

TheWaratah

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ISSUE 3, MAY 2009



NSW PAIR SHARE IN WORLD RECORD RUN

Capping a dominant display by NSW athletes at the 2009 AMA Nationals in Adelaide, track stars **Tony Ireland** and **Neville McIntyre** teamed up with Queenslanders Heinz Steinmann and Col Buyers to smash the world record in the M65 4 x 400m relay. Their time of 4.02.62 took 6.4 seconds off the 2005 record held by a German quartet. See inside for more about the world record race, plus reports and results.



No.1: Heinz Steinmann, Tony Ireland, Neville McIntyre and Col Buyers.



HEAVY DUTY
With his trademark quiet reserve, Stuart Gynell breaks the Australian record in the M45 weight pentathlon.



Julie Steele (W45) splashes to victory in the 2000m steeplechase.



Andrew Atkinson-Howatt, javelin Champion of Champions for 2009.

AWARDS LUNCH

The 2009 awards lunch will be held at Paddy's Boutique Brewery in Flemington on Sunday, June 14, at 1.30pm.
More details inside.

AGM – JUNE 28

The AGM of NSWMA will take place at Bankstown Sports Club, Greenfield Parade, Bankstown, at 2pm on Sunday, June 28.
More details inside.

Fond farewell

IT'S BEEN A HUGE YEAR for our club. We have been blessed to see some wonderful individual performances and some truly great team efforts. Top of my mind is the recent world record set by some fine young gentlemen in Adelaide at the nationals recently. The many new state and national records being set by our members in all age groups have also been wonderful to behold.

But it's not only the elite athletes that are worthy of our praise. If you have given up your personal time to train at your local park, then managed to get out of bed early on a weekend to compete, whether locally, state-wide, nationally or even internationally, then you have done well. You may not have the medals on the wall but rest assured that you are an athlete and due all the commendation associated with that, especially with our society's encouragement of a sedentary lifestyle.

STANDING DOWN

NSW Masters Athletics really is a club that each and every member should rightfully feel proud of being involved in. We are financially sound and strong competitively, with just the right mix of friendship and fun thrown in. We also have a wonderful committee of dedicated people that I have found to be a real joy to work with and know as friends. The reason I say this is because at the AGM next month, I will not be standing for re-election. This is due to personal reasons, mostly due to a time shortage

through inheriting other commitments throughout the year that require my attention.

I would strongly urge any members who are in any way considering standing for positions on the committee to turn their thoughts into action. Speak to a current sitting committee member for further information about specific duties and see if your skill set is a perfect match for your club.

NSWMA AWARDS

On Sunday, June 14, we will be hosting our annual awards luncheon at Paddy's at Flemington. Last year was the first time the club tried this format of rewarding the very best across the disciplines and it was a huge success. When the date is published, please mark it in your diaries as a "not to be missed" event. Even if you aren't expecting to take home a trophy on that day, the good food, drink and company is well worth the price of admission. Our event makes the Oscars look like a chook raffle.

Thank you for your support over the last year. I leave the club in as sound a financial position as I inherited it, and with a strong member base that I hope will continue to grow in the time ahead. God bless each and every one of you in your personal and athletic endeavours ahead.

KIP HOBSON



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NSWMA Inc reserves the right not to publish any letter deemed not to be in the best interests of the club.

The Waratah is the official newsletter of NSWMA Inc.
Disclaimer: the views expressed in the Waratah are not necessarily the views of NSWMA committee and office bearers.

Awesome foursomes

Several new NSW 4 x 100m relay records dominated the closing day of the 2009 State championships held over two days at The Crest, Bankstown.

AN AUSTRALIAN RECORD to **Gianna Mogentale** (W45) on day one, and a clutch of new NSW records in the 4 x 100m relays at the end of day two, were among the highlights of a successful 2009 State titles at The Crest in Bankstown.

Gianna's time of 12.53 broke her own Australian record of 12.57 set in Sydney in February. Gianna's 60m (7.99) and 200m (25.99) were also faster than the current Australian (8.35) and NSW (26.10) records respectively, but were aided by an illegal tailwind. In addition to her sprint victories, Gianna also secured the 400m, 800m, long jump and triple jump titles.

Noticeable at this year's championships was the enhanced presence of Country representatives, as well as the strong numbers of athletes competing – in some events, such as the M45 60m, there were more than three times the number of entrants compared to last year (in 2008, there were six runners; this year, 19).

The sprint events saw many tight finishes, the closest of which was between **Robyn Suttor** and **Cris Penn** in the W50 200m. Robyn, who also won the 60m (8.90), 100m (14.25) and 400m (1.07.53), prevailed by a mere one one-hundredth of a second in 29.68. Cris had easily won the 800m earlier in the day, then spent many hours sorting out the relay teams for the 4 x 100m.

Of course, the weekend's tight results weren't confined to the track: **Andrew Atkinson-Howatt** snatched victory in the M50 discus from fellow hyphen **Robert**



PHOTOGRAPH BY DEAN TAYLOR

Gianna Mogentale (centre) blasts from the blocks to set a new Australian 100m record of 12.53 seconds.

Hanbury-Brown (36.67m) with a final-round throw of 36.84m; in the M45 long jump, **Alan Provenzano** was inch-perfect on the board on his sixth and final attempt, his leap of 5.61m (a personal best) stealing the gold from **Darren Hughes** (5.49m); and in the M65 shot put, **Ron Heeps'** final throw of 11.14m pipped **Keith James** by just 5cm; **Glynis Marks** of Cherrybrook won the W45 weight throw by 1cm from **Kim Debrot** with a distance of 7.67m; and **Tony Baker** (11.03m) took gold in the M55 shot put by a scant 3cm from **Gavin Murray**.

World-ranked W50 hammer thrower **Jill Taylor** pocketed a PB and a gold medal in the shot put (9.21m), then proved her versatility by taking silver in the 60m (10.04).

Elvire Asprey (W75) had a wonderful meet, winning seven golds. Elvire's performances in the shot put

(4.69m), discus (12.57m) and javelin (8.30m) are State records. Her run in the 200m (46.46 seconds) broke the 12-year-old State record held by Marie Partridge of 46.90 seconds, while her 400m time of 1.59.44 broke the State record of 2.05.30, set by Marie in 1996. Elvire's daughter, **Julie Steele**, and son-in-law, **Bruce**, were also among the medals.

Other inaugural NSW records were established by **Max McKay** (M85) in the high jump, 0.90m, and the hammer, 19.29m.

RELAY RECORDS

The 4 x 100m relays brought a rush of State records, the times of several squads eclipsing former marks or establishing inaugural ones.

In the W40, **Catherine Kermond**, **Kylie Strong**, **Giola Campbell** and **Gianna Mogentale** clocked 51.56,

eclipsing the 52.70 by a NSW team at the Riccione world championships in 2007.

In the W45s, **Julie Peksis**, **Julie Forster**, **Sue Gore** and **Lynda Douglass** ran 57.25, bettering the four-year-old record of 58.68.

In the W50s, **Robyn Suttor**, **Deborah Drennan**, **Teri Short** and **Jill Taylor** set an inaugural record of 1:07.50.

The men set two NSW records: **Dennis Williams**, **Noel Wright**, **Don Mathewson** and **Les Gillies** set an inaugural M60 mark of 58.43; while an M45 team comprising **Mark Cepak**, **Peter Byrne**, **George Jankowski** and **Brad Sharpe** set an inaugural record of 55.53 seconds.

2009 NSW titles results over the page. ➤



Rachael Jackson won the W30 100m in 12.18 and the 200m in 24.72.



Shannon Kavanagh (W35) took silver in the high jump with 1.30m.



Mary Fien took out the W35 2000m steeplechase in 8:13.79.

2009 State titles

W30

60m

1 Ros, Montse	30 Wollongong	8.37
2 Curnow, Kirsty	34 Cherrybrook	8.65
3 Beddie, Vanessa	32 Nepean	12.08

100m

1 Jackson, Rachael	33 Ryde Athletics	12.18
2 Ros, Montse	30 Wollongong	13.63
3 Curnow, Kirsty	34 Cherrybrook	13.87
4 Beddie, Vanessa	32 Nepean	20.97

200m

1 Jackson, Rachael	33 Ryde Athletics	24.72
2 Curnow, Kirsty	34 Cherrybrook	28.26
3 Beddie, Vanessa	32 Nepean	48.03

400m

1 Curnow, Kirsty	34 Cherrybrook	1:08.08
2 Cusack, Kerrie	30 Blue Mountains	1:13.82

Long jump

1 Ros, Montse	30 Wollongong	4.46m
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Triple jump

1 Ros, Montse	30 Wollongong	10.00m
2 Beddie, Vanessa	32 Nepean	4.85m

High jump

1 Ros, Montse	30 Wollongong	1.40m
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Pole vault

1 Ros, Montse	30 Wollongong	2.90m
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Hammer

1 Di Marco, Karyne	31 Westfields	55.55m
2 Beddie, Vanessa	32 Nepean	14.57m

Shot put

1 Di Marco, Karyne	31 Westfields	9.31m
2 Beddie, Vanessa	32 Nepean	5.44m
3 Womsley, Cheri	33 Girraween	3.87m

Discus

1 Di Marco, Karyne	31 Westfields	29.88m
2 Beddie, Vanessa	32 Nepean	13.25m
3 Womsley, Cheri	33 Girraween	7.94m

Javelin

1 Di Marco, Karyne	31 Westfields	27.04m
2 Beddie, Vanessa	32 Nepean	13.22m
3 Womsley, Cheri	33 Girraween	9.19m

Weight

1 Di Marco, Karyne	31 Westfields	17.12m
2 Beddie, Vanessa	32 Nepean	3.96m

W35

60m

1 Kavanagh, Shannon	39 Parramatta	8.42
2 Johnston, Carrie	36 Blue Mountains	8.90
3 Brady, Kay	35 Campbelltown	9.29
4 Kingston, Sharon	35 Blue Mountains	11.61

100m

1 Kavanagh, Shannon	39 Parramatta	13.40
2 Johnston, Carrie	36 Blue Mountains	14.22
3 Cosgrove, Belinda	35 Bankstown	15.14
4 Brady, Kay	35 Campbelltown	15.17
5 Kingston, Sharon	35 Blue Mountains	19.13

200m

1 Kavanagh, Shannon	39 Parramatta	28.60
2 Johnston, Carrie	36 Blue Mountains	29.55
3 Drew, Elissa	38 Blue Mountains	30.95
4 Brady, Kay	35 Campbelltown	32.94

400m

1 Kavanagh, Shannon	39 Parramatta	1:09.29
-- Cosgrove, Belinda	35 Bankstown	DNF

800m

1 Porter, Danielle	38 Sutherland	2:26.19
2 Reid, Charlene	39 Mingara	2:45.39

1500m

1 Fien, Mary	36 UTS Norths	4:55.22
2 Reid, Charlene	39 Mingara	5:35.02

5000m

1 Martin, Belinda	35 St George	17:50.07
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2000m steeplechase

1 Fien, Mary	36 UTS Norths	8:13.79
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Long jump

1 Kavanagh, Shannon	39 Parramatta	4.32m
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High jump

1 Smith, Lynette	38 Girraween	1.50m
2 Kavanagh, Shannon	39 Parramatta	1.30m

Hammer

1 Bonser, Melissa	38 UTS Norths	35.88m
2 Smith, Lynette	38 Girraween	31.53m
3 Kingston, Sharon	35 Blue Mountains	12.60m

Shot put

1 Bonser, Melissa	38 UTS Norths	10.22m
2 Smith, Lynette	38 Girraween	9.75m
3 Kavanagh, Shannon	39 Parramatta	9.12m
4 Kingston, Sharon	35 Blue Mountains	4.35m

Discus

1 Smith, Lynette	38 Girraween	30.75m
2 Bonser, Melissa	38 UTS Norths	25.83m

Javelin

1 Smith, Lynette	38 Girraween	34.01m
2 Kavanagh, Shannon	39 Parramatta	24.60m
3 Bonser, Melissa	38 UTS Norths	21.34m

Weight

1 Smith, Lynette	38 Girraween	10.88m
2 Bonser, Melissa	38 UTS Norths	9.58m
3 Kingston, Sharon	35 Blue Mountains	3.94m

W40

60m

1 Strong, Kylie	41 Illawong	7.91
2 Campbell, Giola	44 Bankstown	8.06
3 Bezuidenhout, Jacqui	42 UTS Norths	8.13
4 Kermond, Catherine	41 Campbelltown	8.47
5 Carroll, Michelle	41 Maitland	8.68
6 Koribalski, Baerbel	44 Epping	9.45

100m

1 Strong, Kylie	41 Illawong	12.56
2 Campbell, Giola	44 Bankstown	12.71
3 Bezuidenhout, Jacqui	42 UTS Norths	12.96
4 Kermond, Catherine	41 Campbelltown	13.70

200m

1 Strong, Kylie	41 Illawong	25.64
2 Campbell, Giola	44 Bankstown	25.81
3 Bezuidenhout, Jacqueline	42 UTN	26.86
4 Kermond, Catherine	41 Campbelltown	27.85
5 Koribalski, Baerbel	44 Epping	31.70

400m

1 Campbell, Giola	44 Bankstown	1:01.85
2 Kermond, Catherine	41 Campbelltown	1:03.77
3 Herrmann, Karen	40 Illawong	1:04.60
4 Hiscox, Donna	42 Illawarra	1:06.09

800m

1 Harrison, Lisa	42 Hills	2:28.11
2 Herrmann, Karen	40 Illawong	2:29.29

1500m

1 Harrison, Lisa	42 Hills	5:00.67
-- Taylor, Kerrylyn	43 Bankstown	DNF

5000m

1 Harrison, Lisa	42 Hills	20:54.57
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400m hurdles

1 Hiscox, Donna	42 Illawarra	1:14.08
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2 Carroll, Michelle	41 Maitland	1:16.99
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2000m steeplechase

1 Shaw, Maryanne	44 Blue Mountains	9:16.85
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5000m walk

1 Shaw, Maryanne	44 Blue Mountains	30:36.27
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2 Brown, Suzanne	43 UTS Norths	30:51.73
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3 Porley, Fiona	40 Blue Mountains	32:31.97
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Long jump

1 Strong, Kylie	41 Illawong	5.14m
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2 Bezuidenhout, Jacqualine	42 UTN	4.91m
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3 Campbell, Giola	44 Bankstown	4.58m
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4 Koribalski, Baerbel	44 Epping	3.78m
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Triple jump

1 Strong, Kylie	41 Illawong	10.17m
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High jump

1 Bezuidenhout, Jacqui	42 UTS Norths	1.40m
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2 Koribalski, Baerbel	44 Epping	1.35m
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3 Townsend, Vicki	44 Mingara	1.25m
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4 Shaw, Maryanne	44 Blue Mountains	1.20m
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Pole vault

1 Tubby, Jenny	40 Wollongong	2.00m
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Hammer

1 Mumberson, Lisa	40 Campbelltown	29.32m
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2 Deskovic, Allison	43 Cherrybrook	18.35m
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Shot put

1 Townsend, Vicki	44 Mingara	8.17m
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2 Deskovic, Allison	43 Cherrybrook	7.13m
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3 Mumberson, Lisa	40 Campbelltown	6.41m
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Discus

1 Townsend, Vicki	44 Mingara	22.45m
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2 Koribalski, Baerbel	44 Epping	19.12m
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3 Deskovic, Allison	43 Cherrybrook	18.47m
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4 Mumberson, Lisa	40 Campbelltown	16.75m
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Javelin

1 Shaw, Maryanne	44 Blue Mountains	24.43m
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2 Koribalski, Baerbel	44 Epping	23.32m
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3 Deskovic, Allison	43 Cherrybrook	16.62m
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4 Carroll, Michelle	41 Maitland	15.34m
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5 Mumberson, Lisa	40 Campbelltown	14.33m
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Weight

1 Mumberson, Lisa	40 Campbelltown	9.08m
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2 Deskovic, Allison	43 Cherrybrook	5.95m
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W45**60m**

1 Mogentale, Gianna	45 Illawarra	7.99
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2 Douglass, Lynda	47 Nowra	8.45
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3 Aldridge, Nonnette	45 Blue Mountains	8.56
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4 Shaw, Christine	49 Wollongong	8.92
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5 Whatley, Susan	45 Illawong	9.02
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6 Gore, Suzanne	46 Ryde Athletics	9.27
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7 Mead, Annette	49 Illawarra	9.44
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100m

1 Mogentale, Gianna	45 Illawarra	12.53
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(Australian record)

2 Forster, Julie	47 Randwick Botany	13.56
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3 Douglass, Lynda	47 Nowra	13.62
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4 Aldridge, Nonnette	45 Blue Mountains	13.65
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5 Shaw, Christine	49 Wollongong	14.48
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6 Walker, Margaret	49 Cherrybrook	15.03
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7 Mead, Annette	49 Illawarra	15.40
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8 Peksis, Julie	49 Mingara	15.88
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9 Willis, Mary	47 Campbelltown	16.04
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200m

1 Mogentale, Gianna	45 Illawarra	25.99
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2 Forster, Julie	47 Randwick Botany	28.20
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3 Aldridge, Nonnette	45 Blue Mntns	28.28
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4 Douglass, Lynda	47 Nowra	28.81
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5 Shaw, Christine	49 Wollongong	30.03
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6 Whatley, Susan	45 Illawong	31.17
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7 Willis, Mary	47 Campbelltown	32.63
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8 Mead, Annette	49 Illawarra	32.88
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9 Peksis, Julie	49 Mingara	33.06
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10 Steele, Julie	48 Illawarra	33.88
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400m

1 Mogentale, Gianna	45 Illawarra	1:00.05
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2 Aldridge, Nonnette	45 Blue Mntns	1:05.58
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3 Boyd, Jane	45 NSW Masters	1:07.36
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4 Gore, Suzanne	46 Ryde Athletics	1:09.81
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5 Willis, Mary	47 Campbelltown	1:13.44
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6 Peksis, Julie	49 Mingara	1:14.73
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7 Hewitt, Catherine	46 Illawarra	1:15.61
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8 Steele, Julie	48 Illawarra	1:19.88
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800m

1 Mogentale, Gianna	45 Illawarra	2:27.76
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2 Boyd, Jane	45 NSW Masters	2:35.56
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3 Gore, Suzanne	46 Ryde Athletics	2:36.32
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4 Willis, Mary	47 Campbelltown	2:45.65
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5 Peksis, Julie	49 Mingara	2:59.20
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6 Steele, Julie	48 Illawarra	3:01.85
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7 Walker, Margaret	49 Cherrybrook	3:37.13
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1500m

1 Boyd, Jane	45 NSW Masters	5:17.15
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2 Gore, Suzanne	46 Ryde Athletics	5:19.51
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3 Willis, Mary	47 Campbelltown	5:31.32
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4 Hewitt, Catherine	46 Illawarra	5:37.19
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5 Yarnell, Caroline	48 Sydney Striders	5:44.25
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6 Steele, Julie	48 Illawarra	6:13.39
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7 Peksis, Julie	49 Mingara	6:29.40
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80m hurdles

1 Shaw, Christine	49 Wollongong	15.01
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2 Walker, Margaret	49 Cherrybrook	19.89
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3 Debrot, Kim	45 Illawarra	19.97
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400m hurdles

1 Walker, Margaret	49 Cherrybrook	1:36.95
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2000m steeplechase

1 Steele, Julie	48 Illawarra	9:51.49
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5000m walk

1 Willis, Mary	47 Campbelltown	32:32.34
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2 Agius, Salvina	47 Nepean	35:46.03
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3 Tillman, Annette	48 Nepean	42:56.62
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Long jump

1 Mogentale, Gianna	45 Illawarra	4.70m
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2 Shaw, Christine	49 Wollongong	4.27m
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3 Willis, Mary	47 Campbelltown	3.31m
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4 Derwin, Sharon	48 Wallsend	3.10m
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Triple jump

1 Mogentale, Gianna	45 Illawarra	10.05m
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2 Shaw, Christine	49 Wollongong	9.08m
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3 Whatley, Susan	45 Illawong	7.55m
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High jump

1 Shaw, Christine	49 Wollongong	1.30m
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2 Willis, Mary	47 Campbelltown	1.20m
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2 Debrot, Kim	45 Illawarra	1.20m
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-- Hord, Wendy	49 Blacktown	NH
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Discus

1 Debrot, Kim	45 Illawarra	25.26m
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2 Marks, Glynis	45 Cherrybrook	24.02m
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3 Shaw, Christine	49 Wollongong	22.25m
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4 Derwin, Sharon	48 Wallsend	19.22m
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Yes, yes, Karyne – the old "hammer thrower pretending to be a hurdler" gag. Shouldn't you be over there, throwing something very heavy very far?



Masters newcomer Montse Ros won the W30 high jump with 1.40m.



Paula Moorhouse (W60) swept the 200m, 400m, 800m and 1500m.



Vicki Townsend (W40) won the shot put with a throw of 8.17m.



Suzanne Brown (W40), flanked by Greg Rowe (M45) and Dennis Williams (M60), finished second in the 5000m walk.



Erika Bunker (W50) took silver in the 1500m in 5:36.34.

Discus (cont)

4 Derwin, Sharon	48 Wallsend	19.22m
5 Buhler, Jenny	49 Parramatta	16.92m
6 Hord, Wendy	49 Blacktown	14.68m
7 Steele, Julie	48 Illawarra	14.29m
8 Tillman, Annette	48 Nepean	13.95m

Javelin

1 Marks, Glynis	45 Cherrybrook	25.44m
2 Shaw, Christine	49 Wollongong	22.23m
3 Willis, Mary	47 Campbelltown	21.18m
4 Debrot, Kim	45 Illawarra	19.07m
5 Whatley, Susan	45 Illawong	17.91m
6 Derwin, Sharon	48 Wallsend	16.27m
7 Gore, Suzanne	46 Ryde Athletics	14.31m
8 Buhler, Jenny	49 Parramatta	13.79m
9 Mead, Annette	49 Illawarra	13.22m
10 Tillman, Annette	48 Nepean	11.83m

Shot put

1 Debrot, Kim	45 Illawarra	9.09m
2 Marks, Glynis	45 Cherrybrook	8.88m
3 Shaw, Christine	49 Wollongong	7.87m
4 Derwin, Sharon	48 Wallsend	7.83m
5 Hord, Wendy	49 Blacktown	7.58m
6 Gore, Suzanne	46 Ryde	6.38m
7 Buhler, Jenny	49 Parramatta	6.26m
8 Willis, Mary	47 Campbelltown	5.77m
9 Tillman, Annette	48 Nepean	5.34m

Hammer

1 Debrot, Kim	45 Illawarra	23.81m
2 Derwin, Sharon	48 Wallsend	16.34m
3 Buhler, Jenny	49 Parramatta	16.17m
4 Tillman, Annette	48 Nepean	15.83m

Weight throw

1 Marks, Glynis	45 Cherrybrook	7.67m
2 Debrot, Kim	45 Illawarra	7.66m
3 Buhler, Jenny	49 Parramatta	6.80m
4 Derwin, Sharon	48 Wallsend	6.61m
5 Tillman, Annette	48 Nepean	5.92m

50-54

60m

1 Suttor, Robyn	50 UTN	8.90
2 Taylor, Jill	53 Cherrybrook	10.04

100m

1 Suttor, Robyn	50 UTN	14.25
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200m

1 Suttor, Robyn	50 UTN	29.68
2 Penn, Cris	50 NSW Masters	29.69
3 Drennan, Deborah	50 UTN	31.72

400m

1 Suttor, Robyn	50 UTN	1:07.53
2 Drennan, Deborah	50 UTN	1:13.11
3 Beardslee, Margaret	50 Mingara	1:13.12
4 Bunker, Erika	52 Orange	1:15.16

800m

1 Penn, Cris	50 NSW Masters	2:27.39
2 Suttor, Robyn	50 UTN	2:42.20
3 Bunker, Erika	52 Orange	2:43.71
4 Drennan, Deborah	50 UTN	2:50.09

1500m

1 Beardslee, Margaret	50 Mingara	5:22.60
2 Bunker, Erika	52 Orange	5:36.34
3 Drennan, Deborah	50 UTN	6:05.25

5000m

1 Roediger, Rosemary	54 Hills	19:29.71
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5000m walk

1 Lingley, Jenny	53 Blue Mountains	42:04.99
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Long jump

1 Macey, Kerrie	54 Campbelltown	3.75m
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High jump

1 Macey, Kerrie	54 Campbelltown	1.20m
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Discus

1 Taylor, Jill	53 Cherrybrook	23.56m
2 Macey, Kerrie	54 Campbelltown	19.11m
3 Clement, Vicki	53 Westfields	14.37m

Javelin

1 Macey, Kerrie	54 Campbelltown	24.92m
2 Taylor, Jill	53 Cherrybrook	16.12m
3 Clement, Vicki	53 Westfields	14.15m

Shot put

1 Taylor, Jill	53 Cherrybrook	9.21m
2 Macey, Kerrie	54 Campbelltown	7.62m
3 Clement, Vicki	53 Westfields	5.65m

Hammer

1 Taylor, Jill	53 Cherrybrook	30.29m
2 Clement, Vicki	53 Westfields	24.66m

Weight throw

1 Taylor, Jill	53 Cherrybrook	10.63m
2 Clement, Vicki	53 Westfields	8.18m

W55

60m

1 Short, Teri	56 Wallsend	13.11
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100m

1 Perry, Rosalind	57 Wollongong	17.63
2 Short, Teri	56 Wallsend	23.00

400m

1 Perry, Rosalind	57 Wollongong	1:42.29
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2000m steeplechase

1 Perry, Rosalind	57 Wollongong	1:38.69
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5000m

1 Lloyd, Nancy	55 UTN	34:14.02
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Long jump

1 Short, Teri	56 Wallsend	1.60m
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High jump

1 Perry, Rosalind	57 Wollongong	1.15m
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Discus

1 Palmer, Denise	57 Illawong	30.11m
2 Short, Teri	56 Wallsend	19.77m
3 Jones, Kerrie	55 UTN	17.90m
4 Jones, Karen	56 UTN	16.65m

Javelin

1 Short, Teri	56 Wallsend	14.25m
2 Jones, Kerrie	55 UTN	13.20m
3 Jones, Karen	56 UTN	9.34m

Shot put

1 Short, Teri	56 Wallsend	7.17m
2 Jones, Kerrie	55 UTN	6.87m
3 Perry, Rosalind	57 Wollongong	6.76m
4 Jones, Karen	56 UTN	5.66m

Hammer

1 Palmer, Denise	57 Illawong	34.97m
2 Short, Teri	56 Wallsend	22.66m
3 Jones, Kerrie	55 UTN	20.64m
4 Jones, Karen	56 UTN	17.52m

Weight throw

1 Jones, Kerrie	55 UTN	7.55m
2 Jones, Karen	56 UTN	6.78m
3 Short, Teri	56 Wallsend	6.25m
4 Perry, Rosalind	57 Wollongong	4.56m

W60

200m

1 Moorhouse, Paula	60 Sydney Pacific	34.21
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400m

1 Moorhouse, Paula 60 Sydney Pacific 1:18.85

800m

1 Moorhouse, Paula 60 Sydney Pacific 2:56.69

1500m

1 Moorhouse, Paula 60 Sydney Pacific 6:09.41

Hammer

1 Thomas, Mary 64 Illawarra 27.67m

Shot put

1 Thomas, Mary 64 Illawarra 8.78m

Discus

1 Thomas, Mary 64 Illawarra 23.16m

Javelin

1 Thomas, Mary 64 Illawarra 28.41m

Weight throw

1 Thomas, Mary 64 Illawarra 11.61m

W65

5000m

1 Siepmann, Dorothy 65 Bankstown 27:07.74

5000m walk

1 Purcell, Joan 67 Asics Wests 37:00.64



Mavis Gibbs, at 84 the oldest female athlete at the titles, won the discus and javelin.

W75

60m

1 Asprey, Elvire 77 Illawarra 12.05

100m

1 Asprey, Elvire 77 Illawarra 20.33

200m

1 Asprey, Elvire 77 Illawarra 46.46

(NSW record)

400m

1 Asprey, Elvire 77 Illawarra 1:59.44

(NSW record)

Shot put

1 Asprey, Elvire 77 Illawarra 4.69m

(NSW record)

Discus

1 Asprey, Elvire 77 Illawarra 12.57m

(NSW record)

Javelin

1 Asprey, Elvire 77 Illawarra 8.30m

(NSW record)

W80

Discus

1 Gibbs, Mavis 84 Dubbo 7.19m

Javelin

1 Gibbs, Mavis 84 Dubbo 5.55m



Keith Bateman (M50) claimed the 5000m gold in an excellent 16:49.82.



Paul Carr (centre) won the M50 100m hurdles from **Brendon Dwyer** (left) and **Wayne Marriott**.

Relay results

4 x 100m

W30

1 NSW Masters 1:05.84
Shannon Kavanagh, 39; Lynette Smith, 38;
Julie Steele, 48; Vanessa Beddie, 32.

W40

1 NSW Masters 51.56 (NSW record)
Catherine Kermond, 41; Kylie Strong, 41;
Giola Campbell, 44; Giana Mogentale, 45.

W45

1 NSW Masters 57.25 (NSW record)
Julie Peksis, 49; Julie Forster, 47;
Suzanne Gore, 46; Lynda Douglass, 47.

W50

1 NSW Masters 1:07.50 (NSW record)
Robyn Suttor, 50; Deborah Drennan, 50;
Teri Short, 56; Jill Taylor, 53.

2 NSW Masters-ACT 1:11.51
Denise Palmer, 57; Cris Penn, 50;
Elvire Asprey, 77; Paula Moorhouse, 60.

M35

1 NSW Masters 47.35
Ernest Leseberg, 37; Gavin Lowder, 37;
Paul Stinson, 37; Samuel Odede, 35.

2 Mingara 51.22
Charles Berry, 42; Paul Carr, 50;
Brett Reid, 45; Michael Mirtile, 34.

M45

1 NSW Masters 55.53 (NSW record)
Mark Cepak, 49; Peter Byrne, 49;
George Jankowski, 46; Bradley Sharpe, 48.

2 NSW Masters 59.12
Simon Butler-White, 49; George Edwards, 64;
Geoff Francis, 67; Bernard Condon, 73.

M55

1 NSW Masters 51.32
John Van Stappen, 59; John Morison, 60;
Ray Warner, 56; Alan Carey, 58.

M60

1 NSW Masters 58.43 (NSW record)
Dennis Williams, 60; Noel Wright, 62;
Don Mathewson, 64; Les Gillies, 63.

M70

1 NSW Masters 1:11.98
Reg Austin, 72; Charles Hobden, 72;
Richard Hughes, 77; Morris David, 72.



Reg Austin and **Robyn Suttor** in the 4 x 100m.



Michael Doggett (M35), Done Martinoski (M35), James Palethorpe (M30) and Roland Groeschell (M30) in the 1500m.



Jörg Probst took gold from Kevin Duke and Gavin Lowder in the M35 discus.



EJ Davie took fifth in the M35 1500m.

2009 State titles

M30

60m		
1 Butt, Anthony	32 Nepean	8.04

100m		
1 Butt, Anthony	32 Nepean	12.71

200m		
1 Mirtile, Michael	34 Mingara	25.45

400m		
1 Mirtile, Michael	34 Mingara	57.02
2 Palethorpe, James	33 Epping	59.72
3 Groeschell, Roland	33 NSW Masters	1:00.03

800m		
1 Mellish, Daniel	30 UTN	1:59.18
2 Palethorpe, James	33 Epping	2:15.90
3 Groeschell, Roland	33 NSW Masters	2:18.97

1500m		
1 Palethorpe, James	33 Epping	4:30.28
2 Groeschell, Roland	33 NSW Masters	4:47.22
3 Grogan, Michael	34 Girraween	5:08.94

5000m		
1 Palethorpe, James	33 Epping	17:29.50
2 Paxinos, Alexi	30 Athletics East	18:32.22
3 Grogan, Michael	34 Girraween	20:48.66

Long jump		
1 Butt, Anthony	32 Nepean	5.43m

High jump		
1 Butt, Anthony	32 Nepean	1.60m

Pole vault		
1 Butt, Anthony	32 Nepean	3.50m

Javelin		
1 Butt, Anthony	32 Nepean	43.80m
2 Grogan, Michael	34 Girraween	25.77m

Discus		
1 Butt, Anthony	32 Nepean	28.96m
2 Grogan, Michael	34 Girraween	16.94m

Shot put		
1 Butt, Anthony	32 Nepean	9.94m
2 Grogan, Michael	34 Girraween	6.63m

M35

60m		
1 Leseberg, Ernest	37 NSW Masters	7.36
2 Stinson, Paul	37 NSW Masters	7.78
3 Lowder, Gavin	37 Illawong	7.92
4 Kingston, Brett	36 Blue Mountains	9.56

100m		
1 Leseberg, Ernest	37 NSW Masters	11.34
2 Odede, Samuel	35 Bankstown	11.58
3 Stinson, Paul	37 NSW Masters	12.31
4 Lowder, Gavin	37 Illawong	12.35
5 Kingston, Brett	36 Blue Mountains	14.70

200m		
1 Leseberg, Ernest	37 NSW Masters	22.44
2 Odede, Samuel	35 Bankstown	22.99
3 Stinson, Paul	37 NSW Masters	25.13
4 Lowder, Gavin	37 Illawong	25.77
5 Davie, EJ	38 Sydney Striders	29.58

400m		
1 Leseberg, Ernest	37 NSW Masters	52.41
2 Odede, Samuel	35 Bankstown	54.39
3 Martinoski, Done	38 Kembla Joggers	55.41
4 Watson, John	39 Macquarie Hunter	56.41
5 Jeffery, James	38 Sydney Striders	57.13
6 Davie, EJ	38 Sydney Striders	1:07.79

800m		
1 Doggett, Michael	36 Asics Wests	1:58.60

2 Jeffery, James	38 Sydney Striders	2:08.23
3 Fuerst, Sven	38 UTN	2:26.80
4 Davie, EJ	38 Sydney Striders	2:43.79

1500m		
1 Doggett, Michael	36 Asics Wests	4:10.06
2 Martinoski, Done	38 Kembla Joggers	4:23.14
3 Watson, John	39 Macquarie Hunter	4:38.19
4 McIntosh, Jason	39 NSW Masters	4:58.36
5 Davie, EJ	38 Sydney Striders	5:23.33

5000m		
1 Truscott, Peter	39 Sydney Striders	18:21.19
2 McIntosh, Jason	39 NSW Masters	18:51.60
3 Davie, EJ	38 Sydney Striders	20:43.20

110m hurdles		
1 Kingston, Brett	36 Blue Mountains	26.33

3000m steeplechase		
-- Davie, EJ	38 Sydney Striders	DQ

5000m walk		
1 Kingston, Brett	36 Blue Mountains	41:16.46

Triple jump		
1 Lowder, Gavin	37 Illawong	10.43m
2 Kingston, Brett	36 Blue Mountains	8.10m

Long jump		
1 Lowder, Gavin	37 Illawong	5.00m
2 Kingston, Brett	36 Blue Mountains	3.36m
3 Davie, EJ	38 Sydney Striders	3.14m

High jump		
1 Lowder, Gavin	37 Illawong	1.55m
2 Kingston, Brett	36 Blue Mountains	1.20m

Javelin		
1 Brown, Daniel	35 Blue Mountains	50.77m
2 Geddes, Mark	39 Illawong	38.55m
3 Duke, Kevin	35 Campbelltown	31.10m
4 Kingston, Brett	36 Blue Mountains	26.45m

Discus		
1 Probst, Jörg	39 Hills	43.61m
2 Duke, Kevin	35 Campbelltown	31.90m
3 Lowder, Gavin	37 Illawong	30.66m
4 Kingston, Brett	36 Blue Mountains	24.18m

Shot put		
1 Duke, Kevin	35 Campbelltown	10.12m
2 Geddes, Mark	39 Illawong	9.47m
3 Kingston, Brett	36 Blue Mountains	8.39m

Weight throw		
1 Kingston, Brett	36 Blue Mountains	7.65m

M40

60m		
1 Wardecki, Krzysztof	40 Sydney Pacific	7.36
2 Barclay, Chas	40 Sydney Pacific	7.40
3 Clarke, Rod	40 Sydney Pacific	7.47
4 Parsonage, Adam	42 UTN	8.34

100m		
1 Wardecki, Krzysztof	40 Sydney Pacific	11.41
2 Barclay, Chas	40 Sydney Pacific	11.50
3 Schnabel, Michael	42 Illawong	12.36
4 Parsonage, Adam	42 UTN	13.07
5 Kelly, John	42 Epping	13.10

200m		
1 Wardecki, Krzysztof	40 Sydney Pacific	23.22
2 Barclay, Chas	40 Sydney Pacific	23.30
3 Clarke, Rod	40 Sydney Pacific	23.72
4 Spooner, Warren	40 Newcastle	23.93
5 Lynch, Michael	41 Sydney Pacific	25.11
6 Parsonage, Adam	42 UTN	26.63
7 Berry, Charles	42 Mingara	26.65
8 Kelly, John	42 Epping	26.67

400m

1 Wardecki, Krzysztof	40 Sydney Pacific	52.80
2 Clarke, Rod	40 Sydney Pacific	53.18
3 Spooner, Warren	40 Newcastle	54.39
4 Lynch, Michael	41 Sydney Pacific	55.01
5 Parsonage, Adam	42 UTN	1:00.59
6 Kelly, John	42 Epping	1:00.66

800m

1 Taylor, Mark	42 UTN	2:00.94
2 Lynch, Michael	41 Sydney Pacific	2:01.27
3 Arthur, Paul	41 Mingara	2:13.55
4 Berry, Charles	42 Mingara	2:15.00
5 Scott, David	41 Sutherland	2:16.74
6 Wallis, David	40 Maitland	2:18.56

1500m

1 Kaley, Mathew	41 Sydney Striders	4:18.85
2 Scott, David	41 Sutherland	4:44.37
3 Wallis, David	40 Maitland	4:48.18

5000m

1 Arthur, Paul	41 Mingara	16:52.73
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400m hurdles

1 Mason, Robert	43 Asics Wests	1:25.18
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110m hurdles

1 Mason, Robert	43 Asics Wests	28.36
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3000m steeplechase

1 Mason, Robert	43 Asics Wests	15:51.44
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High jump

1 Melton-Agbohlah, Keith	40 NSWMA	1.40m
2 Mason, Robert	43 Asics Wests	1.20m

Long jump

1 Parsonage, Adam	42 UTN	4.14m
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Triple jump

1 Parsonage, Adam	42 UTN	9.34m
2 Kelly, John	42 Epping	9.13m
3 Mason, Robert	43 Asics Wests	6.00m

Javelin

1 Melton-Agbohlah, Keith	40 NSWMA	34.22m
2 Gibbins, Jodie	42 Illawarra	30.65m
3 Frkovic, Phil	44 Wollongong	30.65m
4 Stenning, Matt	42 Girraween	28.47m
5 Fassolis, Jim	43 Campbelltown	23.87m

Discus

1 Frkovic, Phil	44 Wollongong	37.58m
2 Fassolis, Jim	43 Campbelltown	30.67m
3 Stenning, Matt	42 Girraween	27.32m
4 Gibbins, Jodie	42 Illawarra	21.63m

Shot put

1 Frkovic, Phil	44 Wollongong	12.18m
2 Fassolis, Jim	43 Campbelltown	10.10m
3 Gibbins, Jodie	42 Illawarra	7.46m

Hammer

1 Frkovic, Phil	44 Wollongong	43.66m
2 Stenning, Matt	42 Girraween	27.94m
3 Fassolis, Jim	43 Campbelltown	22.97m
4 Gibbins, Jodie	42 Illawarra	19.91m

Weight throw

1 Frkovic, Phil	44 Wollongong	12.47m
2 Stenning, Matt	42 Girraween	9.94m
3 Gibbins, Jodie	42 Illawarra	7.34m

M45**60m (heats)**

1 Hughes, Darren	46 Parramatta	7.62
2 McGrath, Peter	47 NSW Masters	7.90
3 Provenzano, Alan	45 NSW Masters	7.94
4 Reid, Brett	45 Mingara	8.00
5 Smith, Steven	45 Macquarie Hunter	8.10

6 James, Craig	47 Sutherland	8.11
7 Holmes, Neil	47 Ryde Athletics	8.16
8 Mell, Graeme	49 Blue Mountains	8.17
9 Gray, Martin	45 Illawarra	8.25
10 Crimi, Anthony	47 UTN	8.28
11 Luck, David	49 ILL	8.30
12 Giesler, Rob	49 Girraween	8.39
13 Barker, William	48 Goulburn	8.51
14 Pirie, Brian	48 Bankstown	8.56
15 Celi, Dennis	48 Bankstown	8.60
15 Hatemi, Parviz	47 Epping	8.60

60m FINAL

1 Hughes, Darren	46 Parramatta	7.56
2 McGrath, Peter	47 NSW Masters	7.81
2 Provenzano, Alan	45 NSW Masters	7.81
4 Reid, Brett	45 Mingara	7.97
5 James, Craig	47 Sutherland	8.01
6 Smith, Steven	45 Macquarie Hunter	8.02
7 Mell, Graeme	49 Blue Mountains	8.15
8 Holmes, Neil	47 Ryde Athletics	8.19

100m (heats)

1 Hughes, Darren	46 Parramatta	12.24
2 Isackson, David	47 Sydney Pacific	12.57
3 Reid, Brett	45 Mingara	12.60
4 Holmes, Neil	47 Ryde Athletics	12.64
5 Mell, Graeme	49 Blue Mountains	12.74
6 James, Craig	47 Sutherland	12.92
7 Luck, David	49 Illawong	12.93
8 Crimi, Anthony	47 UTN	13.01
9 Giesler, Rob	49 Girraween	13.09
10 Gray, Martin	45 Illawarra	13.10
11 Celi, Dennis	48 Bankstown	13.43
12 Pirie, Brian	48 Bankstown	13.47
13 Porley, Nestor	45 Blue Mountains	13.65
14 Smith, Martin	47 Nepean	14.23

100m FINAL

1 Isackson, David	47 Sydney Pacific	11.93
2 Hughes, Darren	46 Parramatta	12.01
3 Holmes, Neil	47 Ryde Athletics	12.47
4 Mell, Graeme	49 Blue Mountains	12.60
5 Reid, Brett	45 Mingara	12.64
6 James, Craig	47 Sutherland	12.89
7 Crimi, Anthony	47 UTN	12.99
8 Luck, David	49 Illawong	13.10

200m

1 Provenzano, Alan	45 NSW Masters	25.39
2 Smith, Steven	45 Macquarie Hunter	25.86
3 Mell, Graeme	49 Blue Mountains	26.25
4 Luck, David	49 Illawong	26.39
5 Reid, Brett	45 Mingara	26.73
6 Giesler, Rob	49 Girraween	26.74
7 Celi, Dennis	48 Bankstown	26.93
8 Crimi, Anthony	47 UTN	27.04
9 Pirie, Brian	48 Bankstown	27.67

400m

1 Moore, Barry	46 NSW Masters	58.32
2 Herger, Georg	47 Illawong	1:01.00
3 Celi, Dennis	48 Bankstown	1:01.36
4 Giesler, Rob	49 Girraween	1:02.43
5 Pirie, Brian	48 Bankstown	1:06.93
6 Burzacott, Ron	48 Illawarra	1:12.60

800m

1 Sharpe, Bradley	48 UTS Norths	2:19.89
2 Cozijnsen, Ronald	47 Sutherland	2:21.94
3 Thompson, John	47 Illawong	2:23.07
4 McGuire, Paul	47 Athletics East	2:26.10
5 Byrne, Peter	49 Hills District	2:30.26



Will Tyler, consistently the country's best M45 pole vaulter, won with 3.15m.



Matt Stenning (M40) lets rip in the javelin.



M45 hammer throw medallists Mark Cepak, Sergei Zablotkii and Peter Reed.



Garry Womsley (M40) and Les Gonye (M50) in the 3000m steeplechase.



Keith James won the M65 javelin with a throw of 35.91m.



Stephen Ball (M55) won the gold medal in the 800m in 2:22.69.

1500m

1 Mayo, Barry	49 Hills District	4:33.88
2 Sharpe, Bradley	48 UTS Norths	4:50.45
3 Byrne, Peter	49 Hills District	4:52.83
4 Thompson, John	47 Illawong	5:04.67
5 Cozijnsen, Ronald	47 Sutherland	5:16.72

110m hurdles

1 Jankowski, George	46 Hills District	21.28
2 Burzacott, Ron	48 Illawarra	26.28

400m hurdles

1 O'Connor, Anthony	45 NSW Masters	1:05.81
2 Herger, Georg	47 Illawong	1:06.64
3 Jankowski, George	46 Hills District	1:18.60
4 Barker, William	48 Goulburn	1:18.96
5 Womsley, Garry	45 Girraween	1:27.35

5000m

1 Harrison, James	45 Bankstown	15:46.05
2 Sivaraj, Manu	45 Randwick Botany	16:58.27
3 Byrne, Peter	49 Hills District	18:46.08
4 Womsley, Garry	45 Girraween	21:07.07

3000m steeplechase

1 Womsley, Garry	45 Girraween	13:24.63
2 Burzacott, Ron	48 Illawarra	15:08.57

5000m walk

1 Dredge, Mark	48 Mingara	24:41.91
2 Thompson, John	46 South Sydney	29:20.88
3 Rowe, Gregory	47 Mingara	29:48.35
-- Cepak, Mark	49 UTS Norths	DQ

High jump

1 Herger, Georg	47 Illawong	1.60m
2 Hughes, Darren	46 Parramatta	1.60m
3 Burzacott, Ron	48 Illawarra	1.30m
4 Butler-White, Simon	49 NSW Masters	1.30m
5 Cepak, Mark	49 UTS Norths	1.30m

Pole vault

1 Tyler, William	49 Wollongong	3.15m
2 Jankowski, George	46 Hills District	2.40m
3 Butler-White, Simon	49 NSW Masters	2.20m
4 Cepak, Mark	49 UTS Norths	1.80m

Long jump

1 Provenzano, Alan	45 NSW Masters	5.61m
2 Hughes, Darren	46 Parramatta	5.49m
3 Mell, Graeme	49 Blue Mountains	5.40m
4 Herger, Georg	47 Illawong	5.02m
5 Butler-White, Simon	49 NSW Masters	4.48m
6 Hatemi, Parviz	47 Epping	4.40m
7 Celi, Dennis	48 Bankstown	4.29m

Triple jump

1 Cepak, Mark	49 UTS Norths	8.95m
2 Jankowski, George	46 Hills District	8.46m

Javelin

1 Reed, Peter	49 Wollongong	34.89m
2 Butler-White, Simon	49 NSW Masters	34.15m
3 Cepak, Mark	49 UTS Norths	30.61m

Discus

1 Reed, Peter	49 Wollongong	33.50m
2 Butler-White, Simon	49 NSW Masters	27.36m
3 Cepak, Mark	49 UTS Norths	26.29m

Shot put

1 Reed, Peter	49 Wollongong	10.13m
2 Butler-White, Simon	49 NSW Masters	9.07m
3 Cepak, Mark	49 UTS Norths	8.48m

Hammer

1 Zablotskii, Sergei	49 Epping	47.85m
2 Reed, Peter	49 Wollongong	31.66m
3 Cepak, Mark	49 UTS Norths	31.11m
4 Butler-White, Simon	49 NSW Masters	28.79m

Weight throw

1 Zablotskii, Sergei	49 Epping	13.61m
2 Cepak, Mark	49 UTS Norths	9.99m
3 Butler-White, Simon	49 NSW Masters	8.37m

M50

60m

1 Doherty, Mark	50 NSW Masters	7.73
2 Carr, Paul	50 Mingara	7.99
3 Hepburn, Greg	54 Campbelltown	8.05
4 Coy, Geoff	54 Epping	8.48
5 Malcher, Ralph	53 Nepean	8.89

100m

1 Doherty, Mark	50 NSW Masters	12.56
2 Carr, Paul	50 Mingara	12.71
3 Hepburn, Greg	54 Campbelltown	12.96
4 Mitchell, David	53 Wallsend	13.39
5 Coy, Geoff	54 Epping	13.89
6 Malcher, Ralph	53 Nepean	13.91

200m

1 Hasler, Daniel	51 Sydney Pacific	25.35
2 Carr, Paul	50 Mingara	25.73
3 Hepburn, Greg	54 Campbelltown	26.25
4 Dwyer, Brendon	51 NSW Masters	26.67
5 Randell, Michael	53 Mingara	27.29
6 Mitchell, David	53 Wallsend	27.92

400m

1 Morton, John	50 ACT	56.39
2 Hasler, Daniel	51 Sydney Pacific	57.02
3 Dwyer, Brendon	51 NSW Masters	58.63
4 Carr, Paul	50 Mingara	59.53
5 Williams, Peter	53 Mingara	1:01.54
6 Mitchell, David	53 Wallsend	1:02.19
7 Steggles, Kelvyn	52 NSW Masters	1:03.62
8 Steele, Bruce	51 Illawarra	1:05.36
9 Terranova, Nicholas	51 Hills	1:07.23
10 Rose, Ian	50 Hills	1:08.69
11 Perrett, David	50 Blue Mountains	1:08.70

800m

1 Morton, John	50 ACT	2:11.63
2 Randell, Michael	53 Mingara	2:19.45
3 Jones, Dale	53 St George	2:26.63
4 Williams, Peter	53 Mingara	2:32.60
5 Steggles, Kelvyn	52 NSW Masters	2:35.68
6 Rose, Ian	50 Hills	2:36.38
7 Stojkovski, Mendo	54 St George	2:47.59

1500m

1 Morton, John	50 ACT	4:39.58
2 Paterson, Stuart	52 UTS Norths	4:46.35
3 Jones, Dale	53 St George	4:58.26
4 Rose, Ian	50 Hills	4:58.99
5 Terranova, Nicholas	51 Hills	5:05.57
6 Stojkovski, Mendo	54 St George	5:50.57

5000m

1 Bateman, Keith	53 Sydney Striders	16:49.82
2 Rose, Ian	50 Hills	19:00.39
3 Terranova, Nicholas	51 Hills	19:23.88
4 Osborne, Robert	53 Nepean	21:14.04
5 Gonye, Leslie	51 Sydney University	22:24.29

100m hurdles

1 Carr, Paul	50 Mingara	17.16
2 Dwyer, Brendon	51 NSW Masters	17.94
3 Marriott, Wayne	54 Sydney Pacific	18.29
4 Steele, Bruce	51 Illawarra	25.10

400m hurdles

1 Dwyer, Brendon	51 NSW Masters	1:05.23
2 Carr, Paul	50 Mingara	1:08.27

3000m steeplechase

1 Terranova, Nicholas	51 Hills	13:18.27
2 Gonye, Leslie	51 Sydney University	14:03.48
3 Perrett, David	50 Blue Mountains	17:05.73

5000m race walk

1 Osborne, Robert	53 Nepean	30:00.94
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High jump

1 Hanbury-Brown, Robert	52 NSWMA	1.45m
2 Horsnell, Matthew	51 Mingara	1.40m
3 Steele, Bruce	51 Illawarra	1.30m

Long jump

1 Mitchell, David	53 Wallsend	4.79m
2 Hanbury-Brown, Robert	52 NSWMA	4.24m

Triple jump

1 O'Hare, Michael	50 NSW Masters	11.27m
2 Mitchell, David	53 Wallsend	9.97m
3 Randell, Michael	53 Mingara	9.80m

Javelin

1 Atkinson-Howatt, Andrew	52 Ryde	43.15m
2 Hanbury-Brown, Robert	52 NSWMA	38.98m
3 Horsnell, Matthew	51 Mingara	36.95m
4 Crumpton, Geoff	54 ACT	35.81m
5 Lang, Peter	50 UTN	34.24m
6 Steele, Bruce	51 Illawarra	27.78m
7 Joni, Lajos	53 Girraween	24.07m

Discus

1 Atkinson-Howatt, Andrew	52 Ryde	36.84m
2 Hanbury-Brown, Robert	52 NSWMA	36.67m
3 Horsnell, Matthew	51 Mingara	34.32m
4 Joni, Lajos	53 Girraween	33.53m
5 Crumpton, Geoff	54 ACT	33.42m
6 Lang, Peter	50 UTN	31.07m
7 Williams, Peter	53 Mingara	27.14m
8 Gibbs, Bruce	53 Illawong	26.14m

Shot put

1 Crumpton, Geoff	54 ACT	11.64m
2 Joni, Lajos	53 Girraween	11.01m
3 Hanbury-Brown, Robert	52 NSWMA	10.56m
4 Atkinson-Howatt, Andrew	52 Ryde	10.44m
5 Lang, Peter	50 UTN	10.32m
6 Horsnell, Matthew	51 Mingara	9.80m
7 Williams, Peter	53 Mingara	9.38m
8 Gibbs, Bruce	53 Illawong	8.40m

Hammer

1 Joni, Lajos	53 Girraween	44.73m
2 Crumpton, Geoff	54 ACT	41.57m
3 Atkinson-Howatt, Andrew	52 Ryde	34.18m
4 Lang, Peter	50 UTN	31.50m
5 Horsnell, Matthew	51 Mingara	30.67m
6 Gibbs, Bruce	53 Illawong	24.08m

Weight throw

1 Crumpton, Geoff	54 ACT	15.06m
2 Joni, Lajos	53 Girraween	14.71m
3 Atkinson-Howatt, Andrew	52 Ryde	12.16m
4 Hanbury-Brown, Robert	52 NSWMA	11.52m
5 Horsnell, Matthew	51 Mingara	11.49m
6 Lang, Peter	50 UTN	11.09m

M55**60m**

1 Van Stappen, John	59 Illawarra	7.99
2 Lynch, Martin	57 Sydney Pacific	8.22
3 McCoy, Paul	56 Interstate	8.29
4 Peronis, Stephen	55 Campbelltown	8.35
5 Warner, Ray	56 Wallsend	8.76

100m

1 Van Stappen, John	59 Illawarra	12.98
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2 McCoy, Paul	56 Interstate	13.15
3 Peronis, Stephen	55 Campbelltown	13.48
4 Warner, Ray	56 Wallsend	14.12

200m

1 Van Stappen, John	59 Illawarra	25.66
2 Peronis, Stephen	55 Campbelltown	27.53

400m

1 Van Stappen, John	59 Illawarra	1:01.66
2 Peronis, Stephen	55 Campbelltown	1:03.48

800m

1 Ball, Stephen	55 UTS Norths	2:22.69
2 Barrett, Doug	56 UTS Norths	2:36.36

1500m

1 Ball, Stephen	55 UTS Norths	4:48.51
2 Wylie, Dennis	56 Sydney Striders	4:53.63
3 Simpson, Peter	55 Sutherland	4:54.42

5000m

1 Wylie, Dennis	56 Sydney Striders	18:10.70
2 Kintominas, Terry	57 Bankstown	26:41.70

400m hurdles

1 Fowler, Neil	57 Newcastle	1:07.78
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5000m race walk

-- Roux, Philippe	59 NSW Masters	DQ
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Long jump

1 Tompkins, Clay	56 UTS Norths	5.23m
2 Murray, Gavin	55 NSW Masters	4.79m
3 Crocker, Stephen	56 Campbelltown	4.49m
4 Gibbs, Graham	55 Dubbo	2.27m

High jump

1 Tompkins, Clay	56 UTS Norths	1.55m
2 Murray, Gavin	55 NSW Masters	1.35m
= 2 Crocker, Stephen	56 Campbelltown	1.35m

Triple jump

1 Tompkins, Clay	56 UTS Norths	12.08m
2 Murray, Gavin	55 NSW Masters	9.72m
3 Crocker, Stephen	56 Campbelltown	9.05m

Pole vault

1 Carrero, Phillip	57 Bankstown	3.15m
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Javelin

1 Murray, Gavin	55 NSW Masters	36.90m
2 Baker, Anthony	55 NSW Masters	27.85m
3 Perkins, Ron	59 NSW Masters	25.82m

Discus

1 Tompkins, Clay	56 UTS Norths	33.80m
2 Murray, Gavin	55 NSW Masters	33.67m
3 Crocker, Stephen	56 Campbelltown	30.25m
4 Baker, Anthony	55 NSW Masters	26.02m
5 Barrett, Doug	56 UTS Norths	20.39m
6 Gibbs, Graham	55 Dubbo	12.09m

Shot put

1 Baker, Anthony	55 NSW Masters	11.03m
2 Murray, Gavin	55 NSW Masters	11.00m
3 Tompkins, Clay	56 UTS Norths	10.73m
4 Crocker, Stephen	56 Campbelltown	9.97m

Hammer

1 Murray, Gavin	55 NSW Masters	31.55m
2 Baker, Anthony	55 NSW Masters	26.59m

Weight throw

1 Murray, Gavin	55 NSW Masters	11.00m
2 Baker, Anthony	55 NSW Masters	9.66m

M60**60m**

1 Morison, John	60 Sydney Pacific	8.26
2 Edwards, George	64 NSW Masters	8.93
3 Barber, Tom	61 Hills District	9.98



Stuart Paterson (M50) and Dennis Wylie (M55) head lap one action in the 1500m.



Tony Baker and Gavin Murray dead-heated in the M55 Amusing Hat final.



No dogs allowed, so Noel Peters (M60) takes his hammer for a walk instead.



Jim Davis (M75) won the shot put with a throw of 9.29m.



Richard Hughes (15.41) took gold from Jack Sturzaker (16.78) in the M75 100m.



Mark Lloyd (M65) claimed bronze in the shot put with a distance of 9.13m.

100m

1 Morison, John	60 Sydney Pacific	13.12
2 Edwards, George	64 NSW Masters	14.20
3 D'Lecki, Michael	60 NSW Masters	14.66
4 Barber, Tom	61 Hills District	15.97

200m

1 Morison, John	60 Sydney Pacific	26.16
2 Edwards, George	64 NSW Masters	29.44
3 Wright, Noel	62 Hills District	29.74
4 Colburn, Hugh	62 UTN	30.70

400m

1 Morison, John	60 Sydney Pacific	1:00.00
2 Gillies, Leslie	63 Illawong	1:03.82
3 Wright, Noel	62 Hills District	1:06.49
4 Williams, Dennis	60 Hills District	1:10.87
5 Napper, Stephen	62 Hills District	1:12.48

800m

1 Mathewson, Donald	64 Hills District	2:28.58
2 Gillies, Leslie	63 Illawong	2:30.66
3 Wright, Noel	62 Hills District	2:31.67
4 Napper, Stephen	62 Hills District	2:46.59

1500m

1 Mathewson, Donald	64 Hills	4:56.03
2 Wright, Noel	62 Hills District	5:10.49
3 Napper, Stephen	62 Hills District	5:25.80

5000m

1 Mathewson, Donald	64 Hills District	18:48.58
2 Scorzeili, Frank	62 St George	19:41.15
3 Napper, Stephen	62 Hills	20:15.01

100m hurdles

1 Barber, Tom	61 Hills District	19.98
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300m hurdles

1 Gordan, John	61 NSW Masters	51.89
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5000m race walk

1 Williams, Dennis	60 Hills District	29:19.38
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Long jump

1 Peters, Noel	61 NSW Masters	4.44m
2 Searle, John	61 NSW Masters	4.15m
3 D'Lecki, Michael	60 NSW Masters	4.08m
4 Barber, Tom	61 Hills District	3.97m
5 Wright, Noel	62 Hills District	3.90m
6 Williams, Dennis	60 Hills District	3.07m

Triple jump

1 Peters, Noel	61 NSW Masters	9.23m
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High jump

1 Searle, John	61 NSW Masters	1.40m
2 Gordan, John	61 NSW Masters	1.40m
3 D'Lecki, Michael	60 NSW Masters	1.30m
4 Peters, Noel	61 NSW Masters	1.25m
5 Barber, Tom	61 Hills District	1.15m

Pole vault

1 Barber, Tom	61 Hills District	1.60m
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Javelin

1 D'Lecki, Michael	60 NSW Masters	26.79m
2 Peters, Noel	61 NSW Masters	23.07m
3 Wright, Noel	62 Hills District	22.16m
4 Williams, Dennis	60 Hills District	21.38m
-- Barber, Tom	61 Hills District	ND

Discus

1 Gordan, John	61 NSW Masters	37.70m
2 D'Lecki, Michael	60 NSW Masters	35.71m
3 Vynogradov, Sergiy	60 Epping	28.89m
4 Barber, Tom	61 Hills District	27.70m
5 Williams, Dennis	60 Hills District	24.27m
6 Wright, Noel	62 Hills District	24.11m
7 Fitzgerald, James	64 Parramatta	22.99m

8 Peters, Noel	61 NSW Masters	21.72m
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Shot put

1 D'Lecki, Michael	60 NSW Masters	10.91m
2 Vynogradov, Sergiy	60 Epping	9.15m
3 Fitzgerald, James	64 Parramatta	8.18m
4 Barber, Tom	61 Hills District	7.87m
5 Williams, Dennis	60 Hills District	7.52m

Hammer

1 Barber, Tom	61 Hills District	24.12m
2 Fitzgerald, James	64 Parramatta	23.08m
3 Peters, Noel	61 NSW Masters	22.71m
4 Williams, Dennis	60 Hills District	21.27m

Weight throw

1 Fitzgerald, James	64 Parramatta	7.91m
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M65

60m

1 Walker, Alexander	67 NSW Masters	9.67
2 Gay, Albert	67 Campbelltown	10.59

100m

1 Ireland, Tony	67 NSW Masters	13.87
2 Walker, Alexander	67 NSW Masters	15.71
3 Gay, Albert	67 Campbelltown	16.92
4 Goldman, Ken	69 Randwick Botany	17.06

200m

1 Ireland, Tony	67 NSW Masters	28.28
2 Walker, Alexander	67 NSW Masters	32.64

400m

1 Ireland, Tony	67 NSW Masters	1:03.67
2 Francis, Geoffrey	67 UTN	1:09.58
3 Walker, Alexander	67 NSW Masters	1:23.90

800m

1 Ireland, Tony	67 NSW Masters	2:28.34
2 Francis, Geoffrey	67 UTN	2:46.06
3 Wills, Ron	69 UTS Norths	2:56.50
4 Allomes, Graham	65 Sydney Pacific	3:00.54
5 Gravitis, Vilis	66 St George	3:37.17

1500m

1 Harrison, Jamie	67 Bankstown	5:41.58
2 Francis, Geoffrey	67 UTN	5:45.04
3 Allomes, Graham	65 Sydney Pacific	6:14.31
4 Goldman, Ken	69 Randwick Botany	7:22.23

5000m

1 Harrison, Jamie	67 Bankstown	21:11.42
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100m hurdles

1 Donohoe, Noel	68 NSW Masters	24.41
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2000m steeplechase

1 Perry, Ronald	69 Wollongong	11:15.34
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5000m race walk

1 Allomes, Graham	65 Sydney Pacific	32:33.18
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Triple jump

1 Donohoe, Noel	68 NSW Masters	6.05m
2 Bragg, Ron	69 Wollongong	5.99m

Long jump

1 Gay, Albert	67 Campbelltown	3.36m
2 Bragg, Ron	69 Wollongong	2.88m

High jump

1 Gay, Albert	67 Campbelltown	1.15m
1 Donohoe, Noel	68 NSW Masters	1.15m
3 Wiggins, Bruce	67 Illawarra	0.95m

Pole vault

1 Gay, Albert	67 Campbelltown	2.60m
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Javelin

1 James, Keith	67 NSW Masters	35.91m
2 Heeps, Ron	65 NSW Masters	34.92m
3 Gay, Albert	67 Campbelltown	28.65m

4 Bragg, Ron	69 Wollongong	23.93m
5 Donohoe, Noel	68 NSW Masters	20.17m
6 Wiggins, Bruce	67 Illawarra	19.57m
7 Goldman, Ken	69 Randwick Botany	15.93m

Discus

1 James, Keith	67 NSW Masters	41.06m
2 Heeps, Ron	65 NSW Masters	28.61m
3 Sowerby, Brett	69 Blue Mountains	28.02m
4 Gay, Albert	67 Campbelltown	24.30m
5 Lloyd, Mark	65 NSW Masters	21.77m

Shot put

1 Heeps, Ron	65 NSW Masters	11.14m
2 James, Keith	67 NSW Masters	11.09m
3 Lloyd, Mark	65 NSW Masters	9.13m
4 Sowerby, Brett	69 Blue Mountains	8.74m
5 Gay, Albert	67 Campbelltown	8.38m

Hammer

1 Heeps, Ron	65 NSW Masters	28.73m
2 Wiggins, Bruce	67 Illawarra	18.19m
3 Perry, Ronald	69 Wollongong	13.53m
4 Goldman, Ken	69 Randwick Botany	10.93m

Weight throw

1 Heeps, Ron	65 NSW Masters	12.37m
2 Donohoe, Noel	68 NSW Masters	10.05m

M70

60m

1 Chantrill, David	70 POM	8.89
2 Condon, Bernard	73 Nowra	9.27
3 Porter, Donald	71 Girraween	9.48
4 David, Morris	72 Randwick Botany	9.48
5 Austin, Reginald	72 UTN	9.80
6 Hobden, Charles	72 UTN	10.02
7 McEneaney, Peter	72 NSW Masters	10.12
8 Hamilton, Brian	70 UTN	10.56

100m

1 Chantrill, David	70 POM	14.12
2 Condon, Bernard	73 Nowra	14.93
3 Porter, Donald	71 Girraween	15.13
4 Austin, Reginald	72 UTN	15.14
5 David, Morris	72 Randwick Botany	15.44
6 Hobden, Charles	72 UTN	16.08
7 Hamilton, Brian	70 UTN	17.01

200m

1 Chantrill, David	70 POM	29.74
2 Condon, Bernard	73 Nowra	31.48
3 Austin, Reginald	72 UTN	32.40
4 Hobden, Charles	72 UTN	34.13
5 Hamilton, Brian	70 UTN	36.84

400m

1 Hobden, Charles	72 UTN	1:20.15
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800m

1 Hobden, Charles	72 UTN	3:25.40
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80m hurdles

1 McEneaney, Peter	72 NSW Masters	17.96
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300m hurdles

1 McEneaney, Peter	72 NSW Masters	1:03.38
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5000m race walk

1 Seymon, Jim	71 UTN	30:14.55
-- Biggs, Kevin	70 NSW Masters	DQ

Triple jump

1 David, Morris	72 Randwick Botany	6.98m
2 Simcock, Ron	73 Wollongong	6.48m

Long jump

1 David, Morris	72 Randwick Botany	3.43m
2 Simcock, Ron	73 Wollongong	3.08m

3 Porter, Donald	71 Girraween	3.03m
4 Hamilton, Brian	70 UTN	2.87m

High jump

1 Zeller, Mervyn	73 Forster	1.20m
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Javelin

1 Simcock, Ron	73 Wollongong	33.39m
2 Nicol, Gregor	70 NSW Masters	25.49m
3 Bugden, David	71 Campbelltown	17.92m

Discus

1 Simcock, Ron	73 Wollongong	31.10m
2 Bugden, David	71 Campbelltown	25.26m
3 Zeller, Mervyn	73 Forster	21.25m

Shot put

1 Simcock, Ron	73 Wollongong	10.68m
2 Bugden, David	71 Campbelltown	9.37m
3 Nicol, Gregor	70 NSW Masters	8.81m
4 Hamilton, Brian	70 UTN	7.56m

Hammer

1 Simcock, Ron	73 Wollongong	37.03m
2 Bugden, David	71 Campbelltown	37.00m
3 Hamilton, Brian	70 UTN	22.42m

Weight throw

1 Bugden, David	71 Campbelltown	13.69m
2 Simcock, Ron	73 Wollongong	13.58m

M75

60m

1 Hughes, Richard	77 NSW Masters	9.70
2 Sturzaker, John	76 Sydney Pacific	10.24

100m

1 Hughes, Richard	77 NSW Masters	15.41
2 Sturzaker, John	76 Sydney Pacific	16.78

400m

1 Daniels, Frederick	76 NSW Masters	1:19.33
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1500m

1 Daniels, Frederick	76 NSW Masters	7:06.94
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Triple jump

1 Sturzaker, John	76 Sydney Pacific	8.15m
2 Soutar, James	78 NSW Masters	5.30m

Long jump

1 Sturzaker, John	76 Sydney Pacific	3.60m
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High jump

1 Sturzaker, John	76 Sydney Pacific	1.15m
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Javelin

1 Davis, Jim	75 NSW Masters	19.67m
2 Bennett, Roy	77 NSW Masters	19.38m

Discus

1 Davis, Jim	75 NSW Masters	27.03m
2 Sturzaker, John	76 Sydney Pacific	24.56m
3 Bennett, Roy	77 NSW Masters	19.46m
4 Mullins, Thomas	78 Randwick Botany	19.44m
5 Soutar, James	78 NSW Masters	18.93m

Hammer

1 Davis, Jim	75 NSW Masters	29.45m
2 Mullins, Thomas	78 Randwick Botany	28.51m
3 Sturzaker, John	76 Sydney Pacific	22.38m
4 Soutar, James	78 NSW Masters	22.15m

Shot put

1 Davis, Jim	75 NSW Masters	9.29m
2 Mullins, Thomas	78 Randwick Botany	8.41m
3 Soutar, James	78 NSW Masters	6.55m

Weight throw

1 Davis, Jim	75 NSW Masters	10.81m
2 Sturzaker, John	76 Sydney Pacific	10.00m
3 Mullins, Thomas	78 Randwick Botany	9.62m
4 Soutar, James	78 NSW Masters	7.80m

M85

5000m

1 Jourdain, Albert	86 Bankstown	28:14.42
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(NSW record)

High jump

1 McKay, Max	85 Illawarra	0.90m
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(NSW record)

Javelin

1 McKay, Max	85 Illawarra	12.88m
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Hammer

1 McKay, Max	85 Illawarra	19.29m
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(NSW record)



8.81m in the M70 shot secured the bronze for Greg Nicol.



Fred Daniels (M75) won gold in the 1500m in a time of 1.19.33.

The Waratah | 2009 nsw state titles photo gallery



Gone in 60m: Paul Stinson, Gavin Lowder, Ernie Leseberg, Brett Kingston and Anthony Butt.



1500m action from Jane Boyd, Caroline Yarnell, Catherine Hewitt and Mary Willis.



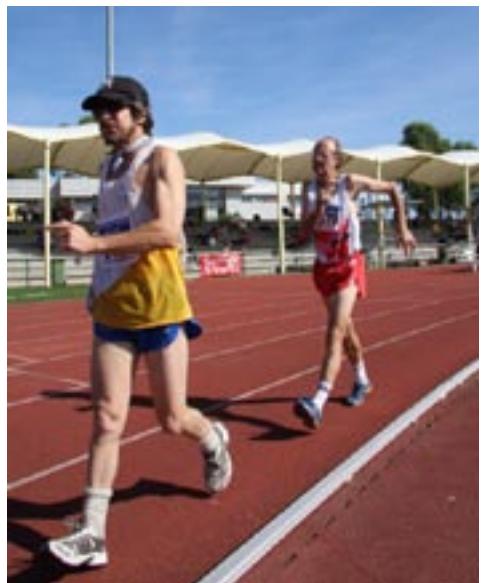
Sue Gore (W45) shows her javelin form.



Mark Cepak leads another rousing chorus of "I'm a relay bloke and I'm OK."



"I'd rather be fishing. Oh, I *am* fishing." Ron Simcock helps with the tug of the tape.



Robert Osborne (M55) and Jim Seymon (M70).

Photography by Dean Taylor and Andrew Atkinson-Howatt



Robyn Suttor (W50) celebrates her medals.



Kylie Strong and Catherine Kermond (W40).



Steve Napper, Noel Wright, Don Mathewson and Geoff Francis under way in the 1500m.



Annette Mead (W45) launches the javelin.



Brian Hamilton (M70) leaves it all on the track.



Over it: Anthony Butt (M30) leapt 1.60m in the high jump to take his tally of golds to eight.



High there: Garry Womsley (M45) gets airborne en route to steeplechase gold.



"Look, can we stop shaking hands with each other now? I've got an event in half an hour!"

2009 NSWMA Awards

The 2009 New South Wales Masters Athletics awards will be held at Paddy's Boutique Brewery, 268 Parramatta Road, Flemington, on Sunday, June 14, at 1.30pm. The awards function, which was a great success in 2008, will include a club-subsidised three-course lunch (finger food, mains and dessert) for only \$15.

To allow the venue to cater properly, would all members planning to attend please email Andrew Atkinson-Howatt at javelin3@optusnet.com.au. This year's nominees are:

LOGAN IRWIN AWARD (ATHLETE OF THE YEAR)

Men: Neville McIntyre, John Van Stappen, Tony Ireland, Stuart Gyngell, Clay Tompkins.

Women: Giola Campbell, Kylie Strong, Gianna Mogentale, Mary Thomas, Karyne Di Marco.

NSWMA SUMMER AWARD

Men: Alan Provenzano, Tony Ireland, Ernie Leseberg.

Women: Cris Penn, Jane Boyd, Karen Petley.

FRANK O'ROURKE TROPHY (Best Athlete at State titles)

Men: Ron Simcock, Clay Tompkins, Jim Davis.

Women: Gianna Mogentale, Mary Thomas, Kylie Strong.

JEAN AND KERRY THEW TROPHY (Best at Country Champs)

Men: Martin Auster, Phil Frkovic, Alan Provenzano.

Women: Nonette Aldridge, Christine Shaw, Pauline Smith.

MARCUS TOOLEY AWARDS

Tom Barber, EJ Davie, Mark Cepak, Andrew Atkinson-Howatt, Paula Moorhouse, Robert Hanbury-Brown, Elvire Asprey, Jim Davis, Vanessa Beddie, Max McKay.

CATEGORY AWARDS

Sprints, men: Krzysztof Wardecki, David Isackson, Neville McIntyre, John Van Stappen, Ernie Leseberg.

Sprints, women: Giola Campbell, Gianna Mogentale, Kylie Strong, Julie Foster, Robyn Suttor.

Middle-distance, men: Don Mathewson, Geoff Francis, Noel Wright, Les Gillies, Tony Ireland.

Middle-distance, women: Mary Fien, Gianna Mogentale, Cris Penn, Sue Gore, Paula Moorhouse.

Long distance, men: Jamie Harrison, EJ Davie, Keith Bateman, Dennis Wylie, Don Mathewson.

Long distance, women: Cris Suffolk, Karen Petley, Deborah Drennan, Dorothy Siepmann, Sue Gore.

Walks, men: Jim Seymon, Dennis Williams, Graham Allomes, Doug Barrett.

Walks, women: Suzanne Brown, Nancy Lloyd, Annette Tilman.

Throws, men: Stuart Gyngell, Phil Frkovic, Andrew Atkinson-Howatt, Ron Simcock, Dave Bugden.

Throws, women: Gabi Watts, Karyne Di Marco, Lynette Smith, Mary Thomas, Kim Debrot.

Jumps, men: Clay Tompkins, Albert Gay, John Sturzaker, Noel Peters, Anthony Butt.

Jumps, women: Lynette Smith, Shannon Kavanagh, Gianna Mogentale, Kylie Strong, Montse Ros.

Multi-events, men: Robert Hanbury-Brown, Stuart Gyngell, Alan Provenzano, Andrew Atkinson-Howatt, Albert Gay.

Multi-events, women: Karyne Di Marco, Shannon Kavanagh, Gabi Watts, Lynette Smith, Mary Thomas.

ANSW AWARDS FOR 2009

NSW's best Masters athletes were recognised at the Athletics New South Wales annual awards dinner in Sydney on April 18. The winners were:

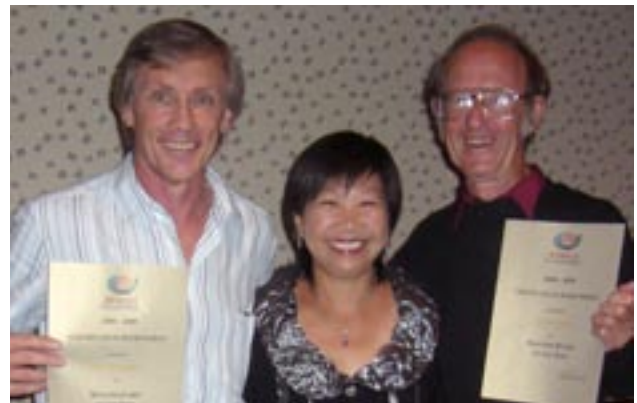
Walks: Jim Seymon **Cross-country:** Richard Roberts

Distance: James Harrison **Jumps:** Clay Tompkins

Sprints/hurdles: Marie Kay **Throws:** Stuart Gyngell

Middle distance: Tony Ireland.

In addition, Vilis Gravitis received the President's Award (Special Recognition) for services to ANSW.



Clay Tompkins (left) and Jim Seymon with Nancy Lloyd.

WMG CLOSING DATE: JULY 31

The closing date for the World Masters Games, to be held in Sydney from October 10 to 18, is JULY 31. The Games Registration Fee of \$220 includes your entry into five "stadia" events and any relays. For more information, go to www.worldmasters.com.

CONGRATULATIONS, TATIANA

Congratulations to Tatiana Sudarikova, who gave birth to her third child, a daughter, Eva, on April 15. Tatiana competed in the javelin for Kyrgyzstan at the 2000 Sydney Olympics before settling in Sydney. Tatiana is married to fellow Masters athlete Anatoly Kirievsky.

AGM on June 28

The 2009 Annual General Meeting of NSWMA will take place at the Bankstown Sports Club, Greenfield Parade, Bankstown, at 2pm on Sunday, June 28. All positions on the committee will be declared vacant and nominations called for candidates. Successful candidates will be decided by secret ballot at the AGM.

Several committee members are standing down from their portfolios and will not seek re-election for a further term of office. These include president Kip Hobson, registrar Garry Womsley, vice president Peter Crombie and acting uniforms officer Lynette Smith.

Being on the NSWMA committee is an opportunity for members to have a say in how the club is run. The committee meets four to five times a year – usually at a weekend at Paddy's Boutique Brewery in Flemington – and is a great forum for ideas and initiatives.

A grand Nationals

NSW athletes turned in a dominant performance at the 37th Australian Masters Athletics championships in Adelaide, reports 2009 team manager **Mark Johnston**.

THE FAMOUS GOLFER

Arnold Palmer once quipped “The more I practise, the luckier I get”. I was reminded of this at the AMA Nationals as NSW athletes swept aside the opposition and plundered the medal coffers. NSW athletes “got lucky” 360 times, 143 of them gold, compared to the next best state’s 70 gold. One hundred and eight NSW athletes took part, one of our biggest and most successful away teams ever. The City of Churches turned on perfect weather for the four days and organisation from the home state was of a high standard.

NSW was a dominant force in the sprints, with the W40 races edge-of-the-seat stuff. In the 100m, the hard-charging Giola led for more than 90 metres, only to have a lunging Julie Brims of Queensland snatch victory by one one-hundredth of a second. Giola’s time was a PB and you can’t ask for more than that.



Kylie Strong heads **Giola Campbell** and **Julie Brims** (obscured) in the W40 200m.

Again, in the 200m, Giola had them covered for 150m or more but this time Kylie Strong came up trumps, beating Brims at her pet distance. Finally, it was down to the 400m and Giola’s last chance to stand atop of the podium. She didn’t disappoint, coming over the top of a tiring

Brim in sub-60-second time.

In the W45 sprints, Gianna Mogentale never looked threatened. Incredibly, she lined up in the 60m, 100m, 200m, 400m, 800m and 1500m and won all of them. In the W160+ relay, consisting of the above-mentioned athletes, the distance to second place was almost the full length of the straight. In the younger age groups, Shannon Kavanagh (W35, 60m, 100m, 200m) and Montse Ros (W30, 60m, 100m) were dominant, as was Robyn Suttor (W50), winning the 200m, 400m and 800m.

In the men’s sprints, Chas Barclay won the M40 60m but strained a hamstring, which put him out of the remaining sprints. A similar fate befell John Van Stappen (M55), who started like a scalded cat in the 200m but injured his piriformis and had to settle for a jog across the line – at least he had the 60m and 100m golds packed safely in his luggage.

In other age groups, Greg Smith (M35), Ernie Leseberg (M35), Warren Spooner (M40), Darren Hughes (M45), Neville McIntyre (M65) and Richard Hughes (M75) were victorious. Neville also won the Champion of Champions 100m, as did Gianna, making it back-to-back victories for the pair at both 2008 and 2009 Nationals.

RECORD THROWING

Throws competitors had to face down the big guns from NSW – world-leading shot putter Stuart Gynge (M45) and 2000 Olympian Karyne Di Marco (W30). Both were kept honest, however, Stuart facing Queenslander Brad Monk and Karyne staring down WA’s Byrony Glass. Stuart took the shot-discus double but Monk claimed the hammer. Karyne won the hammer, weight and javelin but had to concede the shot and discus. In the weight pentathlon, Karyne and

Byrony traded blows all day, with Karyne losing by just one point. A slightly below par (for her) hammer sealed her fate, yet her points total still bettered her NSW state record by two points.

Lynette Smith dominated the W35 throws, taking the clean sweep, and Gabi Watts controlled the W40 age group, taking four out of five events.

Phil Frkovic (M40) also took four out of five throws. The fast-improving Jill Taylor (W50) took out the hammer, weight throw and weight pentathlon, while W60 legend and Hall of Fame nominee Mary Thomas was still in there pitching, winning the discus, javelin, weight throw and weight pentathlon.

Mary also claimed the women’s javelin Champion of Champions title, with Andrew Atkinson-Howatt (M50) making it a NSW sweep by winning the men’s event.

JUMPING TO IT

In the jumps, Kylie Strong (W40) leapt an excellent 5.10m long jump and also added the triple to her tally, while Gianna picked up gold in the long and triple jumps.

In the pole vault, NSW scored a string of victories, with Montse Ros (W30), Will Tyler (M45), Robert Hanbury-Brown (M50), Laurence Allison (M55) and Tom Barber (M60) all claiming gold.

A streak in the men’s triple jump saw Gavin Lowder (M35), Michael O’Hare (M50), Robert Martyn (M55) and Noel Peters (M60) take home gold for NSW.

WELCOME ROOKIES

Mention should be made of some of team rookies who did well. Newcomer Montse Ros (W30) claimed victories in the pole vault, 60m and 100m. Promising throws newbie Glynis Marks (W45) picked up

two silvers in shot and discus against tough opposition from ACT star Jayne Hardy. Baerbel Koribalski (W40) won the pentathlon, while Elvire Asprey (W75), mum of Julie Steele (W45), finished her first nationals with seven medals and three NSW records.

AMA AWARDS

At the AMA awards dinner, Neville McIntyre won the sprint award and Karyne Di Marco the throws award. Well done to both, as these awards are hard to get.

The athletes’ forum was spirited at times, with a few programming glitches and issues concerning entries after competition had started providing vigorous exchanges. The perennial late-entry issue was also debated. Despite late entries being commonplace all over the world, it seems to ignite strong opposition among Masters athletes in Australia.

SAD TIDINGS

In addition to all the victories, there were disappointments and injuries. Vanessa Beddie (W30) sprained her ankle after the first day and spent the rest of the competition on crutches. Renate Hagens (W70) sustained a serious leg injury and crutches had to be found to get her to the airport. Tony Ireland’s wife, Debbie, suffered a fall away from the track and had to be flown back to Sydney for surgery. Adriana Van Bockel’s mother passed away during the championships, necessitating a rushed trip to the family in Wollongong. Our sympathies go out to Adriana in her time of loss and wishes for a speedy recovery to those suffering injuries.

Next year, the nationals are in Perth. After such a great showing this year, let’s set ourselves the target of dominating next year’s nationals too.

2009 Nationals results over the page. ➤

2009 AMA National Championships results

W30

60m

1 Ros, Montse	8.37
3 Beddie, Vanessa	12.19

100m

1 Ros, Montse	13.39
3 Cusack, Kerrie	15.62
4 Beddie, Vanessa	20.22

200m

3 Cusack, Kerrie	32.06
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800m

4 Cusack, Kerrie	3:01.59
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Pole vault

1 Ros, Montse	3.00m
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Triple jump

1 Ros, Montse	10.00m
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Javelin

1 Di Marco, Karyne	29.93m
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Discus

2 Di Marco, Karyne	27.48m
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Shot put

2 Di Marco, Karyne	8.89m
4 Beddie, Vanessa	5.57m

Hammer

1 Di Marco, Karyne	57.93m
3 Beddie, Vanessa	14.57m

Weight throw

1 Di Marco, Karyne	18.38m
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Weight pentathlon

2 Di Marco, Karyne	3830 (<i>NSW record</i>)
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W35

60m

1 Kavanagh, Shannon	8.54
4 Johnston, Carrie	8.99

100m

1 Kavanagh, Shannon	13.59
4 Johnston, Carrie	14.47

200m

1 Kavanagh, Shannon	28.43
3 Johnston, Carrie	30.73

400m

3 Kavanagh, Shannon	68.17
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800m

4 Suffolk, Cristine	2:59.59
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1500m

2 Fien, Mary	5:05.20
3 Suffolk, Cristine	5:30.89
5 Chapman, Caroline	7:22.95

2000m steeplechase

1 Fien, Mary	7:33.68
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5000m

1 Fien, Mary	19:29.37
2 Suffolk, Cristine	19:59.21

10,000m

1 Suffolk, Cristine	41:31.47
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8km cross-country

1 Suffolk, Cristine	34:06.0
3 Chapman, Caroline	53:48.00

High jump

1 Smith, Lynette	1.55m
3 Kavanagh, Shannon	1.25m

Long jump

2 Kavanagh, Shannon	4.29m
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Javelin

1 Smith, Lynette	35.25m
------------------	--------

Discus

1 Smith, Lynette	33.62m
------------------	--------

Shot put

1 Smith, Lynette	9.89m
2 Kavanagh, Shannon	8.91m

Hammer

1 Smith, Lynette	31.19m
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Weight throw

1 Smith, Lynette	10.19m
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Pentathlon

1 Smith, Lynette	2754
3 Kavanagh, Shannon	2317

Weight pentathlon

1 Smith, Lynette	2829
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W40

60m

2 Strong, Kylie	7.97
3 Campbell, Giola	8.06

100m

2 Campbell, Giola	12.66
3 Strong, Kylie	12.71

200m

1 Strong, Kylie	26.07
3 Campbell, Giola	26.20

400m

5 Brown, Suzanne	29.97
6 Koribalski, Baerbel	31.30

800m

1 Campbell, Giola	59.23
4 Hiscox, Donna	65.88

1500m

2 Hiscox, Donna	2:33.19
6 Brown, Suzanne	2:41.42

400m hurdles

1 Hiscox, Donna	72.72
8 Brown, Suzanne	6:04.79

5000m walk

1 Brown, Suzanne	30:20.43
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10km walk

1 Brown, Suzanne	1:04:05.0
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High jump

1 Koribalski, Baerbel	1.35m
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Long jump

1 Strong, Kylie	5.10m
2 Campbell, Giola	4.63m
5 Koribalski, Baerbel	3.97m

Triple jump

1 Strong, Kylie	10.35m
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Javelin

1 Watts, Gabriele	24.82m
2 Koribalski, Baerbel	22.16m
3 Mumberson, Lisa	16.18m

Discus

4 Deskovic, Allison	15.89m
1 Watts, Gabi	34.00m
5 Deskovic, Allison	18.01m

Shot put

6 Mumberson, Lisa	17.34m
1 Watts, Gabi	10.50m
3 Deskovic, Allison	7.27m

Hammer

4 Mumberson, Lisa	6.60m
2 Watts, Gabi	32.14m

3 Mumberson, Lisa	31.23m
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Weight throw

4 Deskovic, Allison	19.47m
1 Watts, Gabriele	11.76m

Weight pentathlon

3 Mumberson, Lisa	9.44m
4 Deskovic, Allison	7.18m

Pentathlon

1 Watts, Gabriele	3397
3 Mumberson, Lisa	2147
4 Deskovic, Allison	1711

Weight pentathlon

1 Koribalski, Baerbel	2073
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W45

60m

1 Mogentale, Gianna	8.03
3 Douglass, Lynda	8.42
4 Aldridge, Nonnette	8.54

100m

1 Mogentale, Gianna	12.75
3 Forster, Julie	13.53
4 Douglass, Lynda	13.76

200m

5 Aldridge, Nonnette	13.82
1 Mogentale, Gianna	26.72
3 Forster, Julie	28.21

400m

5 Aldridge, Nonnette	28.81
6 Douglass, Lynda	29.20
1 Mogentale, Gianna	60.05

800m

4 Gore, Suzanne	67.28
6 Hewitt, Catherine	75.22
7 Steele, Julie	77.79

1500m

1 Mogentale, Gianna	2:28.61
3 Gore, Suzanne	2:35.17
6 Hewitt, Catherine	2:46.65

2000m steeplechase

7 Steele, Julie	3:04.88
1 Mogentale, Gianna	5:16.85
3 Gore, Suzanne	5:23.24

5000m walk

4 Hewitt, Catherine	5:41.73
5 Steele, Julie	6:12.47

10km walk

1 Mogentale, Gianna	1:26:36.0
3 Gore, Suzanne	5:23.24
4 Hewitt, Catherine	5:41.73

2000m steeplechase

1 Steele, Julie	9:46.88
1 Mogentale, Gianna	5:16.85
3 Gore, Suzanne	5:23.24

80m hurdles

1 Debro, Kim	20.48
1 Mogentale, Gianna	4.62m
3 Buhler, Jenny	2.98m

Triple jump

1 Mogentale, Gianna	10.01m
3 Tillman, Annette	41:41.78

High jump

2 Debro, Kim	1.20m
1 Mogentale, Gianna	4.62m
3 Buhler, Jenny	2.98m

Long jump

1 Mogentale, Gianna	4.62m
3 Buhler, Jenny	2.98m
6 Hord, Wendy	18.68m

Discus

7 Buhler, Jenny	14.21m
8 Tillman, Annette	11.68m
2 Marks, Glynis	24.61m

Javelin

4 Marks, Glynis	21.66m
5 Debro, Kim	20.45m
6 Hord, Wendy	18.68m

Triple jump

1 Mogentale, Gianna	10.01m
4 Debro, Kim	23.49m



Kerrie Cusack (W30) took fourth in the 800m in a time of 3:01.59.



Lisa Mumberson (W40) took fourth in the shot put with a distance of 6.60m.



Pauline Smith (W50) in action in the 400m.

8 Buhler, Jenny	17.45m
9 Steele, Julie	16.02m
10 Hord, Wendy	14.08m
11 Tillman, Annette	13.77m

Shot put

1 Debrot, Kim	8.85m
2 Marks, Glynis	8.28m
5 Hord, Wendy	7.29m
7 Buhler, Jenny	6.31m
9 Tillman, Annette	5.22m

Hammer

2 Debrot, Kim	26.02m
3 Marks, Glynis	22.10m
5 Buhler, Jenny	16.54m
6 Tillman, Annette	14.66m

Weight throw

2 Debrot, Kim	9.04m
3 Buhler, Jenny	6.81m

Pentathlon

2 Gore, Suzanne	2348
3 Hord, Wendy	1571
4 Buhler, Jenny	964

Weight pentathlon

2 Debrot, Kim	2739
3 Buhler, Jenny	1940
5 Tillman, Annette	1446

W50

60m

2 Suttor, Robyn	8.97
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100m

2 Suttor, Robyn	14.30
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200m

1 Suttor, Robyn	29.77
4 Bunker, Erika	33.98

400m

1 Suttor, Robyn	68.28
2 Drennan, Deborah	71.75
3 Bunker, Erika	74.82
5 Smith, Pauline	1:24.01

800m

1 Suttor, Robyn	2:40.52
2 Bunker, Erika	2:43.52
3 Drennan, Deborah	2:52.47
5 Smith, Pauline	3:16.03

1500m

2 Bunker, Erika	5:34.86
5 Drennan, Deborah	6:00.73
6 Smith, Pauline	6:40.02

5000m

2 Bunker, Erika	20:32.64
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8km cross-country

1 Bunker, Erika	36:14.0
4 Smith, Pauline	43:00

Javelin

2 Taylor, Jill	17.54m
3 Smith, Pauline	15.84m
5 Clement, Vicki	12.47m

Discus

3 Taylor, Jill	21.59m
4 Smith, Pauline	18.07m
5 Clement, Vicki	15.48m

Shot put

3 Taylor, Jill	8.72m
4 Smith, Pauline	6.49m
5 Clement, Vicki	5.35m

Hammer

1 Taylor, Jill	32.84m
3 Clement, Vicki	24.71m
4 Smith, Pauline	22.67m

Weight throw

1 Taylor, Jill	10.53m
3 Clement, Vicki	7.03m

Weight pentathlon

1 Taylor, Jill	2810
3 Clement, Vicki	1670

W55

1500m

4 Lloyd, Nancy	7:49.68
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5000m walk

4 Lloyd, Nancy	33:32.07
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10km walk

3 Lloyd, Nancy	1:12:01.0
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Shot put

5 Van Bockel, Adriana	6.34m
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Hammer

3 Van Bockel, Adriana	24.62m
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W60

200m

3 Moorhouse, Paula	34.55
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400m

1 Moorhouse, Paula	76.99
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800m

1 Moorhouse, Paula	3:01.73
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1500m

1 Moorhouse, Paula	6:18.45
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8km cross-country

2 Moorhouse, Paula	41:42.0
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Javelin

1 Thomas, Mary	25.09m
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Discus

1 Thomas, Mary	24.01m
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Shot put

3 Thomas, Mary	8.57m
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Hammer

2 Thomas, Mary	28.78m
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Weight throw

1 Thomas, Mary	11.98m
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Weight pentathlon

1 Thomas, Mary	3668
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W65

5000m

1 Siepmann, Dorothy	26:32.29
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10,000m

1 Siepmann, Dorothy	53:16.21
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8km cross-country

1 Siepmann, Dorothy	49:24.00
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W70

5000m walk

2 Hagens, Renate	40:15.64
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10km walk

1 Hagens, Renate	1:26:30.0
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Shot put

4 Hagens, Renate	5.56m
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Javelin

4 Hagens, Renate	14.70m
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W75

60m

2 Asprey, Elvire	11.94 (NSW record)
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Caroline Chapman (W35) finished fifth in the 1500m in 7:22.05.



Glynis Marks (W45) took fourth in the javelin with 21.66m.



Deborah Drennan (W50) won bronze in the 800m in 2:52.47.

2009 Nationals results

W75

60m	
2 Asprey, Elvire	11.94
100m	
2 Asprey, Elvire	20.23
200m	
1 Asprey, Elvire	46.05 (<i>NSW record</i>)
400m	
1 Asprey, Elvire	1:59.05 (<i>NSW record</i>)
Javelin	
2 Asprey, Elvire	8.09m
Discus	
2 Asprey, Elvire	12.13m
Shot put	
3 Asprey, Elvire	5.39m (<i>NSW record</i>)

M35

60m	
1 Smith, Greg	7.29 (<i>Australian record</i>)
2 Leseberg, Ernest	7.32
4 Lowder, Gavin	7.85
100m	
1 Leseberg, Ernest	11.34
3 Smith, Gregory	12.39
5 Lowder, Gavin	12.66
200m	
1 Leseberg, Ernest	22.74
2 Odede, Samuel	23.40
6 Davie, EJ	30.01
400m	
1 Leseberg, Ernest	51.02
4 Davie, EJ	69.71
800m	
5 Davie, EJ	2:39.96
1500m	
3 Davie, EJ	5:09.53
5000m	
5 Davie, EJ	20:36.56
10,000m	
5 Davie, EJ	43:18.40
8km cross-country	
5 Davie, EJ	38:26.0

High jump	
3 Lowder, Gavin	1.45m
Long jump	
2 Lowder, Gavin	5.22m
Triple jump	
1 Lowder, Gavin	10.61m
Javelin	
1 Brown, Daniel	49.72m
Discus	
5 Lowder, Gavin	27.91m
Pentathlon	
3 Lowder, Gavin	1883

M40

60m	
1 Barclay, Chas	7.52
200m	
1 Spooner, Warren	24.45
400m	
1 Spooner, Warren	53.64
110m hurdles	
1 Mason, Robert	28.56



400m hurdles	
3 Mason, Robert	1:23.81

3000m steeplechase	
2 Mason, Robert	15:32.35

High jump	
1 Melton-Agbohlah, Keith	1.45m
2 Mason, Robert	1.20m

Javelin	
1 Kohlrusch, Andrew	44.19m
2 Frkovic, Phil	37.42m
3 Melton-Agbohlah, Keith	34.91m

Discus	
1 Frkovic, Phil	38.10m
2 Kohlrusch, Andrew	31.86m

Shot put	
1 Frkovic, Phil	12.84m
3 Mason, Robert	4.88m

Hammer	
1 Frkovic, Phil	42.66m

Weight throw	
1 Frkovic, Phil	12.46m

Weight pentathlon	
1 Frkovic, Phil	2913

M45

60m	
1 Hughes, Darren	7.57
2 Provenzano, Alan	7.92
3 Holmes, Neil	7.96

100m	
1 Hughes, Darren	11.95
2 Holmes, Neil	12.39
3 Provenzano, Alan	12.50

200m	
2 Hughes, Darren	24.86
3 Provenzano, Alan	25.33

400m	
4 Moore, Barry	57.23

800m	
2 Moore, Barry	2:09.86
4 Sharpe, Bradley	2:18.16
7 Houghton, David	2:39.40

1500m	
2 Moore, Barry	4:34.86
5 Sharpe, Bradley	4:55.54

8km cross-country	
3 Sharpe, Bradley	34:19.0

400m hurdles	
3 Tyler, William	78.84

High jump	
3 Hughes, Darren	1.55m
6 Butler-White, Simon	1.35m

Pole vault	
1 Tyler, William	3.40m
3 Cepak, Mark	2.10m
4 Butler-White, Simon	2.00m

Long jump	
1 Provenzano, Alan	5.13m
3 Hughes, Darren	5.04m
6 Butler-White, Simon	4.53m
8 Cepak, Mark	4.01m

Triple jump			4 Joni, Lajos	10.90m
2 Provenzano, Alan	9.99m		6 Atkinson-Howatt, Andrew	10.56m
4 Tyler, William	8.95m		Hammer	
5 Cepak, Mark	8.77m		1 Joni, Lajos	43.35m
Javelin			5 Atkinson-Howatt, Andrew	33.55m
1 Reed, Peter	38.53m		6 Hanbury-Brown, Robert	31.00m
2 Provenzano, Alan	38.08m		Weight throw	
3 Butler-White, Simon	36.28m		2 Joni, Lajos	14.07m
4 Cepak, Mark	29.68m		5 Atkinson-Howatt, Andrew	12.58m
Discus			6 Hanbury-Brown, Robert	9.99m
1 Gyngell, Stuart	45.95m		Pentathlon	
3 Butler-White, Simon	28.25m		1 Atkinson-Howatt, Andrew	2521
4 Cepak, Mark	26.59m		2 Hanbury-Brown, Robert	2518
5 Reed, Peter	25.51m		Weight pentathlon	
Shot put			4 Atkinson-Howatt, Andrew	3014
1 Gyngell, Stuart	17.29m		5 Hanbury-Brown, Robert	2847
2 Reed, Peter	10.29m		6 Joni, Lajos	2824
3 Butler-White, Simon	9.37m		M55	
4 Cepak, Mark	8.69m		60m	
Hammer			1 Van Stappen, John	7.89
2 Gyngell, Stuart	43.56m		7 McGugan, Stephen	8.68
3 Cepak, Mark	30.41m		8 Martyn, Robert	8.72
4 Butler-White, Simon	28.70m		100m	
Weight throw			1 Van Stappen, John	12.58
1 Gyngell, Stuart	15.08m		200m	
3 Cepak, Mark	10.56m		3 Morphis, Antony	26.60
Pentathlon			7 Van Stappen, John	28.70
1 Provenzano, Alan	2777		400m	
Weight pentathlon			3 Morphis, Antony	59.48
1 Gyngell, Stuart	3950 (<i>Australian record</i>)		800m	
3 Cepak, Mark	2332		6 Morphis, Antony	2:31.43
4 Butler-White, Simon	2322		5000m	
5 Reed, Peter	2231		3 Wylie, Dennis	18:00.56
M50			10,000m	
100m			2 Wylie, Dennis	37:35.67
3 Marriott, Wayne	13.31		8km cross-country	
200m			2 Wylie, Dennis	30:53.0
2 Hasler, Daniel	26.08		100m hurdles	
5 Marriott, Wayne	27.48		1 McGugan, Stephen	17.84
400m			400m hurdles	
1 Hasler, Daniel	56.73		1 Fowler, Neil	67.97
5000m			High jump	
4 Mifsud, Stephen	21:18.23		2 McGugan, Stephen	1.35m
100m hurdles			3 Allison, Laurence	1.20m
1 Marriott, Wayne	18.59		Pole vault	
400m hurdles			1 Allison, Laurence	2.00m
1 Marriott, Wayne	71.92		Long jump	
3000m steeplechase			2 Martyn, Robert	4.33m
1 Gonye, Leslie	14:12.17		3 McGugan, Stephen	4.22m
High jump			Triple jump	
2 Hanbury-Brown, Robert	1.45m		1 Martyn, Robert	9.04m
Pole vault			Javelin	
1 Hanbury-Brown, Robert	2.00m		3 Baker, Anthony	28.53m
Triple jump			4 Heazlewood, Ian	26.16m
1 O'Hare, Michael	11.24m		5 Allison, Laurence	24.31m
3 Marriott, Wayne	9.31m		Discus	
Javelin			4 Baker, Anthony	29.10m
1 Atkinson-Howatt, Andrew	44.74m		5 Heazlewood, Ian	26.11m
3 Hanbury-Brown, Robert	38.37m		6 Allison, Laurence	24.47m
Discus			Shot put	
3 Hanbury-Brown, Robert	37.43m		2 Baker, Anthony	10.89m
4 Atkinson-Howatt, Andrew	36.89m		4 Heazlewood, Ian	9.40m
6 Joni, Lajos	32.15m		5 Allison, Laurence	8.38m
Shot put				
3 Hanbury-Brown, Robert	11.16m			



Keith Melton-Agbohlah (M40) took bronze in the javelin with 34.91m.



Phil Frkovic (M40) won shot put gold – and four others – with 12.40m.



Middle-distance man **Geoff Francis (M65)** took third in the 800m in 2:40.33.



Noel Peters (M60) won gold in the high jump (1.30m) and triple (9.44m).



Laurie Allison (M55) took fifth in the hammer with a throw of 24.18m.



A flying **John Van Stappen** (M55) won the 60m and 100m.

2009 Nationals results

Hammer

4 Baker, Anthony	26.43m
5 Allison, Laurence	24.18m
6 Heazlewood, Ian	23.19m

Weight throw

2 Baker, Anthony	10.26m
3 Allison, Laurence	9.47m
4 Heazlewood, Ian	8.72m

Pentathlon

3 Martyn, Robert	2201
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Weight pentathlon

1 Baker, Anthony	2640
5 Allison, Laurence	2046

M60

60m	
6 D'Lecki, Michael	9.33

100m

6 D'Lecki, Michael	15.00
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200m

6 Williams, Dennis	31.34
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400m

4 Gillies, Leslie	63.71
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800m

3 Gillies, Les	2:26.36
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4 Mathewson, Don	2:27.26
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5 Wright, Noel	2:31.03
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1500m

2 Mathewson, Don	5:00.17
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4 Wright, Noel	5:12.04
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5000m

2 Mathewson, Don	18:39.38
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8km cross-country

1 Mathewson, Don	33:55.0
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100m hurdles

1 Barber, Tom	20.01
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10km walk

3 Williams, Dennis	59:13.0
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High jump

1 D'Lecki, Michael	1.30m
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1 Peters, Noel	1.30m
----------------	-------

4 Barber, Tom	1.25m
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Pole vault

1 Barber, Tom	2.30m
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Long jump

2 Peters, Noel	4.75m
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4 Barber, Tom	4.02m
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7 D'Lecki, Michael	3.73m
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Triple jump

1 Peters, Noel	9.44m
----------------	-------

3 Barber, Tom	8.05m
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4 D'Lecki, Michael	7.77m
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Javelin

7 Williams, Dennis	21.82m
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Discus

7 Barber, Tom	26.43m
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8 Williams, Dennis	24.48m
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-- D'Lecki, Michael	NM
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Shot put

5 D'Lecki, Michael	10.97m
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Pentathlon

3 Wright, Noel	2937
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6 Barber, Tom	2297
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M65

60m

1 McIntyre, Neville	8.23
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100m

1 McIntyre, Neville	12.89
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5 Ireland, Tony	14.14
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200m

2 McIntyre, Neville	26.77
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5 Ireland, Tony	28.25
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400m

2 McIntyre, Neville	61.39
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4 Ireland, Tony	62.34
-----------------	-------

8 Francis, Geoffrey	70.19
---------------------	-------

800m

1 Ireland, Tony	2:26.84
-----------------	---------

3 Francis, Geoffrey	2:40.33
---------------------	---------

1500m

3 Francis, Geoff	5:37.32
------------------	---------

High jump

1 Mamalis, Greg	1.30m
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Long jump

2 Mamalis, Greg	4.27m
-----------------	-------

Discus

2 Sowerby, Brett	30.68m
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Shot put

4 Sowerby, Brett	8.95m
------------------	-------

Hammer

3 Sowerby, Brett	26.85m
------------------	--------

Weight throw

4 Sowerby, Brett	10.16m
------------------	--------

Weight pentathlon

4 Sowerby, Brett	2862
------------------	------

M70

60m

4 Chantrill, David	8.84
--------------------	------

100m

5 Chantrill, David	14.22
--------------------	-------

200m

3 Chantrill, David	29.34
--------------------	-------

80m hurdles

2 McEneaney, Peter	18.92
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300m hurdles

2 McEneaney, Peter	62.06
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5000m walk

2 Seymon, Jim	29:54.84 (<i>NSW record</i>)
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10km walk

2 Seymon, Jim	1:01:30.0 (<i>NSW record</i>)
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M75

60m

1 Hughes, Richard	9.61
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4 Zeitzen, Barry	12.81
------------------	-------

100m

1 Hughes, Richard	15.31
-------------------	-------

4 Zeitzen, Barry	22.72
------------------	-------

200m

4 Zeitzen, Barry	44.96
------------------	-------

400m

2 Zeitzen, Barry	1:41.09
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800m

2 Zeitzen, Barry	4:00.81
------------------	---------

Javelin

4 Davis, James	20.59m
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Discus

2 Davis, James	27.08m
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Shot put

1 Davis, James 9.38m

Hammer

1 Davis, James 30.87m

Weight throw

1 Davis, James 13.78m

Weight pentathlon

1 Davis, James 3496

M85

High jump

1 McKay, Max 0.90m (equals NSW record)

Long jump

1 McKay, Max 2.16m (NSW record)

Javelin

2 McKay, Max 12.28m

Discus

2 McKay, Max 13.70m

Shot put

1 McKay, Max 6.05m (NSW record)

Hammer

2 McKay, Max 17.15m

CHAMPION OF CHAMPIONS

Women 100m

1 Mogentale, Gianna 11.80

3 Strong, Kylie 11.96

4 Campbell, Giola 12.05

Men 100m

1 McIntyre, Neville 10.54

6 Hughes, Darren 11.13

Women javelin

1 Thomas, Mary 55.03m

4 Smith, Lynette 49.36m

6 Di Marco, Karyne 46.94m

Men javelin

1 Atkinson-Howatt, Andrew 59.73m

RELAYS

4x100m W120+

2 NSW 54.18

1. Kavanagh, Shannon 39; 2. Brown, Suzanne 43;

3. Suttor, Robyn 50; 4. Ros, Montse 30.

4x100m W160+

1 NSW 50.86 (NSW W40 record)

1 Forster, Julie 47; 2. Strong, Kylie 41;

3. Campbell, Giola 44; 4. Mogentale, Gianna 45.

4x100m W200+

5 NSW 65.74

1. Steele, Julie 48; 2. Hiscox, Donna 42;

3. Asprey, Elvire 77; 4. Hewitt, Catherine 46.

4x100m M170+

1 NSW 47.89

1. Marriott, Wayne 54; 2. Hughes, Darren 46;

3. Lowder, Gavin 37; 4. Alan Provenzano, 45.

4 x 400m W160+

1 NSW 4:12.02 (NSW W40 record)

1. Forster, Julie 47; 2. Mogentale, Gianna 45;

3. Campbell, Giola 44; 4. Hiscox, Donna 42.

4x400m W200+

3 NSW 5:33.83

1. Asprey, Elvire 77; 2. Steele, Julie 48;

3. Brown, Suzanne 43; 4. Gore, Suzanne 46.

4x400m M220+

1 NSW 4:23.66 (NSW M60 record)

1. Francis, Geoff 67; 2. Wright, Noel 62;

3. Mathewson, Donald 64; 4. Gillies, Les 62.

MEDAL TABLE

Team	Gold	Silver	Bronze	Total
NSW	143	83	88	314
VIC	80	49	31	160
QLD	70	59	34	163
SA	65	92	82	239
ACT	56	36	28	120
WA	45	38	23	106
TAS	30	28	15	73
OS	9	3	3	15

AUSTRALIAN

CHAMPIONSHIP RECORDS

W30: Pole vault – Montse Ros 3.00m

W35: 2km steeplechase – Mary Fien 7:33.68

W45: 100m – Gianna Mogentale 12.75s

M40: 60m – Chas Barclay 7.52s

M45: 60m – Darren Hughes 7.57s

M45: Shot put – Stuart Gyngell 17.29m

M45: Discus – Stuart Gyngell 45.95m

M55: 60m – John Van Stappen 7.89s

M65: 60m – Neville McIntyre 8.23s



100m Champion
of Champions winners
Neville McIntyre and
Gianna Mogentale.

PHOTOGRAPH BY REBECCA MOGENTALE.

Police Games an arresting comp

The opportunity to enjoy some valuable pre-Nationals competition – and to receive a special commemorative medallion to mark 25 years of the NSW Police Games – drew several Masters athletes to Blacktown in March to take up an invitation to participate in the annual two-day event.

Among the competitors from NSWMA were Peter Byrne, Don Mathewson, Steve Napper, Noel Wright, Tony Ireland, Chas Barclay, Kylie Strong, Mary Willis, Garry and Cheri Wolmsley, Alan Provenzano, Dennis Williams, Wendy Hord, Judy Brown, Salvina Agius, Noel Donahue, Todd Devery, Albert Gay, Brad Sharp, Deborah Drennan, Keith Melton-Agbohlah and Dorothy Siepmann.

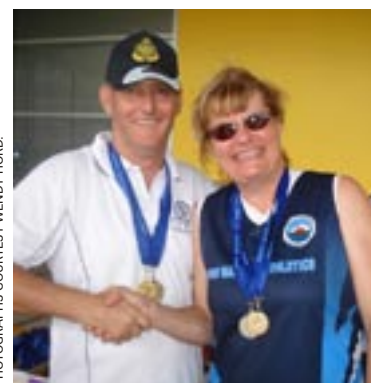
The meet was very capably run by Garry Watt, Stan Stark and Susan Newton, the athletes occasionally pitching in to assist in the fine to warm conditions over the weekend.



Frank Cunningham and Judy Brown.



Keith Melton-Agbohlah's booty.



Frank Cunningham and Wendy Hord.

PHOTOGRAPHS COURTESY WENDY HORD.

Blues blew them away

Records galore, dramatic spills on the track and heart-stopping finishes – this year's AMA Nationals had it all, writes Waratah correspondent **Selwyn Baxter-Wright**.

HOW GREAT to see NSW represented so strongly in Adelaide and to see many new faces wearing the blue of NSW too. Of the 493 athletes at the championships, 108 were from NSW – not far behind the 129 of the host state, South Australia. NSW athletes often occupied all three spots on the podium.

OUR NEW WORLD RECORD

In an attempt plotted long before the Nationals, **Tony Ireland** and **Neville McIntyre** teamed up with Queenslanders **Heinz Steinmann** and **Col Buyers** to break the world record in the M65 4 x 400m relay, set by a German team in 2005. Tony Ireland describes the race:

“Our No. 1, Heinz Steinmann, gave us a strong start, up on the schedule. I went next and went very well, with a youngster from SA dragging me through the second half. Even though I was stopped and off the track, we were still under our schedule time, so we knew we had the record shot to bits at that stage.

“The wonderful Nev McIntyre got us to the 1200m change with 67 seconds left to break the record – and we knew Col Buyers could do that running backwards. He took only 60 and we had run 4:02.62, smashing the old mark by 6.4 seconds!

“Four men from different parts of Australia and very different backgrounds, who made a wonderful team. I’m really proud to be part of that.”

RAFT OF NEW RECORDS

In addition to Tony and Neville’s world relay record, NSW athletes set two Australian records and 14 State records.

● **Stuart Gygell** (M45) improved his own Australian record of 3919 points, set at the 2009 NSW weight pentathlon championships, to 3950 points.

● **Greg Smith** (M35) ran the 60m in 7.29 seconds to break the Australian record of Ernie Leseberg – 7.31, set in 2007.

● **Karyne Di Marco** (W30) improved her own NSW weight pentathlon record by two points to 3830 points.

● **Elvire Asprey** (W75), who set five NSW records at the State titles in March, added four more to her tally: 60m (11.94), 200m (46.05) 400m (1.59.05) and shot put (5.39m).

● **Dennis Williams** (M60) broke the 10km road walk of 1.04.20, set by Peter Waddell in 2004, clocking 59.13.0.

● **Jim Seymon** (M70) took 10 seconds off the 19-year-old State record in the 5000m walk (29:54.84) and three minutes off the 15-year-old 10km road walk record (1:01:30.0). Both had been set by Vic Townsend in the 1990s.

● **Jim Davis** (M75) threw the weight 13.78m to break Russell Foy’s state record of 11.76m, set in 2002.

● **Max McKay** (M85), who set State high jump and hammer records at the NSW titles in March, set two more records, breaking Ray Frith’s 18-year-old mark in the long jump (2.16m), setting an inaugural shot put mark (6.05m) and equalling his State record (0.90m) in the high jump.

● **Julie Forster, Gianna Mogentale, Giola Campbell** and **Donna Hiscox** broke the five-year-old W40 4 x 400m record of 4.21.83, improving it to 4.12.02.

● **Julie, Giola** and **Gianna** teamed with **Kylie Strong** to clock 50.86, breaking the W40 4 x 100m record of 51.56 set at the 2009 State titles.

● **Geoff Francis, Noel Wright, Don Mathewson** and **Les Gillies** broke the five-year-old M60 4 x 400m record by a huge 35 seconds, improving it to 4.23.66.

GIANNA’S GOLD HAUL

Track queen **Gianna Mogentale** (W45) won the 60m, 100m, 200m, 400m, 800m and 1500m, the Champion of Champions 100m and helped set a NSW record in the W40 4 x 100m relay – and the long jump and triple jump, for good measure. Oh, and thanks to the lady with the microphone at the medal presentations, about nine new surnames as well – “Morgandale” among them.

BLOODY MARVELLOUS

Danny Hasler (M50) provided one of the meet’s most dramatic moments. With the finish line of the 400m beckoning, but sensing that John Morton of the ACT was closing fast, a tiring Danny hurled himself at the line, only just making it across. His last-gasp lunge saw him land heavily on the track, receiving bloody abrasions to his nose and mouth.

A dazed Danny lay there for some time

before, sportingly, John helped him to his feet – and off to the medical room for treatment to his injuries. Fortunately, Danny was able to step up on to the podium not long after to receive his gold medal for his 56.73 second victory.

OH, SO CLOSE

● An agonising one point separated 2000 Olympian **Karyne di Marco** from a gold medal – and a new Australian record – in the W30 weight pentathlon. The honours went to Byrony Glass of WA.

● **Andrew Atkinson-Howatt** took the M50 pentathlon by a skinny three points from Robert Hanbury-Brown, turning the tables from the NSW titles, where Robert took gold by 32 points.

● **Gavin Lowder** refused to let South Australian sprinter Greg Fopp get by him in the final leg of a thrilling M170+ 4 x 100m relay, hanging on valiantly to snare the gold for team mates **Darren Hughes, Alan Provenzano** and **Wayne Marriott** by just one one-hundredth of a second.

WON IT, LOST IT, WON IT

A comedy of officiating errors in the javelin Champion of Champions saw **Andrew Atkinson-Howatt** (M50) awarded victory, only to have it taken away after an official asserted that a wrongly measured throw by Victorian great Graeme Rose was further. At one stage, even spectators became embroiled in the confusion.

However, amid the chaos, the experience – and sanity – of the javelin competitors won out, with Graeme acknowledging that Andrew’s best throw had, indeed, bettered his own and requesting that the official result be reversed and the trophy awarded to the rightful winner.

Says Andrew, “Adelaide was my ninth Nationals and by far the most talked about as far as the judging of the throws was concerned. I talked to many athletes from all states and all were disappointed by the judging and, in more than one case, the misinterpretation of the rules.

“The Champion of Champions event descended into a fiasco, with more than eight officials still not able to get it right. Except for this, it was an otherwise fantastically run meet by the SA Masters.”

2009 nationals photo gallery



Andrew Kohlrusch (M40) easily nailed the gold in the javelin.



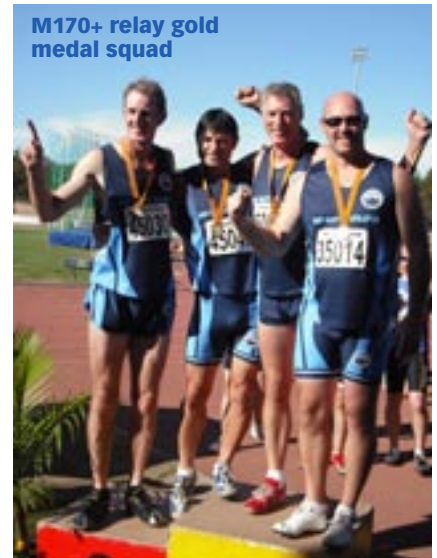
Spear-group pressure: "Er, whatever it was we said, we take it all back, OK?"



It takes two: Stuart Gyngell's tango classes proved popular.



High jump gold medallist **Lynette Smith (W35)** shows a clean pair of heels ... to some seagulls.

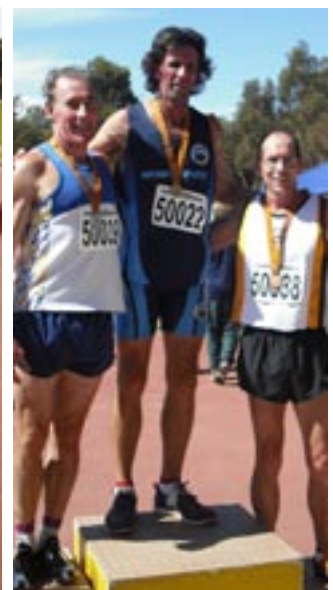


M170+ relay gold medal squad

Darren Hughes, Alan Provenzano, Wayne Marriott and Gavin Lowder.



Danny Hasler injured himself in his lunge to win the M50 400m. He was helped up by the silver medallist **John Morton** of the ACT and taken for medical treatment before making it back to the track to accept gold for his gutsy effort.





State pentathlon champion **Alan Provenzano** (M45) added the Nationals title too.



Dorothy Siepmann (W65) took gold in the 5000m and 10,000m.



Baerbel Koribalski readies for take-off in the W40 long jump.



Les Gillies helped his team to an M60 NSW record in the 4 x 400m relay.



Karyne di Marco (W30) bettered her own NSW weight pentathlon record.



Steve McGugan (M55) won silver in the high jump with a height of 1.35 metres.



Tailed by **Gianna Mogentale**, **Sue Gore** leads the W45/W50 1500m.