

# The Waratah



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## Keith's staggering Sacramento sweep

It is a Championship that provides the highest standard of athletic contest in the World for people over 30. Merely being there, taking part, and coming somewhere – anywhere, should be seen as an achievement. Congratulations to all who represented New South Wales!

Most outstanding performer was, predictably enough, **Keith Bateman** who won four individual gold medals and a team bronze. He also broke a World record in the 1500! That gives him a total of five World records in a year. Two of the athletes whose records he had broken were there to watch Keith making history.

Some age groups were well populated, resulting in rounds of preliminaries and semis. Disappointing for some who didn't make finals; hard work for others who did as it meant an extra race.



Australia did well in teams events such as the relays although there was a controversial disqualification in the W40 4x100 that our girls saw as unfair.

**Peter Crombie, Stuart Gyngell** and **Julie Forster** also came home with gold. But there were plenty of other medal winners among the NSW contingent. A full list appears on page 5.

Being Summer it was hot and dry and there was some wind. Most athletes praised American friendliness and good organisation.

Overleaf, hear some of the NSW contingent in their own words ▶



Top: Keith flies to the line undistracted by the washing that the Americans had left out to dry in the middle of the field.

Left: A tight finish for Julie Forster (right of shot) in the 400m.

Above: Lynette Smith in a pose we are becoming used to seeing her in.



### ***In her words...***

#### **Jackie Bezuidenhout W40**

**M**y experience of the competition was an awesome one. The officials and volunteers were fantastic, especially the call room officials. They did an amazing job of making you forget your nerves and putting a smile on your face before a race. The people of Sacramento were very welcoming and always up for a chat at the bus stop. I met some truly inspirational athletes and it made me realise that age is no barrier to living out your dreams. Judy and Harry did a sterling job in looking after us and listening to our moans and groans.

This was my third world champs and I have always managed to come home with relay medals but missed out on the ultimate "individual medal". The last championship, in Lahti, led to 2 gold relay medals and a world record yet missing out again by 0.01sec for individual bronze in the 100m. This time my goal was to get



into the finals of the 100m and 200m, secretly hoping for a medal. My wildest dream was achieved; 2 silvers in the 100m and 200m.

### ***In her words...***

#### **Julie Forster W50**

**A**t the track, the marshalling officials kept things light by telling a lot of jokes and were



smart - one of them spoke five languages. Ok, I'll admit it, his fifth language, German, was a bit on the rusty side! The events mostly ran to time - actually it was almost run with military precision except for some of the gold medals being stuck in Customs towards the end of the competition (they're being posted)! I loved the dry heat except occasionally you wished for a little less of it - dehydration was a bit of an issue.

I placed fourth to winner Joy Upshaw in the 100m and was hopeful as I contemplated the 200m. In the end I placed third. After the 400m Semi I had two days to chill out before the 400 final. I drew lane 2. I changed a couple of things that day and finished 5/100<sup>th</sup> of a second in front of Elaine Pretorius

of South Africa with Petra Kauerhof of Germany placed third and Marie Kay in fourth place. It was a thrill to win a gold medal in my last individual event.

I could write a few pages about the relays but there probably isn't enough space so suffice to say we were unjustly dq'd in the 4 x 100 W40 but won the 4 x 400 W45 with Gianna Mogentale 4, Julie Brims 3, Robyn Suttor 2 and myself starting. We equalled the games record

set in Lahti by the Germans for this event which was a wonderful achievement, in particular for Robyn Suttor who was carrying an injury but stepped in at the last minute and ran a courageous 2nd leg, holding onto our lead until she passed to Julie Brims.

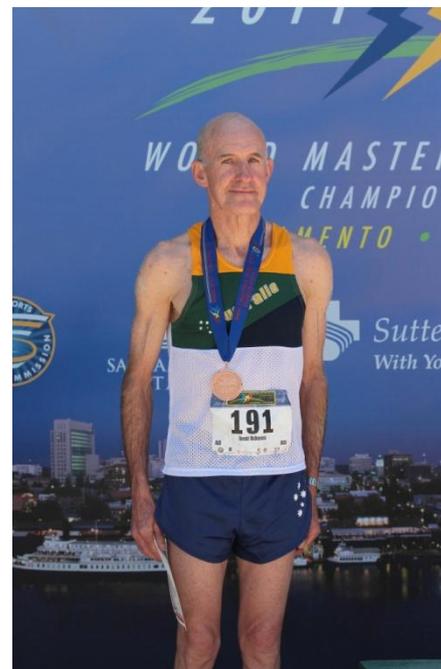
There were a few challenges in competing overseas, I guess most of which are predictable; managing nutrition and the erratic internet service at our hotel come to mind. The Americans were great hosts and I would love to compete in the US again.

#### **Don Mathewson M65**

*Don felt a weight of expectation thanks to his 1500m win two years ago in Finland and having declared times better than his competitors.*

### ***In his words...***

**A** team gold in the 8km Cross Country, a disappointing 4<sup>th</sup> in the 5000m in a much slower time than my PB earlier this year and winning an unexpected bronze in the 800m in PB time, I was all set to win the 1500m. I decided to run to my PB time set just a few months ago at the NSW Championships. We went out faster than my planned lap times by several seconds led by my new friend, the GB competitor.



Spain and the US were behind. Lap times continued to be much quicker than my planned times, but I decided to stick with it. With 200m to go, the Brit slowed and then I was in front, but not feeling too flash. At 1400m I was still leading but weakening, then with 80m to go, the US and Spanish competitors passed and I had nothing to give, losing my world title by 4 seconds. The US winner broke the US National Masters record in the process. Given that I was only a second slower than my PB in winning the bronze, I was not too unhappy and counselling has helped!

Thanks to Peter Crombie for selection in the 4 x 400m relay and Silver medal result behind the USA and my coach, Steve Whelan who said, you are there to enjoy the meet, so loosen up! Good advice.

***In her words...***

**Rosemary Roediger W55**

I really enjoyed the experience of competing overseas in my first World championships. My first run was the 8km cross country which was held on the first day of competition on a hot, hot morning. I was happy with my placing of third behind Kathy Martin of USA, a very experienced runner, and another lady from Germany. I was thrilled to be part

of the woman's team as it came second in the Cross Country Teams event too.

My 5000m race was held on another hot evening, nearly 37 degrees. Knowing that Kathy Martin was in all my races, plus a number of other fast Americans, I was content to sit behind two of them. The time was not fast but the hot evening



**She somehow felt that, if wearing running gear, she could have gone even faster**

made for conservative running. Again I was very pleased to gain third place in an event that I do not do very often on the track.

The 10km was my favoured event and was run in the morning so the weather was more favourable. I came 2<sup>nd</sup> to Kathy again and tried to run my own race. The first 2 laps were quite slow so I took the lead until the 5km mark and then Kathy overtook me as expected. I then held on to 2<sup>nd</sup> place and finished the race in a fairly conservative time of 40.50. I had run a minute faster at the state 10km road championships at Homebush in June, however the warmer weather and

track racing (where tactics come in to play) probably did not make for a fast time.

Overall I had a great time and very much appreciated the opportunity to race at world class level. I was told by an American coach I had done very well for an unknown runner from Australia!

*If interested there is YouTube video of an interview with the winner, mentioning our Rosemary as "unexpected competition". Check it out:*

<http://www.youtube.com/watch?v=DfMn-OZ4acg>

**It also happened...**



**A shy man, Stuart can only be shown in silhouette**

**Stuart Gyngell (M45)** won the shot put with just one throw! He fouled on the other four but that one big throw (at 17.91m) was 3.5 metres longer than that of his nearest rival. He also finished 2<sup>nd</sup> in the Pentathlon, 4<sup>th</sup> in discus (45.82) and 7<sup>th</sup> in the Hammer throw.

**Peter Crombie (M65)** showed his class and experience with a comfortable run in the semis and prelims, then lifting for the finals. 2<sup>nd</sup> in 200m (26.44), 1<sup>st</sup> 400m (59.38)

**NSW Masters Committee**

Mark Johnston	<b>President</b>	<a href="mailto:m.johnston@uws.edu.au">m.johnston@uws.edu.au</a>	0419 914 915
Don Mathewson	<b>Vice President</b>	<a href="mailto:gomathos@bigpond.net.au">gomathos@bigpond.net.au</a>	02 9873 1405
Valmain Loomes	<b>Vice President</b>	<a href="mailto:valmai.loomes@campbellpage.com.au">valmai.loomes@campbellpage.com.au</a>	02 4262 8498
Garry Womsley	<b>Secretary</b>		0459436660
Nancy Lloyd	<b>Treasurer</b>	<a href="mailto:nancyllloyd@iinet.net.au">nancyllloyd@iinet.net.au</a>	0411 270 393
Jill Taylor	<b>Registrar</b>	<a href="mailto:jacksbak@bigpond.net.au">jacksbak@bigpond.net.au</a>	
Simon Butler-White	<b>Records &amp; Awards Officer</b>	<a href="mailto:simonbw@live.com.au">simonbw@live.com.au</a>	0419 323 996
Dennis Wylie	<b>Editor</b>	<a href="mailto:reachdennis1@optusnet.com.au">reachdennis1@optusnet.com.au</a>	0404 898 661
Andrew Atkinson-Howatt	<b>Equipment Officer</b>	<a href="mailto:javelin3@optusnet.com.au">javelin3@optusnet.com.au</a>	0439 990 083
Lisa Mumberson	<b>Uniform Officer</b>	<a href="mailto:lisamumbo@hotmail.com">lisamumbo@hotmail.com</a>	0402 338 511
Phil Frkovic	<b>Web Master</b>	<a href="mailto:pfirkovic@exemail.com.au">pfirkovic@exemail.com.au</a>	02 4228 4281

## Keith Bateman *M55*

**K** eith's campaign at Sacramento started easily and got harder. He went in with a niggling injury to the left heel and prepared for all races with a bit of manipulation and careful warming up. He had easy wins in the 8k Cross Country and the 5000m before a well executed, sizzling 1500m gave him his 5<sup>th</sup> World record! Well earned since he was so far ahead of the other competitors he only had the clock to beat. He believes he ran it almost perfectly, given his dedication to running technique. He then went on to win the marathon in a respectable 2hr 43.07. Not a bad effort considering it was his 5<sup>th</sup> race, counting the semis. It needs to be noted that he left his fellow competitors well behind, virtually running his own race each time although the Marathon was a different story. He was lucky to

survive having gone out too fast. Apart from four gold medals at the highest level of competition for this sport he also picked up a bronze as a member of the Cross Country Team.

You can see Keith's record breaking run on YouTube:

[http://www.youtube.com/watch?v=SYtFYKfWYl&feature=youtube\\_gdata\\_player](http://www.youtube.com/watch?v=SYtFYKfWYl&feature=youtube_gdata_player)

Or visit his website:

<http://keithbatemancoaching.com/blog/?p=176>

An unusual shot of Keith... with ...the other runners



On his blog there are descriptions of his Sacramento races including a vivid account of the marathon. Anyone who has ever done one will know exactly what he is talking about. Experienced marathoners often say, "All your training is for the last 10k. The first 32 are easy!"



The best runners are just as technical as the best throwers but if you are not the best, you can't do much in throwing without mastering the technique. Anyone can run without having to master technique so, on balance, throwing is more challenging. Try it and see!

Jill Taylor, Glenys Whitehead and Andrew Atkinson-Howatt threw all sorts of heavy, pointy, things at Sacramento and when that became all too frustrating they just threw 'wobblies'

As he has paid the Editor a lot of money to be included in *The Waratah*, I can report that **Rob Mason** ran **4:47:42** in the Gold Coast Airport Marathon and finished 304th in M45-49 age group.

Ed



## Results from Sacramento, finals only

<b>W40</b>			
100m	Jackie Bezuidenhout	2nd	12.97
200m	Jackie Bezuidenhout	2nd	26.71
High Jump	Lynette Smith	2nd	1.62m
Heptathlon	Lynette Smith	4th	4260pts
Javelin	Lynette Smith	2nd	37.08m
<b>W45</b>			
100m	Gianna Mogentale	4th	12.93
200m	Gianna Mogentale	5th	25.65
400m	Gianna Mogentale	4th	1.02.85
Hammer	Glenys Whitehead	9th	32.73m
Wt Pent	Glenys Whitehead	9th	3161pts
Long Jump	Janet Naylor	7th	4.08m
<b>W 50</b>			
100m	Julie Forster	4th	13.26
200m	Julie Forster	3rd	27.50
400m	Julie Forster	1st	1.01.09
80m Hurdles	Sally Stagles	3rd	
<b>W55</b>			
5000m	Rosemary Roediger	3rd	20.14.68
10000m	Rosemary Roediger	2nd	40.51.59
8k XC	Rosemary Roediger	3rd	33.52.1
Discus	Jill Taylor	7th	24.63m
Hammer	Jill Taylor	5th	34.29m
Wt Throw	Jill Taylor	5th	10.85m
Wt Pent	Jill Taylor	9th	3074pts
<b>W60</b>			
800m	Paula Moorhouse	9th	02:57.1
1500m	Paula Moorhouse	11 <sup>th</sup>	06:08.3
<b>M40</b>			
10k Walk	Ian Jessurun	5th	52.31
<b>M45</b>			
Wt Throw	Stuart Gyngell	2nd	14.07m
Shot put	Stuart Gyngell	1st	17.91m
W Pent	Stuart Gyngell	2nd	4166 pts
Hammer	Stuart Gyngell	7th	44.27m
Discus	Stuart Gyngell	4th	45.82m
<b>M50</b>			
Wt Throw	Peter Reed	5th	15.47m
Wt Throw	Robert Hanbury-Brown	9th	13.91m
Wt Throw	Andrew Atkinson-Howatt	11 <sup>th</sup>	11.50m
Wt Throw	Peter Reed	5th	15.73m
Wt Pent	Peter Reed	7th	3133pts
Wt Pent	Robert Hanbury-Brown	8th	3131pts
Wt Pent	Andrew Atkinson-Howatt	11 <sup>th</sup>	2766pts

Discus	Robert Hanbury-Brown	11th	35.57m
<b>M55</b>			
1500m	Keith Bateman	1st	4.12.35
5000m	Keith Bateman	1st	16.35.05
8kXC	Keith Bateman	1st	27.14.2
Marathon	Keith Bateman	1 <sup>st</sup>	2hr 43.07
High Jump	John Fienig	11th	1.45m
<b>M65</b>			
100m	Peter Crombie	4th	13.04
200m	Peter Crombie	2nd	26.44
400m	Peter Crombie	1st	59.38
800m	Don Mathewson	3rd	2.25.09
1500m	Don Mathewson	3rd	4.50.8
5000m	Don Mathewson	4th	18:29.0
8k XC	Don Mathewson	4th	32:21.7
200m	Neville McIntyre	7th	27.84

The NSW athletes who helped Australian relay teams to some success were:

### Australian 4x100:

**Peter Crombie** and **Neville McIntyre** (M65, first) **Robyn Suttor** (W55, fourth), **Sally Stagles**, (competing for Great Britain W45, 2<sup>nd</sup>.) **Donna Hiscox**, **Annette Mead** and **Janet Naylor** (W45, third), **Wayne Marriott** and **John Fienig** (M55, third), **Krzysztof Wardecki** (M35, fourth)

### Australian 4x400:

**Peter Crombie**, **Don Mathewson** and **Neville McIntyre** (M65, second), **Paula Moorhouse** (W55, second), **Wayne Marriott** and **John Fienig** (M55, sixth), **Julie Forster** and **Gianna Mogentale** (W45, first), **Jackie Bezuidenhout** (W35, fourth), **Krzysztof Wardecki** (M35, fifth)

### Cross Country Teams

**Don Mathewson** (M65, first), **Rosemary Roediger** (W55, second), **Keith Bateman** (M55, third)

### Walks 10000m Team

**Ian Jessurun** (M40, first)

Due to space constraints preliminaries and semis are not shown. All other results are shown on the website:

<http://www.wma2011.com/>

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### What's ahead?

<b>Sep-18</b>	Sydney Running Festival 9k Fun run, Half Marathon, Marathon
<b>Oct-01-03</b>	AMA Winter Throws Championships Canberra, ACT
<b>Oct- 07-16</b>	13th Australian Masters Games Adelaide, SA

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# The Presidential Address

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"I'm back!" to paraphrase Arnie. At the recent AGM no one put up their hand for president so I had mine violently twisted behind my back to step into the breach and steady the ship. How's that for a mixed bunch of metaphors? Just for a year though. I should start by thanking retiring members of the previous committee particularly Tony Baker who has been at the helm for the past two years. Ernie Leseberg stepped down as track rep and Simon Butler-White relinquished the roles of Waratah editor and secretary though he is still handling the records portfolio and doing an excellent job at that. The Club also had difficulty in filling the role of secretary until Garry Womsley made himself available. We could really do with some more hands on deck, I feel. One new face to join the committee is Lisa Mumberson who takes on the role of uniforms officer. Thanks Lisa.

**A**nd now to the news. Many of you might know Perth has scored the Masters World Titles for 2016, so the titles return to Oz once again after Brisbane in 2001 and Melbourne back in 1987. Better get the calculator out and figure out how old you'll be then. Maybe a new age group and a tilt at the titles? Also on the

horizon will be the next Sydney Nationals in 2015 so that period could be a great time to get in shape.

**B**ack to the present, however, and NSW members enjoyed some great successes at the recent World Titles in Sacramento. A few highlights - Keith Bateman M55 continued his all-conquering form setting yet another world record in the 1500m. He also snared golds in the 5000m, 8km cross-country and the marathon – phew! NSW resident strongman Stuart Gyngell M45 won the shot put and the evergreen Peter Crombie M65 won the 400m. Whilst not a streak like the famous hurdler Ed Moses had, Peter has been on the podium at world level for as long as I can remember. Committee VP Don Mathewson M65 took bronze medals in the 800/1500. The "fairer sex" also enjoyed great success with Julie Forster W50 winning the 400m, her first individual world title I think. Julie teamed with long-time sprint star Gianna Mogentale in a world record equalling 4x400m relay team also. Jackie Bezuidenhout W40 bagged silvers in the 100m/200m her first time on the podium for individual medals. Lynette Smith W40 also got onto the podium with silver medals in the javelin and high jump.

Rosemary Roediger W55 was on the podium with silvers and bronzes in the distance events: 5K, 10K and XC. More details elsewhere in this newsletter.

In August, along with many others I attended the tenth Springwood Throws Day up in the Blue Mountains. This is a great event for throwers and I'd like to pay tribute here to the Springwood Club, all the helpers and officials over the years who have made the day a success and especially masters club stalwart Brett Sowerby who was the initiator and driving force behind the event over these years. A great effort. Let's hope it continues for another ten.

The new season is nearly upon us so I hope you are all sharpening your spikes and polishing your shots for another round of enjoyable tussles and jibes with your fellow masters. Let the committee know if there is any way we can improve the "masters' experience".

Mark



## Announcement

Following 12 months of work by the Perth Bid Committee I am pleased to announce that in Sacramento today at the WMA General Assembly Perth won the right to stage the 2016 World Masters Athletics Championships. The General Assembly had earlier decided to change the Stadia Championships to even years from 2016. Lyon (France) was awarded the 2015 Championships.

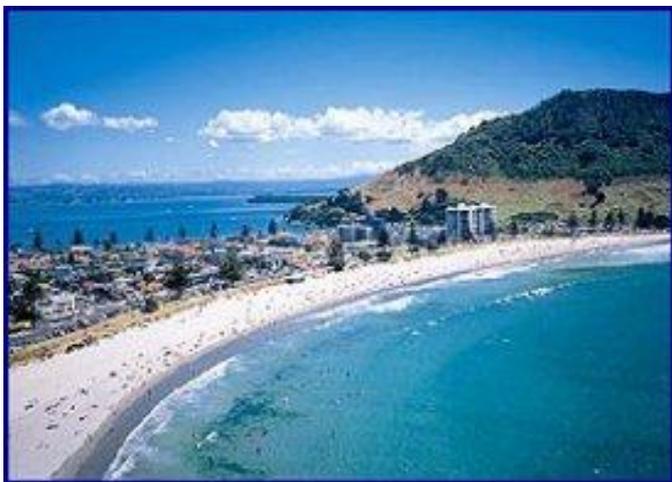
A lot of people have contributed to getting the bid together and it is a very positive result for Australian Masters Athletics. The LOC looks forward to delivering the best ever World Masters Athletic Championships.

Richard Blurton  
Head of Perth 2016 LOC

16/07/2011

## Editorial Policy

Although the abbreviation for kilometre is km, many people for many years have been using the initial 'k' which is actually abbreviation for 1000 (and is also used for kilogramme). The Editor uses 'k' but will not correct anyone else's use of km in any material submitted. The context in which it is used overcomes any possibility of confusion and unless the pay goes up and I get a more spacious office with Harbour views, pedants will not dictate otherwise. **Ed**



# Oceania Tauranga

**Book soon!** Entries open from September to December. The venue for the next Oceania Championships is Tauranga in New Zealand's north. It will be held Feb 5-12. Tauranga is located in one of New Zealand's most scenic areas, The Bay of Plenty. It is close to Auckland, with direct 20 minute flights available or you can take a 3 hour drive. Once there (at the Domain) everything will be at hand. The Cross Country is 10 minutes from the stadium and the Road race and Walks events start 5 minutes away.

There is a range of accommodation from hotels right opposite the Domain to camping grounds or Tourist huts. Tauranga is only 50 minutes drive to Rotorua!

To enter or see a promo visit the website: <http://www.nzmastersathletics.org.nz/Oceania/oceania.html>



## A rare Welshbit

Robert Hanbury-Brown sees **RED** in Wales

**H**aving completed my high altitude training for Sacramento last year, I decided it was time to start working on aggression in the circle. Whilst reading The Times at my London hotel, I noticed an article by some boffin on the colour red. Basically, the argument was that if athletes looked at something red before competition, it would increase their aggression and performance. Perfect, I thought, I'll test out this theory at the Welsh championships.

After rousing the Green Greek Goddess for a full English vegetarian breakfast, we marched off into Hyde Park and tagged onto the back of a cavalcade of mounted guards. The sun was out and the weather was hot as the guardsmen, swords in hand, armour glinting passed the blinding gold Albert memorial. Their blood red jackets stood out against the new green growth of the plane trees. The band struck up and the heart stirred as we strode triumphantly through Wellington Arch and on to the Palace. I felt that certain air of invincibility of a British citizen as we kept in step with the guards, past the gasping tourists clinging to the railings.

Boosted by royal fever, we charged down the M4 towards Cardiff, stopping for a few hours in a bar in Bristol to watch Federer, resplendent in a red shirt, demolish Djokovic on the red Paris clay. Then it was over the majestic Severn Bridge in the direction of Abegavenny feeling as wild as a red dog running free.

The next day was hot and still, a perfect summers day. We headed off to the

**"Its true; if you hold it up to your ear you can hear the sea!"**



castle. Old Cardiff was packed with middle aged men wearing red shirts bearing the word CYMRU.

"What's going on?"  
"It's the rugby boyo"

Wales was playing the babas at the Millennium Stadium that afternoon. What a perfect opportunity to try out the "seeing red" theory! Thousands of red shirted welsh roaring at 30 men trying to bash each other's brains out would surely inspire me for the Welsh Masters Athletics Champs the next day. I bagged a couple of tickets and marched round the castle battlements admiring the red stone and listening to epic tales of old battles.

An old Masters thrower who claimed Welsh roots had once told me, "You must get to the rugby early for the singing, it's the best bit" and indeed he was right. As we took our seats, the crowd stood up, the band struck up and, had the roof been closed, no doubt it would have been carried off such was the volume of the massed choir. And on it went, from Welsh songs to Waltzing Matilda to "Why, Why, Why, Delilah"

I could feel the Celtic blood stirring within as I tucked into a pie and a beer and it felt quite like home in old Wales. I even felt a tear come to my eyes during the anthem, or was that just the June hay fever?

Finally, after half an hour of choir practice, the teams appeared to a gigantic roar, approaching apoplexy. The game was on! Each time a red shirted Welshman made a break, the whole stadium was on their feet

After 70 minutes, the Welsh were up and the beer was flowing. The GGG and I decided to make an early exit to avoid the inevitable stampede of a fuelled up Red Army in full song.

The next day started badly. I turned on the TV only to see that Wales had been beaten on the bell by a late try. There was footage of downcast redshirts filing out of the match, some wearing their Bill and Ben lookalike daffodil bonnets, which now looked rather pathetic. Was this an omen from the Gods? I opened the curtains and was met with further gloom. The 2 days of summer were over.

I arrived at the track early to get in some needed practice but no one was on the ground. That was probably explained by the 12 degree temperature, the rain and the biting cold 30 mph wind. I found

other competitors huddled in a call room. They were most amused at an Aussie turning up in the conditions."Shall we go out then" someone suggested. I found a spot out of the Arctic wind, behind the high jump bags and tried to conjure up red aggression, but it was rapidly slipping away.

And there she was again! That ubiquitous official, the bane of all warm up throwers round the world." ok, let's get this over. One warm up only gentlemen please. I gingerly attempted 2 turns on an icerink, before getting back into my Gore Tex polar explorer outfit and crouching behind the high jump bags.

I tightened my Hoodie and chatted to fellow huddlers."Oh yes, I've got relatives in Perth, a wonderful place."

"I loved Australia; my son's getting married out there in December"

"I wish I could move to Sydney and leave this weather"

They were all praising Sydney as much as they could. I was in the midst of the friendliest bunch of competitors ever. It was impossible to be aggressive!

The red competition horn sounded lame into the teeth of the wind. I dashed into the circle and managed to land a throw before returning to my chat group.

And so it continued through hammer and discus till I spotted the return of the GGG in our nice warm car.

"That's it. I'm off. Stuff the shot and javelin."

I hurried past the officials.

"Congratulations Robert, you've won the discus."

Janet had bought a thermos from an Op shop.

"How did you go?"

"I think I won."

"Excellent, have some green tea and a cucumber sandwich."

"Wait, aren't they full of those nasty aggressive red German e coli bacteria?"

"No apparently its bean sprouts now."

"Phew, I hate bean sprouts."

I munched on my sandwich, turned on BBC radio 3 and gazed out on the Welsh green and pleasant land.

***NB: Robert was first in discus with 36.65 and 2nd in hammer with 36.99. In even worse conditions the following week Robert was third in the British weight pentathlon with 2588 points.***



## OPINION

Opinions expressed here are those of the writer and are not necessarily those of NSW Masters Athletics inc

# Is the City to Surf serious?

A few people I know missed out on their entitlement to a preferred start in this year's City to Surf. I was one of them. All of a sudden an email came out saying all preferred places had been filled and if you wanted to enter you had to start further back. I didn't know there was a quota system until that point. I thought, having earned the preferred spot by doing the required time last year, a preferred start was assured. The email went on to say that the preferred qualifying standard was also being raised next year by a further three minutes. This would reduce the number of qualifiers by about 300.

This can only be seen as a punishment of 'good runners'. So what happens to these good runners? Simple; they get to do worse times. Times matter for serious runners and the avoidance of a massive traffic jam of slower runners is hugely desirable for them.

Possibly, the organisers are on a path to eliminate preferred runners altogether. I'm informed the new organisers are not runners themselves. They are businessmen who put profit first and customers second. They only care about a handful of elites who make for good television and the rest of it is really just a Carnival for dressed up runners and pram pushers. I haven't decided whether I can take the race seriously any more if it doesn't allow for serious runners. I reckon there are about 1000 *serious good* runners and about 5000 *serious reasonable* runners (people who train regularly and with intent). Then there are 5000 *ordinary serious* runners and the other 80,000 who enter City to Surf are not serious at all.

If I ever enter again I may go as a Clown.

Dennis Wylie

# Frank finds Pfzinger factual and faultless, and fearlessly flogs the three hour 'thon

**Frank Zeichner used to be an 800m runner. As an older runner he stepped up in distance - as many do.**

**Although a good runner, he struggled in events longer than 10k and constantly fought injury yet, improved over a number of years, for all that.**

**H**e thought that a Marathon might be beyond him as, whenever he stepped up the mileage, injury followed. That was until Stephen Jackson told him about a book written by Pete Pfzinger. It's most helpful advice suggested rest days alternating with hard sessions. He followed the lightest plan in the book which 'only' required a weekly total of 88k and after many 'almost-but-not-quite' attempts to start a marathon, finally made it to the start line.



below equates to 42 seconds overall. That means a few seconds per kilometre will make minutes of difference at the end.

He went out too fast at 4:00/k pace but after an unscheduled pit stop at 5k joined a group of runners at a better pace, managing 4:05/k. He may have slowed after this because he joined different groups for a few kilometres at a time but didn't feel himself slowing until 31k. Before long the first 3 hour pacer caught him up. There are a number of pacers in a large marathon and they are spaced in pairs perhaps 15 minutes apart for each time objective. Hopefully the first one is ahead of pace and the second one dead on pace for whatever time they are aiming at. Fortunately the first of Frank's 3 hour pacers was 3 minutes ahead of schedule and so, despite trailing him for the last 2k, Frank made it in an excellent first time effort of 2hours 57:48 - at the age of 54.

To achieve his goal of sub 3hrs he needed to maintain a pace average of 4:15/k. Normally marathoners slow down in the second half so it may not be bad to be a little ahead of schedule but with the distance of 42k, every second above or

When not running, Frank sings in two Sydney choirs and finds the running helpful when he has to cross town quickly on those occasions when double bookings have occurred.

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## Short Course Cross Country July 30 Upjohn Park

A winter's day turned out fine and mild for this event. A hilly 2.5k loop course, mostly on grass tested the runners. Men aged under 50 ran an extra lap. One junior, not our concern here, flew and may be a star of the future.

Three members of the Harrison family took part and Ron Schwebel ran twice, in two age groups, to make up another team for his club, running in socks. He thought the ground might be too stony for bare feet!

The results that follow reflect individual places rather than teams results as no Masters teams are entered in these events. That is because most runners are already members of other clubs before joining Masters and, ANSW has a rule

regarding "Club's of first choice" in circumstances where an athlete is a member of more than one club. Your original club is the club of first choice unless you leave it. If you leave and join another club you have to pay a transfer fee. Some members of Masters are not members of other clubs but either distance runners who don't do athletics, or throws people. Hence, no Masters teams.

**W35** (5k)  
2 Williams, Angela 19:03

**W40** (5k)  
2 Suffolk, Christine 21:28

**W45** (5k)  
1 Newsome, Nancy 20:27  
2 Boyd, Jane 20:43  
4 Harrison, Lisa 21:19  
5 Gard, Linda 21:24  
6 Taylor, Kerry 23:59

**W50** (5k)  
1 Basman, Robyn 20:37  
4 Yarnell, Caroline 23:18  
7 Peksis, Julie 27:49

**W55** (5k)  
1 Roediger, Rosemary 21:09  
2 Cowan, Joanne 22:02  
6 Perry, Rosalind 29:45

**W65** (5k)  
1 Siepmann, Dorothy 32:45

**M35** (7.5k)  
3 Doggett, Michael 27:18

**M40** (7.5k)  
3 Parker, Stephen 28:01  
14 Davie, EJ 36:34

**M45** (7.5k)  
1 Harrison, James 26:43  
15 Anderson, Neil 35:17  
17 Cozijnsen, Ronald 35:46  
18 Womsley, Garry 35:47  
27 Christie, Michael 45:53

**M50** (7.5k)  
4 Harrison, Bob 29:40  
7 Rose, Ian David 31:06  
12 Sharpe, Bradley 31:43  
13 Byrne, Peter 31:58  
16 Schwebel, Ron 32:44

See article page 15

There isn't space for all the throws day results (showing points and distances) as the file is simply too large for the width of a page and can't be divided up satisfactorily. It also cannot be downloaded from the Springwood Athletics club website so, if interested, contact the Editor and I will send it to you. Reach me at [reachdennis1@optusnet.com.au](mailto:reachdennis1@optusnet.com.au)



## Springwood Throws Day

Age Group	Pos	Name	Total pts Wt Pent
<b>W40</b>	1	Lynette Smith	2877
	2	Melissa Bonsor	2639
<b>W55</b>	1	Jill Taylor	3185
	2	Kate Clarke	2367
	3	June Lowe	2312
	4	Adriana van Bockel	1967
	5	Karen Jones	1528
<b>W60</b>	1	Judy Brown	1703
<b>M</b>	1	Warren Jones	1894
<b>M35</b>	1	Brett Kingston	1818
<b>M45</b>	1	Stuart Gyngell	3727
	2	Phil Frkovic	2907
	3	Matt Stenning	2060
<b>M50</b>	1	Robert Hanbury-Brown	2996
	2	Andrew Atkinson-Howatt	1618
<b>M55</b>	1	Voitek Klimiuk	3363
	2	Gavin Murray	3139
	3	Geoff Crumpton	3133
	4	Tony Baker	2139
	5	Mark Johnston	1246
<b>M60</b>	1	Bob Jones	1094
<b>M65</b>	1	Keith James	3123
	2	Jim Fitzgerald	1594
<b>M70</b>	1	Brett Sowerby	2748
	2	Noel Donohoe	2329
	3	Gregor Nicol	1974

**M55** (5k)  
1 Wylie, Dennis 18:59  
3 Schwebel, Ron 19:30  
5 McEwan, David 20:05

**M60** (5k)  
2 Scorzelli, Frank 20:42  
5 Williams, Dennis 22:18  
6 Wright, Noel 23:44

**M65** (5k)  
1 Napper, Stephen 21:54  
3 Elms, Elwyn 25:47  
9 Allomes, Graham 29:05  
11 Gravitis, Vilis 32:14

**M70** (5k)  
1 Harrison, Jim 26:17



## Robyn ranks and writes records

**Robyn Basman really rocks! She has had a great year!**

**R**obyn Basman has been making big improvements for the last couple of years and that has seen her take four State records, breaking her own half marathon record by five minutes on the Gold Coast in July! How can such a large improvement be possible? The answer seems to lie in her attitude of ‘just going for it’. Despite receiving advice about pacing and incremental improvement from those around her she often simply gets carried away by the moment. In the past it has caused her to fall away later in the race after too hard a start but at the Gold Coast half she clung on despite a cracking start that, instead of causing a slow down later, set her up for a great time.

And another thing; she ran in new shoes, a no-no especially in a long race. Her coach, Jimmy Owen, as anyone would have noticed, has already torn some of his hair out! A couple of months earlier she had been complaining of not being able



to run due to injury. Then she breaks another record by a huge margin! She showed everyone what she is made of in Brisbane this year at the AMA Champs, easily winning the 5000m, 10,000m and 8k Cross Country. After that, all seemed to go well in her other races.

She made it into the WMA rankings the last two years at 5<sup>th</sup> over 5000m in 2009, and 25<sup>th</sup> over 10,000m last year but is going so much better now she should lift up to a possible 3<sup>rd</sup> over 10000m when World rankings next emerge.

All this hasn't gone unnoticed. She has picked up a clothing sponsor, Ron Hill (ronhilldownunder). It's worth checking out their prices. Last year she was nominated for “Menai Sports person of the year” along with Kylie Strong. She sure hasn't let allergies and sinus problems, once thought to be Asthma, which affect her breathing and cause coughing attacks, hold her back.

## It's our anniversary!

NSW was the second Australian state to form a Masters athletics club back in 1971, being beaten by just a few days by SA. The club was initially called “Wirinun Veterans A.A.C.”, wirinun being an aboriginal word for wizard or medicine

man and let's face it masters athletes have plenty of need for medication. In fact the impetus for a coming together of mature age athletes here in NSW came from a medico who was interested in

researching effects of aging on performances.

In the early years the club's activities centred around Hensley Athletic Field home of the Randwick Botany Club

where long-standing secretary Logan Irwin was based. Many regard Logan as one of the founding fathers of the movement here in NSW. He now lives in Qld and came down for our AGM a few years back. By 1977 the club was known as NSW Veterans A.A.C. and the name stuck until 2002 when it was changed to NSW Masters Athletics.

We still have some members who were active in the earliest days, among them Greg Nicol, John Sturzaker, Jim Soutar,

life member Norm Windred and Jim McGrath. Initially the club was male only as male and female associations were commonly separate up until the mid 1970s.

We missed the opportunity to celebrate at our presentation day this year but perhaps next year we will run a “super-sized” celebration of four decades of Masters Athletics in NSW.

Mark Johnston

2011 adidas Winter Series - 24/07/2011

## Long Walks Championships Harrington Park Lake, Narreelan

### 15k Walk

W55-64

1<sup>st</sup> Brown, Judy W61 2:06:17

M35-44

1<sup>st</sup> Jessurun, Ian M44 1:19:07

M65+

1<sup>st</sup> Seymon, Jim M74 1:39:27

As you will have noticed, there are several profiles in this issue. I don't know many of you but am sure you wouldn't be a member if you weren't active in some way. Whatever it is you are doing, it is my duty to expose you and expose you I will! Every Masters member is encouraged to contact the Editor at some time to let me know what you are doing. Someone else may be interested. Lewd photos will of, course, not be published but will be most welcome in my private collection. Ed

The remarkable, resilient, irrepressible

## Ray James

**R**ay James is a seasoned marathon veteran, running between 18k and 28k daily unless tapering. He can be seen running around the Bay (7k) on his own most mornings. He does a tempo run there, in company, on Wednesdays completing in 28 minutes when fit (4min/k) but doesn't otherwise do speed work, just miles.

Even at the age of 62 he still intends to complete 15 Marathons this year alone. He'll add to that the Glasshouse 100 miler and the Great North Walk (100 miles) and, if still fresh, the Coast to Kosciusko which starts at the Sea and goes all the way up to Australia's highest mountain, a trek of 240 k. Four years ago, aged 58, he ran the Gold Coast marathon in 2hr 59.41. A sub 3hr marathon is regarded as a magic achievement for most marathoners; a point where good merges into excellent. He jokes that his latest marathons which have been quite a bit slower (around 3hr 50) are just speed work for his 100 milers!

The people he admires most are Rob de Castella and Steve Monneghetti. He has met them both. There can be no doubt about their impression of him!



## ERRATA

The last issue of The Waratah neglected to include the Nationals results of **Annette Mead**, who competed in the W50 60m, 100m and 200m - and was a member of the NSW team that set a State record in the 4 x 100m relay. Apologies.

# NSW 10k Road Championships

## race results June 4

### W35

1	Belinda Martin	35.01
4	Angela Williams	36.57
6	Tricia Bonser	39.56
11	Manal Garcia	42.31
14	Monica Graham	45.15

### W40

3	Jo Williamson	41.17
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4	Lisa Harrison	41.34
5	Christine Suffolk	41.55

### W45

1	Nancy Newsome	37.49
3	Linda Gard	40.07

### W50

1	Robyn Basman	39.00
3	Karen Petley	43.54
4	Caroline Yarnell	44.19

### W55

1	Rosemary Roediger	39.48
2	Jo Cowan	40.51
11	Nancy Lloyd	1:01:57

### W65

2	Dorothy Seipmann	58.02
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### M35

8	Andrew Heydon	33.45
27	Michael Doggett	36.49

### M40

2	David Tonge	32.44
6	Wayne Bulloch	34.20
41	EJ Davie	43.08

### M45

23	Ronald Cozijnsen	44.16
28	Garry Womsley	45.53
37	Robert Mason	49.11
42	Michael Christie	54.17

### M50

6	Bob Harrison	37.23
9	Ian Walsh	38.12
13	Ian Rose	38.46
15	Brad Sharpe	39.16
23	Stephen Mifsud	42.11

### M55

1	Keith Bateman	32.35
2	Dave McEwan	37.05
3	Stephen Ball	38.08
5	Ron Schwebel	42.02

### M60

1	Frank Scorzelli	39.38
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### M65

1	Steve Napper	42.39
6	Elwyn Elms	49.58
10	Graham Allomes	53.22

### M70

1	John Spinney	47.59
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Prior to the race commencing someone rolled a dollar coin down the road and the thriftiest runners all went after it.

# Masters Mile

## 27 August 2011

On a foggy morning the 3<sup>rd</sup> annual Masters mile was held at Illawong. Illawong club holds Winter meets for those interested in track at that time of year. There are not many opportunities to run this distance and some records are still a bit soft so anyone who could should. You could end up with a record!

## Results

1	Basman, Robyn	05.27.83
2	Newsome, Nancy	05.29.80
	Harrison, Lisa	DNF
1	Wylie, Dennis	05.19.47
2	Schwebel, Ron	05.33.10
3	Scorzelli, Frank	05.33.74
4	Davie, EJ	05.55.00
5	Elms, Elwyn	06.45.02
6	Francis, Geoffrey	06.51.99



**E.J Davie should hold a record for doing more races than anyone**

## Life member and **Masters Founder**

Around 200 Race Walkers gathered at Fox Hills Golf Club, Prospect for the 100<sup>th</sup> Anniversary of the NSW Race Walking Club on 25 June, 2011. **Logan Irwin** was Track Secretary of Walkers at Randwick Botany Harriers in the 60's and 70's.

He also founded NSW Masters! NSW was a bit behind South Australia where

a Veterans organisation had begun in 1965. Logan saw a need for something similar in Sydney and together with a couple of coaches he formed, first named, "The NSW Seniors Birubi Track Club" in March, 1971. It then changed its name to "The Wirrinum Veterans Club" a month later and in November became the "NSW Veterans Athletics Club" and was affiliated with NSWAAA. It remained so named until

**Logan Irwin is flanked by RBH Club Walkers, J. McDougall and Ron Crawford (a past RBH president and thrice Olympian).**



2000 when the name was changed to the NSW Masters Athletics Inc. Logan is a life member of our organisation. For the picture and story, thanks go to **Ken Goldman** who is writing a book on the history of Randwick Botany Harriers. Start saving your pennies. He promises it will be voluminous.



## **For the record**

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

### **SACRAMENTO**

The World Championships in Sacramento in July brought several new NSW records - as well as two world and four Australian records for NSW athletes.

**Keith Bateman** (M55) broke his own AR of 4:12.91 in the 1500m when clocking a new world record of 4:12.35 in claiming gold - 12 seconds ahead of his nearest rival. Keith also set a NSW record in winning the marathon (one of four gold medals from the championships: 1500m, 5000m, 8km cross-country and marathon), his time of 2:43.07 lopping 17 minutes off Richard Magee's 2005 time of 3:00.23. In the 8km cross-country, his

winning time of 27:14.12 is a NSW best-on-record.

**Julie Forster and Gianna**

**Mogentale** were members of the Australian team that equalled the W45 4 x 400m world record of 4:08.32, set by a German quartet in Lahti in 2009. Their team-mates were Queenslanders Julie Brims and Marie Kay. The foursome eclipsed the AR of 4:08.50, set at the World Championships in Durban, South Africa, in 1997.

**Lynette Smith** (W40) broke Colleen Walters' 2008 Javelin record of 34.60m winning silver with a throw of 37.08m.

**Kris Wardecki** was a member of the M35 team that came fourth and set a new AR in the 4 x 100m relay of 44.97 (the

previous record was 45.52, set at the World Championships in Lahti in 2009) and of the team that finished fifth and set a new AR in the M35 4 x 400m of 3:32.05 (the previous AR was 3:40.51, also set in Lahti in 2009).

**Peter Crombie** (M65) broke Tony Ireland's NSW record of 59.89 in winning gold in the 400m in a time of 59.38.

**Paula Moorhouse** (W60) broke a 15-year-old NSW record in lowering Norma Barwick's 1996 1500m time of 6:09.60 to 6:08.30.

**Rosemary Roediger** (W55) improved the 20-year-old NSW 5000m record in winning bronze in the 5000m. Her time of 20:14.68 was well inside the 21:38.90 of

J. Cox, set in 1991. Rosemary set another best-on-record mark in the 8km cross-country, her 33:52.04 bettering Dot Siepmann's 2003 time of 46:06.70.

#### GOLD COAST HALF MARATHON

At the 2011 Gold Coast Half Marathon on July 3, **Robyn Basman** improved her W50

NSW record, clocking 1:25.36 for the 21.1km, while **Belinda Martin** (W35), clipped a couple of minutes off her own State record, finishing in 1:15.21.

#### MASTERS MILE 2011

At the third annual Masters Mile at Illawong on August 27, three NSW

records fell: **Robyn Basman** set a W50 record of 5:27.83, **Nancy Newsome** lowered Sue Gore's W45 mark from the MM in 2010 to 5:29.80, and **Ron Schwebel** (M60) took 12 seconds off Noel Wright's 2009 mark, clocking 5:33.10. Fellow M60 **Frank Scorzelli** was only a stride behind.

## Masters athletes throwing their weight around again

Springwood Club (Blue Mountains) just held its 10<sup>th</sup> annual throwing competition for masters athletes from all over NSW. Entries were down a little this year, due to a few injuries and people with other commitments. Many meeting records were set even though there were a few people with flu, etc. The bottom hammer field was very wet and cut up. The entrance to the hammer circle was covered with a few metres of synthetic grass which raised the status of the event accordingly. Next year we may try for red carpet, although don't hold your breath. It was agreed by all to be another good event and had been keenly anticipated, more so this year, being the 10<sup>th</sup> one and coinciding with the club's 50<sup>th</sup> anniversary. However, some suggested the shot should NEVER follow the weight throw. Next year we may try to have the shot after the javelin (just kidding Stuart).

There was a computer glitch which gave everyone erroneous weight pentathlon totals. This was later corrected and new certificates issued. Don't ya just love them computers? Special run T shirts were handed out to commemorate the 10<sup>th</sup> anniversary and undoubtedly these will have high resale value on eBay, before the next T-shirt run for No.11.

As usual there were many helpers on the day and the club would like to thank all those officials and helpers who made it such a wonderful event again.

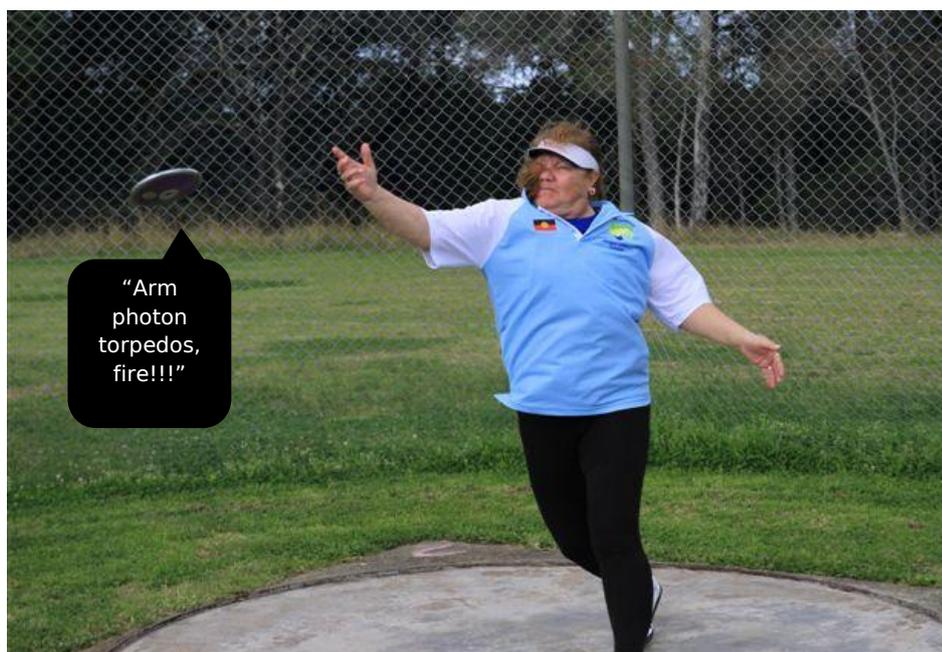
Brett Sowerby  
reports



Left: Gavin Murray shouts out that his deodorant is still working.

Above: The moment Bob Jones spots the bird that shat on his car.

Below: June Lowe attempts to hitch a lift with a passing miniature alien spacecraft.





**Photos by:**  
**Andrew Atkinson-Howatt,**  
**Janet Naylor,**  
**Ken Goldman,**  
**Simon Butler-White,**  
**Tony Wong.**

**Proofreading:**  
**Lynette Smith**



**From top left to right: Springwood Throws Day competitors. Jackie Bezuidenhout with silver. Andrew Atkinson-Howatt, Peter Reed and Robert Hanbury-Brown hear, see and speak no evil. Krzysztof Wardecki spots a mouse on the ground. Don on the Dais. Janet Naylor and Donna Hiscox hold up chocolate medals. 4x400 gold medallers. Milers. Stuart Paterson, Voitek Klimiuk.**

