 338 511**

Style	Qty	Size	Total
COLLARED POLO SHIRT			
V NECK SHIRT			
		Postage	\$10.00

NAME:.....

ADDRESS:.....Post Code.....



Left: Brad Sharpe wonders if others have noticed his t-shirt tan line.
 Right: Cathy Connell makes it look easy.
 Below left: Ranell Hobson has perfect form - and hurdles well too.
 Below: Julie Steele stunt rides an invisible motorcycle



Below right: Barry Mayo finishes strongly In the 5000m
 Below left: Kevin Fisher
 Below middle: John Warren



Right: The reason why we have a camera on the finish line.

Order form overleaf (or do it on line)

NSW MASTERS TEAM SHIRTS



We are pleased to present our new NSWMA Team Shirts! These will be great for wearing between events, and also to promote ourselves as a group. 2 styles available:

Collared Polo Shirt @ \$ 45.00 ea

V Neck T Shirt @ \$ 40.00 each

Sizes: S - M - L - XL - 2XL - 3XL - 4XL