

The Waratah



www.nswmastersathletics.org.au

March 2019



Ashley McMahon leading the M40 200m at the ANSW State Masters Championships (Photo Janet Naylor)

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Save the Date

Awards Lunch

26 May

THE PRESIDENTIAL ADDRESS

Words by Mark Johnston



The pointy end of the season has arrived with both the masters' state titles and open state titles completed. A few members are on their way to Poland for the WMA Indoors and the AMA Nationals is just around the corner. Some 150 members have entered the Nationals which is quite a large

proportion of our membership and the second largest team after the host state. At the open state titles there were some very commendable efforts headlined by Jamie Muscat M40 winning the open shot put and placing 6th in discus and hammer. Other top ten finishers were Shaun Fletcher 6th in triple jump, Nick Moroney 9th in high jump, Warren Jones 8th in hammer, Belinda Martin 6th in 1500m, Maria Cimino 9th in hammer, Kelly Hunter 10th in discus and Jennifer Bishop 10th in shot put.

At the masters state titles the following members excelled: Well-known thrower Jamie Muscat M40 took home 5 gold medals but his mum Marion W65 outdid him with a massive haul of 7 golds. If Audrey is added to the mix the Muscats took 13 gold altogether. They really 'cleaned up'. Another outstanding haul was by Brian Rix M75 who equalled Marion's tally of 7 golds. Long-time star of women's sprints Gianna Mogentale W55 grabbed 6 golds covering all distances up to 800m. Nick Bastas M80 also took 6 golds in sprints and jumps. WMA Thrower of the Year 2018 Mary Thomas W70 took 5 golds in the throws which was matched by committee field rep Gabi Watts W50 also dominating her division in throws. Rounding out the 5 gold hauls was Alice Bohdan W45 in a mix of sprints and throws. A couple of other performances that caught my eye were renowned masters sprinter Peter Crombie M70 winning the shot put in his age

group and Kate Blackman W40 who I coached in Little As back in the late 1980s making her debut in masters winning her shot and discus.

Aside from competition there are various projects underway through ANSW and LANSW. A masters' survey was sent out to some 5000 current and former masters-age members and this is being analysed at the moment with a view to better offerings to suit members' needs. On the Joint Working Party with ANSW and LANSW front the membership strategy document has been finalised and it now remains to look at putting some of the recommendations into practice, more on these later. ANSW have appointed a new CEO, Sutherland area former athlete Kirin Lindop, so one would expect things to move ahead more quickly once she takes up the position. I look forward to meeting with her once she comes on board in April.

Nominations for our annual awards will be out soon for the event on 26th May at Ryde Eastwood Leagues Club. Please put this date in your diary. Nominations for the AMA annual awards and also ANSW awards have also been finalised and submitted. There is more exciting news but I will hold off on this until the next issue. Stay tuned.

Yours in Sport,

Mark

NSWMA TEAM MANAGERS

2019 AMA National Championships - Melbourne



Audrey Muscat (right) and Bianca Keehn would like to introduce themselves as co-Team Managers of the NSWMA team heading to Melbourne for Australian Masters Athletics Championships in April 2019.

After joining NSWMA in 2013 Audrey quickly became involved on the NSWMA Committee, adding value to the administrative running of the sport, fulfilling various roles of Registrar, Secretary and Vice President. Bianca recently joined the NSWMA Committee in 2018 as the Distance Representative, bringing enthusiasm

and youthful energy to the role. Over the past 5 years both women have been competitive Masters Athletes in their respective disciplines, competing at all levels of competition; State, National, Oceania and World Masters Championships.

While this will be our first time in the Team Manager role, both Audrey and Bianca are excited at the opportunity to be involved with the wider Masters community, and feel this is the perfect time to step into the role, with so many experienced NSW members to look to for support and advice.

We are looking forward to supporting all athletes and sincerely encourage everyone to come and say hello. We will be easy to spot around the track (and field) in our high-vis vest!

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Facebook

A reminder to all members of the NSWMA Team to join our Team Facebook page by searching on facebook for '[NSW Team @ Nationals - Melbourne2019](#)'

NSWMA Annual Awards Lunch, 26 May 2019

Location: Ryde Eastwood Leagues Club 12.00pm

NSWMA AGM, 30 June 2019

Location: Bankstown Sports Club 2.00pm

Masters in Open Competition

Words by Audrey Muscat

Hunter Track Classic

Congratulations to the NSW Masters athletes that competed at the Hunter Track Classic on January 25th 2019 held at the Hunter Sports Centre, Glendale. Some top notch performances during the business end of the season.

Jamie Muscat

Discus Throw 2nd 41.54m
Shot Put 3rd 14.94m

Simon White

1 Mile 2nd 4:49.30

Darren Purcell

1 Mile 4th 4:51.87

Nick Moroney

High Jump 4th 1.89m

Shaun Fletcher

Triple Jump 5th 12.31m

Belinda Martin

1500m 7th 4:25.62

Melissa Kierath

Hammer Throw 8th 38.35m

Lenore Lambert

400m Sprint (Prelims) – 63.25 (23rd)

Belinda Martin

1500m Run (Prelims) – 4:30.39 (7th)
1500m Run (Finals) – 4:29.08 (6th)

Maria Cimino

Hammer Throw – 40.04m (9th)

Kelly Hunter

Discus Throw – 37.38m (10th)

Jennifer Bishop

100m Sprint (Prelims) – 14.39 (36th)
Shot Put – 8.84m (10th)
Discus Throw – 28.73m (11th)

Anne Weekes

5000m Race Walk – 30:50.39 (15th)

Jamie Muscat

Shot Put – 14.37m (1st) GOLD
Discus Throw – 40.11m (6th)
Hammer Throw – 46.15m (6th)

Nick Moroney

High Jump – 1.95m (9th)

Shaun Fletcher

Long Jump – 6.21m (12th)
Triple Jump – 13.19m (6th)

Ashley McMahon

100m Sprint (Prelims) – 10.96 (16th)
100m Sprint (Semi-Finals) – 11.12 (16th)
200m Sprint (Prelims) – 22.60 (16th)
200m Sprint (Finals) – 22.50 (14th)

EJ Davie

200m Sprint (Prelims) – 31.43 (36th)

Darren Purcell

800m Run (Prelims) – 2:10.30 (31st)

Kenneth Wilson

1500m Run (Prelims) – 4:21.48 (31st)

Warren Jones

Hammer Throw – 33.16m (8th)

Athletics NSW State Open Championships

Monique Perry

100m Sprint (Prelims) – 12.47 (21st)
200m Sprint (Prelims) – 26.31 (22nd)

Yael Reed

200m Sprint (Prelims) – 27.29 (27th)
400m Sprint (Prelims) – 63.15 (22nd)

Melissa Smith

200m Sprint (Prelims) – 28.07 (30th)
Long Jump – 4.54m (18th)
Triple Jump – 10.58m (15th)



Jamie Muscat takes NSW Shot Put State Title

At the 2019 NSW Open Championships in March, Jamie Muscat achieved a long awaited and truly remarkable feat. He secured first place in the Men's Open Shot Put making him NSW Open champion. Earlier in the year at the Hunter Track Classic Jamie was in top form throwing a lifetime PB of 14.94m to take 3rd place – this being an Athletics Australia National Championships qualifying distance.

It is a rare accomplishment that a Master's athlete takes out a NSW Open title. The last time it was achieved was by the legendary Stuart Gyngell in 2015 in Shot Put with a throw of 15.84m, in the same competition Jamie Muscat placed 3rd with 14.20m. This shows the distinguished sporting company Jamie now keeps.

Jamie has been a NSW Masters athlete for more than a decade so to still be able to hold his own in Opens, let alone take out the title, when most of his competitors are half his age, shows the calibre of Jamie's sporting ability. This of course is a testament not just to his skill but also dedication and hard work. All of which allow him to continue to throw at this elite level.

Jamie is a wonderful ambassador for the sport of athletics and throws in particular. Not just as an athlete but also as a coach where he not only takes the time to mentor up and coming younger athletes, but also mature age athletes, multi athletes looking to improve throwing fundamentals, and even his own Mum!

We should all feel incredibly proud of Jamie's achievements. Next season when you see him sporting a bib number with its unmissable golden laurel wreath, don't forget to congratulate him knowing that he not only represents his local club Wyong, but all Masters athletes.

Distance Running

Words by Bianca Keehn

10,000m Champs turned out to be a great event for Masters athletes. In the Men's event, 16 of the 24 starters across 2 races were aged over 30 years. David Bradburn (Unattached) placed first in the Men's B race, while Ben Toomey (St George District) placed 3rd and Peter Costello of Sydney University placed 5th in the Men's A race.

Also competing in the A Race, David Riches (Bankstown) added yet another state age record to his name, topping the previous record by 4 seconds, finishing in 35min 37sec.

Belinda Martin (Illawarra / Revesby) dominated the Women's event, taking the State title in 36:36:00, while Bronwyn Armitage from Rejoov Runners came in 5th and Theresa Healey (St George District) rounded out the field

3 of the 7 female competitors were also Masters Athletes.

State 3000m Champs brought in a lot of interest from runners in 2018, with 5 Womens Races and 9 Mens essential to ensure all competitors were able to race on even terms. Masters were represented in all 9 of the Mens events, and in the Womens 4 of the 5 races hosted a Masters Athlete, with Belinda Martin finishing 4th in the A Race (9:20.05), and Noni Cooper 4th in the B race (9:55.88). Jennifer Cabasson of Athletics East came first in the

D Race (10:45.01) and Nicole Williamson (Orange) 2nd in the E Race (11:31.90). One the highlights of the Mens races was 63 year old Keith Bateman representing Sydney Striders, only 6sec off running a sub-10min 3000m (10:06.28) It also fantastic to see representatives from Orange, Goulburn, Newcastle and Mingara heading to Sydney Olympic Park to participate.

5000m Champs also proved highly popular with Masters Athletes, with runners over 30 making up one third of the male competitors and half the women's. The continued warm weather made conditions uncomfortable for some runners, despite the late evening start times. Marnie Ponton (Bankstown Sports) was 1st overall in the women's, finishing in 16:15.76 and Belinda Martin 4th in 16:28.66.

The Men's A-race was exceptionally quick, with 15 of the 16 finishers crossing the line under 15 minutes. Matthew Hudson of Run Crew, came a respectable 10th in 14:41.07. Matthew Johnsen representing Euro Coast Athletics, and Nick Walker from UTS Norths took first in the Men's C and E races respectively.

Country Champs took place in late January at Hunter Sports Centre, and also had 5000m / 3000m on offer for distance runners. Scott Godfrey (Mingara) and Brad Henry

(Coffs Harbour) finished 1-2 in the Men's 30-39, with the same placings in the 3000m Steeplechase. Steven Priest (Kooronga / Wagga) placed 2nd overall and 1st in 40-49 Mens, while Scott Johnson (Nowra) claimed 3rd overall and 1st in 50-59.

In the Women's 5000m, Elizabeth Simpson (Orange Athletics) claimed 2nd Overall and 1st 30-39, while Carrie Williamson (Orange Runners) was 1st in 40-49. The 50+ and 60+ Womens events was held over 3000m with the 50-59 category being well contested. Bev Durston (Mingara), Anthea Martin (Coffs Harbour) and Julie Peksis (Mingara) finishing in 15:22, 15:36 and 15:39. Gail Wilkes from Armidale was 1st overall and in 60-69 age-group with 13:54.47.

NSW State Masters Championships showed the very characteristics of what Masters Athletics is about. In the Men's 5000m there were runners aged between 31 and 80 years of age competing across 2 races (30-54 and 59-80), while in the Womens, 1 race hosted runners between 34 and 75 years of age.

Andrew Heyden (Rejoov Runners) led the Men's 30-54 race from start to finish. He was challenged early by Brendan Fink who withdrew from injury. Andrew came first in the 40-44 category with a time of 16:10.79. The battle for 2nd and

3rd overall was a much closer race, with Godwin Mugarula (Athletics East), Christian Lotter (UNA), and Jason Keane (Hills District) all within arm's reach of each other for the majority of the race. Godwin and Christian managed to kick away from Jason during the last couple of laps, finishing in 16:19 and 16:21 and also taking 1st and 2nd in the 30-34 category while Jason won the 45-49 age group in 16:28 and 4th overall.

David Riches (Bankstown Sports) and Jose Carvalho (St George District) also had a tight tussle in the 2nd Men's event, finish 1st and 2nd overall as well as the 60-64 age group in 17:51.91 and 17:56.40. Peter Hutton (Sutherland) also in 60-64 years was 3rd overall. Abdon Ulloa and Tony Re both from Bankstown ran extremely well in the 80-84 age group with times of 30:25.29 and 35:33.81.

In the Women's event, Anna Fitzgerald, now representing RunCrew, also led the entire race finishing in 18:49.35. Athletics East club mates Stephanie Crossley (35-39) and Lisa Thompson (30-34) also had a close race, taking first in their respective age groups and 2nd and 3rd overall in 19:18 and 19:22. At 75 years young, Dorothy Siepmann provided yet more inspiration, rounding out the field in the Women's race with a big cheer from the crowd.



L-R: David Watts (Nepean) Jill Taylor (Cherrybrook) Bianca Keehn (Nepean) Gabi Watts (Nepean) Justin Keane (Nepean) Mark Johnston (NSWMA) David Riches (Bankstown) Sandra Riches (Bankstown) missing from photo Linda Hernando (UP Coaching)

NSW Masters at parkrun

As part of our initiative to dedicate time to engaging with parkrunners, NSW Masters were invited by Nepean River parkrun to be involved in a Volunteer Takeover on 16th February, to fill their 9 core roles including timekeeping, barcode scanning, photographer and course marshals.

It was the ideal day to promote Masters Athletics, as over 314 runners, joggers and walkers participated, with such numbers usually reserved for anniversary or Christmas / New Year special events.

Thanks to Jill Taylor, almost all participants were given information about Masters, with many seeking her out to have a chat to find out more. And I would also like to thank Run Director Tim Peatman for inviting us to get involved.

We have also given out flyers at Mudgee, Lismore, Penrith Lakes, Rooty Hill and Cowpasture Reserve parkruns so far, thanks to the Run Directors for allowing us to do so. If you would like some flyers to hand out at your local parkrun event, please contact myself, Jill or Audrey and we will happily send some to you. Our contact details can be found on the NSWMA website.

This is something we would like to do more of in the future, so if you think your local parkrun would like to get involved, have a chat with the Run Director, and contact us with the information to get the ball rolling.

Heavy Weight Pentathlon

Words by Gabi Watts

The throwing gods were certainly smiling upon the small but enthusiastic group of throwers who took part in this year's Heavy Weight Pentathlon. Despite an early drenching that made the drive down Mt Ousley rather hairy, by the 9:30am start the sun was shining and a lovely day ensued. So no wet circles, which are handy when doing 15 weight throws!!

No records were broken in the Heavy Weight Pentathlon but 2 records were set in the heavy throws events.

- **Robert Clark** added 5cm to his 55-59 years -100lb event with a throw of 3.08m.
- **Ron Simcock** added 8cm to his 80-85 years -56lb event with a throw of 3.44m.

Deborah Engeler went agonizingly close to Jill Taylors 55-59 years – 100lb record. Deep breathing and loads of crowd encouragement did not quite give her the extra couple of cm's she needed. Certainly next time!!!

The women's 65-69 event was hotly contested by Adriana Van Bockel, Kerrie Jones and Marion Muscat with Marion's sheer strength winning the day and amazing us all.

Mary Thomas showed good form with constant improvements whilst still recovering from recent surgery.

Jill Taylor had a consistent day in preparation for the upcoming world indoors.

The men showed why they are superior (at throwing anyway) with some powerful efforts on display. Anatoly Kirievsky and Warren Jones in the same weight division (but not same age at moment) pushed each other all day producing some good efforts and perhaps too much enthusiasm with Anatoly having the honour of the only doughnut of the day in the 20lb.

Matt Stenning and Rob Clarke also kept each other honest throwing same weights in different

competitions producing a good spectacle and some great distances.

Bob Jones although lacking competition notable pushed himself to improvements in every round.

Of course the leader of all rounds was the Ron Simcock. At 83 even the heaviest of weights will not slow him down.

We must thank our President Mark Johnston who officiated all day and of course Adriana and Karen Jones who kept us fed with a tasty BBQ lunch.

I'm hoping that next year we get a few more starters to the Heavy Weight Pentathlon. It is not just for the seasoned throwers, is very easy to participate in and loads of fun to boot!! There is a Heavy Weight Pentathlon at the Winter Throws event in October. Maybe it's a chance for novices to give it a try at the beginning of the new season.



Jamie Muscat and Marion Muscat are dominating their respective throws events (photo supplied)



Record breakers in the heavy throws -
Ron Simcock (above) and Robert Clark
(bellow)

Photo compilations supplied

Results on the NSWMA website
[Results page](#)

Throws Pentathlon

Words by Gabi Watts

The 2019 NSWMA throws pentathlon was held at Campbelltown Sports Stadium on the 2nd March.

Always a great venue for throwing events, Campbelltown certainly didn't disappoint putting on a glorious day of almost perfect throwing conditions.

Despite the clash with little A's state multi's a good turnout of almost 30 competitors was encouraging. The competition amongst the small group was quite fierce. In particular in the women's 65-69 years and the men's 50-54 years age groups.

In the women's 65's Kerrie Jones and Marion Muscat won 4 of the 5 events. But it was the consistency of Jacqui Walton with 1 x 1st and 4 x 2nd's that took out the title by a mere 3 points. With Adriana Van Bockel keeping all on their toes to throw well. Notably it was Jacqui's first throws pentathlon.

In the men's 50 -54 age group, 3 wins was not enough for Stephen Liggins to secure the event. Strong hammer and weight throws saw Jim Fassolis edge out Stephen by a very close 16 points. Although it was Stephen's prowess with the Javelin and Discus that did see him hold off a strong finishing Matt Stenning.

We welcomed back Mary Thomas recovering from surgery and new mum Melissa Holahan who managed mum duties elegantly well between throws.

In the men's events the evergreen Ron Simcock managed the highest points of the day, edging out an injured Gavin Murray and the powerful Jamie Muscat.

In the women's events all-rounder Christine Shaw surpassed 3000 points, but was pushed all the way by the hammer might of Wendy Hord. New comer Ange Jones showed promise passing 2000 points and Alison White was also pleased with to reach more than 2000 points. The ever

consistent Jill Taylor managed to get over a mighty 3500 points.

The event was held before the ANSW's all-comers, something we have successfully done for a couple of years now. Although we could not entice any ANSW officials to come and assist us the great enthusiasm and good spirit of all the athletes who lent a hand officiating between throws ensured it was a wonderful event. I am always grateful, humbled and proud of the way all master's athletes contribute to their events. It is remiss to single out anyone as everyone helped greatly however Maria, Anatoly and Gavin you were amazing.

Hopefully next year we can avoid a clash of events and have a bigger roll up!!

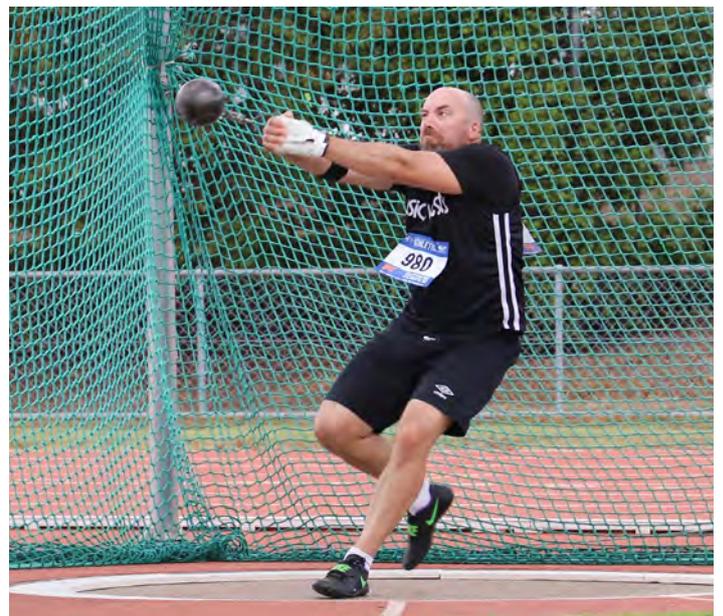


Previous page - Warren Jones.

This page clockwise from top - competitors at the Throws Pentathlon, Matt Stenning, Jamie Muscat, Rob Clark, Mary Thomas

Photos supplied

Results on the NSWMA website
[Results page](#)



Faces of NSW Masters

Roy Bennett - A Lifelong Passion for Athletics

Words by Roy Bennett, Edited by Audrey Muscat, Photos supplied

Early Years

Roy was born 7th Sept 1931 in Levin, North Island NZ, the family moved to Palmerston North about 1940. From an athletic family, the genes were there from the start. His early talent emerged in secondary school, doing well at sprints and 'hop step and jump'; winning a school competition in 1949 with a jump of 40ft 5.5in (12.3m). Pretty good! In 1950 Roy worked in Wanganui as a draftsman at the Public Works and joined the local Athletics Club competing in sprints, LJ, TJ and the 220yd hurdles at the famous Cooks Gardens Stadium. He was ultimately selected to the Provincial Junior Championships. Roy recalls "after watching 'Chariots of Fire' I remembered that we too had trowels to dig toe-holes for starts!"

A keen follower of Athletics, Roy travelled to be a spectator at NZ National Championships and the Centennial Games in Christchurch where the likes of the great distance runner Roger Bannister and Arthur Wint competed, as well as Victor Saneyev, the Russian TJ'r.

Roy married in 1954 and built a house in Wanganui. Moving to Auckland in 1955 he attended University to study Architecture, completing studies in 1959. Setting off by ship from NZ to England and then driving a campervan from London, Roy and his wife travelled to watch the 1960 Olympics in Rome. He was there to see Murray Halberg (NZ) win the 5000m, and Peter Snell (NZ) snatch 1st place in the 800m



in his last strides. Two NZ Olympic golds in one day! En-route back to NZ he worked for the HK Mandarin Hotel and helped officiate for the HK Athletic Club who held events at the famous Happy Valley Racecourse on the in-field. What an adventure.

A few years on Roy, his wife and two kids settled happily in Auckland. Looking to get back into shape, he entered a local fundraiser for a new all-weather track for Mt Smart stadium. It was a one-mile run. Starting well, he caught up with an "old guy-plodder", and slowed out of sympathy, but both completed the race non-stop. A demo in pacing! Inspired, he joined the

local "Calliope" Harrier Club participating in Sunday recovery road runs. He improved his conditioning and was encouraged to join their Athletics Section. Finding he still had speed from his younger years, he took up sprints and jumps again (LJ & TJ) and even started dabbling in some throws events (Discus & Javelin).

In the 1970's Roy opened his own Athletics Shop in Auckland "Athletes Feat". It was indeed a very small shop approx. 3m from window to back wall! He was keen to read up on his events (as were others) and soon realised nothing was available in the bookstores. He ordered event specific British Amateur Athletic Board (BAAB) coaching booklets and Runners World Magazine and the like. The store was "hugely popular" as this was early in the "running boom". Roy managed the store but it was staffed by various athletes as he was also working as an Architect at the time. He would often sell books at Mt Smart Stadium and the city YMCA before marathon

runners set off for pacing training....he joined in one day and before he knew it had completed his first marathon training run.

Marathons

Calliope Harriers Club was established ~1937 (one of the oldest in NZ) by locals who met in Calliope Street. On the walls of the club rooms was the list of members best marathon times. Roy strongly believed his name belonged on that wall and set about a strict training regime over a one year period to accomplish his goal. Then, on the relatively flat Hamilton Marathon course, Roy completed the race non-stop, comfortably pacing each 10km to times written on his arm, in just under 4 hours. He finally got his name on the club list on the walls of the Calliope Harriers Club! Roy continued to run marathons organised by the Calliope Harriers Club, and from 1975 these were nominated as the Auckland Marathon Championships. In 1979, when he was 47yrs old, Roy competed in the last 'Club' marathon, also the Auckland Marathon that year. The course was slightly undulating around the Whenuapai Airfield on the North Shore. He maintained focus throughout the race and finished within his target (3hr 31min) – he still considers this his “sub 3hr 30min”!

Veteran Athletics – Career Highlights

From 1970's (M45-49yrs) to 1988 (M55-59yrs) Roy competed in most Auckland and New Zealand Veterans/Masters Championships. His events were sprints; 100m, 200m, 400m, jumps; LJ, & TJ, and throws; DT & JT. He then started competing in the T&F Pentathlon, with “all those years of road running and cross country helping him cope with the 1500m!” In Roys own words “I have won many medals, some ‘golds’..... I've lost track of all the details”.

Roy has participated in many International Masters Athletics Championships. He recounts some of the more memorable events;

- World Veterans Athletics Championships 1981 in Christchurch (M45-49) - LJ 15th, Pentathlon 20th, and 19th in the 3km track walk
- 1st Oceania Veterans Championships 1982 in Suva Fiji. (M50-54) - 3km track walk 2nd, and 3rd 100m, LJ and TJ. His wife Fay joined the Calliope Wives Group and placed 3rd in the Discus
- 2nd Oceania Masters Athletics Championships 1984 in Canberra (M50-54) - Pentathlon 10th, LJ and TJ performed poorly



Roy Bennett competing in a 400m at Mt Smart Stadium

- USA Masters Track & Field Championships 1984 Eugene, Oregon (M50-54) - TJ 2nd (9.63m) – “a thrill to see ‘me’ on the electronic scoreboard”
- World Masters Championships 1987 Melbourne (M55-59) - Pentathlon 10th, LJ and TJ performed poorly

Roy moved to Sydney, Australia for work in the late 1980's, continuing his Athletics with Randwick Botany and participating in Sunday sprint training in Centennial Park under Coach Harry Stanley. He recalls many competitions being held at ES Marks Athletics Field. Competing in NSW Masters State Championships over the years he found most success in the sprints, LJ, TJ, Discus, Javelin and of course the Pentathlon. He smiles as fond memories come to mind.... “I have a bowl full of all colours of medals, but they are a bit of a mystery as most are not engraved.” He has always enjoyed the experience of competing at the various tracks; Campbelltown, The Crest Bankstown, Blacktown and of course SOPAC for NSWMA State Championships, fighting it out against fellow athletes in his age group as he ‘got older’ like John Sturzaker and James Soutar. A recent highlight being the AMA Championships in Sydney 1994 (M60-64) where he came 5th in the Pentathlon, 5th in the TJ and 3rd in the 300m hurdles - “maybe leaping fences in Auckland cross country gave me some muscle memory!”

In the 1990's Roy joined one of the Hash House Harrier clubs and ran year round as it was great

Cont' p14

conditioning. In his early days he was so fit he would run with up to 3 HHH clubs each week. Road running in urban areas; streets, alleys, parks, stairs, beaches, a mystery course different every week with the trail temporarily marked by a 'hare'. Once the run is over members socialise over a meal and beer at the pub/restaurant. Roy still enjoys the HHH events but now he joins the walking group, finding it a "great way to stay healthy and social".

Motivation/Inspiration

It all began when Roy watched the Leni Riefenstahl documentary of the 1936 Berlin Olympics when he was a kid. Appreciating excellence, dedication and talent in Athletics, track and field was always exciting and appealing. Every opportunity he had work, time, money and family permitting, he would enthusiastically make the trip across the globe to witness the worlds' best compete at the Olympics; Rome 1960, Montreal 1976, Los Angeles 1984, the European Athletics Championships 1986 in Stuttgart, and World Athletics Championships; Athens 1997, Seville 1999, Paris 2003, Osaka 2007, Berlin 2009, Daegu 2011, Moscow 2013. Watching world class athletes compete at their best inspires Roy to continue competing at his best.

Future

All that running has kept Roy quite healthy, though he "doesn't know where the ability to run has gone." Since lifting his knees to run doesn't work so well anymore, in an effort to remain competitive even as a 'slower' M85+, he's working on a 'foot-flick' action he saw some 90yr+ sprinters utilising. Who knows what sort of PBs we will see from him in the seasons to come.

It was an absolute delight to see Roy competing at NSWMA State Championships this year and find out more about his life. He has such a contagious passion for athletics. His well lived-in face and crystal clear eyes light up when you get him talking about anything Track & Field – and boy does he have some stories to tell. What a wonderful example Roy is of adding life to years and years to life.

CALENDAR

See the **Athletics NSW** website and click on the calendar for a range of local events

- www.nswathletics.org.au

2019

AMA National Championships: 26 - 29 April, Melbourne VIC

<https://melbourne2019.com.au/>

NSWMA Indoor Throws: 11 May (TBA)

NSWMA Annual Awards Lunch: 26 May, Ryde Eastwood Leagues Club 12.00pm

NSWMA AGM: 30 June, Bankstown Sports Club 2.00pm

AMA Marathon: 6-7 July, Gold Coast, QLD

<https://goldcoastmarathon.com.au/enter/>

AMA Winter Throws: 5-7 October, Wollongong

Oceania Masters Championships:

31 August to 7 September, Mackay QLD

<http://oceaniamastersathletics.org/events/event/2019-oma-championships-mackay-qld/>

2020

AMA National Championships: 10-13 April, Brisbane, QLD

WMA World Championships: 20 July to 1 August, Toronto, Canada

<http://wmatoronto2020.com/>

2021

Oceania Masters Championships:

Provisional dates: 17-23 January, Norfolk Island

WMA World Championships Indoor: 6-13 April, Edmonton, Canada

<https://www.wma2021.com/>

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A Warm Welcome to New NSWMA Members 2018/2019 Season

Michael Trujillo, Amanda Steele, Alan Hawkins, Alan Healy, Pauline Cox, Melissa Smith, Adrian Williams, Alissa Webster, Ashley Hurter, Craig Hurter, Anthony Howlett, Linda Hernando, Angela Jones, Anna Dellow, Margaret Kenny, Luke Campbell, Trevor Kratzmann, Nikki Miller-Pickering, Robert Combe, Jonathan Kellet, Joanna Davis, Kimberley Fletcher, Bev Durston, Katie Austin, Madeleine Smith

ANSW State Masters Championships

Clockwise from top left - Kriszta Kovacs W45 and Kim Fletcher W40 800m | Baerbel Koribalski W50 Long Jump | Caerl Murray and Jason Cheney M40 200m | Todd Devery M55 leading the 800m | The start of the W45 60m final | The M65/70 800m.

Photos by Janet Naylor

