

# The Waratah



WWW.NSWMASTERSATHLETICS.ORG.AU

May 2016

## NSW Masters Championships

2016



Clockwise from left: Jane Boyd chases Sue Gore to the tape, W50 800m. Jose Carvalho, M55 1500m. EJ Davie, M45 1500. Andrew Kolrush, M50 100m hurdles. Amanda Coombe, W45 800m. Richard Hughes, M80 800m. M Walker

# NSWMA COMMITTEE 2015/2016

Position	Name	Phone	Email
President	Mark Johnston	0419 914 915	president@nswmastersathletics.org.au
Vice President	Jill Taylor	0409 607 384	vicepres@nswmastersathletics.org.au
Secretary	Audrey Thomson	0434 233 514	secretary@nswmastersathletics.org.au
Treasurer	Anatoly Kirievsky	0413 710 216	treasurer@nswmastersathletics.org.au
Registrar			registrar@nswmastersathletics.org.au
Records	Peter Murray	0416 216 771	records@nswmastersathletics.org.au
Uniforms	Belinda Wescott	0438 278 360	uniforms@nswmastersathletics.org.au
Website	Janie Carter	0408 699 185	website@nswmastersathletics.org.au
Editor	Margaret Walker	0422 936 020	editor@nswmastersathletics.org.au
Field Rep	Stuart Gyngell	0415 249 088	sgyngell@gmail.com
Track Rep	Kathleen Cook	0416 715 565	kathleen.cd@hotmail.com

## The Presidential Address

The summer season is behind us and we now turn our attention to our annual awards presentation, the annual general meeting, the new committee, world titles etc. The annual presentation has been shifted to Sunday 19 June due to the unavailability of Bankstown Sports Club on the originally mooted date. A TryBooking site has been set up for members to book. Costs are the same as last year but the committee has decided to move to a calendar year as the basis for the awards, to bring it into line with other bodies such as ANSW and the AMA. The annual general meeting will be held on the following Sunday, 26 June, also at Bankstown Sports Club (see notice elsewhere in this newsletter) so there is a feast of fun scheduled for the last week or so in June!



The club has been battling along without a full-time registrar and is also losing its secretary Audrey Muscat who has done sterling work in both these roles over the past couple of years. I'd therefore urge any members with a little time on their hands - I know it's in short supply - to give back to the club and fill one of these important roles. I'd also take the opportunity to thank the existing committee for their great work over the past season.

We now have a Masters committee within ANSW comprising Paul Carr (ANSW/Mingara), myself, Peter

Crombie and Gabi Watts. The intention here is to build a closer relationship with ANSW and provide guidance and feedback where appropriate. Those of you who participated in the state titles would have received a survey, one of our initiatives to improve services to Masters athletes.

With the world titles coming up in October/November this year we have brought in two new initiatives. Firstly, due to our season normally ending on 30 September, we are extending the current season to encompass the world titles to avoid any problems with last minute renewals. Secondly, we are offering a special deal to ANSW non-NSWMA masters aged athletes to encourage them to take part. The deal is a reduced \$20 membership for entry and the duration of the titles.

Just recently we offered a sprint clinic in conjunction with Ranell & Kip Hobson which was free to club members. This was very well attended and booked out faster than a Stones' concert! It's another example of the committee working to improve Masters athletics in NSW.

Cheers,

Mark

## Following their debut performance in the Beijing 2015 IAAF World Championships,

Masters athletes were represented for the first time in the World Indoor Championships in Portland in March this year. Portland, Oregon, is situated in the North West of the United States and is snow covered in winter.

The inclusion of Masters races in international athletics is a very exciting trend, and this time Australia was represented by our very own Deborah Drennan in the women's W55 800m. No Australians were selected for the men's race which was the M60 800m. With an injured Marie Kay from Queensland Masters unable to compete, Deborah was the only Australian Masters athlete competing in Portland and you will remember that in Beijing there were two, Julie Forster and Gianna Mogentale in the W50 400m plus Alan Cooke from Victoria in the M50 800m. That degree of bravery needed to take on the world all by yourself raises the middle distance event to a whole new level.

You can watch Deborah's race on YouTube or peruse the stunning photos taken by Ken Stone who generously shared them with the rest of the world. Ken only asked that you credit him at masterstrack.com. They give an excellent insight into the excitement of that evening and can be found at:

<http://masterstrack.com/download-these-outtakes-from-iaaf-portland-800-races-all-yours/>

What was it like to be a part of an Australia team under the spotlight of the world athletic community? What challenges does an indoor track present for an athlete coming from a country without one?

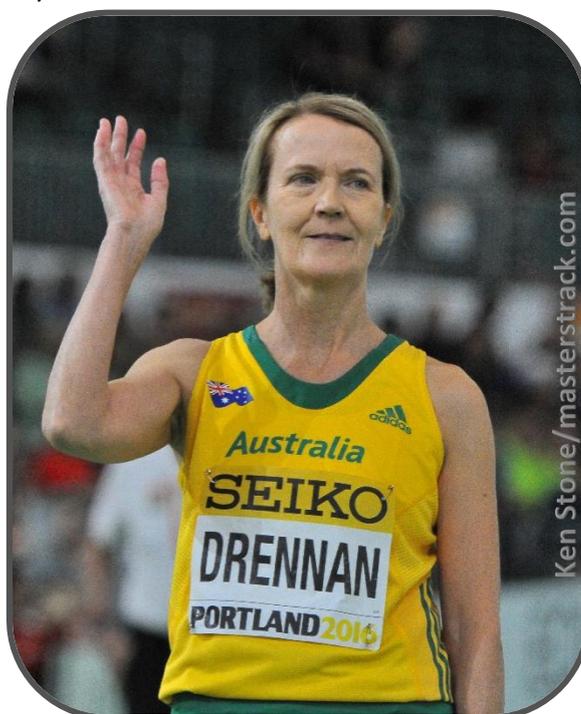
On page 8 Deborah shares her experience of the event, from the thrill of being invited to the inevitable nerves and the race itself.

As we close this athletic season, Garry Womsley gives us the round ups from the NSW State Championships, on page 4, and the AMA Nationals, on page 14. I posted my photos of State on Facebook and, thanks to Michael's

photos, we have access to free high quality downloads of photos from Nationals as well. They can be found at:

<http://www.michaelsphotos.com.au/Australian-Masters-Athletics-2>

My choice of which photos to include was governed by their relevance and their quality. Inevitably many excellent photos had to be left out because of space, or the time required for me to look at all of them. In such a large club, as well, I don't know everyone and some photos have to be emailed around the committee with a notice that reads 'kindly identify this athlete'. So if you have a favourite photo please send it in with a name and a caption so that I can include it in future issues.



On Saturday 14 May the first Masters Sprint Clinic was held at SOPAC under the guidance of Ranell Hobson, coaching director at the Academy of Sport, Speed and Agility. Being beaten is not inevitable. Unlocking the key to speed is Ranell's talent and her gift to us is her ability to share it. If you missed out this time, be the first in line for the next one or book an individual session with Ranell.

Read about the clinic, including booking information, on page 10.

For the many throwers among us, turn over the page to a History of the Throws Pentathlon written by our President, Mark Johnston.

On page 25 our record officer, Peter Murray, has compiled the new records for this season. 97 State Records and 27 Nationals records were broken by NSW athletes. Remember that you must be a member of NSWMA at the time you set the State record for it to hold. A number of athletes only joined NSW Masters between State and Nationals.

And finally, at the end of this edition is a notice that the NSWMA AGM will be held on Sunday 26 June at the Bankstown Sports Club.

*Editor*

# NSW MASTERS CHAMPIONSHIPS

Saturday & Sunday, 20<sup>th</sup> & 21<sup>st</sup> February, 2016 – SOPAC

Garry Womsley

Photos M Walker

Masters athletes from all over the state had the honour of being the first athletes to compete on the new blue track. It's always a privilege to compete at the headquarters of athletics but it was made even more memorable this time around. Unlike the light blue athletics track in Melbourne, our new track is a darker blue and certainly felt cooler than the standard reddish/brown type we are all used to. The weather over the weekend was fine and sunny and was quite hot and humid at times.

There were a number of very good performances by our members over the two days. Here is a selection of those outstanding athletes and their performances: -

#### Michael Laws (M30-34): -

Sprints, Jumps and Throws, you name it, Michael Laws does it and he does it well. He must have been very tired at the end of day two. He picked up a massive 11 medals from this meet which included 9 gold, 1 silver and 1 bronze. His 9 golds were earned in the Long Jump (5.82m), Hammer (30.11m), Weight (11.92m), Discus (33.56m), Shot Put (7.91m), Javelin (27.97m), 400m (53.83sec), High Jump (1.60m) and Triple Jump (11.17m). His silver came in the 60m (7.64sec) and his bronze came in the 200m (23.89sec).

#### John Lamb (M65-69): -

John continued his great form over the sprints and hurdles. He contested 6 events and won them all. His gold medals were earned in the 60m (8.47sec), 100m (13.50sec), 200m (27.47sec), 400m (1:02.84), 100m Hurdles (18.47sec) and 300m Hurdles (50.74sec).



#### Peter Crombie (M70-74): -

Peter showed his versatility by picking up three gold medals in the sprint events and three gold medals in the

throws events. His six gold medals were earned in the 60m (8.48sec), 100m (13.72sec), 200m (27.96sec), Discus (24.44m), Shot Put (9.78m) and Javelin (33.45m).

#### Jamie Muscat (M35-39): -

Jamie had a busy weekend in the jumps and throws. It was also a successful one. He picked up 5 gold medals and 1 silver medal as well as a 4<sup>th</sup> placing. His gold came in the Hammer (44.90m), Weight (13.26m), Discus (39.51m), Shot Put (13.29m) and Javelin (35.26m). His silver medal came in the High Jump (1.05m).

#### Don Mathewson (M70-74): -

Don was again unbeatable over the middle and long distances. He picked up three gold medals from his three races. In a busy weekend he placed first in the 800m (2:36.74), 1500m (5:15.35) and 5000m (19:38.72).

#### Richard Hughes (M80+): -

83 year old Richard Hughes dominated his category in his four events. He excelled at both sprints and middle distance to pick up his four gold medals. They came in the 60m (10.60sec), 100m (17.15sec), 200m (36.36sec) and 800m (3:55.82).

#### Clay Tompkins (M60-64): -

Jumps specialist Clay Tompkins continues to get better with age. He again picked up three gold medals and his performances compare favourably against younger athletes. His first placings came in the Long Jump (4.91m), High Jump (1.45m) and Triple Jump (11.11m).

#### Brian Sharpe (M80+): -

At 85 years young, Brian was the oldest male at this event. He had a weekend to remember. He picked up 3 gold, 1 silver and 3 bronze medals against younger opponents. He also broke 3 State Records in the M85-89 age category. His gold medals came in the Javelin (14.05m), Shot Put (5.58m) and Long Jump (2.11m). His silver came in the 400m (1:43.17). His bronzes came from the 60m (12.69sec), 100m (20.67sec) and 200m (43.33sec). He also broke the previous State Records in the 60m, 100m and 200m.

#### Lajos Joni (M60-64): -

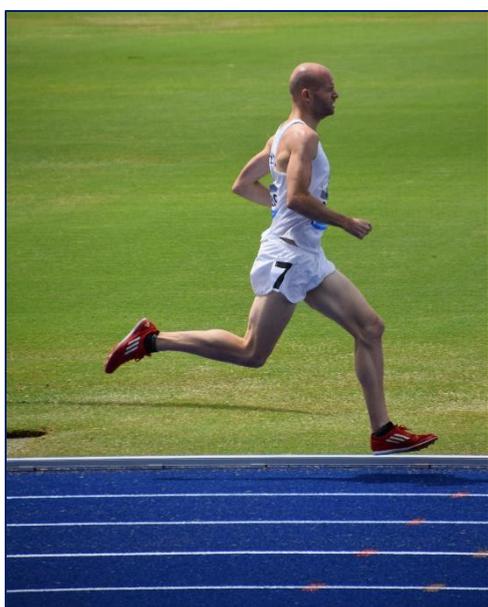
Throw specialist Lajos Joni again had a good meet. He picked up 3 gold and 1 silver medal. His golds came in the Hammer (43.72m), Weight (15.66m) and Shot Put (11.70m). His silver medal came in the Discus (33.99m).

Andrew Kohlrusch (M50-54): -

Andrew competed in 7 events over the weekend and finished with 6 medals. His final tally was 2 gold, 3 silver and 1 bronze medal. His gold medals came in the 100m Hurdles (15.81sec) and Javelin (42.59m). His silver medals came in the Pole Vault (2.90m), Long Jump (4.65m) and Discus (38.41m). His bronze was earned in the Shot Put (11.91m). He also got a 5<sup>th</sup> placing in the 100m.

Brett Halls (M35-39): -

Middle Distance specialist Brett Halls, who is still competitive at Open level, again put together two scintillating runs at these Championships. He was the fastest overall in both the 800m (1:57.27) and 1500m (4:01.97). He picked up two gold medals in his age category for these great performances.



David McEwan (M60-64): -

David moved into this age group recently and has had great success so far. He earned two gold medals. They were in the 5000m (17:55.20) and the 2000m Steeplechase (7:29.38). His technique over the wet and dry hurdles in the steeplechase was very impressive and enjoyable to watch.

Greg Smith (M40-44): -

Greg Smith ran strongly in both of his events. He took gold in both the 60m (7.22sec) and 100m (11.40sec) in what were very impressive performances.

David Riches (M55-59): -

David only did the one event but his performance was outstanding. Competing in the 5000m he won gold in the 5000m in a great time of 17:36.03. He defeated a number of athletes in the younger age groups in what was a dominant performance.

June Lowe (W60-64): -

This remarkable athlete again had a very successful meet. June contested 10 events for a return of 9 gold medals and 1 silver medal. To do so many events and do them all well is a great achievement. Her gold medals were earned in the 60m (9.63sec), 100m (16.12sec), 80m Hurdles (18.10sec), High Jump (1.10m), Long Jump (3.36m), Shot Put (10.00m), Hammer (38.04m), Weight (13.34m) and Javelin (20.37m). Her only second placing came in the Discus (23.06m).

Lenore Lambert (W45-49): -

Lenore had an outstanding meet. She picked up 5 gold medals and 1 bronze medal from 6 events. Her golds came in the 60m (8.37sec), 200m (27.03sec), 400m (1:01.12), 80m Hurdles (12.87sec) and 400m Hurdles (1:05.60). Her bronze came in the 100m (13.58sec).

Paula Moorhouse (W65-69): -

Paula continues to do well at the sprint and middle distances. She picked up 5 gold medals from 5 events. Her gold medals came in the 60m (10.44sec), 100m (17.17sec), 200m (35.44sec), 400m (1:17.86) and 800m (3:02.27). To add to a successful weekend, she also broke the previous State Record in both the 60m and 100m.

Mary Thomas (W70-74): -

Mary continued her great form from the Country Championships. She picked up 5 gold medals from 5 events. Her wins came in the Shot Put (7.95m), Discus (21.41m), Hammer (25.93m), Weight (9.27m) and Javelin (20.06m).

Kelly Hunter (W35-39): -

From the Gosford club, Kelly had a very successful meet. She picked up 4 gold medals in the Shot Put (10.34m), Discus (41.25m), Weight (11.33m) and Javelin (27.28m). She also placed 4<sup>th</sup> in the Hammer. Her best throw of 41.25m in the Discus was also a new State Record.

Samantha Latanis (W40-44): -

Samantha showed her versatility by competing in 9 events covering track, jumps and throws events. She earned 3 gold (Shot Put – 10.83m, Discus – 32.02m and Weight – 12.28m), 5 silver (80m Hurdles – 16.21sec, High Jump – 1.20m, Triple Jump – 7.98m, Hammer – 29.08m and Javelin – 25.13m) and 1 bronze medal (Long Jump – 3.69m) which was a very good all round performance.

Montse Ros (W35-39): -

Jumps specialist Montse Ros had a very successful meet. She earned gold medals in the Pole Vault (2.80m), High Jump (1.35m) and Triple Jump (9.64m). She also picked up a silver medal in the Long Jump (4.59m).



Julie Forster (W50-54): -

Julie, who turns 55 before Nationals, marked her last major competition in the W50 age category with three gold medals. They came in the 100m (13.57sec), 200m (28.90sec) and 400m (1:06.52).

Kriszta Kovacs (W40-44): -

Kriszta had a very successful meet. She picked up three gold medals. Her wins came in the 400m (1:03.85), 800m (2:23.09) and 1500m (4:57.93). Her times were outstanding in three gruelling events over three days.

Alice Bohdan (W40-44): -

Alice got through a number of events in both track and field over the weekend. She picked up three gold medals in 80m Hurdles (13.27sec), High Jump (1.35m) and Long Jump (4.85m). She also scored a silver medal in the 200m (28.39sec). She also placed 4<sup>th</sup> in the 60m and 4<sup>th</sup> in the 100m.



Angela Carpini (W50-54): -

Angela has progressively improved over the last few years. She put in strong performances in both the 1500m (5:19.81) & 5000m (19:07.15) to pick up gold medals in both events.



Rosemary Roediger (W60-64): -

Rosemary has been a consistent performer over a number of years. Her times would be very competitive in the younger age groups. She picked up gold medals in the 1500m (5:40.41) and 5000m (21:05.55).

Aanika Milne (W30-34): -

Aanika picked up two golds, one silver and one bronze medal from her four events. Her gold medals were in the 100m (13.51sec) and the 100m Hurdles (16.33sec). Her second placing was in the 60m (8.34sec). Her bronze medal was earned in the Long Jump (4.59m).

Jill Taylor (W60-64): -

Jill had a successful meet. She picked up 6 medals (2 gold & 4 silver medals). She also had a great battle with June Lowe. There wasn't much separating them in every event they contested. Her two gold medals came in the Triple Jump (7.20m) and Discus (25.55m). She also broke the State Record in the Triple Jump. Her silver medals were earned in the Long Jump (3.13m), Shot Put (9.43m), Hammer (33.46m) and Weight (12.67m).

Laurel Barrett (W80+): -

85 years young, Laurel contested the 100m and took the gold medal in a time of 29.23sec. Her efforts were rewarded with a new State Record in the W85-89 age category.

Congratulations to all our athletes who competed over the weekend. The full results can be found at [www.nswathletics.org.au](http://www.nswathletics.org.au)

# Winter Competition Calendar

© Pole Vault Inc

<b>June</b>	<b>What</b>	<b>Where</b>	<b>Other information</b>
<b>5</b>	2016 NSW Winter Throws Pentathlon Series 2	The Crest, Bankstown	Contact Stuart Gyngell See page 2
<b>5</b>	Pole Vault Permit Meet	The Crest, Bankstown	Contact: Phillip Carrero 0401 128 334
<b>16</b>	Pre departure meet #2 including pole vault	The Crest, Bankstown	First event 6.30pm
<b>July</b>			
<b>10</b>	2016 NSW Winter Throws Pentathlon Series 3	The Crest, Bankstown	Contact Stuart Gyngell See page 2
<b>10</b>	Pole Vault Permit Meet	The Crest, Bankstown	Contact: Phillip Carrero 0401 128 334
<b>10</b>	Hunter Winter Series, including pole vault.	Glendale	TBC
<b>24</b>	High noon pole vault meet #6	AIS Athletics field, ACT	Contact: Phillip Carrero 0401 128 334
<b>August</b>			
<b>14</b>	2016 NSW Winter Throws Pentathlon Series 4	The Crest, Bankstown	Contact Stuart Gyngell See page 2
<b>25</b>	PERTH entries close		
<b>September</b>			
<b>11</b>	High noon pole vault meet #6	AIS Athletics field, ACT	Contact: Phillip Carrero 0401 128 334
<b>18</b>	2016 NSW Winter Throws Pentathlon Series 5	Tom Hunter Park, Faulconbridge	Contact Stuart Gyngell See page 2
<b>October</b>			
<b>1-3</b>	AMA Winter Throws Championships	Kerryn McCann Track, Wollongong	winterthrows@nswmastersathletics.org.au
<b>1</b>	<b>REGISTER!</b> summer season		
<b>8-15</b>	Alice Springs Masters Games		www.alicespringmastersgames.com.au
<b>26 - Nov 6</b>	WMA Perth 2016		
<b>November</b>			
<b>5 - 13</b>	Pan Pac	Gold Coast, Qld	<a href="http://mastersgames.com.au/ppmg/">http://mastersgames.com.au/ppmg/</a>

# Portland-in Retrospect

Deborah Drennan

The IAAF World Indoors Masters Exhibition 800M W55+ and M60+ race in Portland Oregon-19<sup>th</sup> March 2016

Photos Ken Stone/masterstrack.com

Masters athletes were presented with a fantastic opportunity to display their running skills in one of the world's supreme events, the 'IAAF World Indoor Championships', on the 19<sup>th</sup> March 2016 in the Oregon Convention Centre, Portland, Oregon USA. The events, organised by the IAAF and World Masters Organisation in collaboration, were the Masters 800 metres women's 55+ and men's 60+ Exhibition Races. The world's fastest women and men in the event were invited to take part. It proved to be an electrifying event...for both the competitors and spectators.

I opened the email from Winston Thomas (WMA secretary) and Sandy Pashkin (WMA chair of selection committee) to reveal I had been selected to partake in the event. The event had taken me completely by surprise as I had never expected the WMA to choose the 800 metres, but it was fabulous that they chose it. I was over the moon with excitement. It was a wonderful opportunity to race against the best in the world, showcase what Masters is all about to the general athletics community and public, and represent Australia.

Although here in Australia we have little opportunity to race indoor meets due to our lack of indoor facilities, I decided this was a variable I could do little about. Indoor tactics are decidedly different to outdoor 800 metres racing due to the banked track and its shortened length, only 200 metres. I had little indoor experience but I would do my best regardless.

The timing for the run was perfect, with my partner and daughter able to provide their valuable support as they could both travel to Portland with me. (Our daughter took university work with her as term had just begun.) The lead up time to the race was quite short, so whatever training I had already done outdoors had to be enough. It was positive though that we were well into the track season, so I realized I would be in good shape.

We booked our tickets (two connecting flights to Portland) and sorted out other issues with WMA and Athletics Australia - hotels, uniforms, etc. The trip was kept to a minimum as we had other commitments, which

meant I only had two days to get some well-needed indoor track experience and try to get a feel for indoor running generally on this amazing track! The two days were reduced to one due to a very crowded track during the available training sessions.

The experience of running laps with my partner Brad was helpful and gave me a taste of what was to come...I knew it would be fast and furious! Our hotel was only two tram stops away from the track (Oregon Convention Centre) so we found it easy to access the centre once accreditation was sorted.

Race day proved to be exhilarating and intense and, although naturally very nervous, I resolved to remind myself to enjoy an experience I would never forget. The races were run to packed crowds with the women's race first, followed shortly by the men's. (We had all previously been briefed regarding protocol on race day and issued with bib numbers.)

I had awoken on race day after what seemed a restless night, clearly both nervous and excited. I knew that once at the track I would feel at ease and, of course, Winston Thomas was there to provide support in the call room. I stood to attention wearing the Australian uniform proudly as my name was called and wondered, 'how fast?'

Both races proved to be thrilling...the crowd brought to its feet in anticipation and loud applause. I knew this was a world class event and it would be competitive...and it was. The races were over in a flash after our short introduction. Indoor tactics proved to be important, decisive, and the pace was gutsy for both runs with the final 200 metres run in a sprint. The men ran an even closer race with the two leader's shoulder to shoulder, one falling over the line.

I was happy with the race, given that this was a world class event and my first indoor experience...anywhere! Marie Kay, the only other Australian who was to run in the event, gave fantastic support to myself and other runners in true world champion style. She had been injured attempting a world record at another

competition shortly before the event and, after seeing a physio, was advised not to run to avoid more injury. No doubt we will see her competing at future events at her best!

The master's women and men had succeeded in showcasing two very competitive races and entertaining the crowd. It was a privilege to be a part of the event and all due respect is due to the organisers: the IAAF, the World Masters Athletics Organisation (Stan Perkins, Cesar Moreno Bravo, Winston Thomas, Sandy Pashkin), Australian Masters Athletics (Wilma Perkins) and Athletics Australia (Nathan Sims), and other Masters Athletics Organisations around the world for bringing

together the athletics community. Winston Thomas and Sandy Pashkin had provided fantastic organisation and support throughout. The Portland community reception was amazing, with the amount of support for the event shown by crowd numbers...so many people interested. The timing and organisation of the runs by the IAAF couldn't have been better. Given the success of the event it appears that masters events will continue to be included in future IAAF world championships, allowing the whole athletic community to once again come together to celebrate. I am also hoping that Australia will be able to have an indoor competition in the future so we can sharpen our skills...and be on an equal footing!



IAAF World Indoor Championships 19 March 2016

# Masters Sprint Clinic SOPAC, Saturday 14 May 2016

## Story and photos Margaret Walker

State Masters  
Championships 2015  
W40 60m

**Ranell Hobson**  
**7.97s**

World Ranking: #1

I was at Sydney Olympic Park to see Ranell win this race. Only the week before she had covered the distance in 7.94 seconds. A self-confessed short sprinter who claims that for her the 400m is a middle distance event, she is a living example that 'do what I say *and* do what I do' is good advice.

Twenty-five Masters runners benefitted from that advice when Ranell hosted a Masters Sprint Clinic at SOPAC on Saturday 14 May.

Ranell is the Coaching Director at the Sydney-based Academy of Sport, Speed and Agility (ASSA). The Academy runs programs, workshops, seminars and school holiday clinics in any sport where speed and agility are paramount, not just the track. They are suitable for individuals, teams and coaches who want to either run faster or teach the necessary skills. Ranell has conducted seminars and clinics overseas as well as in Australia.

The clinic was a mine of information for Masters. If you thought, like I had, that a race as short as 60m is over too quickly to be interesting, and that concentrating on such a small fraction of running is a waste of effort, think again. I was hooked for the whole two hours and immediately thought of a dozen ways that the information I learned could be applied to other events: longer sprints, high jump, long jump, javelin, hurdles, and so on.

Ranell focussed on four points that characterize the production of speed in the athlete: Biomechanics (sprint mechanics), the physiology of the body required for speed, force and energy (physics), and how to apply these in training.

To me the four points resolved into two things: how to win by commencing with an explosive start and how to

avoid injury by the knowledge and application of sprint mechanics. Although I can't speak for the men, I know that many Masters women are frightened of succumbing to the spectre of increasing age and decreasing function. It seems to me that, perfectly applied, Ranell's advice contradicts this fear and that we should all be looking forward to the future. (Keith Bateman should not be the only Masters athlete who can claim Older Yet Faster.)

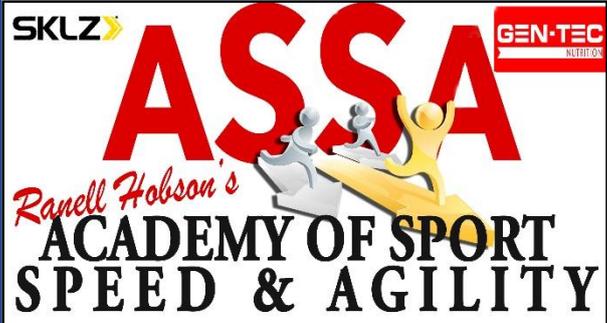
But what is sprint mechanics? As I understand it, this is the way in which the skeleton and soft tissue (muscles, tendons, ligaments and fascia) work together efficiently to maximize speed and strength whilst avoiding injury. Ranell explained which parts of the body sustain the most force, why they become injured and how to correct the problems that caused the injury. She punctuated her speech with personal anecdotes, every one of which I applied to myself, of course.

Sadly we heard that even young athletes who, by relying on strength and speed at the expense of efficient sprint mechanics, have suffered stress fractures. Ranell instructs athletes like this who have been sent from their coaches with injury problems as well as others who require specialized speed work.

Of the two hour workshop, about half was inside and half outside on the beautiful autumn track. Ranell instructed us in drills and stretches, suggested gym work, spoke about common faults in foot strike, the importance of high hips, the stride cycle, elasticity, and maximizing force to the ground. We learned about pelvic strength and the necessity of strong feet and ankles.

Some points struck a personal note. For the week following all I could think about was Ranell's phrase 'force to the ground' and I accompanied this by the image of a piston rapidly slamming down inside a motor. It clarified for me why some athletes drive out from the blocks and attack the first ten metres of a race with such determination.

If you missed the Clinic this time and, having read this, are despairing when you realize you should have gone, there are two things you can do: one, wait in hope for the next one, or two, get onto the ASSA website and book yourself (or your group) into a clinic of your own.



Taking her own advice



The start of the 60m, 2016. Ahead already.

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

[ranell@academyofsportspeed.com](mailto:ranell@academyofsportspeed.com)



# History of the Weight/Throws Pentathlon

**Mark Johnston**

The first documented case of a weight throwing competition involving IAAF type implements that I know of took place on September 10, 1955 in New Jersey, USA. It was termed an "All-Around Weight Throwing Competition" and consisted of eight events: 16lb hammer, 16lb shot, 12lb shot, caber, 2kg discus, 800gm javelin, 35lb weight and 56lb weight. There were 11 competitors, Olympic hammer throwing great Hal Connolly among them. The competition was held again in 1956 where the events were reduced to five: hammer, shot, discus, javelin and 56lb weight. This format continued for some 11 years after which it lapsed for 9 years.

In 1974 it was reintroduced in North Carolina and called "Weight Pentathlon". Six trials were allowed for each event and the weight was reduced to 35lb. Shot scoring tables were used for scoring the weight. There were only 10 competitors and no women. A similar event was held in New York later that year at which 13 throwers participated. The first US national masters weight pentathlon championships were held in 1977 again in New York, where 30 competitors including Olympic discus great Al Oerter and one woman took part. Oerter threw the discus 61.77m. Five year age groups were used for the first time and still six trials for each event. These US national masters' competitions continued for some years.

The first world masters weight pentathlon championships were held in 1983 at Delray Beach, Florida following on from the WAVA world championships in Puerto Rico. This was an unofficial meet by WAVA rules. 66 athletes including Roy Foley from Australia participated. Roy won his age group and became enthusiastic about the event and brought the ideas back to Australia, more of which later. In 1987 the World Veterans Championships moved to Melbourne, Australia and another unofficial championship was organised by local Roy Foley. Naturally a number of Australians took part including our own Mary Thomas who won the W40 category. A third world masters championship was organised in Eugene, Oregon again following a WAVA championships. Following this event

the push for WAVA to accept the event became stronger and an official test event was held at Miyazaki, Japan for the 1993 championships. Mary Thomas was second in the W45 category and former member Helen Searle won the W50. Helen's mother, the late Ruth Frith won the W80.

Following the success of the event at Miyazaki, back in Australia for the 1994 World Masters Games in Brisbane, the event was included. Many Australians took part and new members at the time, Keith James and Mark Johnston met with Roy Foley and obtained a hard copy of the scoring tables. They also obtained details of where to obtain the weight implements, which were manufactured by Ken Priestly of ARM Engineering in Melbourne where Roy had been running events for several years. The event at the World Masters Games also doubled as an Australian Championships for the first time.

Prior to the WMG in Brisbane we had no 35lb weights available and an "experimental" version consisting of two 16lb hammers tied together was tried. This proved very difficult to throw due to the momentum of two separate balls swinging around! At this time there was no weight pentathlon included in the national veterans' championships that did not happen until 1996 in Perth. In Easter 1995 however, ACT organised a second national championships.

Following their meeting with Roy Foley, James and Johnston convinced the state body, NSWVAC to purchase a set of implements. Once the implements arrived, a first state weight pentathlon championship was organised in 1995 and held at the old throwing training ground at Homebush. By this time a spreadsheet with scoring factors had been obtained from ACT which made scoring much quicker. Since then, an annual weight pentathlon state championship has been held at various grounds in the Sydney area and has been a popular event with throwers. After many years the event was renamed Throws Pentathlon, which more correctly described the event. A trophy was donated by James and Johnston in 2009 for the best adjusted score in the state championships.

## Results of first NSW weight pentathlon 1995

Men			Women		
			<b>W30</b>	<b>Sharon Dunk</b>	<b>1567</b>
<b>M35</b>	<b>John Kay</b>	<b>2366</b>	<b>W35</b>	<b>Sharon Gibbons</b>	<b>2061</b>
	<b>Phil Steele</b>	<b>2346</b>		<b>Janette Neal</b>	<b>1654</b>
<b>M40</b>	<b>Mark Johnston</b>	<b>2504</b>	<b>W40</b>	<b>Denise Palmer</b>	<b>3192</b>
	<b>Bob Bowker</b>	<b>2286</b>		<b>Cathy Osborne</b>	<b>2940</b>
<b>M45</b>	<b>Noel Kelsal</b>	<b>1910</b>		<b>Margaret Holahan</b>	<b>2409</b>
<b>M50</b>	<b>Keith James</b>	<b>3305</b>	<b>W50</b>	<b>Marja Parviainen</b>	<b>3793</b>
	<b>Peter McWilliams</b>	<b>2240</b>		<b>Mary Thomas</b>	<b>3711</b>
	<b>Graham Allomes</b>	<b>1758</b>			
<b>M55</b>	<b>Greg Nicol</b>	<b>3318</b>	<b>W55</b>	<b>Helen Searle</b>	<b>4528</b>
	<b>Geoff Peters</b>	<b>2039</b>			
<b>M60</b>	<b>Jim Soutar</b>	<b>2915</b>			
<b>M65</b>	<b>Russell Foy</b>	<b>2935</b>			
<b>M70</b>	<b>Max McKay</b>	<b>2656</b>			
	<b>Eric Aldin</b>	<b>2193</b>			

Sources for this article included "Weight Pentathlon History 1955-2004" by Len Olson & Dr. Bob Ward together with the author's personal experiences and recollections.



# ANOTHER SUCCESSFUL NATIONALS FOR NSW

Saturday, 16<sup>th</sup> April – Tuesday, 19<sup>th</sup> April, 2016 – SA Athletics Stadium

Garry Womsley (NSW Team Manager)

Photos courtesy of Michael's Photos  
<http://www.michaelsphotos.com.au>

Adelaide, the City of Churches, turned on lovely weather for the 2016 Australian Masters Track & Field Championships. I was honoured to be elected Team Manager for the fifth consecutive year. We had a strong team of 154 athletes which was again more than any other state. We also picked up plenty of records. Being a non-Easter Championships meant that some of our team could only attend on the first two days. This had an effect on our relay teams but as normal, our team spirit came to the fore.

## Day One: -

It was a busy day on the track for both distance runners and sprinters alike. The first event was the 10000m. This 25 lap race is not for the faint hearted. Our only female representative in this event was Angela Carpini (W50). She has shown a lot of improvement in recent years and won her age category with a great time of 39:58.66. She beat second place by a massive 4 minutes. In the men's races, EJ Davie (48:56.75) picked up a gold medal in the M45 age category. In the M55 age category, there was a NSW trifecta with David Riches (35:39.14) first from Jose Carvalho (37:09.99) and Peter Byrne (40:40.24). Other medallists in this event were: - Paul Sheringham (M50 – 43:09.42 – 2<sup>nd</sup>), Witold Krajewski (M65 – 42:38.65 – 2<sup>nd</sup>) and Frank Scorzelli (M65 – 42:40.09 – 3<sup>rd</sup>).

The 60m heats and finals proved very exciting and quite successful for NSW. In the W30 category, Alison Bolakis took gold in a time of 8.38sec. Aanika Milne and Amy Smith were evenly matched in the W35 category with Aanika getting gold by 0.01sec in a time of 8.47sec from Amy (8.48sec). Ranell Hobson also picked up gold in the W40 category in a great time of 8.20sec. Monique Perry (8.37sec) placed third. The W45 final resulted in gold and silver for NSW. Lenore Lambert (8.45sec) took gold from Kylie Strong (8.63sec). It was great to see Kylie back fit and well after an absence of a few years. In the W50 race Gianna Mogentale, who has now recovered from a recent injury, took silver in a time

of 8.88sec with Lynda Douglass (8.93sec) third. Julie Forster moved up to the W55 age category just before these championships and had immediate success in picking up gold in a time of 8.71sec. This time was a new Australian Record. June Lowe picked up gold in the W60 category in a time of 9.66sec. In a blistering final of the M30 category, Michael Laws took silver in a great time 7.47sec. Ashley McMahon took gold in the M40 category in a time of 7.40sec. Ernie Leseberg took bronze in a time of 7.66sec. In the M45 category in a very close finish, Geoff Carter took silver in a time of 7.90sec. David Skala also dead heated for 3<sup>rd</sup> (8.10sec). The M50 final was very close with only 0.47sec separating 1<sup>st</sup> place from 11<sup>th</sup> place. It also featured a dead heat for 4<sup>th</sup> and another for 7<sup>th</sup>. Darren Hughes was just edged out of first place to take silver in a time of 7.94sec with David Isackson (7.96sec) 3<sup>rd</sup>. The M55 race was a trifecta for NSW. Peter Murray (8.06sec) placed first from Todd Devery (8.13sec) and Peter Shepherd (8.20sec). In the M60 race, Greg Hepburn (8.44sec) placed second and Drew Percival (8.61sec) third. John Lamb picked up silver in the M65 category in a time of 8.62sec. Neville McIntyre continues to do well with another gold medal in the M70 category in a time of 9.01sec. 80 year old Michael Johnson was our oldest sprinter at the meet. He placed 2<sup>nd</sup> in the M80 category in a time of 11.19sec.

The 1500m walks were the next event on the track. Melissa Holahan took the gold medal in the W30 category in a time of 13:23.99. Audrey Muscat placed second in the W35 category with a time of 15:05.60. Heather Lee who turns 90 later this year placed first in the W85 category in a time of 12:10.37. In a close fought race, she prevailed by 6 seconds. John West continues to improve in this event and placed second in a time of 9:43.73 in the M65 category. This was a new State Record. In another tight race, Jim Seymon took a silver medal in the M75 age category in a time of 9:14.19. He was just 5 seconds behind the winner. This was also another State record.

After a few heats of the 100m, the middle distance runners got their chance. The 800m is always very exciting to watch and there were some blistering times and great performances. In the W30 age category, Bianca Keehn placed second in a time of 3:02.77. In the W40 category Kriszta Kovacs finished second over the line in a time 2:28.50 but as the winner was an international competitor she was awarded the gold medal. She finished narrowly in front of Larissa Stanley (2:28.90). Amanda Coombe (2:53.97) took bronze in the W45 category. Suzanne Gore placed second in the W50 category in a time 2:43.32. Deborah Drennan who competed in the US recently took the gold medal in the W55 category in a time of 2:47.31. Julie Peksis placed third (3:15.06). Paula Moorhouse placed second in the W65 category in a time of 3:07.24. In the men's races there were some fantastic performances. Linden Smith won the gold medal in the M30 category in a time of 2:12.70. Andrew Heil who still competes regularly in open races took silver in the M35 category in a time of 2:08.02. Simon White also took silver in the M40 category in a great time of 2:06.31. He was only 0.43sec behind first place. The M55 category was very competitive with some outstanding times recorded. Brad Sharpe picked up a bronze medal with a time of 2:20.39. Mark Conyers continued his good form with a third placing in the M60 category in a good time of 2:34.49. Don Mathewson had a comfortable win in the M70 category with a great time of 2:38.63. Bob Warmoll also had an outstanding run in finishing third in a time of 3:05.98. Jim Harrison did a lot of his training on a treadmill and it proved to be effective as he took out the M75 category in a close finish in a time of 3:14.16.



Jim Fassolis

The 100m finals were the last event on the track for the day and were conducted under lights. Unfortunately, it got very cold once the sun set and some of our athletes suffered badly from cramp. Despite this, there were still some great performances. In the W30 category, Alison Bolakis won in a time of 13.57sec. In the W35 category, there was a very close finish. Amy Smith and Aanika Milne were given the same time of 13.53. The

course commentator called it a dead heat but the race was awarded to Amy by the slimmest of margins. Ranell Hobson took silver in the W40 category in a time of 13.27sec. In a very exciting W45 race, Lenore Lambert took the gold medal in a time of 13.61sec) from Kylie Strong (13.71sec). It was silver and bronze in the W50 category with Gianna Mogentale (14.43sec) second and Vicki Townsend (14.70sec) third. Julie Forster took out the W55 category in a great time of 13.93sec which was a new Australian Record. June Lowe took silver in the W60 race in a time of 16.22sec. In the M30 final, Michael Laws took the silver medal in a time of 12.22sec. Ashley McMahon took the gold medal in the M40 category in a time of 11.62sec. Geoff Carter ran strongly in the M45 category to take silver in a time of 12.32sec. Darren Hughes took out the M50 category in a time of 12.40sec. Todd Devery placed 2<sup>nd</sup> in the M55 race in a time of 13.24sec with Peter Shepherd (13.37sec) third. Greg Hepburn was third in the M60 race in a time of 13.31sec. John Lamb took the silver medal in the M65 category in a time of 14.06sec. Peter Crombie (13.89sec) and Neville McIntyre (14.33sec) made it first and second in the M70 category. Michael Johnson took 3<sup>rd</sup> in the M80 category in a time of 18.27sec.

Our athletes were also very successful in the throws and jumps on day 1. In the Hammer, Melissa Holahan had a huge win in the W30 category with a mighty throw of 50.25m. Audrey

Muscat placed second in the W35 category with a throw of 31.14m. Samantha Latanis took out the W40 category with a throw of 32.95m. Gabi Watts continued her good form with a win in the W50 category (44.32m) with Caroline Layt third (40.79m). Wendy Hord took gold in the W55 category with 35.63m from Ellena Cubban third (30.65m). NSW occupied the first 5 places in the W60 with June Lowe first with 39.10m from Jill Taylor (30.62m), Margaret Holahan (24.61m), Kate Clarke (21.77m) and Adriana Van Bockel (20.25m). Mary Thomas took gold in the W70 category with a throw of 26.51m. Jamie Muscat took gold in the M35 category with a best throw of 42.75m from Anatoly Kirievesky who took bronze with 31.80m. Rodney Watson took out the M40 with a best throw

of 36.02m. Jim Fassolis took silver in the M50 category with 45.62m from Robert Clark who took bronze (34.45m). Gavin Murray took gold in a strong field in the M60 with a great throw of 41.43m. Richard Ward took silver in the M65 category (31.02m). Brett Sowerby took bronze in the M75 category with a best of 28.20m

It was first and second in the W30 Shot Put with Jitka Hiscox taking gold with 11.06m from Melissa Holahan (9.85m). It was silver and bronze in the W35 category with Kelly Hunter (10.06m) second from Audrey Muscat (9.01m). Samantha Latanis got another gold medal in the W40 with a best of 10.91m. While there was a rare dead heat in the W45 with Jenny Bishop being one of the recipients (8.90m). There was a trifecta in the W50 with Caroline Layt (12.58) first from Gabi Watts (12.29m) and Lisa Watson (11.30m). Ellena Cubban took the gold medal in the W55 category with a best of 8.70m. NSW again took the first 5 placings in the W60 with June Lowe (9.19m) first from Jill Taylor (8.25m), Kate Clarke (7.15m), Margaret Holahan (6.40m) and Adriana Van Bockel (5.66m). Mary Thomas took silver in the W70 category with a best of 7.29m. It was silver and bronze in the M35 category with Jamie Muscat (14.28m) second and Anatoly Kirievsky (8.70m) third. Rodney Watson also took the silver medal in the M40 category with a best of 12.76m. Jim Fassolis was also second in the M50 category with a best of 10.80m. Peter Murray took first placing in the M55's with a best of 10.41m and namesake Gavin Murray took bronze in the M60 category (11.26m). Brett Sowerby took the Australian title in the M75 category with a best of 9.04m.

Jitka Hiscox took out the W30 Long jump with a mighty jump of 5.74m. This was a new Australian Record. Aanika Milne took gold in the W35 with a best of 4.85m. Lenore Lambert continued her successful day with another gold medal in the W45 category with a best of 5.19m from Jenny Bishop (4.57m) second. Vicki Townsend also got the gold medal in the W50 category with a best jump of

4.11m. June Lowe took the silver medal in the W60 category with a best of 3.53m. Michael Laws took the gold medal in the M30 category with a massive jump of 6.07m. Anatoly Kirievsky took the silver medal in the M35 category with a personal best jump of 4.26m. The M40 category was of a high standard with the first five placegetters jumping over 5m. Andrew Cassin jumped the longest with a best of 6.45m. Ashley McMahon took the bronze medal with 6.01m. Laurie Dowling placed 2<sup>nd</sup> in the M50 category with a best jump of 5.11m. Wayne Marriott also took the silver medal in the M60 category with a best of 4.37m. John Searle took the gold medal in the M65 category with a jump of 4.50m. Ken Stubbs took the silver medal in the M70 category with a best of 2.76m.

#### Day Two: -

The beautiful sunny weather continued on the second day. In fact it was very hot in the sun and the temperature climbed to over 30 degrees in the afternoon. The first event on the track was the 5000m Walk. Heather Lee took the gold medal in the W85 category with a time of 42:02.29. Greg Mather, who has been a very good sprinter in previous championships, has switched to the walks and took the bronze medal in the M50 category in a time of 35:10.37.

John West took the gold medal in the M65 in a very exciting race. He finished just 3 seconds in front of the second placed athlete in a time of 33:23.06. Jim Seymon took the gold medal in the M75 category in a time of 32:14.14.

Despite the small fields in most age groups, the sprint hurdles proved to be exciting with a lot of close finishes. Our team members had a lot of success. Samantha Latanis took the gold medal in the W40 80m Hurdles in a time of 16.00sec. Lenore Lambert picked up yet another gold medal in the W45 80m Hurdles in a great time of 12.57sec. This was a new Championship Record. Jenny Bishop also picked up the bronze medal in a time of 14.10sec. Vicki Townsend won the W50 80m Hurdles in a time of 15.26sec. Robyn Suttor took the silver medal in the W55 80m Hurdles in a time of 14.26sec. June



Aanika Milne and Jitka Hiscox

Lowe won the W60 80m Hurdles in a time of 17.63sec. Jitka Hiscox won the W30 100m Hurdles in a time of 15.52sec. Aanika Milne picked up another gold medal in the W35 100m Hurdles in a time of 16.51sec. In a very exciting finish George Jankowski got the gold medal in the M50 100m Hurdles in a time of 18.55sec. Mike Everett placed third in the M40 110m Hurdles in a time of 23.90sec.

The 1500m races were the next event on the track. As usual there were some exciting races and great performances. In the W30 category, Bianca Keehn placed second in a time of 6:06.41. Kriszta Kovacs took the gold medal in the W40 category in an outstanding time of 4:59.99. Angela Carpini showed no ill effects from the 10000m and dominated the W50 race to finish first in a time of 5:14.96. Deborah Drennan took gold in the W55 category in a time of 5:40.55. Rosemary Roediger came second in the M60 category in a time of 5:49.74. Paula Moorhouse continued her good form with another gold medal in the W65 category in a time of 6:25.28. Linden Smith again ran a strong race in the M30 category to take gold in a time of 4:28.15. Brett Halls, who saved himself for this race, ran a blistering 3:58.35 to win the M35 category. This was a new Australian Championship Record. Andrew Heil (4:26.28) and Mark Heiss (4:31.16) completed the trifecta. Jose Carvahlo took the bronze medal in the M55 category in a time of 4:48.73. Mark Conyers took the silver medal in the M60 category in a time of 5:18.80. Don Mathewson again blitzed the field in the M70 category in a great time of 5:16.86. Bob Warmoll took bronze in a time of 6:30.56. Jim Harrison got his second gold medal of the meet in the M75 category in a time of 6:34.60.

After a few heats of the 200m, it was time for me to run my first race of the Championships in the 3000m Steeplechase. After battling hamstring and ankle injuries for about two months during the season, I knew that I was underdone and would struggle to be in medal contention. I also wanted to see how much I'd improved since the State Championships where I ran a personal worst. I did feel pretty good

during my warm up so I was confident of making some improvement. Prior to my race, they conducted the 2000m Steeplechase for M60+ and all women. In the W30 category, Melissa Holahan took gold in a time of 12:59.20. Robyn Smith ran well in the W45 category and took the silver medal in a time of 10:25.92. The M60 category was of a very high standard. There were 7 competitors in this category. David McEwan has made every post a winner in this event since turning 60. His technique over the jumps is very correct and this is standing him in good stead for doing fast times. He placed first in a time of 7:23.60 which was a new State Record. John Walton placed third in the M65 category in a time of 9:41.29. In the longer 3000m Steeplechase, there were also some good performances. In the M35 category, Anatoly Kirievsky placed second in a time of 16:04.70. Simon White, who was in two minds about running this race, ran an outstanding time of 11:20.80 in taking the silver medal. Dominic Carr placed third in the M45 category in a time of 14:05.50. In the M50 category, Bernard Howe placed second in a time of 12:12.91. As for me, I placed 5<sup>th</sup> out of a field of 7 in a time of 14:06.05 which was an improvement of 32sec on my State time so I was happy with what I did.



The 200m finals proved to be very exciting with our team members doing very well. In the W35, Aanika Milne (27.39sec) and Amy Smith (28.45sec) had another close tussle in taking gold and silver respectively. It was a trifecta in the W45 category with Lenore Lambert (26.77sec) first, Janelle Delaney (26.94sec) second and Kylie Strong (27.13sec) third. Gianna Mogentale placed second in the W50 category in a time of 28.86sec with Vicki Townsend (29.79sec) third. Julie Forster continued her outstanding form in the W55 category to take gold in a time of 28.27sec. This was a new Australian Championship Record. Paula Moorhouse earned a bronze medal in the W65 category in a time of 35.35sec. In the M30 category, Michael Laws took bronze in a great time of 24.43sec. Ashley McMahan took the silver medal in the M40 category in a time of 23.13sec. Geoff Carter took bronze in the M45 category in a time of 25.04sec. Darren Hughes and

David Isackson had a huge battle in the M50 final with Darren taking the gold in 24.48sec from David who finished in 24.58sec. Trevor Young took the gold medal in the M55 age category in a time of 24.90sec. John Lamb took out the M65 category in a time of 27.47sec. Peter Crombie took out the M70 category in a time of 27.16sec. This was a new Australian Championship Record. Neville McIntyre took the silver medal in a time of 28.58sec. Michael Johnson took the silver medal in the M80 category in a time of 37.54sec.

In the field, High Jump, Discus and Javelin were conducted. In the High Jump, Jitka Hiscox won the W30 category with a best of 1.53m. Aanika Milne took out the W35 category with a best of 1.45m. Lenore Lambert continued her great form with a win in the W45 category with a jump of 1.52m. This was a new Australian Championship Record. Vicki Townsend took the silver medal in the W50 category with a best of 1.20m. June Lowe scored another gold medal with her best of 1.10m in the W60 category. Michael Laws scored another gold medal in the M30 category with a best of 1.54m. Volodymyr Shelever (1.65m) and Laurie Downing (1.55m) made it first and second in the M50 category. Peter Murray (1.40m) took silver in the M55 category. John Searle placed first in the M65 age category with a best of 1.40m. Ken Stubbs also picked up a gold medal in the M70 category (1.11m).

In the Discus, Melissa Holahan took the silver medal in the W30 category with a best throw of 27.25m. Kelly Hunter took the gold medal in the W35 category with a best of 41.34m with Audrey Muscat (26.84m) finishing third. Samantha Latanis won the W40 category with a throw of 30.29m. Jenny Bishop won the W45 category with 28.34m from Janie Carter (27.27m). Gabi Watts took out the W50 category with a best of 35.43m. Ellena Cubban picked up a bronze medal in the W55 category with a best of 20.60m. The first 4 placings were from NSW in the W60 with Jill Taylor (23.32m) victorious from June Lowe (22.27m), Kate Clarke (19.74m) and Adriana Van Bockel (15.64m). Mary Thomas took

out the W70 category with a best of 21.90m. Michael Laws picked up another gold medal in the M30 category with a throw of 30.46m. Jamie Muscat took silver in the M35 category with 42.23m. Rodney Watson placed third in the M40 category with 29.78m. Peter Murray picked up the bronze medal in the M55 category with a best of 27.23m. Gavin Murray picked up the silver medal in the M60 category (42.10m). Brett Sowerby took out the M75 category with a best throw of 31.33m.

In the Javelin Melissa Holahan won more gold in the W30 category with a best of 25.19m. Kelly Hunter (27.04m) also took out the W35 category with a best of 27.04m. Samantha Latanis (25.49m) took the silver medal in the W40 category as did Janie Carter (25.69m) in the W45 category. Ellena Cubban placed third in the W55 category with a best of 19.22m. There was another trifecta in the W60 with June



Samantha Latanis

Lowe (25.20m) the winner from Kate Clarke (18.94m) and Jill Taylor (18.74m). June's throw was also a new Australian Record. Mary Thomas won another gold medal in the W70 category with a best of 22.97m. This was also a new Australian Championship Record. Kevin Fisher took the gold medal in the M55 category with a best of 39.74m. Steve Denning

got the silver medal in the M60 category with a best of 32.71m. Peter Crombie took out the M70 category with a best throw of 35.56m.

#### Day Three: -

Overnight, the temperature plummeted to just 8 degrees. However, it didn't take long to warm up. It was very hot sitting in the sun and the mercury again climbed to over 30 degrees during the afternoon. The distance runners were out in force for the 5000m which was the first event on the track. In the W30 category, Bianca Keehn took the silver medal in a time of 23:28.96. Angela Carpini was again in excellent form in the W50 and took gold in a great time of 19:07.78. Rosemary Roediger finished second in the W60 category in a time of 21:19.56. Linden Smith placed second in the M30 category in a time of 18:05.31. In a very competitive M55 category where the first 6 finishers all finished

under 20 minutes, David Riches took the gold medal in a great time of 17:20.59. Jose Carvalho took the bronze medal in a time of 17:33.52. David McEwan backed up well after the steeplechase to take silver in the M60 category in a time of 18:09.34. Frank Scorzelli placed 3<sup>rd</sup> in the M65 category in a time of 20:21.86. Don Mathewson was again too good in the M70 category. He took the gold in a time of 19:27.32. Jim Harrison took another gold medal in the M75 with a time of 23:54.21.

The numbers were a lot smaller in the 400m than they were in the shorter sprints. There were a couple of reasons for this. Some of our team members could only stay for the first two days and there were also the inevitable injuries that can strike at the end of a long season. Our athletes were again among the medals. In the W45 category, Lenore Lambert took it out with a time of 59.94sec with Janie Carter third (69.56sec). Gianna Mogentale again showed she was on the comeback trail with another silver medal in the W50 category in a time of 67.97sec. Julie Forster picked up another gold medal in the W55 category in a time of 65.91sec. Paula Moorhouse again picked up a silver medal in the W65 category in a time of 77.54sec. Michael Laws placed second in the M30 category in a time of 53.94sec. It was also silver again for Ashley McMahon in the M40 category in a time of 52.08sec. Trevor Young won the M55 category in a great time of 54.63sec. This was a new Australian Record. Todd Devery placed 3<sup>rd</sup> in a time of 56.88sec. John Lamb continued his good form with another first placing in the M65 category in a time of 61.65sec. Neville McIntyre took out the M70 in a time of 72.53sec. Michael Johnson was the bronze medallist in the M80 category with a time of 89.98sec.

The Champion of Champions 100m race is always a great spectacle and always very close. Despite some issues before and after the event, everything was eventually sorted out to everyone's satisfaction. Lyn Peake of South Australia took out the women's race. Julie Forster placed 4<sup>th</sup> (11.07sec). The men's race

was very close with the eventual result being joint winners in Rob Mayston of Victoria and our very own Peter Crombie (10.56sec). Darren Hughes (10.64sec) placed third, with Neville McIntyre (10.67sec) fourth and Ashley McMahon (10.76sec) fifth.

One of my very important tasks as Team Manager is selecting and organising the relay teams. My job was made harder this year with both the 4 x 100m and 4 x 400m relays being conducted on the same day. It basically meant that I had to do a lot of research and also gauge interest from our team members very early in the meet. Remarkably, there weren't as many issues as I expected. There were the usual drop outs due to injuries but that is normal at a meet like this. In the end it all came together well and was probably the most successful out of all the year's I've been Team Manager. We fielded 9 teams in total.



The 4 x 100m was conducted first. In the W120+ our team of Lynda Douglass, Jitka Hiscox, Aanika Milne and Amy Smith took the gold medal in a time of 51.69sec. In the W180+ our team of Gianna Mogentale, Kylie Strong, Julie Forster and Vicki Townsend also took the gold medal in a time of 53.18sec. Unfortunately, we couldn't field a team for the W220+.

We need more athletes from W55 upward to put their hands up. We may need to think outside of the square for this to happen and I have some ideas in this regard for Darwin. In the M120+ our team of Ashley McMahon, Paul Stinson, Michael Laws and Darren Hughes placed second in a time of 46.16sec. Our 180+ team of Wayne Marriott, Matthew Lynch, Neville McIntyre and Darrin James placed third in a time of 51.96sec. Due to some injury withdrawals, we were unable to field a team in the M240+.

There was some late reshuffling in our two women's 4 x 400m teams. As a result, I'm not sure whether I made the right decisions on the composition of either team. As Team Manager, I take full responsibility for that. As it turned out it probably

didn't make much difference as both teams took home the same coloured medal and came up against a very hot team in both instances. In the W120+ our team of Suzanne Gore, Deborah Drennan, Julie Peksis and Rina Flynn placed second in a time of 5:12.55. In the W180+ our team of Gianna Mogentale, Lynda Douglass, Julie Forster and Robyn Suttor placed second in a time of 4:42.15. In the M120+ our team of Mike Everett, Ron Cozijnsen, Wayne Marriott and Paul Stinson placed second in a time of 4:30.40. In the M180+ our team of Todd Devery, Peter Murray, Brad Sharpe and Trevor Young placed second in a time of 3:55.83. This was a new M55 State Record. In the M240+ our team of Les Gillies, Don Mathewson, Neville McIntyre and Darrin James placed third in a time of 4:41.75. So from our 9 teams, NSW earned 2 gold, 5 silver and 2 bronze medals. This is the first time since I've been Team Manager that we got a 100% medal return from our relay teams. It really was a credit to all those athletes involved and the great team work they showed. As normal, the hardest thing for me is leaving people out but I try to base it on times wherever possible to give our teams every possible chance. It would be great to give everybody a run but it is not always possible. I must admit that I slept well after day 3.



Christine Suffolk

In the field, the Pole Vault, Triple Jump and the Throws Pentathlon were conducted on day 3. In the W45 Pole Vault, Selina Ellis took the bronze medal with a best of 2.00m. In the M50 category, George Jankowski earned the silver medal with a best of 2.50m. William Tyler went one better with gold in the M55 category with a best of 3.20m. This was a new Australian Championship Record.

In the Triple Jump, Samantha Latanis placed third in the W40 category with a best of 7.46m. Jenny Bishop placed second in the W45 category with a best of 9.35m. Vicki Townsend took out the W50 category with a best of 9.07m. Jill Taylor took gold in the W60 category with a best of 7.36m. This was a new State record. Michael Laws took the gold in

the M30 category with a best of 12.76m. Anatoly Kirievsky also added another gold medal to his collection with a best of 8.20m. Mike Everett placed second in the M40 category with a best of 10.73m as did Dominic Carr in the M45 category (10.98m). George Jankowski took the bronze medal in the M50 category with a best of 8.54m. Wayne Marriott earned a silver medal in the M60 category with a best of 9.22m.

In the Throws Pentathlon, Melissa Holahan won the W30 category with 2879 points. Kelly Hunter placed second in the W35 category with 2490 points. Samantha Latanis won the W40 category with 2605 points. Selina Ellis placed third in the W45 with 1643 points. Gabi Watts took the gold medal in the W50 category with 4235 points with Caroline Layt third with 3693 points. Ellena Cubban placed second in the W55 category with 2995 points followed by Wendy Hord in third place (2715 points). It was also NSW in the W60 from first to fourth with June Lowe winning with 3882 points. This was a new Australian Championship Record. She was followed by Jill Taylor (3481 points), Kate Clarke (2395 points) and Adriana Van Bockel (2138 points). Mary Thomas scored another gold medal in the W70 category with 4003 points. Michael Laws took the

gold medal in the M30 category with a total of 1828 points. Jamie Muscat took silver in the M35 category with a total of 3146 points followed by Anatoly Kirievsky (1980 points). Rodney Watson won the M40 category with 2825 points. Jim Fassolis also took gold in the M50 category with 2870 points. Gavin Murray placed second in the M60 category with 3460 points.

#### Day Four: -

Day four saw the Cross Country and Road Walks conducted a short distance from the track. The only track events were the long hurdles and the running events for the Outdoor Pentathlon. In the field there were the Weight Throws and Champion of Champions Hammer. The weather was again hot

and sunny with the temperature again reaching 30 degrees.

In the 8km Cross Country, Cristine Suffolk took the bronze medal in the W45 category in a time of 35:17. Angela Carpini took the gold medal in the W50 category in a time of 33:56. Rosemary Roediger placed second in the W60 category in a time of 37:02. In the M55 category, David Riches took the gold medal in a time of 30:00 followed by Jose Cavahlo (30:23). David McEwan took another gold medal in the M60 category in a time of 31:58. Witold Krajewski placed third in the M65 category in a time of 35:17. Don Mathewson placed second in the M70 category in a time of 36:05. Heiko Schaefer took gold in the M75 category in a time of 43:32.

In the 10km Road Walks, Heather Lee took another gold medal in the W85 category in a time of 1:27:26. John West also struck gold in the M65 category in a time of 1:05:52 as did Jim Seymon in the M75 category (1:06:43).

In the Outdoor Pentathlon, Jitka Hiscox won the gold medal with a total of 3236 points. This was a new Australian Record. Melissa Holahan took the silver medal (1428 points). Vicki Townsend took gold in the W50 category with a total of 3023 points with Caroline Layt third (2198 points). Michael Laws picked up another gold medal in the M30 category with 2290 points. Anatoly Kirievsky took the silver medal in the M35 category with 1287 points. Nathan Smith took out the M40 category with 2762 points with Mike Everett third (2208 points). Dominic Carr placed third in the M45 category with 2279 points. Peter Murray passed out at the end of the 1500m leg in the hot conditions but his efforts earned him a gold medal in the M55 category with a total of 3253 points. Kevin Fisher took the silver medal with 2388 points. Ken Stubbs earned another gold medal in the M70 category with a total of 1653 points.

In the long hurdles, Robyn Suttor got a silver medal in the W55 300m Hurdles in a time of 55.23sec. Wayne Marriott took the bronze medal in the M60

300m Hurdles in a time of 52.18sec. John Lamb had a comfortable win by 14 seconds in the M65 300m Hurdles in a time of 50.07sec. Melissa Holahan earned another gold medal in the W30 400m Hurdles in a time of 124.76sec. Lenore Lambert capped off an excellent meet with gold in the W45 400m Hurdles in a time of 65.63sec. Mike Everett placed first in the M40 400m Hurdles in a time of 91.36sec. I had my second run of the meet in the M50 400m Hurdles. Chris Strickland, who was having his only run of the meet, won comfortably in a great time of 70.80sec. As there was an international competitor in the event, I picked up the silver medal in a very slow and distant 93.36sec. I did enjoy the race and getting out there and having a run after watching everyone else. Todd Devery was outstanding in the M55 400m Hurdles. He took the gold in a great time of 64.62sec. This was a new State Record.



In the Hammer Champion of Champions, Gabi Watts won the women's event with a best of 59.41m. Our other participants were: - Samantha Latanis (5<sup>th</sup> – 57.89m), Mary Thomas (7<sup>th</sup> – 57.55m), Melissa Holahan (8<sup>th</sup> – 57.41m) and June Lowe (9<sup>th</sup> – 57.19m). In the men's event, 1<sup>st</sup> place was taken by James Davis of WA (63.19m). Our participants were: - Jamie Muscat (2<sup>nd</sup> – 61.18m), Gavin Murray (4<sup>th</sup> – 59.26m) and Rodney Watson (8<sup>th</sup> –

57.28m).

In the Weight Throw, Melissa Holahan took another gold medal in the W30 category with a best throw of 14.32m. Audrey Muscat placed 3<sup>rd</sup> in the W35 category with 11.00m. Samantha Latanis picked up another gold medal in the W40 category with a best of 10.87m. Gabi Watts (15.09m) and Caroline Layt (13.78m) placed first and second in the W50 category. Ellena Cubban took the silver medal in the W55 category with 8.98m. It was another trifecta in the W60 category with June Lowe (13.43m) winning from Jill Taylor (12.90m) and Adriana Van Bockel (8.24m). Mary Thomas placed second in the W70 category with a best of 10.47m. Michael Laws again placed first in the M30 category with a best of 11.40m. Jamie Muscat also picked up the gold

medal in the M35 category with 13.61m. Rodney Watson took the bronze medal in the M40 category with a best of 11.12m. Jim Fassolis also got gold in the M50 category with 15.40 followed by Robert Clark (12.58m). It was gold and silver in the M60 category with Gavin Murray (15.84m) first and Lajos Joni (15.70m) second.

This meet was a very successful one for NSW. In total we picked up 347 medals made up of 149 gold medals, 114 silver medals and 84 bronze medals.



This was the most by far of any state. I thoroughly enjoyed being Team Manager again. It has been an honour and privilege these last five years to represent NSW in this way. I now look forward to my duties as one of the Australian Team Managers at the World Championships to be held in Perth later this year. I look forward to seeing you there.



## Australian Team Wear - Perth2016

**Next Page →**

The new online shop on the AMA website for these items should be open in the next week.

	SIZE	PRICE
<b>LADIES POLO SHIRT</b>	8 - 24	\$40
<b>MENS POLO SHIRT</b>	XS – 4XL	\$40
<b>LADIES TEE</b>	6 - 18	\$35
<b>MENS TEE</b>	XS – 4XL	\$35
<b>LADIES SHORTS</b>	4 - 18	\$35
<b>MENS SHORTS</b>	S – 3XL	\$35
<b>LADIES TRACK SUIT TOP</b>	8 - 18	\$75
<b>LADIES TRACK PANTS</b>	8 - 18	\$55
<b>MENS TRACK SUIT TOP</b>	S – 5XL	\$75
<b>MENS TRACK PANTS</b>	S – 3XL	\$55
<b>CAP</b>		\$18

## Australian Team Wear – Perth2016



AMA has adopted a new line of Team Wear for our Australian Team to introduce at the Perth2016 Masters World Championships, designed to complement the current National Uniform items.

The new items are:

- Tracksuit Top
- Track Pant
- Polo Shirt
- Tee Shirt
- Walk Shorts
- Cap



The Tracksuit Top and Pants feature slim styling, striped side panels and zip openings at the Pant sides, with Southern Cross, AUSTRALIA and "Australian Masters Athletics" motifs.



The Polo shirts feature AUSTRALIA emblazoned across the back, "Australian Masters Athletics" on the left chest, the Southern Cross on the right chest, with yellow and white kangaroo feature print and the Australian map on the left sleeve.

The Tee shirts are a similar design to the Polo shirts, with a rounded neck in place of the polo shirt collar.

The Walk Shorts are navy with a drawstring waist, and a kangaroo motif wrapping around the right side leg.



Our Cap has an adjustable strap, and features a kangaroo at the back and "Australian Masters Athletics" and Southern Cross at the front.

All items except the cap come in both Men's and Women's styling and sizes (see Sizing sheet)



**16 – 19 April, 2016**

<http://www.samastersathletics.org.au/nationals2016/>

**Entries Close:** *midnight, Friday 11 March 2016*



**26 October – 6 November, 2016**

For more information visit [www.perth2016.com](http://www.perth2016.com)

or follow the event Facebook page

[www.facebook.com/perth2016](http://www.facebook.com/perth2016)

for regular updates.

**ANNUAL PRESENTATION LUNCH 12:30pm Sunday 19 June at Bankstown Sports Club**

**30 for members, \$46 for non-members. Booking link: <https://www.trybooking.com/204023>**

## **NSWMA Annual General Meeting**

Notice is hereby given that the NSWMA Annual General Meeting will be held at

**2pm on Sunday 26 June 2016 at**

**Bankstown Sports Club,**

**8 Greenfield Parade, Bankstown.**

The meeting will present the annual report, financial report and hold the election for the new committee. All committee positions will be declared vacant and nominations are now invited in writing or via email to

**The Secretary**

**458A Tuggerawong Rd**

**Tuggerawong NSW 2259**

or [secretary@nswmastersathletics.org.au](mailto:secretary@nswmastersathletics.org.au)

Nominations for positions need to be received by the Secretary 14 days prior to the meeting. Should there be no nominations in writing for a position, nominations will be called for from the floor at the meeting.

Members wishing to schedule a matter for discussion or propose any motions are encouraged to send these to the Secretary for inclusion in the agenda.

## NSWMA Athlete's records achieved for the season 2015-2016

Athlete	Age Group	Event	Date	Performance	Prior Record	Record Type
Ashley McMahon	M40	Indoor 60m	21-Mar-16	7.21sec	7.40sec	AMA
Ashley McMahon	M40	Indoor 200m	21-Mar-16	23.53sec	23.90sec	AMA
Colin Dalton	M45	Indoor Mile	13-Feb-16	5:34.88	new record	AMA
<b>Stuart Gyngell</b>	<b>M50</b>	<b>Pentathlon Throws</b>	<b>05-Oct-15</b>	<b>4192 points</b>	<b>4072 points</b>	<b>AMA</b>
<b>Trevor Young</b>	<b>M55</b>	<b>400m</b>	<b>09-Jan-16</b>	<b>55.06sec</b>	<b>N 55.11sec A 55.08sec</b>	<b>AMA</b>
<b>Trevor Young</b>	<b>M55</b>	<b>400m</b>	<b>18-Apr-16</b>	<b>54.63sec</b>	<b>55.06sec</b>	<b>AMA</b>
<b>Donald Mathewson</b>	<b>M70</b>	<b>1500m</b>	<b>06-Jun-15</b>	<b>5:02.28</b>	<b>5:05.62</b>	<b>AMA</b>
<b>Donald Mathewson</b>	<b>M70</b>	<b>3000m</b>	<b>06-Jun-15</b>	<b>11:06.68</b>	<b>11:28.12</b>	<b>AMA</b>
<b>Noel Donohoe</b>	<b>M75</b>	<b>Weight 100lb</b>	<b>07-Feb-16</b>	<b>2.22m</b>	<b>N 1.80m A 1.99m</b>	<b>AMA</b>
<b>Ron Simcock</b>	<b>M80</b>	<b>Pentathlon Throws</b>	<b>13-Jun-15</b>	<b>4520 points</b>	<b>N 3259 points A 3982 points</b>	<b>AMA</b>
<b>Ron Simcock</b>	<b>M80</b>	<b>Shot Put 3kg</b>	<b>13-Jun-15</b>	<b>11.08m</b>	<b>N 9.65m A 10.73m</b>	<b>AMA</b>
<b>Ron Simcock</b>	<b>M80</b>	<b>Shot Put</b>	<b>04-Oct-15</b>	<b>11.29m</b>	<b>11.08m</b>	<b>AMA</b>
<b>Ron Simcock</b>	<b>M80</b>	<b>Pentathlon Weight</b>	<b>05-Oct-15</b>	<b>5034 points</b>	<b>3770 points</b>	<b>AMA</b>
<b>Jitka Hiscox</b>	<b>W30</b>	<b>Heptathlon</b>	<b>01-Apr-16</b>	<b>4626 points</b>	<b>3886 points</b>	<b>AMA</b>
<b>Jitka Hiscox</b>	<b>W30</b>	<b>Long Jump</b>	<b>16-Apr-16</b>	<b>5.74m</b>	<b>5.65m</b>	<b>AMA</b>
<b>Jitka Hiscox</b>	<b>W30</b>	<b>Pentathlon Field</b>	<b>19-Apr-16</b>	<b>3236 points</b>	<b>N 1837 points A 2667 points</b>	<b>AMA</b>
<b>Melissa Holahan</b>	<b>W30</b>	<b>Weight 56lb</b>	<b>05-Oct-15</b>	<b>5.87m</b>	<b>4.45m</b>	<b>AMA</b>
<b>Melissa Holahan</b>	<b>W30</b>	<b>Weight 56lb</b>	<b>07-Feb-16</b>	<b>5.90m</b>	<b>5.87m</b>	<b>AMA</b>
<b>Audrey Muscat</b>	<b>W35</b>	<b>Weight 100lb</b>	<b>05-Oct-15</b>	<b>2.27m</b>	<b>2.22m</b>	<b>AMA</b>
<b>Audrey Muscat</b>	<b>W35</b>	<b>Weight 56lb</b>	<b>05-Oct-15</b>	<b>4.48M</b>	<b>4.36m</b>	<b>AMA</b>
<b>Gabriele Watts</b>	<b>W45</b>	<b>Pentathlon Weight</b>	<b>06-Feb-16</b>	<b>4174 points</b>	<b>4031 points</b>	<b>AMA</b>
<b>Janelle Delaney</b>	<b>W45</b>	<b>400m</b>	<b>15-Aug-15</b>	<b>57.37sec</b>	<b>57.93sec</b>	<b>AMA</b>
<b>Julie Forster</b>	<b>W55</b>	<b>60m</b>	<b>16-Apr-16</b>	<b>8.71sec</b>	<b>N 9.04sec A 8.82sec</b>	<b>AMA</b>
<b>June Lowe</b>	<b>W60</b>	<b>Javelin (500g)</b>	<b>16-Aug-15</b>	<b>23.80m</b>	<b>22.82m</b>	<b>AMA</b>
<b>June Lowe</b>	<b>W60</b>	<b>Javelin</b>	<b>17-Apr-16</b>	<b>25.20m</b>	<b>23.80m</b>	<b>AMA</b>
<b>Mary Thomas</b>	<b>W70</b>	<b>Javelin 500g</b>	<b>07-Aug-15</b>	<b>24.31m</b>	<b>22.74m</b>	<b>AMA</b>
<b>Mary Thomas</b>	<b>W70</b>	<b>Pentathlon Throws</b>	<b>16-Aug-15</b>	<b>4407 points</b>	<b>4405 points</b>	<b>AMA</b>
					<b>AUST Count</b>	<b>27</b>
Christopher Clegg	M30	Pole Vault	13-Feb-16	4.80m	4.65m	NSWMA
Michael Laws	M30	Pentathlon Weight	06-Feb-16	2740 points	2515 points	NSWMA
Michael Laws	M30	Weight 56lb	06-Feb-16	6.96m	6.76m	NSWMA
Michael Laws	M30	Weight 100lb	07-Feb-16	3.21m	2.86m	NSWMA
Jamie Muscat	M35	Weight 56lb	25-Apr-15	9.02m	8.41m	NSWMA
Jamie Muscat	M35	Pentathlon Weight	17-May-15	3623 points	3477 points	NSWMA
Jamie Muscat	M35	Weight 56lb	17-May-15	9.27m	9.02m	NSWMA
Jamie Muscat	M35	Weight 100lb	05-Oct-15	4.66m	4.47m	NSWMA
Jamie Muscat	M35	Weight 56lb	06-Feb-16	9.35m	9.27m	NSWMA
Ashley McMahon	M40	Decathlon	10-Jan-16	5665 points	new record	NSWMA
Rod Watson	M40	Weight 100lb	07-Feb-16	3.77m	3.03m	NSWMA
David Tonge	M45	Half Marathon	05-Jul-15	1:11:44	1:12:59	NSWMA
Devery, Murray, Sharpe, Young	M55	4x400m Relay	18-Apr-16	3:55.83	4:10.10	NSWMA
Peter Murray	M55	Decathlon	10-Jan-16	5640 points	5334 points	NSWMA
Todd Devery	M55	400m Hurdles	17-Oct-15	65.48sec	65.79sec	NSWMA
Todd Devery	M55	400m Hurdles	19-Apr-16	1:04.62	1:05.48	NSWMA
David McEwan	M60	2000m Steeple	17-Apr-16	7:23.60	7:29.22	NSWMA
Lajos Joni	M60	Hammer	22-Aug-15	44.57m	43.87m	NSWMA
Lajos Joni	M60	Weight	13-Sep-15	17.39m	16.64m	NSWMA

Dave Ross	M65	Pentathlon Weight	21-Nov-15	3027 points	2478 points	NSWMA
Dave Ross	M65	Weight	07-Feb-16	14.75m	14.62m	NSWMA
Frank Scorzelli	M65	Half Marathon	23-Aug-15	1:30:28	1:30:56	NSWMA
John West	M65	1500m Walk	16-Apr-16	9:43.73	10:49.56	NSWMA
Albert Gay	M70	Long Jump (Dec)	05-Aug-15	4.57m	4.55m	NSWMA
Donald Mathewson	M70	10km Road	02-May-15	40:37.60	43:07	NSWMA
Donald Mathewson	M70	Half Marathon	17-May-15	1:30:33	1:38:17	NSWMA
Donald Mathewson	M70	8km Cross Country	04-Aug-15	34:12	34:16	NSWMA
Peter Crombie	M70	100m	07-Aug-15	13.34sec	13.35sec	NSWMA
Peter Crombie	M70	200m	09-Aug-15	28.34sec	28.44sec	NSWMA
Peter Crombie	M70	200m	10-Aug-15	27.24sec	27.26sec	NSWMA
Peter Crombie	M70	200m	10-Aug-15	27.26sec	28.34sec	NSWMA
Peter Crombie	M70	400m	12-Aug-15	65.30sec	65.74sec	NSWMA
Peter Crombie	M70	400m	14-Aug-15	64.94sec	65.30sec	NSWMA
Peter Crombie	M70	400m	15-Aug-15	63.56sec	64.94sec	NSWMA
Peter Crombie	M70	100m	12-Dec-15	13.32sec	13.34sec	NSWMA
Peter Crombie	M70	200m	12-Dec-15	26.97sec	27.24sec	NSWMA
Jim Seymon	M75	1500m Walk	16-Apr-16	9:14.19	9:15.62	NSWMA
Jim Seymon	M75	10km Walk Road	19-Apr-16	1:06:43	1:06:57	NSWMA
John Spinney	M75	10km Road	02-May-15	49:46.41	53:13	NSWMA
Noel Donohoe	M75	Weight 56lb	07-Feb-16	4.14m	3.87m	NSWMA
Ron Simcock	M80	Hammer 3kg	13-Jun-15	40.11m	30.01m	NSWMA
Ron Simcock	M80	Javelin 400g	13-Jun-15	28.93m	28.72m	NSWMA
Ron Simcock	M80	Weight	13-Jun-15	16.31m	13.16m	NSWMA
Ron Simcock	M80	High Jump	23-Jan-16	1.15m	1.10m	NSWMA
Brian Sharpe	M85	100m	28-Nov-15	20.49sec	21.90sec	NSWMA
Brian Sharpe	M85	200m	28-Nov-15	44.29sec	46.40sec	NSWMA
Brian Sharpe	M85	400m	28-Nov-15	1:45.99	1:52.00	NSWMA
Brian Sharpe	M85	Decathlon	10-Jan-16	3132 points	new record	NSWMA
Brian Sharpe	M85	200m	20-Feb-16	43.33sec	44.29sec	NSWMA
Brian Sharpe	M85	400m	21-Feb-16	1:43.17	1:45.99	NSWMA
Brian Sharpe	M85	60m	21-Feb-16	12.69sec	13.40sec	NSWMA
Audrey Muscat	W35	Weight	07-Feb-16	12.89m	12.72m	NSWMA
Kelly Hunter	W35	Discus	23-Jan-16	39.70m	37.14m	NSWMA
Kelly Hunter	W35	Discus	20-Feb-16	41.25m	39.70m	NSWMA
Kelly Hunter	W35	Discus	17-Apr-16	41.34m	41.25m	NSWMA
Samantha Latanis	W40	Pentathlon Weight	05-Oct-15	2970 points	2943 points	NSWMA
Cristine Suffolk	W45	8km Cross Country	04-Aug-15	33:13	34:33	NSWMA
Gabriele Watts	W45	Hammer	06-Aug-15	40.33m	39.29m	NSWMA
Gabriele Watts	W45	Hammer	07-Aug-15	41.09m	40.33m	NSWMA
Janelle Delaney	W45	200m	10-Aug-15	25.78sec	26.01sec	NSWMA
Janelle Delaney	W45	200m	10-Aug-15	25.78sec	equal record	NSWMA
Lenore Lambert	W45	400m Hurdles	12-Mar-16	1:04.18	1:04.35	NSWMA
Angela Carpini	W50	8km Cross Country	04-Aug-15	30:12	32:25	NSWMA
Angela Carpini	W50	10000m	10-Aug-15	38:44.34	40:42.88	NSWMA
Angela Carpini	W50	Half Marathon	10-Aug-15	1:24.13	1:25.30	NSWMA
Gabriele Watts	W50	Pentathlon Throws	06-Mar-16	4279 points	3433 points	NSWMA
Gabriele Watts	W50	Shot Put (Pent)	06-Mar-16	12.88m	12.86m	NSWMA
Gabriele Watts	W50	Shot (Pent)	18-Apr-16	12.90m	12.88m	NSWMA
Mogentale, Douglass, Forster, Suttor	W50	4x400m Relay	18-Apr-16	4:42.15	4:58.68	NSWMA
Sally Stagles	W50	300m Hurdles	11-Aug-15	51.81sec	53.20sec	NSWMA
Julie Forster	W55	200m	17-Apr-16	28.27sec	28.62sec	NSWMA
Rita Webster	W55	Marathon	05-Jul-15	3:57:09	4:13.15	NSWMA
Robyn Suttor	W55	80m Hurdles	14-Aug-15	14.73sec	14.87sec	NSWMA
Robyn Suttor	W55	80m Hurdles	17-Apr-16	14.26sec	14.73sec	NSWMA
Jill Taylor	W60	Pentathlon Throws	07-Oct-15	3644 points	3570 points	NSWMA
Jill Taylor	W60	Pentathlon Weight	21-Nov-15	3824 points	2493 points	NSWMA

Jill Taylor	W60	Weight 100lb	21-Nov-15	1.53m	1.22m	NSWMA
Jill Taylor	W60	Pentathlon Weight	06-Feb-16	3998 points	3824 points	NSWMA
Jill Taylor	W60	Weight 100lb	07-Feb-16	1.59m	1.53m	NSWMA
Jill Taylor	W60	Triple Jump	21-Feb-16	7.20m	6.99m	NSWMA
Jill Taylor	W60	Triple Jump	18-Apr-16	7.36m	7.20m	NSWMA
June Lowe	W60	Pentathlon Throws	18-Apr-16	3882 points	3644 points	NSWMA
Rosemary Roediger	W60	10km Road	02-May-15	42:54	43:07	NSWMA
Rosemary Roediger	W60	8km Cross Country	04-Aug-15	35:15	35:54	NSWMA
Rosemary Roediger	W60	10000m	10-Aug-15	44:21.07	48:27.00	NSWMA
Rosemary Roediger	W60	3000m	07-Nov-15	12:02.70	12:08.57	NSWMA
Rosemary Roediger	W60	Mile	16-Jan-16	6:17.77	8:28.48	NSWMA
Paula Moorhouse	W65	800m	09-Aug-15	2:57.36	3:00.73	NSWMA
Paula Moorhouse	W65	1500m	14-Aug-15	6:15.79	6:18.66	NSWMA
Paula Moorhouse	W65	400m	15-Aug-15	1:16.09	1:16.31	NSWMA
Paula Moorhouse	W65	100m	20-Feb-16	17.17sec	17.50sec	NSWMA
Paula Moorhouse	W65	60m	21-Feb-16	10.44sec	11.29sec	NSWMA
Mary Thomas	W70	Hammer	10-Aug-15	29.71m	28.78m	NSWMA
Mary Thomas	W70	Discus	14-Aug-15	24.11m	23.92m	NSWMA
Mary Thomas	W70	Shot Put (Pent)	16-Aug-15	8.57m	8.48m	NSWMA
Mary Thomas	W70	Weight (Pent)	07-Oct-15	11.94m	11.44m	NSWMA
Laurel Barrett	W85	100m	20-Feb-16	29.23sec	new record	NSWMA
					<b>STATE Count</b>	97
					<b>Grand Count</b>	124

## Everyone needs a dog



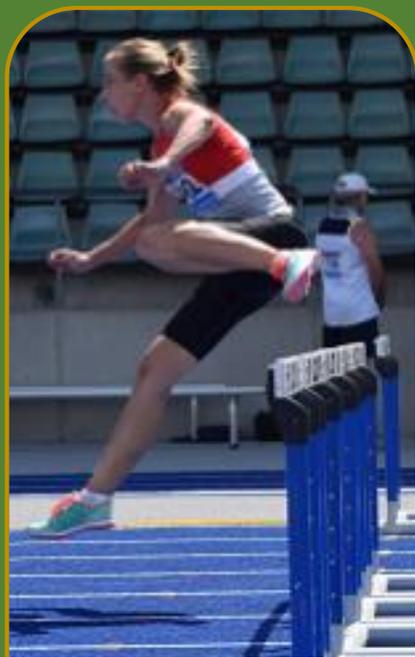
I'm helping Mum train for Perth.

I'm so strong that I can drag Mum across the grass when she forgets to wear her shoes, even though she's twice my weight - Mum hates shoes. The other day when I was chasing a brush turkey Mum was wrapped around a No Parking sign trying to hold me back. What a good joke that was!

Four times a week I take Mum on a Doggy Fartlek session for half an hour. This varies from a mild dawdle to a wild pursuit up and down hills. Perfect for upper body strength. Mum's never been fitter, although I'm a bit of a handful.

Someone suggested Puppy Preschool, but I say how can you help a lazy genius like me who knows more than they do?

*Vladi*



State Masters Championships. Clockwise from bottom left: Billy Spliadis winning the M30 100m, Sally Stagles W55 300mH, Tim McGrath M50 pole vault, Adriana Van Bockel W60 Hammer throw, Jennifer Bishop W45 80mH, M60 60m, Warren Jones M35 long jump.

M Walker