The Waratah

WWW.NSWMASTERSATHLETICS.ORG.AU ISSUE 2, MARCH 2009

IT'S A GEELONG WAY TO THE TOP

NSW athletes showed off their state colours – and a host of excellent performances on the track and in the field – at the 12th Australian Masters Games in Geelong in late February. Story, page 3.

Tony Ireland (M65) took the 800m from Victorian Richard Trembath in 2.29.59.

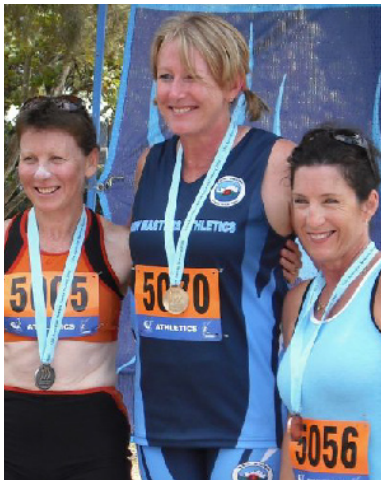
Kevin Biggs (M70) swept the 1500m, 5000m and 10km walks.

CRAP PHOTOGRAPH BY SIMON BUTLER-WHITE.

AUSTRALIAN RECORD!

Les Gillies, Don Mathewson, Steve Napper and **Noel Wright** smashed the national M60 4 x 800m record by a huge 20 seconds in a superb run at The Ridge track on March 13. Report on page 10.

Kerryn Taylor won silver in a hard-fought W40 800m.



Jill Taylor won the W50 hammer with a throw of 31.28m.

Travelling right

KIP HOBSON

WE ARE COMING to the business end of the season. Upon us are our annual State championships and, shortly after that, the Nationals in Adelaide.

May I take this opportunity to invite each and every member of our associaton to enter and compete at these titles, regardless of ability. The State titles and national championships are our premier events each season, held at the end of summer and just before the winter hibernation begins and our cross-country and road running brethren take over. They are also a lot of fun!

One of the great benefits of being a member of our association and competing at these type of events is that you get to visit places that you wouldn't normally plan to go to. A perfect example of this was last year's Oceania Masters Championships, held in tropical Townsville in far north Queensland.

Held at the end of July, Ranell and I were able to visit Magnetic Island with some of our good friends from NSW and snorkel in beautiful water on a "cool" 30-degree rest day in between competing. On the same day, the Blue Mountains were hit with a sub-zero storm that downed trees and powerlines in our street.

In like manner, the National titles being held in Tasmania in 2007 allowed us to visit and stay in the Cradle Mountain National Park and the time spent there will remain with me forever. Ranell wanted to smuggle back a Tasmanian Devil, but I said one animal in the family was enough. For those needing clarification on that point, we have a dog…

My point is that while these major championship meets are there for the athletes to excel in their chosen events and maybe earn a PB after a long season of training, there is also an excellent opportunity to spend some time in a small part of our wonderful country that you may never have considered visiting before.

Adelaide is a beautiful part of Australia, with many sports catered for, wineries to visit and, of course, the churches to see. And our national championships are a great chance to meet fellow Masters athletes from all over this country and maybe make some new friends. So enter, compete and enjoy. And come back next year, as well. I hear Perth is lovely in April…

Kip Hobson

Mark Johnston (above) has been named NSW Team Manager for the 2009 Nationals in Adelaide from April 10-13. His phone number is 0419 914 915.

Letters to the editor can be mailed to 8 Edinburgh Crescent, St Andrews, NSW 2566 or emailed to sbutler-white@acp.com.au NSWMA Inc reserves the right not to publish any letter deemed not to be in the best interests of the club.

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Geelong way to the top

About 30 NSW athletes headed for Victoria to compete at the 12th Australian Masters Games in Geelong in late February, reports **Selwyn Bottomsworth.**

THE TRIP TO GEELONG for the Australian Masters Games was particularly special for **Jill Taylor** (W50), who took her throwing into new territory with two golds, two PBs and two world rankings in the W50 hammer and weight throw.

Based on the 2008 rankings, her 31.42m in the hammer would have seen her ranked 36th, and her 11.06m in the weight throw, 26th.

Jill also brought home a third gold in the weight pentathlon (2877 points), silver in the discus (23.11m) and bronze in the javelin (19.83m) and shot put (8.44m).

Krzysztof Wardecki (M40) completed a classy sprint triple, winning the 100m (11.86), 200m (23.84) and 400m (54.45), as did **Neville McIntyre**, who wasn't headed in the 100m (12.80), 200m (27.03) and 400m (62.68).

Kevin Biggs (M70) aced all three walking events, winning the 1500m (9.13.89) and 5000m (33.05.14) on the track, and the 10km road (1.07.23).

IN THE MEDALS

NSW athletes who had strong meets included:

Neil Fowler (M55), who took home two golds in the 400m hurdles (68.82) and 800m (2.21.58);

Tom Barber (M60), who collected gold in the pole vault (1.60m), high jump (1.20m) and pentathlon (2319 points), silver in the 100m hurdles (22.55) and bronze in the long jump (3.72m);

Simon Butler-White, who won eight medals: gold in the pole vault (2.30m), hammer (31.13m) and weight pentathlon (2258 points); silver in the shot put (10.02m); and bronze in the discus, (27.76m), javelin (32.66m), long jump (4.82m) and high jump (1.30m);

Wayne Marriott (M50), who won the long jump (4.92m), 400m hurdles (75.62) and took bronze in the 200m (27.41) and the triple jump (9.04m);

Tony Ireland (M65), who won gold in the 800m, silver in the 200m (28.35) and 400m (62.89) and bronze in the 100m (13.81); and

Brett Kingston (M35), who won the weight throw (9.06m) and hammer (32.76m) and finished third in the 1500m walk (10.34.53) and weight pentathlon (1721 points).

Kevin Fisher, in his first major competition as an M50, was hampered by a knee injury incurred not long before the championships and took bronze in the pentathlon (2505 points) behind winner Victorian Andrew Watts. Kevin went one better in the javelin, taking silver behind Victoria's Darryl Selleck with a first-round PB of 40.73m.

WEIGHT ON THEIR MINDS – BUT NOT THEIR HEADS

A Victorian M50 athlete provided one of the exciting moments of the championships when one of his attempts in the weight throw landed on the roof of the officials' tent. Fortunately, the 25-pound implement bounced off the taut canvas onto the ground. Competitors hurriedly marched back the shelter about 15 metres to ensure that all adjudicators and athletes would remain unflattened by extra-heavy hardware.

For all the results, go to www.australianmastersgames.com and click on 'Sports Results'.

NSW's Peter Crombie (M60) and Noel Donohoe (M65) flank M60 100m winner Keith Howdon of Victoria on the podium.

John Spinney (M65) won the 8km cross-country race, while Desi Joannides (W45) took out the 5000m.

February 20-25, Geelong, Vic

WOMEN

30-34

Shot put: 2 Cheri Womsley	4.24m
3 Sharon Kingston	4.03m
Hammer: 2 Sharon Kingston	10.62m
Weight throw: 2 Sharon Kingston	4.37m
Long jump: 2 Sharon Kingston	2.96m
Javelin: 3 Cheri Womsley	8.90m
Weight pentathlon: Sharon Kingston	689

35-39

800m: 3 Cristine Suffolk	2.50.33
1500m: 3 Cristine Suffolk	5.34.20
8km cross-country: 4 Cristine Suffolk	34.51

40-44

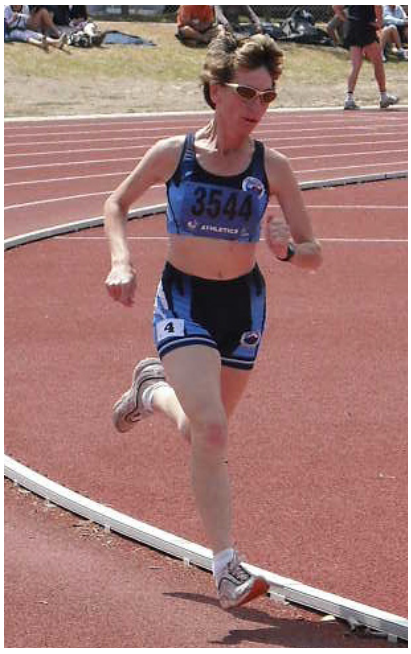
800m: 2 Kerryn Taylor	2.23.72
1500m: 2 Kerryn Taylor	4.57.66
Shot: 4 Allison Deskovic	7.24m
Hammer: 2 Allison Deskovic	18.50m
Weight: 2 Allison Deskovic	6.82m
Weight pentathlon: 2 Allison Deskovic	1766

45-49

800m: 7 Desi Joannides	3.11.98
5000m: 1 Desi Joannides	23.18.76
8km cross-country: 2 Desi Joannides	43.51

50-54

High jump: 4 Jill Taylor	1.00m
Javelin: 3 Jill Taylor	19.83m
Discus: 2 Jill Taylor	23.11m
Shot: 3 Jill Taylor	8.44m
Hammer: 1 Jill Taylor	31.28m
Weight: 1 Jill Taylor	11.06m
Weight pentathlon: 1 Jill Taylor	2877



Cristine Suffolk took bronze in the W35 800m in 2.50.33.

MEN

35-39

100m: 6 Simon May	12.51
400m: 3 Simon May	56.29
800m: 7 Simon May	2.19.37
400m hurdles: 2 Simon May	66.79
1500m walk: 3 Brett Kingston	10.34.53
High jump: 2 Keith Melton-Agbohlah	1.50m
Shot put: 5 Brett Kingston	8.83m
6 Keith Melton-Agbohlah	8.59m
Hammer: 1 Brett Kingston	32.76m
Weight throw: 1 Brett Kingston	9.06m
Weight pentathlon: 3 Brett Kingston	1721

40-44

100m: 1 Krzysztof Wardecki	11.46
2 Chas Barclay	11.62
200m: 1 Krzysztof Wardecki	23.84
2 Chas Barclay	23.92
400m: 1 Krzysztof Wardecki	54.45

Barry Moore (M45), finished fifth in the 800m in 2.04.90.

45-49

800m: 5 Barry Moore	2.04.90
110m hurdles: 3 Garry Womsley	26.52
400m hurdles: 3 Garry Womsley	1.27.51
3000m steeplechase: 3 Garry Womsley	13.10.80
5000m: 10 Garry Womsley	20.45.41
8km cross-country: 6 Garry Womsley	36.20
Long jump: 3 Simon Butler-White	4.82m
High jump: 3 Simon Butler-White	1.30m
Pole vault: 1 Simon Butler-White	2.30m
Javelin: 3 Simon Butler-White	32.66m
Discus: 3 Simon Butler-White	27.76m
Shot put: 2 Simon Butler-White	10.02m
Hammer: 1 Simon Butler-White	31.13m
Weight throw: 1 Simon Butler-White	9.36m
Weight pentathlon: 1 Simon Butler-White	2258

Tom Barber (M60) with his pole vault gold – one of three he brought home.

50-54

100m: 3 Wayne Marriott	13.41
200m: 3 Wayne Marriott	27.41
100m hurdles: 1 Wayne Marriott	17.85
400m hurdles: 1 Wayne Marriott	1.15.62
Long jump: 1 Wayne Marriott	4.92m
Triple jump: 3 Wayne Marriott	9.04m
Javelin: 2 Kevin Fisher	40.73m
Pentathlon: 3 Kevin Fisher	2505

55-59

100m: 5 Martin Lynch	13.54
800m: 1 Neil Fowler	2.21.58
400m hurdles: 1 Neil Fowler	68.82

60-64

100m: 2 Peter Crombie	13.06
200m: 2 Peter Crombie	26.59
100m hurdles: 2 Tom Barber	22.55
Long jump: 3 Tom Barber	3.72m
High jump: 1 Tom Barber	1.20m
Pole vault: 1 Tom Barber	1.60m
Javelin: 3 Peter Crombie	34.51m
Pentathlon: 1 Tom Barber	2319

65-69

100m: 1 Neville McIntyre	12.80
3 Tony Ireland	13.81
200m: 1 Neville McIntyre	27.03
2 Tony Ireland	28.35
400m: 1 Neville McIntyre	62.68
2 Tony Ireland	62.89
800m: 1 Tony Ireland	2.29.59
4 John Spinney	2.55.0
100m hurdles: 1 Noel Donohoe	24.82
8km cross-country: 1 John Spinney	37.13
High jump: 4 Noel Donohoe	1.10m
Shot put: 1 Douglas Magin	9.61m
3 Noel Donohoe	7.66m
Hammer: 3 Douglas Magin	23.93m
5 Noel Donohoe	19.90m
Weight throw: 3 Noel Donohoe	19.70m
Weight pentathlon: 2 Douglas Magin	2575

70-74

1500m walk: 1 Kevin Biggs	9.13.89
5000m walk: 1 Kevin Biggs	33.05.14
10km road walk: 1 Kevin Biggs	1.07.23

Country masterclass

The 2009 NSW Country championships at Campbelltown in January proved a showcase for what Masters athletics has to offer, writes **Valmai Loomes**.

A RECORD NUMBER of masters athletes contested the 2009 NSW Country Championships, the biggest athletics event in NSW, conducted on two days. The country has proven that Masters athletics is alive and well and it's expected that several of these same athletes will perform strongly at the State Masters championships this month.

Conducted in 10-year age brackets, serious consideration may have to be made to going with five-year brackets due to the increase of Masters participating. Many country masters use the championships as a stepping stone to the state titles, giving them an indication as to their own form, events they wish to take part in and giving them a great idea of what Masters athletics is all about.

Among the state and national champions who took part were Stuart Gyngell, Phil Frkovic, Ron Simcock, John Van Stappen, Gianna Mogentale, Ranell Hobson, Margaret Beardslee and Mary Thomas. Competition in most events was not only exciting, but of a high standard.

Athletes travelled long distances, with Lyn Fennamore travelling from Cobar and athletes from Armidale, Newcastle, Mingara, Wollongong, Nowra, Dubbo, Coffs Harbour, Gosford and many other country areas vying for the gold, silver and bronze or just happy to set a PB.

Many of the Masters athletes had children competing, with Gianna Mogentale combining with her daughter in her club's win in the Open women's 4 x 100m relay, an indication that Masters athletics can be conducted alongside other age brackets. Masters athletics in country areas has thrived on family participation and the Illawarra Blue Stars Athletic Club proved this by taking out the masters division of the points score and the overall points score of the champs.

Ninety-seven per cent of the Masters athletes had their own children contesting the country titles – Julie Steele took part alongside her mother, competing in the 60+ age bracket, her husband, Bruce, and son Harry in the 14 years. Where would you find this form of competition for all members of the family, at one venue, all at the same time?

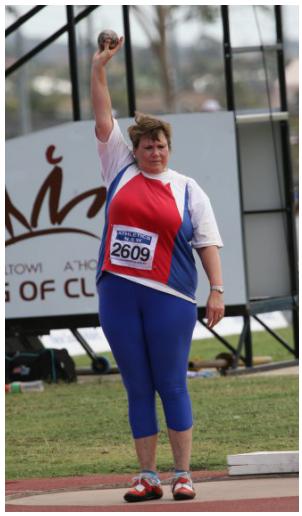
Some Masters athletes contested Open events also, with great success, such as sprinter Gianna Mogentale and thrower Stuart Gyngell.

Watch the results of the state titles – and don't be surprised that the country masters take out their share of medals. The country titles have shown that a large percentage of Aussie reps have come from the country and contested the country titles throughout their careers – the Masters athletes will be no different.

For full results of the 2009 NSW Country Championships, go to www.nswathletics.org.au and click on Results.

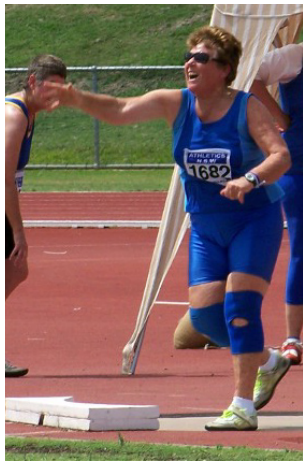
Frank McCaffrey Trophy for most points scored in NSW Country Masters

1. Illawarra Blue Stars	317
2. Blue Mountains Athletics	233
3. Athletics Wollongong	203
4. Nowra Athletics Club	135
5. Gosford Athletics Club	109



Shot put action with **Gavin Murray** and **Adriana van Bockel**.

Ranell Hobson in full flight.



Mary Thomas braced for action.

Ron Simcock in the hammer.

Bruce Wiggins in the walk.

PHOTOGRAPHY BY PHIL FRKOVIC.

NSW PAIR AIMING FOR WORLD RELAY RECORD

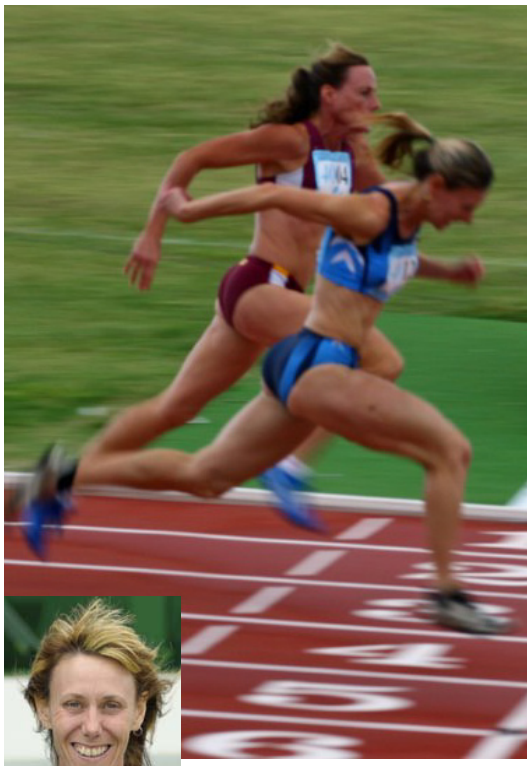
All eyes will be on the clock at the AMA Nationals in Adelaide when **Neville McIntyre** and **Tony Ireland** (pictured above after winning gold and bronze in the 100m at the Australian Masters Games in Geelong), attempt to break the M65 4 x 400m world record as part of a high-powered Aussie team. They will join Queenslanders Col Buyers and Heinz Steinmann in a bid to better 4:09.08, the time set by the German quartet of Willi Klaus, Willi Scheidt, K. H. Buss and Guido Mueller in 2005.

CAUGHT IN THE ACT

Andrew Atkinson-Howatt (M50) and **Lynette Smith** (W35) won every event they entered at the ACT Masters championships in February. Andrew took the shot put (10.82m), hammer (34.98m), discus (37.07m), javelin (44.86m) and heavy weight (11.91m), while Lynette won six golds: in the 400m (1.08.18), discus (32.75m), shot put (9.95m), javelin (31.07m), heavy weight (10.10m) and hammer (30.56m).

SIMON'S SILVER IN QLD

Simon Butler-White (M45) finished second at the Queensland state weight pentathlon titles in Brisbane on March 14, scoring 2231 points.



GIANNA CRACKS NSW 100M RECORD – TWICE

Sprint queen Gianna Mogentale has twice broken the W45 100 metres State record this year. On January 17, she set a new record of 12.87 seconds at the ANSW Allcomers meeting, breaking the mark of 12.93 set by Julie Forster at Campbelltown in October 2007. On February 7, also at an ANSW Allcomers meet, Gianna sliced another three tenths from her January run, clocking 12.57 seconds.

In 2008, only two other women in the world in the W45 age group ran faster, one being the legendary Jamaican Merlene Ottey, now a Slovenian national, who clocked 11.56.

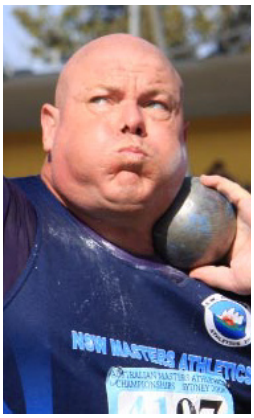
Gianna also has the State 400m record in her sights – her 59.99 run at the ANSW Allcomers meet on January 31 was not far from the NSW record of 59.18, held jointly by Marge Allison and Marie Kay.

ROBERT'S RECORD

Robert Hanbury-Brown bettered his own NSW M50 decathlon record at the AMA decathlon championships in Brisbane on March 1, his 4832 points improving the mark of 4768 points he set at the Oceania Masters titles in Townsville in July 2008. Pictured with Robert are runner-up John Taylor (left) and bronze medallist Geoff Bramley.

STUART'S SURE SHOT

World No.1 shotputter Stuart Gyngell has broken his own Australian and NSW M45 shot put record, throwing 18.12m at a NSW Throwers Club meet at Greystanes on February 8. Stuart set the previous record, a world-leading 17.84m, at a NSW permit meet at Illawong in December. The previous M45 shot put state record had stood for nearly 25 years – it was set by Moisant Bennett in Canberra in April 1984.



AMA AWARDS

Congratulations to the following New South Wales athletes, who have been nominated for the 2009 Australian Masters Athletics Athlete of the Year award:
Sprints: Neville McIntyre and Peter Crombie.
Distance: Cris Suffolk and Billinda Schipp.
Jumps: Clay Tompkins.
Throws: Karyne Di Marco
Multi-events: Mary Thomas and W35 4 x 100m relay members Kylie Strong, Ranell Hobson and Gianna Mogentale.

Go with the throw

NSW's best Masters throwers gathered for the annual NSW State weight pentathlon championships, held at Campbelltown on March 7.

AN AUSTRALIAN record in the M45s by über-thrower **Stuart Gyngell** was a highlight of the NSW weight pentathlon titles at Campbelltown on March 7. Stuart's 3919 points beat his own national record of 3741 set last December 13. Stuart was also awarded the inaugural weight pentathlon trophy for best thrower.

The other mark to fall at the championships was the NSW M80 record – **Norm Windred** broke his own mark of 3511, notching up 3554 points over the five events. Sadly, Norm has announced his retirement from Masters athletics after almost 40 years. A NSW record seemed a fitting way to bow out. Mate, you will be very much missed in the sport.

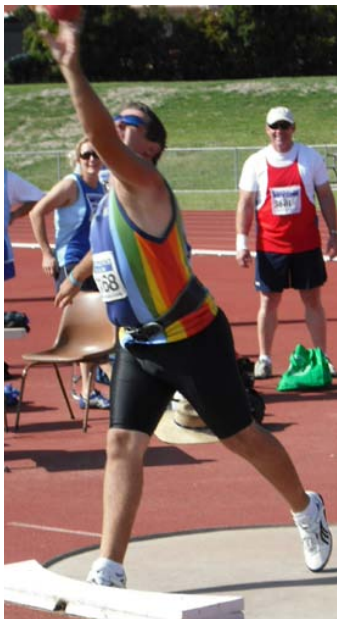
Jill Taylor took out the W50 title with 2699 points. Her hammer distance of 33.62m was a two-metre personal best and saw her improve her world ranking in the event to 31st.

Five throwers vied for the medals in the M50s, which was won by **Geoff Crumpton** of the ACT with 3091 points, in particular thanks to a hugely improved javelin throw. The NSW title went to **Lajos Joni** with 2948 points, followed by **Andrew Atkinson-Howatt** (2866 points) and **Robert Hanbury-Brown** (2678 points). **Tony "The Hat" Baker** took fourth (2301 points).

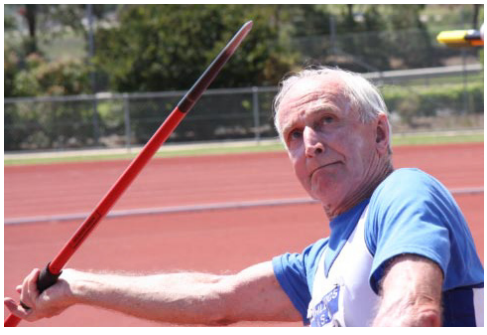
Just two points separated **Simon Butler-White** (2172 points) and **Mark Cepak** (2170) for bronze in the M45 group. Only four points separated them for gold and silver at the Oceania Masters in Townsville last July. Their next clash, in Adelaide, will surely end in a dead-heat.

"Let's see if I can harpoon that not very funny headline."

A horrified Tony Baker (M50) realises half his arm isn't in the photograph.



Brett Kingston (M35) belted up for the shot – and a winning total of 1736 points.



Left: John Sturzaker won gold in the M75 age group.

Lajos Joni (M50).

Denise Palmer (W55).

Joyce Schmidt (W70).

PHOTOGRAPH BY ANDREW ATKINSON-HOWATT AND SIMON BUTLER-WHITE.

NSW State WP results over the page...

2009 nsw weight pentathlon results

		HAMMER	SHOT	DISCUS	JAVELIN	WEIGHT
W30						
1 KARYNE DI MARCO	WESTFIELDS					
3552 POINTS		57.48 (1115)	9.20 (477)	28.18 (428)	27.05 (421)	17.04 (1111)
2 VANESSA BEDDIE	HILLS	13.57 (150)	5.40 (233)	12.78 (151)	11.12 (126)	3.84 (164)
824 POINTS						
W35						
1 LYNETTE SMITH	GIRRAWEEN					
2816 POINTS		28.68 (551)	9.72 (546)	32.89 (535)	33.62 (545)	9.71 (639)
2 MELISSA BONSER	UTS NORTHS					
2676 POINTS		35.87 (730)	10.07 (571)	21.88 (323)	22.66 (338)	10.66 (714)
W40						
1 GABI WATTS	ACT					
3283 POINTS		33.89 (801)	10.64 (692)	34.31 (615)	19.55 (315)	11.38 (860)
2 LISA MUMBERSON	CAMPBELLTOWN					
2209 POINTS		28.05 (634)	6.72 (391)	17.02 (257)	16.54 (254)	9.23 (673)
3 ALLISON DESKOVIC	CHERRYBROOK					
1749 POINTS		18.52 (366)	6.82 (399)	16.98 (256)	16.04 (244)	7.04 (484)
W45						
1 KIM DEBROT	ILLAWARRA					
2648 POINTS		22.83 (593)	8.34 (594)	24.10 (441)	18.65 (348)	8.31 (672)
2 ANNETTE TILLMAN	NEPEAN					
1624 POINTS		16.01 (370)	5.50 (350)	13.90 (218)	13.28 (224)	6.11 (462)
W50						
1 JILL TAYLOR	CHERRYBROOK					
2699 POINTS		33.62 (756)	7.94 (596)	20.95 (413)	15.24 (304)	9.86 (630)
2 VICKI CLEMENT	WESTFIELDS					
1827 POINTS		24.92 (518)	5.68 (392)	15.40 (280)	11.00 (197)	7.26 (440)
W55						
1 DENISE PALMER	ILLAWONG					
3429 POINTS		31.07 (771)	9.79 (852)	27.12 (633)	17.34 (416)	10.51 (757)
2 KERRIE JONES	UTS NORTHS					
2191 POINTS		22.38 (510)	6.60 (531)	17.68 (376)	12.41 (273)	7.46 (501)
3 KAREN JONES	UTS NORTHS					
1664 POINTS		19.66 (429)	5.59 (431)	15.76 (325)	8.21 (154)	5.31 (325)
W60						
1 MARY THOMAS	ILLAWARRA					
3211 POINTS		26.68 (726)	7.06 (651)	20.09 (500)	24.77 (730)	9.27 (604)
W70						
1 JOYCE SCHMIDT	ACT					
3426 POINTS		21.34 (749)	7.31 (895)	17.46 (569)	16.00 (582)	7.52 (631)
M35						
1 BRETT KINGSTON	BLUE MOUNTAINS					
1736		27.32 (308)	8.34 (386)	25.36 (374)	25.85 (257)	9.05 (411)
M40						
1 PHIL FRKOVIC	WOLLONGONG					
2869		43.19 (621)	12.50 (657)	35.57 (575)	29.46 (345)	12.69 (671)
2 MATT STENNING	GIRRAWEEN					
1831		25.75 (315)	7.81 (367)	25.59 (378)	27.57 (315)	9.21 (456)
3 JODIE GIBBINS	ILLAWARRA					
1734		22.17 (254)	8.79 (427)	24.75 (362)	29.60 (347)	7.37 (344)
M45						
1 STUART GYNGELL	MINGARA					
3912 *(Australian record)*		44.02 (712)	16.62 (1005)	45.93 (833)	37.02 (522)	14.35 (840)
2 PETER REED	WOLLONGONG					
2247		NM (0)	9.89 (546)	34.69 (592)	34.42 (475)	11.27 (634)
3 SIMON BUTLER-WHITE	NSWMA					
2172		23.93 (324)	9.15 (496)	28.20 (457)	32.24 (436)	8.63 (459)
4 MARK CEPAK	UTS NORTHS					
2170		25.55 (355)	8.88 (478)	25.48 (401)	30.92 (413)	9.60 (523)
5 GEORGE STATHEOS	BLUE MOUNTAINS					
1393		17.07 (196)	7.51 (387)	19.53 (281)	27.59 (354)	4.21 (175)

2009 nsw weight pentathlon results

Putting their best shot forward (from left): Steve Crocker, Allison Deskovic, Melissa Bonser and the ACT's Geoff Crumpton.

		HAMMER	SHOT	DISCUS	JAVELIN	WEIGHT
M50						
1 GEOFF CRUMPTON	ACT					
3091		39.40 (609)	11.46 (676)	30.50 (474)	36.29 (536)	14.44 (796)
2 LAJOS JONI	GIRRAWEEN					
2948		42.13 (662)	11.25 (661)	34.51 (554)	25.37 (334)	13.53 (737)
3 ANDREW ATKINSON-HOWATT	RYDE					
2866		31.92 (467)	10.35 (598)	35.45 (573)	39.63 (599)	11.82 (629)
4 ROBERT HANBURY-BROWN	NSWMA					
2678		26.84 (371)	10.07 (579)	35.11 (566)	35.91 (528)	11.90 (634)
5 TONY BAKER	NSWMA					
2301		26.44 (363)	10.87 (634)	26.15 (389)	27.57 (374)	10.42 (541)
M55						
1 STEVE CROCKER	CAMPBELLTOWN					
2489		22.08 (329)	9.94 (646)	30.60 (536)	28.89 (451)	9.37 (527)
M60						
1 TOM BARBER	HILLS					
2098		24.77 (428)	7.58 (463)	27.55 (483)	21.58 (327)	7.92 (397)
2 JIM FITZGERALD	PARRAMATTA					
1739		9.59 (311)	7.85 (484)	21.14 (343)	15.56 (202)	7.95 (399)
M65						
1 RON HEEPS	NSWMA					
3297		28.48 (596)	10.17 (787)	23.45 (451)	33.21 (660)	12.83 (803)
2 BRETT SOWERBY	BLUE MOUNTAINS					
2698		26.66 (549)	9.21 (701)	29.15 (593)	20.13 (344)	8.76 (511)
M70						
1 RON SIMCOCK	WOLLONGONG					
3813		35.28 (790)	11.09 (755)	31.92 (769)	32.33 (685)	12.65 (814)
2 DAVE BUGDEN	CAMPBELLTOWN					
2907		31.56 (690)	9.16 (602)	25.98 (598)	20.13 (372)	10.38 (645)
3 GREG NICOL	NSWMA					
2844		27.76 (589)	8.58 (556)	25.07 (572)	28.24 (578)	9.07 (549)
M75						
1 JOHN STURZAKER	SYD PACIFIC					
2833		23.63 (583)	7.58 (570)	22.42 (591)	18.13 (391)	9.75 (698)
2 JIM SOUTAR	GOSFORD					
2105		19.85 (467)	6.37 (460)	17.84 (443)	11.83 (213)	7.64 (522)
M80						
1 NORM WINDRED	NSWMA					
3554 *(NSW record)*		27.40 (733)	8.97 (722)	22.62 (727)	17.54 (387)	12.30 (985)

TEAM SMASHES 4 X 800M AUSTRALIAN RECORD

AN UNEXPECTED power failure at The Ridge athletics track didn't prevent **Noel Wright, Les Gillies, Steve Napper** and **Don Mathewson** from powering to a new Australian M60 4 x 800m record at Illawong on March 13.

Although the run awaits ratification by the AMA, the team's time of 10.09.32 sliced a huge 20 seconds off the record of 10.29.19 set by an ACT team in Canberra last December.

Yet with the NSW quartet raring to go on a clear still evening, Friday the 13th almost conspired to ruin the record attempt, thanks to an electricity failure at the track before the race, which included two teams from Illawong Athletics Club.

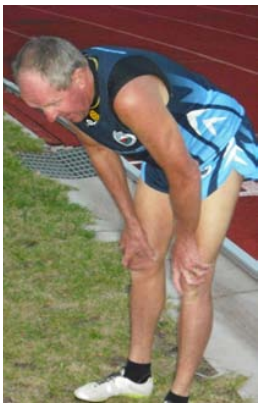
The meet organisers ingeniously sidestepped the problem by driving two vehicles onto the infield and parking them near the start line – one so that they could tap the car's battery to power the electronic timing, and the other so they could use its headlights to illuminate the finish line as dusk fell.

Though Noel, Steve, Les and anchor man Don had never teamed up for a relay before, their hard running and trouble-free baton changes ensured that their attempt – which required a 2.37 800m split from each team member – was never off target.

With a national record to their credit, the delighted foursome now has their sights on yet more record-setting in the relays, particularly the Australian M60 4 x 1500m record of 21.48.4.

NSWMA gratefully acknowledges the assistance of the Illawong Athletics Club in facilitating and assisting this record attempt.

Above: Noel Wright, Don Mathewson and Steve Napper.



Above: Les Gillies. **Right:** Les, Don, Steve and Noel celebrate their first national record.

RENEW YOUR CLUB MEMBERSHIP – only $35!

Don't forget to renew your annual membership of NSWMA, which runs from April 1 to March 31 each year. This year's AMA National Championships in Adelaide are from April 10-13, so if you plan to compete, it's mandatory that you be a current financial member of NSWMA.

HOW DO I RENEW MY NSWMA MEMBERSHIP? Simply complete the Membership Renewal form (opposite) and send it to our registrar, Garry Womsley, with $35.
HOW MUCH DOES IT COST?: Only $35.
WHERE DO I MAIL IT TO? 33 Andrews Avenue, Toongabbie, NSW 2146.
WHAT IS GARRY'S EMAIL ADDRESS?: His email address is registrar@nsw mastersathletics.org.au
CAN I RENEW MY MEMBERSHIP ONLINE?
Yes. Go to www.nswathletics.org.au, click on 'Get Involved' and then 'How to Join' and then 'New Registrations'. Follow the prompts and click on 'NSWMA member only – $35'.
HOW DO I UPGRADE MY MEMBERSHIP SO THAT I CAN ALSO COMPETE AT EVENTS RUN BY ATHLETICS NEW SOUTH WALES IN THE 2009-2010 SEASON?
Yes. You can do so online at the ANSW website, www.nswathletics.org.au. Go to 'New Registrations' on the website and follow the prompts. In 2008/9, the cost of registering with ANSW for 12 months was $92.50 – or $65.50 if you qualify for an Age Concession, but PLEASE NOTE that ANSW is in the process of altering its registration year to synchronise with that of Little Athletics, which runs from October 1 to September 30. As part of that change, ANSW is offering SIX-MONTH memberships, which run from April 1, 2009 to September 30, 2009. For more information, please contact ANSW on (02) 9746 1122 or info@nswathletics.org.au

RICHARD'S RECORD RUN

Congratulations to **Richard Hughes**, who was part of the M65 4 x 100m relay team that set a NSW record at the 2008 State relays. Richard was miscaptioned in the last issue of The Waratah.

New South Wales Masters Athletics I[redacted]

This Form Refers to This SEASON: **2009/2010**

(Office use only) MEMBERSHIP No: ____________

Complete the form in BLOCK LETTERS[redacted]ONE MEMBER PER FORM[redacted]

[redacted] ______________________________

[redacted]

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[redacted]

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[redacted]

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[redacted]

If your registration details are different from last season, please provide details of your previous registered address (Tick if same as current)

[redacted] ________ ________ ________ **M / F**

[redacted]

[redacted] ______________________________

[redacted] ______________________________

[redacted] ______________________________

[redacted] ______________________________

[redacted]

[redacted] ______________________________

[redacted]

[redacted] ______________________________

[redacted]

☐ **Name of ANSW Club** ______________________________

[redacted]

[redacted]

Post To :

Registrar
NSW Masters Athletics Inc
33 Andrews Ave
TOONGABBIE NSW 2146

[redacted]

______________________ ______________________

[redacted]

NOTE: [redacted]

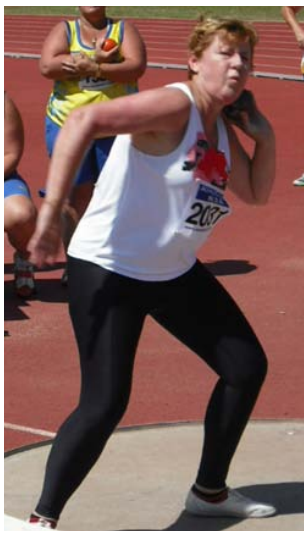
[redacted]			[redacted]	[redacted]

[redacted]

Greg Nicol (M70) in the weight pentathlon.

Allison Deskovic and Jill Taylor at the Australian Masters Games in Geelong.

In action at the State WP titles (from left) Jim Soutar (M75), Kim Debrot (W45), Norm Windred (M80) and Jodie Gibbins (M40).



Kerrie Jones (W55).

Lynette Smith threw the discus 32.89m to win the W35 WP.

George Statheos (M45).

PHOTOGRAPH BY ANDREW ATKINSON-HOWATT AND SIMON BUTLER-WHITE.