



## Vale Jennifer Jaye

In an active life of many facets, Jennifer Jaye is perhaps best remembered for her compassion for and work with people of different abilities. Jennifer, who died earlier this year, was a wife, mother, community worker, athletics official and lawn bowler and coach. The highlight of Jennifer's distinguished 39-year career as an athletics technical official was officiating at the Sydney Paralympics in 2000, as a throws judge and referee. In lawn bowls, she excelled as a coach, enjoying particular success with wheelchair bowlers and newcomers to the sport.

Jennifer (nee Surman) and her sister were born and raised in Cromer. After leaving North Sydney Girls High School Jennifer qualified as an accountant and in her mid-20s travelled to England where she met and married the man who was to become her husband of 49 years, Bev Jaye. Bev and Jennifer had three sons, all born in different countries; the first in England, the second in South Africa (Bev's country of origin), and finally in Australia where they made their home for 34 years. They eventually settled in Belrose, where Jennifer took much pride in both her home and garden.

Jennifer was very much part of school and community life. She first became involved in athletics in 1968, joining the then-Manly-Warringah Club of which she was later to become president. In 1988 the great amalgamation debate took place when it was proposed the three northern Sydney athletics clubs, Ku-ring-gai, Manly-Warringah and Northern Suburbs join together under the banner and sponsorship of the shoe company Reebok. Norths voted to stand alone, while Ku-ring-gai and Manly-Warringah elected to merge, forming the club which is now known as Sydney Pacific. Bev and Jennifer voted with their feet, moving to Northern Suburbs where they were both elected to the committee and were made life members in 2001.

For the past 15 years Jennifer's major contribution to Northern Suburbs athletics has been as a mainstay of the Saturday afternoon Northern Zone competition at Rotary Field. Northern Zone plays an integral role in Sydney athletics, offering social competition to athletes of all abilities, from the youngster who lacks the confidence to compete at Homebush to the not-so-serious veterans who enjoy a run, jump or throw in convivial, non-threatening surroundings.

As an official, Jennifer achieved level 2 throws judge and referee status. She rated her most memorable moment in athletics as Olga Kazenkova's world record in the hammer at the 1998 NSW Championships when she was refereeing the event. Jennifer received the ANSW Officials Services Award in 1988 for her commitment to the sport and also a Athletics NSW Merit Award.

Jennifer was a very competitive lawn bowler with Seaforth playing in the club's No 1 Pennant teams in triples, pairs and minor singles. She was very pro-active in ensuring people with disabilities had the opportunity to participate in the sport, by coaching and officiating at many wheelchair competitions and coaching clinics. She was also the club's treasurer for several years.

In the citation for Jennifer's and Bev's life membership, UTS Norths' then-President David Archbold wrote:

'Bev and Jennifer were President and Secretary of Manly Warringah Athletics Club before coming to our club 14 years ago where they both served on our committee. They are active officials of Athletics Australia and NSW and together they are Northern Zone's only acting officials and have been so for more than 10 years. It would be true to say, without their support, Northern Zone would not exist. Bev and Jennifer also regularly officiate at school meets, Zone carnivals, Combined Schools and All Schools championships, ANSW competition, paraplegic meets, the list goes on. Our thanks goes to them both.'

All of us at UTS Norths offer Bev and his family our sincere condolences.

Ron Bendall, Club President

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# New South Wales Masters Athletics Inc.

Postal Address: PO Box 359, Waverley NSW 2024, Australia

The Waratah is the official newsletter of NSWMA Inc.

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

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## Life Members

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

## Birthday Roll Call:

Many happy returns to our members celebrating with Birthdays in February 2007 and March 2007

February				March			
		Steve McGUGAN	50	Jim PERIDIS	80	Phil LYONS	50
Cristine SUFFOLK	35	Clay TOMPKINS	50			John MORISON	55
Jayne DOHERTY	40	Les GILLIES	60	Jacqui PARRISH	35	Bruce RENWICK	55
Gabi WATTS	40	Laurie COLEMAN	60	Caroline YARNELL	45	John VAN STAPPEN	55
Trish STALLARD	45	Tony IRELAND	65	Teri SHORT	50	Elwyn ELMS	60
Carol SCOTT-TODD	60	Richard MAGEE	60	Adriana VAN BOCKEL	55	Jim FITZGERALD	60
Jean THEW	70	Alec WALKER	65	Kerry BRAY	60	Geoff FRANCIS	65
Sheldon CUMMINS	35	Bob WATSON	65	Kathleen COOK	70	Ian GRAVES	60
Tokunbo OLABINRI	45	Raymond BROWN	65	Martin CHURCH	40	Brendon HYDE	60
Tom DENNISS	45	Ken GOLDMAN	65	Matthew LYNCH	40	Bruce CREWES	65
Steve CROCKER	50	Osmo MILLRIDGE	75	Stephen POPE	40	Bernie CONDON	70
Robert HERD	50	John STURZAKER	70	Sergei ZABLOTSKII	45	Neville FLETCHER	70
Ian LEONARD	55	Jim McGRATH	75	Tony BAKER	50		
Martin LYNCH	55	Hans PLATZER	75				

## The Presidential Address

I just finished adding a new touch to the white house front garden. While some people might have a garden gnome or a flamingo, why not a discus thrower? Flower Power do a nice line in discobolus so I thought why not? Being an old discus thrower from wayback I've always wanted one. A nice classical touch I think, much better than a garden gnome. Anyway now to matters athletic. The gremlins, or was it the gnomes' revenge, got to our Xmas issue of the Waratah and it only got out in February I think. It was however on the website in "Technicolor" from early January.



Since the last issue there have been numerous Sat. afternoon competitions at Allcomers and over at UTS Norths (Rotary Field). A number of Masters have been showing the colours and tuning up for titles coming up. A few PBs and even a State Record or two have been set. Some members competed in the open titles, Stuart Gygell heaved a big 18.35m in the shot and Gianna Mogentale equalled the 100m AR held by Qlder Julie Brims. The W40 100m AR is shaping up as a seesawing battle between our Gianna and Brims who has been in sparkling

form lately. Gianna had the record from last season but Brims raised the stakes and took it off her recently at the Qld titles by 1/100sec. Gianna, not to be outdone, matched the time at our open titles. Pity they aren't getting paid like the Soviet Bubka used to be. At \$x per 1/100sec could be a nice little earner!

The Police Games are on again and there will be a Masters meet in Wollongong on Sunday March 11, details elsewhere in this newsletter. March is State Titles month, entry forms are in this newsletter, on the ANSW website and also available on-line via the ANSW website. We are also hoping to have on-line membership registration/renewal soon.

Planning has begun for the 2008 AMA Nationals to be held in Sydney. More details in the next issue. It's expected that on-line entry will be possible for this meet. We do need to offer a social function/dinner and any suggestions would be welcome. Planning is also underway for the World Masters Games 2009 also to be held in Sydney. There is a website ([www.sydney2009mastersgames.com.au/](http://www.sydney2009mastersgames.com.au/)) and an e-newsletter. Several of us have been approached to be involved in the organisation, again more details once they come to hand. Later this year (October) the Australasian Masters Games will be held in Adelaide. Once again there is a website ([www.australianmastersgames.com/](http://www.australianmastersgames.com/)) and entries should be available from March. Let's not forget the World Titles in Riccione, Italy either. No doubt a number of our members will compete. Travel information is included with this newsletter.

As mentioned above, recently the NSW open titles were held, without a single mention in the SMH or the Telegraph as far as I could see. That same weekend, in the middle of Summer, SMH ran a full-page story with pictures of kids' rugby! Athletics is truly an invisible sport in NSW as far as main-stream media are concerned. All is not lost however, local papers eagerly devour information about local performers and a number of our members have "made the news". If you have been the subject of an article during the past year send us a copy for our files.

Finally for those going to any of the upcoming championships good luck and stay injury free.

Mark

## Letters to the Editor

Dear Editor,

On receiving the latest edition of THE Waratah, I was encouraged to send this acknowledgement that I sent to Simon and Tom recently relating to the the Canberra Nationals

Though it is a bit late in thanking them, it is necessary

Both Simon and Tom gave their Easter Holidays to serve us athletes and they were always busy. In fact, I had to book in advance because of the many athletes who required their services and expertise

I thank you too for your great contribution to The Waratah and I am sure it is met by enthusiastic reading and enjoyment by all your readers. Thank you too, to The Committee and Office Bearers whose service with distinc-

tion, enables us to enjoy our athletics and friends

Best wishes always

Alan Carey



*Alan Carey and mates Simon and Tom*

## Editors Wrap

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

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

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

## News

Congratulations to Marie Kay for taking out the Masters Athlete of the Year at Confederation of Australian Sports Awards night on the 13th February.

### **Walks Judges Needed for National Championships 2007**

As indicated by Aileen from TMA, they is looking for additional walk judges to assist with the track and road events. Could you please pass on this request for help to any members of your state who are attending and who might be able to assist when not competing. Any replies should be sent direct to Aileen.

It would be appreciated if you could also include a note in your newsletters asking for assistance.

Many thanks and looking forward to catching up with you all in Hobart.

kind regards

Lynne Schickert

## Telstra A Series - Sydney: Masters Wrap Up

### By Peter Crombie

The Telstra A Series was a great event for the Masters sprinters & we will try & get the event on again next year. We will even try for some additional events & even another age group in the sprints.

Maybe with the ladies we can have a 30+ & a 40+ & the men a 30+, 40+ & a 50+. The younger men will have to put their hand up prior though to ensure they will participate. This time around we had 4 reserves for the younger race & indeed some difficulty filling the ladies race.

The results are up on lollylegs together with the age graded performances. The link is <http://www.lollylegs.com/>. Later on when the discussion section comes back on line let's hear your comments good/bad about the inclusion of masters events in the Telstra A. Later on when the discussion section comes back on line in a week or so let's hear your comments good/bad about the inclusion of masters events in the Telstra A Series.

The M50+ race had incredible depth of quality with probably the 1st time ever that 5 people in a masters race have achieved the 90% level. John Wall, even though a little back in the younger field put up a magnificent performance with a 93.86% effort. That would win a medal in most world titles.

In the ladies race Gianna Mogentale demonstrated once again why she is a top performer on the world scene & why she deserves her world title. Gianna can be seen bobbing up everywhere she can find somewhere to race & that shows in her performances.

The M35+ race was very exciting with most runners if not all achieving their best performance of the year. The only trouble was that the wind was a 2.1mps tail. The performances of Leeseberg & Sheldon up the front were very exciting & Dave Isackson in 3rd place with a 93.28% performance had the race of his life with a world top 5 performance for a 45 year old. Congratulations Dave.

Time to start training for next year & be part of a fantastic outing.

### Results

Athlete	Time	Age Grading	Age Graded Time
<b>M50+ (w 0.0)</b>			
Peter Crombie 62	25.06	97.01%	19.92
John Van Stappen 56	25.35	92.16%	20.96
Stuart Haywood 58	25.52	92.78%	20.82
John Wall 60	25.57	93.86%	20.58
Alan Carey 56	25.57	91.36%	21.15
Martin Lynch 56	26.79	87.20%	22.16
Steve Crocker 54	27.41	84.07%	22.98
Pat Shirvington 55	27.69	83.81%	23.05
Wayne Marriott 52	29.06	78.21%	24.70
<b>W30+ (w 0.5)</b>			
Gianna Mogentale 43	25.92	90.47%	23.59
Ranell Hobson 35	26.38	80.89%	26.38
Kylie Strong 39	26.49	84.27%	25.32
Julie Forster 45	27.39	87.77%	24.31
Janet Naylor 40	28.56	79.20%	26.94
Allison Lloyd 35	30.26	70.52%	30.26
Julie Peksis 47	31.32	78.51%	27.18
<b>M35+ (w 2.1)</b>			
Ernie Leeseberg 35	22.69	88.32%	21.88
Sheldon Cummins 36	22.81	88.52%	21.82
Dave Isackson 45	23.18	93.28%	20.71
Krzystof Wardecki 38	23.52	87.19%	22.16
Chas Barclay 38	23.69	86.57%	22.32
Rod Clarke 38	23.73	86.42%	22.36
John Skrivanic 41	24.04	87.30%	22.13
Darrin Jenkins 41	24.41	85.97%	22.47
Mike Lynch 38	25.22	81.31%	23.76

## GNW100s Ultra Running Event

### By Ray James

On the weekend of the 11/12th November I competed in an ultra running event it is called the GNW100s as it follows the Great North Walk that runs from Sydney to Newcastle and was established in 1988 as a Bicentennial Project. It has R16;100sR17; after the initial as you can run either 100k or 100 mile option R11; because of the course the 100mile option is in fact about 109 miles or 175k.

It is from Teralba near Lake Macquarie not far from Newcastle to Patonga on the Central Coast. The total distance is 175k and the total rise and fall over that distance is just under 41,000 feet. There are just 6 checkpoints and the time between each is on average 5/6 hours and during that time you must be totally self sufficient – that is you must carry all the water and food you will need to consume during that time. Also you need to carry mandatory safety equipment and other equipment that you consider is essential. All up and additional 5/6 kilos is carried.

It started in pleasant conditions at 6.00 am on the Saturday morning with a forecast of hot conditions. There were 29 starters. The temperature soon rose and due to the extreme heat over half the field retired by the third checkpoint at 82k. There were other retirements at following checkpoints due to the heat and the difficulty of the terrain. I reached the 4th Checkpoint at 102k after about 18 hours of running and walking.

The Sunday was very hot and as I was getting closer to the finish the lush cool forest gave way to barren hot sun drenched rocks. It was a slow struggle over the last 25k but thankfully I managed to finish in 34 hours and 46 minutes. In the end there were only 10 finishers with me being 6th over the line. It was a great feeling to have finished what is regarded as the hardest 100 mile race in

Australia.

I finished with no injuries and had a couple of weeks of easy running. I have now resumed normal training and will focus on the Canberra Marathon which will be my 76th Marathon. I am aged 57.

Attached is a photo – a smile as the finish line is just meters away – my running tag is 'Eagle' – maybe legal eagle, maybe bald as an eagle but on this day it was the 'eagle has landed at Patonga.'



*Ray James aka 'Eagle'*

### **Editors Note:**

*Thanks very much Ray, this is a very welcome addition to this Newsletter. I'm sure there would be others who would like see some additional content added from around the traps, it may not be 'off the beaten track' but it's a story that would be gladly appreciated in these pages.*

## Member Profiles

**Name:** Christine Suffolk

**Favoured Event:** cross country

**Age Group:** W35

**Time involved in the sport:** has 1st and 2nd places at the public school's cross country carnival at age 10 and then started athletics track at 12

**Fondest Sporting Moments:** represented Australian Deaf Athletics Team at the 5th Asia-Pacific Games for the Deaf held in Kuala Lumpur, Malaysia in April 1996 and won 3 silver medals in the 800m, 1500m, 3000m; 14th World Deaf Track and Field Championships held in Erfurt, Germany when only one athlete from Aussie, who came 4th in 1500m and 5th in 800m in July 1996 at 26yrs. Competed at the 6th World Masters Games in Edmonton, Canada in July 2005 gaining gold in 8km cross country, silver in 800m, 3rd place in 1500m & 5000m and 4th in the 10km road race. Won 4 National masters cross country titles in W30 and in 2006 was runner up.

**Next Sporting Aspiration:** New Zealand mas-



ters games Feb 2007 (celebrating 37th birthday), 7th World Masters Games in Sydney, 2009; and represent Australia at the 2nd World Deaf Cross Country championships in 2009

**Favourite way to relax:** watching 'All Saints' with subtitles

**Interests:** Cross Stitches and 'Run for Life' magazine books

**Sporting Hero:** Robert de Castella and Craig Mottram

**Perfect Evening Out:** The Phantom of the Opera and The Adventures of Priscilla Queen of the Desert!!!

**Can't Live Without:** a photo of my beloved nana and pa; the frame was awarded 'Life membership' of Nowra Athletics Club, a big trophy glass cup was awarded 'Gilmore Elite Sportsman of the Year' winner in April 2006 and all my medals (195 medals total)

**My last meal would be:** chocolate chip ice cream

**Best Bit of Advice:** to keep fit at training in cross country, but I HATE mosquitoes in summer time

## Canberra Two Day Walk

**By Judy Brown**

It is a great event and it would be really good to see some NSW Masters athletes there. It's a challenge for anyone looking for something different to do and it's no pushover. Much of it will be a flat course, but they've got some big hill down there and they will usually throw some in on the Sunday, especially for the longer distances.

Entry form on page 17



## Membership Subscriptions Now Due

Dear All,

Just a reminder that club subs are due. I have now activated the on-line renewal process via the ANSW IMG facilities. Both Nancy and I have tested it by renewing with our credit cards. It appears to work OK. There are two methods depending upon whether you are registered with ANSW with us or not. Most of you are not. See instructions below. Why not give it a try?

### **Renew your subs on-line**

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

### **Not registered with Athletics NSW through NSWMA (most people)**

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

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

Choose "Login" instead of "New Registration". To do this you need to know your username and password. This can be obtained from Club Registrar Garry Womsley ([g.womsley@olex.com.au](mailto:g.womsley@olex.com.au)). Once you have logged in select "Registration Renewal" and follow the prompts leading to credit card payment. You can also change your id and password to something you can more easily remember.

regards,  
Mark

## Guidelines for Protests

### **Competition Protests**

From time to time athletes get involved in disputes and may involve a protest. It isn't all that common but it is probably worthwhile looking at the situation at AMA Nationals. Typical wording in the competition rules is as follows:

"Any protest concerning an athlete's eligibility to compete must be lodged with the Competition Director prior to the start time of that particular event. If the matter has not been resolved before the start time of the event, the athlete will be allowed to compete, but only under protest pending subsequent decision. Any appeal against the referee's decision must be lodged in writing to the Competition Director and accompanied by a deposit of \$50, which will be forfeited if the appeal is found to be without substance."

As can be seen from the wording above, an athlete who is the subject of some issue or potential problem, may be allowed to compete but could subsequently be ruled ineligible and stripped of any medals/placings. This is normal procedure and is not an error on the part of organisers to, for instance allow the athlete to compete. It would of course be very frustrating to be in that situation.

The other issue is the fee required to lodge an appeal. Invariably fees such as these are there to discourage "frivolous appeals". They are a normal part of such procedures, the same applies at universities with regard to results. Since the vast majority of such situations arise through mistakes on the part of the individual athletes concerned, the club does not pay this fee. It is the responsibility of the athlete. The only exception would be in team events such as relays. The team manager has a role in advising and liaising with the organisers and will lodge the appeal but the fee is still the responsibility of the athlete.

### **Relays**

There has been a certain amount of confusion in some members' minds about relays at Nationals which has given rise to some incidents and ill feeling. The Club (NSWMA) fields the relay teams and our objective is to win or place as highly as possible in all relay events. In other words we are trying to maximise our chances of doing well across the board, not to field one all-conquering or record-blitzing team. The latter may be possible but it would be a side-effect not the main objective. This approach enables the maximum number of members to taste success and reflects well on NSW. It is the team approach versus the individual one. *(cont'd on page 13)*

# Riccione Beckons

17<sup>th</sup> World Masters Athletics  
Championships

16  
Days



Departs  
Sat. 1<sup>st</sup> Sept.

AU \$3,460

Per person share twin



## TOUR HIGHLIGHTS

IST has  
visited  
Riccione

Optional Rome  
Pre Tour

8 Day  
Post Tour

Breakfasts

Optional  
Extensions

Pre-Selected  
3 & 4 ★

Accommodation



For further information please contact

**International Sports Tours**

Phone: (02) 9922 6166 Toll Free: 1800 242 987

Email: [info@sportstours.com.au](mailto:info@sportstours.com.au)

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Australian  
Travel  
Agent



## AUSTRALIAN MASTERS ATHLETICS INC 2007 WORLD MASTERS ATHLETICS CHAMPIONSHIPS

RICCIONE, ITALY 4-15 September 2007

www.riccione.wma2007.org email:

info@riccione.wma2007.org

Check also www.australianmastersathletics.org.au

### VERIFICATION OF ENTRIES FOR INTERNATIONAL COMPETITION

With the introduction of on-line entries for World Masters Athletics championships, AMA members are reminded that evidence of age is still required to ensure validation of their on-line entry. A photocopy of the athlete's birth certificate or passport giving date of birth must be forwarded separately to the AMA Entries Clerk together with the AMA fee. This also applies to all paper copy entries – please send your completed entry form, proof of age and payment to the AMA Entries Clerk who will verify the information and then forward to the WMA local organizing committee.

To assist processing, please complete the attached form and include details of a contact at home in case of emergency for the use of the team manager/s. Entrants must be financial members of a State/Territory masters/veterans club. AMA will verify this information.

**AMA Administration Fee:** In addition to the WMA entry costs, Australian Masters Athletics charges an administration fee of **\$35.00** for each entrant to cover the costs of sending a Team Manager and other incidentals such as postage and phone calls regarding the entry. As we are asking you to submit your entry fees for Riccione in Australian dollars, this amount of **\$35** may be included in the one cheque or money order. Credit card payment is not available as AMA has no credit card facility. See the accompanying note about calculation of Euros to AU\$.

**OFFICIAL CLOSE OF ENTRIES: 31 May 2007.** Your validation documentation should therefore reach -

**Colin Browne, AMA Entries Clerk**

**4 Victory Street, Mitcham Vic 3132**

no later than 30 April 2007 (preferably before) to allow validation processing.

**TRAVEL AND ACCOMMODATION:** travel packages for the 2007 WMA Championships 4-15 September 2007 in Italy are now being offered by two companies. Roy Skuse of Online Sports Tours, New Zealand (email: roy@netfares.co.nz , ph: +64-6-868 7700) is offering packages with a tour to Turkey and Brian Travers of Sydney-based International Sports Tours Pty Limited (IST) (email: brian@sportstours.com.au , ph 02 9922 6166) has a package with a tour of Italy.

**AUSTRALIAN UNIFORMS:** It should be noted that when competing in an international event it is compulsory for competitors to wear the uniform of their country and that for Australian competitors, only the current or immediate previous design i.e. that which first became available for Durban in 1997 will be recognized as the required uniform.

The current Australian uniforms can be viewed via the Australian Masters Athletics website at [www.australianmastersathletics.org.au/uniforms.html](http://www.australianmastersathletics.org.au/uniforms.html) and can be purchased by contacting uniform coordinator Hazel McDonnell, 13 Sevenoaks Street, Alexandra Hills, Qld 4161, (ph: 07 3206 3243 (h), 0408 172 283 (M), email: hazelmcd@bigpond.com )

**RELAY TEAMS:** To assist selection, please indicate your interest in competing in the relay teams on the attached form. Relay teams will be chosen with the national interest in mind and selection criteria is available on the AMA website or from your club secretary.

**TEAM MANAGERS:** The number of Australian entries for the World Masters Athletics Championships at Riccione will determine the number of team managers to coordinate teams, manage athletic activities, handle issues such as protests and attend daily briefing meetings. A Team Manager may compete in several events on the understanding that their participation does not impact on managerial duties. The administration fees paid by athletes together with additional AMA funds provide a level of reimbursement of travel and accommodation costs of the Team Manager/s.

**Expressions of interest in this position should reach Hazel McDonnell, Secretary AMA Inc, 13 Sevenoaks Street, Alexandra Hills, Qld 4161, (ph: 07 3206 3243 (h), 0408 172 283 (M), email: hazelmcd@bigpond.com ) by 31 March 2007.** Applicants should provide a brief summary of their qualifications and experience.

### PAYMENT OF ENTRY FEES:

Australian Masters Athletics and all other competing countries are required to submit hard copy entries verified by the National Association together with a bulk payment.

Intending competitors are asked to forward just ONE payment in Australian dollars (AUD) to AMA to cover all fees required. AMA will then forward a bulk bank draft in Euros to cover all entries. To cover the additional expenses involved AMA will require an administration fee of **\$35** per entrant.

**Calculation of entry costs:** To convert your entry cost to AUD use the factor of 1.75 times the entry fee in Euros. Another way to check this calculation is to multiply the Euros by 7 and divide by 4.

To the total entry fee add the AMA administration fee of \$35.00 to cover costs for team officials and administration expenses.

*Example:*

an entry fee of 150 euros, times 1.75 is	\$262.50
Plus AMA administration fee	\$35.00
Total AUD	\$297.50

Please make cheques or money orders payable to **Australian Masters Athletics Inc.** (not WMA)

Credit card payment is NOT available as AMA has no credit card facility.

**OFFICIAL CLOSE OF ENTRIES: 31 May 2007**

Your entry form, validation documentation and a cheque or money order for the total fee should therefore reach

**Colin Browne,  
AMA Entries Clerk  
4 Victory Street  
Mitcham Vic 3132**

no later than **30 April 2007**, (preferably earlier) to allow validation processing.

Hazel McDonnell  
Secretary, AMA Inc  
13 Sevenoaks Street, Alexandra Hills, Qld 4161,  
(ph: 07 3206 3243 (h), 0408 172 283 (M)  
email: hazelmcd@bigpond.com )

**2007 WORLD MASTERS ATHLETICS CHAMPIONSHIPS****RICCIONE, Italy, 4-15 September 2007****ATHLETE INFORMATION, CONTACTS AND RELAY NOMINATION FORM**

Please complete and forward:

1. Entry form (if in hard copy) with Euros converted to AUD, payable to Australian Masters Athletics Inc.
2. Proof of age.
3. Include in the cheque or money order \$35.00 AUD (for AMA administration fee)
4. This athlete's information form.

to **Colin Browne, AMA Entries Clerk**  
**4 Victory Street, Mitcham Vic 3132**

Entry Attached Yes  No Entry completed On-Line Yes  No 

(If yes send a photocopy of the entry form)

**PERSONAL DETAILS** (Please print)

Surname \_\_\_\_\_

Preferred first name \_\_\_\_\_

Sex (M/F) \_\_\_\_\_ Date of birth \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

Address \_\_\_\_\_

State \_\_\_\_\_ Postcode \_\_\_\_\_

Contact number (H) ( \_\_\_ ) \_\_\_\_\_ (M) \_\_\_\_\_

Email: \_\_\_\_\_

Registered with which State/Territory Masters/Veterans club \_\_\_\_\_

Emergency contact number (\_\_\_\_\_) \_\_\_\_\_

Emergency contact name \_\_\_\_\_

Relay Team Interest: 4 x 100m Yes  No 4 x 400m Yes  No 

Competitor's Signature \_\_\_\_\_ Date: \_\_\_\_\_



### **NSW MASTERS Championships**

Athletics NSW is committed to providing quality competition for Masters Athletes in NSW. With a master's category and point score in the Club Premiership, ANSW is aiming to extend masters involvement in ANSW meets post Christmas in the lead up to The NSW and Australian Masters Championships.

#### **Masters Allcomers Point score.**

In partnership with the NSW Masters Club, Athletics NSW will conduct a masters point score at designated ANSW Allcomers meets. These will be:

- Saturday 20th January 2007- Bankstown
- Saturday 10th February 2007- SOPAC
- Saturday 24th February 2007- SOPAC

The competition will promote participation, and hopes to involve Masters athletes in ANSW Allcomer competitions.

1.Point scores will be conducted in the following disciplines; sprints (100, 200, 400, hurdles), middle and long distance (800 and above), throws and jumps- for both male and female.

2.Points will be awarded based on the 5 year age graded tables conversion for each event.

3.Points will be as follows: 1st- 15 points, 2nd- 12 points, 3rd - 9 points, 4th - 8 points, 5th - 7 points, 6th- 6 points, 7th - 5 points, 8th- 4 points, 9th- 3 points, 10th - 2 points, participation - 1 point.

4.Athletes must use implement weights or race in accordance with event specifications for their age.

5.All events will be conducted under Allcomer rules as outlined in the summer handbook, unless otherwise stated here.

6.Athletics NSW will tally the points and publish the results on the ANSW website by the Monday following competition.

7.Trophies have been kindly donated by the NSW Masters Athletics Club.

Timetable of events are available from the Allcomers section of the handbook, or the Athletics NSW website. However, the timetable is only a draft and is subject to change. It is advised that athletes should check the website closer to the competition date.

### **NSW Masters Combined Events Championships**

In the lead up to the Masters Championships, ANSW will offer both the NSW Masters Pentathlon and Masters Weight Pentathlon events in conjunction with an ANSW Allcomers meet.

#### **Masters Pentathlon**

When: 3rd March 2007

Where: SOPAC Homebush

Closing Date: 23rd February 2007

Entry: \$15 (Late entry \$25- only where spaces are available, upon approval from the ANSW Competition Manager)

Draft Timetable

12:00-Long Jump

1: 40 -Javelin

3:10 -200 metres

3:40 - Discus

5:35 - 800/1500

Please note- The above timetable is a draft only, and subject to change. All athletes are advised to check the ANSW website to confirm the start time of their event closer to the competition date.

### **Masters Weight Pentathlon**

When: 17th March 2007

Where: Campbelltown Athletics Track

Closing Date: 7th March 2007

Entry: \$15 (Late Entry \$25- only where spaces are available, upon approval from the ANSW CompetitionManager)

Draft Timetable

12:30 Hammer (Male)

1:30 Hammer (Women)

1:50 Shot (Male)

2:30 Shot (Female)

3:00 Discus (Men)

4:15 Javelin (Men)

4:30 Javelin (Women)

5:30 Weight (Men & Women)

Please note- The above timetable is a draft only, and subject to change. All athletes are advised to check the ANSW website to confirm the start time of their event closer to the competition date.

### **NSW MASTERS CHAMPIONSHIPS**

24th & 25th March 2007

The Crest, Bankstown

-State Championship Entry Fee is \$15 per event.

-Entry is available using ANSW online entry system. Entry forms will also be available on the ANSW website.

-Entries Close 12pm 13th March 2007.

-Late entries are not guaranteed and are only accepted on the approval of the ANSW Competition Manager or appointed Technical Delegate.

## Saturday 24th March, 2007

10:45am	30+	M	Pole Vault	1:45pm	30-49	W	100m
10:45am	30+	W	Pole Vault	2:00pm	50+	W	100m
10:45am	30-49	M	Hammer Throw	2:10pm	30-49	M	100m
10:45am	30-49	W	Shot Put	2:25pm	50+	M	100m
11:30am	30-49	M	110m Hurdles	2:30pm	50+	W	Weight Throw
11:35am	50-59	M	100m Hurdles	2:30pm	50+	M	Javelin Throw
11:40am	60+	M	100m Hurdles	2:45pm	30-59	M	3000m Steeple
11:45am	30-39	W	100m Hurdles	3:00pm	30+	M	High Jump
11:50am	40-49	W	80m Hurdles	3:10pm	60+	M	2000m Steeple
11:50am	50+	W	80m Hurdles	3:10pm	30+	W	2000m Steeple
12:00pm	50+	M	Hammer Throw	3:45pm	30-49	W	400m
12:00pm	50+	W	Shot Put	3:45pm	30-49	W	Discus Throw
12:25pm	30-49	W	1500m	3:45pm	30-49	M	Discus Throw
12:45pm	50+	W	1500m	4:00pm	50+	W	400m
1:00pm	30-49	M	1500m	4:10pm	30-49	M	400m
1:15pm	30-49	M	Javelin Throw	4:25pm	50+	M	400m
1:15pm	30-49	W	Weight Throw				
1:20pm	50+	M	1500m				
1:30pm	30+	W	High Jump				

## Sunday 25th March, 2007

9:00am	30-49	W	5000m Walk	11:45am	50+	W	800m
9:00am	50+	W	5000m Walk	11:55am	30-49	M	800m
9:00am	30-49	M	5000m Walk	12:10pm	50+	M	800m
9:00am	50+	M	5000m Walk	12:30pm	50+	M	Discus Throw
9:00am	30-49	M	Shot Put	12:30pm	30-49	W	Javelin Throw
9:00am	30-49	W	Hammer Throw	12:30pm	30+	W	Triple Jump
9:30am	30+	W	Long Jump	12:30pm	30-49	M	400m Hurdles
9:40am	30-49	W	5000m	12:35pm	50-59	M	400m Hurdles
9:40am	50+	W	5000m	12:40pm	30-49	W	400m Hurdles
10:10am	30-49	M	5000m	12:45pm	50+	W	300m Hurdles
10:10am	50+	M	5000m	12:55pm	60+	M	300m Hurdles
10:15am	50+	M	Shot Put	1:00pm	70+	M	300m Hurdles
10:15am	50+	W	Hammer Throw	1:20pm	30-49	W	200m
10:30am	30+	M	Long Jump	1:15pm	30+	M	Triple Jump
10:35am	30-49	W	60m	1:35pm	50+	W	200m
10:50am	50+	W	60m	1:45pm	30-49	M	200m
11:05am	30-49	M	60m	1:45pm	40-44	M	200m
11:20am	50+	M	60m	1:45pm	30-49	M	Weight Throw
11:30am	30-49	W	800m	1:45pm	50+	W	Javelin Throw
				1:55pm	50+	M	200m
				2:00pm	50+	M	Weight Throw
				2:00pm	50+	W	Discus

**Note on Summer Program of ANSW****MASTERS OUTDOOR PENTATHLON  
SOPAC - 3 March 2007**

Unfortunately this clashes with the Australian Masters Decathlon and Heptathlon championships set down for 3-4 March 2007 in Brisbane at the State Athletics Facility (QEII). I take full responsibility for allowing the clash to occur. I am endeavouring to have the NSW Outdoor Pentathlon moved to a more suitable date.

It would be helpful to hear from members who wish to compete in Brisbane and are therefore disadvantaged by the clash. Please also indicate those who wish to compete in Sydney

I look forward to hearing from you.

**MASTERS WEIGHT PENTATHLON  
17 March 2007****NSW Masters championships  
24 and 25 March 2007**

Regardless of where you may have read differently, both these competitions will be held, not at Bankstown, but at Campbelltown.

Alec Walker

Entry forms for State Championships on Pages 14, 15 & 16

**Guidelines for Protests (cont'd from page 8)**

Since we have a pool of athletes to draw from and age constraints to operate within, we may need to ask athletes to compete in one team or another as needs are perceived by the manager. A fast runner could miss out due to the age constraints. A member in the age range 40-45 may for example be asked to compete in the higher age bracket relay to bolster the strength of that team. The best way in which members can assist us is to avoid forming pre-conceived notions of what team they are going to run in and by letting the manager know their availability as soon as possible. If the teams can be worked out early some practice should then be possible.



ATHLETICS NEW SOUTH WALES Limited

# OFFICIAL ENTRY

EVENT	NSW Masters State Championships
DATE	24th & 25th March, 2007
VENUE	Campbelltown Sports Centre
ENTRY FEE	\$15 per event
ENTRIES CLOSE	12th March, 2007
LATE ENTRIES	\$25 per event

## [PERSONAL INFORMATION]

FIRSTNAME		SURNAME	
CLUB		REGO NO	
D/O/B		SEX	
ADDRESS			
SUBURB		POSTCODE	
TELEPHONE		MOBILE	
EMAIL			

## [EVENTS]

EVENT	SEASON BEST	FEE

## [PAYMENT DETAILS]

MONEY ORDER	CHEQUE	CASH	CREDIT CARD
Name on Card		Signature	
Card Number	----- / ----- ----- / -----	Expiry Date	--- / ---

*- Please make payments to Athletics NSW Limited -*

## IMPORTANT INFORMATION

- All athletes must be registered with Athletics NSW.

- All Athletes must report to Check In to advise of their intentions to compete at least 60 minutes prior to the scheduled start of their events. Athletes who fail to check in will be scratched from the event.

- Track athletes must report to the start of their event 10 minutes prior to the scheduled start time.

- Field Athletes must report direct to the event area 20 minutes prior to the scheduled start time of the event.

- Athletes must wear the approved uniform of their First Claim Club, including current registration number.

- All Competitors should be aware of the Procedures for NSW competitions listed in the Handbook.

**FAXED ENTRIES WILL NOT BE ACCEPTED**

RETURN ENTRIES TO:

Athletics NSW Ltd PO Box 595 Sydney Markets NSW 2129  
Telephone: (02) 9746 1122 Facsimile: (02) 9746 1168

### OFFICE USE ONLY

paid	
date	
mm	



ATHLETICS NEW SOUTH WALES Limited

# OFFICIAL ENTRY

EVENT	NSW Masters Outdoor Pentathlon
DATE	3rd March, 2007
VENUE	Sydney Olympic Park Athletic Centre
ENTRY FEE	\$15
ENTRIES CLOSE	23rd February, 2007
LATE ENTRIES	\$25 per event

**[PERSONAL INFORMATION]**

FIRSTNAME		SURNAME	
CLUB		REGO NO	
D/O/B		SEX	
ADDRESS			
SUBURB		POSTCODE	
TELEPHONE		MOBILE	
EMAIL			

**[EVENTS]**

EVENT	SEASON BEST	FEE

**[PAYMENT DETAILS]**

MONEY ORDER	CHEQUE	CASH	CREDIT CARD
Name on Card		Signature	
Card Number	----- / ----- ----- / -----	Expiry Date	--- / ---

*- Please make payments to Athletics NSW Limited -*

**IMPORTANT INFORMATION**

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- Track athletes must report to the start of their event 10 minutes prior to the scheduled start time.
- Field Athletes must report direct to the event area 20 minutes prior to the scheduled start time of the event.
- Athletes must wear the approved uniform of their First Claim Club, including current registration number.
- All Competitors should be aware of the Procedures for NSW competitions listed in the Handbook.

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Telephone: (02) 9746 1122 Facsimile: (02) 9746 1168

**OFFICE USE ONLY**

paid	
date	
mm	



ATHLETICS NEW SOUTH WALES Limited

# OFFICIAL ENTRY

EVENT	NSW Masters Weight Pentathlon
DATE	17th March, 2007
VENUE	Cambelltown Sports Centre
ENTRY FEE	\$15
ENTRIES CLOSE	7th March, 2007
LATE ENTRIES	\$25 per event

**[PERSONAL INFORMATION]**

FIRSTNAME		SURNAME	
CLUB		REGO NO	
D/O/B		SEX	
ADDRESS			
SUBURB		POSTCODE	
TELEPHONE		MOBILE	
EMAIL			

**[EVENTS]**

EVENT	SEASON BEST	FEE

**[PAYMENT DETAILS]**

MONEY ORDER	CHEQUE	CASH	CREDIT CARD
Name on Card		Signature	
Card Number	----- / ----- ----- / -----	Expiry Date	--- / ---

*- Please make payments to Athletics NSW Limited -*

## IMPORTANT INFORMATION

- All athletes must be registered with Athletics NSW.
- All Athletes must report to Check In to advise of their intentions to compete at least 60 minutes prior to the scheduled start of their events. Athletes who fail to check in will be scratched from the event.
- Track athletes must report to the start of their event 10 minutes prior to the scheduled start time.
- Field Athletes must report direct to the event area 20 minutes prior to the scheduled start time of the event.
- Athletes must wear the approved uniform of their First Claim Club, including current registration number.
- All Competitors should be aware of the Procedures for NSW competitions listed in the Handbook.

**FAXED ENTRIES WILL NOT BE ACCEPTED**

RETURN ENTRIES TO:

Athletics NSW Ltd PO Box 595 Sydney Markets NSW 2129

Telephone: (02) 9746 1122 Facsimile: (02) 9746 1168

**OFFICE USE ONLY**

paid	
date	
mm	

**PLEASE PRINT****Entry Form**

One entrant per form please - photocopies accepted

**2007****OFFICE USE ONLY**

Rcpt No:

Reg. No:

Family name

Mr  
Mrs  
Ms

Given/preferred name

Address

Date of birth

Home phone

Work phone

Postcode e-mail

Have you taken part in previous Canberra Medal Walks?

Yes No 

What distance route will you be attempting each day?

5 km 10 km 20 km 30 km 42 km

Saturday     Sunday      NOT AVAILABLE

For IML Walking Association Members only:

If you qualify for a major IML Award, please indicate

PPW  Gold  Gold with Laurels  Blue Gold **INDEMNITY AND RELEASE - PLEASE READ CAREFULLY - NO SIGNATURE, NO START**

[1] Except where provided or required by law and as such cannot be excluded, in consideration of and as a condition of the acceptance of my entry in The Canberra Two Day Walk ('the Event'), I agree that it is a condition of participating in this Event that I do so at my own risk. I accept all risks and release the Organisers, their servants and agents from all claims, demands and proceedings arising out of or connected with my participation in this Event and I indemnify them against all liability for any injury, loss or damage arising out of or connected with my participation in the Event. [2] I acknowledge that this waiver releases and discharges all and any of the Organisers, their servants and agents, who include ACT Government, Commonwealth of Australia, National Capital Authority, ACC&C, Charles Sturt University and all persons and organisations involved or engaged in promoting or staging the Event, whether or not the loss, injury or damage is attributable to the act or neglect of any one or more of them. [3] I have read the Rules and Conditions of Entry for this Event and understand the demanding physical nature of the Event. I declare, as a condition of my entry in the Event that I have sufficiently trained for this Event and that I am not aware of any illness, injury or any other physical disability which may cause me injury or death while participating in the Event. [4] If I become aware of any medical condition or impairment, or am otherwise sick or injured prior to the Event, I will withdraw from the Event. [5] I acknowledge that participating in the Event may involve a risk of serious injury or even death from various causes including: over exertion, dehydration, cardiac arrest, accidents with other participants, spectators and road users. [6] I agree to The Canberra Two Day Walk Inc. entering my personal details on the entry form into a database which will be used for the administration of the Event. [7] I consent to the publication of my name and image without payment or compensation. [8] I agree to abide by the Rules and Conditions of the Event.

**Payment details****Walking BOTH days****Walking ONE day only**

Participant(s)	Number	Payment received		Number	Payment received		= \$
		before 18/3	after 18/3		before 18/3	after 18/3	
Over 18 years of age	..... @	\$20	\$25	..... @	\$15	\$20	= \$
Under 18 years, or Australian Seniors Card Holder	..... @	\$15	\$20	..... @	\$10	\$15	= \$
Family of 2 adults and 2 children	..... @	\$45	\$55	..... @	\$30	\$40	= \$
..... dinner tickets @ \$30 per head.....							= \$
Annual Newsletter subscription (if applicable) @ \$5 per year .....							= \$
<b>Total payment</b>							<b>= \$</b>

Signed

Participant

(Signed) Parent or guardian for entrant under 18 years of age

For participants under 12 years of age, I will be accompanied by:

Cheques/Money Orders made payable (in \$Aus) to 'Canberra Two Day Walk Inc'.  
No Credit Card facility.  
Fees are non-refundable

# NSW MASTERS ATHLETICS INC

## UNIFORM ORDER

<b>First Name</b>			
<b>Surname</b>			
<b>Address</b>			
<b>Town/Suburb</b>		<b>Postcode</b>	
<b>Phone</b>			
<b>Email Address</b>			

ITEM	XS	S	M	L	XL	2XL	3XL	4XL	5XL	COST	TOTAL
Crop Top									N/A	\$32.50	
Briefs									N/A	\$32.50	
Singlet										\$32.50	
Shorts										\$32.50	
Bike Pants									N/A	\$32.50	

<b>SUB TOTAL</b>	
<b>POSTAGE &amp; HANDLING</b>	<b>\$10.00</b>
<b>TOTAL</b>	

Payment Method: **Cheque** or **Money Order**

Made payable to: **NSW Masters Athletics Inc**

**Please direct and enquiries, or mail completed form with payment to:**

Lynette Smith  
Unit 4, No 5 Sandpiper Crescent  
Newington NSW 2127

Phone: 9737 8675 (h)      9895 7859 (w)      0419 420 393 (m)

Email: [lynette.smith@ozemail.com.au](mailto:lynette.smith@ozemail.com.au)

**ENTRY FORM FOR MEMBERS OF QUEENSLAND MASTERS ATHLETICS**

## Links on the Web

### International

World Masters Athletics

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

International Association of Athletic Federations

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

Oceania Masters Athletics

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

### Australia

Australian Masters Athletics

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

Athletics Australia

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

Athletics Gold

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

Athletics in Australia - Historical Results

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

Australian Track and Field Coaches Association

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

### States

NSW Masters Athletics

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

Athletics New South Wales

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

Lollylegs - Masters Athletics

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

ACT Veterans Athletic Club

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

Queensland Masters Athletics Association

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

Victorian Masters Athletics

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

South Australian Masters Athletics

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

Masters Athletics WA

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

### Competition Sites

Pan-Pacific Masters Games

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

2007 World Championships

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

World Masters Games

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

### Throwing

Australian Hammer Throwing

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

Coaching the Throwing Events Field

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

Hammer Circle

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

Hammerthrow.org by Harold Connolly

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

Australia's—Hot Circle Coaching

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

Mac Throw Video

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

Throwers Club of NSW

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

### Equipment Manufacturers and Suppliers

Kings Track & Field

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

Nelco

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

### Statistics

Athletics Data

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

## Competition Calendar

### February 2007

2 <sup>nd</sup> - 4 <sup>th</sup>	NSW State Open & U18 Championships	SOPAC
10 <sup>th</sup>	Allcomers	SOPAC
16 <sup>th</sup> -18 <sup>th</sup>	SA State Track & Field Champs	Adelaide
17 <sup>th</sup>	Allcomers	SOPAC
24 <sup>th</sup>	Allcomers	SOPAC
26 <sup>th</sup>	Qld State 10K Walk Champs	SAF

### March 2007

3	Allcomers & Masters Outdoor Pentathlon	SOPAC
3 <sup>rd</sup> -4 <sup>th</sup>	Australian Masters Decathlon and Heptathlon championships ( <a href="http://www.australianmastersathletics.org.au/documents/decath.pdf">www.australianmastersathletics.org.au/documents/decath.pdf</a> )	Brisbane, Qld
12 <sup>th</sup>	Qld State 10K Track Champs	SAF
16 <sup>th</sup>	MAWA State 10K Run(s)& 5K Walk Champs	Perth
17 <sup>th</sup>	Allcomers & Masters Weight Pentathlon	Bankstown
17 <sup>th</sup> -18 <sup>th</sup>	Qld State Track and Field F Champs	SAF
18	MAWA State Pentathlon Champs	Perth
24 <sup>th</sup> -25 <sup>th</sup>	TMA State T&F Champs	Launceston
24 <sup>th</sup> -25 <sup>th</sup>	MAWA State T&F Champs	Perth
24 <sup>th</sup> -25 <sup>th</sup>	NSWMA Track and Field Championships	Campbelltown
31 <sup>st</sup>	Qld State weight Pentathlon Champs	SAF
31 <sup>st</sup> & 1 <sup>st</sup> Apr	16 <sup>th</sup> Australian (10 <sup>th</sup> International) Canberra Two Day Walk ( <a href="http://www.aussiewalk.com.au">www.aussiewalk.com.au</a> )	Canberra

### April 2007

6 <sup>th</sup> - 9 <sup>th</sup>	Australian Masters Championships ( <a href="http://www.tasmastersathletics.org.au">http://www.tasmastersathletics.org.au</a> )	Hobart
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### September 2007

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

5 <sup>th</sup> -14 <sup>th</sup>	Australasian Masters Games	Adelaide
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### July 2008

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