



Don Mathewson, Geoff Francis and Karen Petley support each other fearing if one let go the other two might fall down

## STATE **short course**

### CROSS COUNTRY CHAMPIONSHIPS

**Saturday, 14<sup>th</sup> July, 2012 – Upjohn Park, Dundas.**

On a beautiful sunny day, 45 NSW Masters members contested the very popular State Short Course Cross Country Championships at Upjohn Park. While the course is challenging, most athletes use the race as a good lead up for the City2Surf, the State Half and the Blackmore's Running Festival.

The event has been held at this venue since 2009 and is now organised by the newly incorporated West Metropolitan Cross Country Clubs in conjunction with Athletics NSW. With some pre & post race publicity in the local press and the

**By Garry Womsley**

presence of the local mayor, it is hoped that this added exposure will help the event grow in the years to come. The fact that London Olympian Jeff Hunt contested the race as his final hit out before he tackled the Olympic Marathon also added to the prestige of the event.

The course itself is a 2.5km loop, with a soft, grassy surface. With lots of twists and turns and ups and downs, it is certainly challenging for athletes of all ages. However, with plenty of trees and a small creek flowing along most of the course, it is also pleasant. All women, and

men over 55, ran 5km (2 loops) while the men under 55 ran 7.5km (3 loops).

In the women's race, Nancy Newsome (1<sup>st</sup> 45-49 age category) was the fastest with a good time of 20:22, followed by Linda Gard (2<sup>nd</sup> 45-49 age category) in 20:46 and Karen Petley (1<sup>st</sup> 50-54 age category) in 21:51. Other NSW Masters members to earn individual medals on the day were Naina Jerath (3<sup>rd</sup> in 40-44 age category in 22:09), Rosemary Roediger (1<sup>st</sup> in 55-59 age category in 22:17) and Dorothy Siepmann (1<sup>st</sup> in 65-69 age category in 32:04)

In the men's 5km race, Ron Schwebel (1<sup>st</sup> in 60-64 age category) was the fastest

## Women's results

### 40-44

1 NAINA JERATH 22:09 (3)

### 45-49

1 NANCY NEWSOME 20:22 (1)

2 LINDA GARD 20:46 (2)

3 KERRY TAYLOR 22:54 (5)

4 LISA HARRISON 24:49 (6)

### 50-54

1 KAREN PETLEY 21:51 (1)

2 CAROLINE YARNELL 24:24 (4)

3 SUZANNE GORE 24:34 (5)

### 55-59

1 ROSEMARY ROEDIGER 22:17 (1)

### 65-69

1 DOROTHY SIEPMANN 32:04 (1)

## Older men

### 55-59

1 DENNIS WYLIE 20:38 (4)

2 STEPHEN BALL 20:40 (5)

3 STUART PATERSON 21:42 (6)

4 GREG BEIRNE 21:50 (7)

5 DOUG BARRETT 23:42 (9)

### 60-64

1 RON SCHWEBEL 19:29 (1)

### 65-69

1 DON MATHEWSON 21:00 (1)

2 STEVE NAPPER 22:10 (3)

3 ELWYN ELMS 26:14 (5)

4 GRAHAM ALLOMES 31:48 (11)

5 VILIS GRAVITIS 33:31 (13)

### 70+

1 JIM HARRISON 24:55 (1)

2 JOHN SPINNEY 26:00 (2)

3 GEOFF FRANCIS 26:20 (3)

4 EDDIE McLEAN 38:47 (10)

## Younger men

### 35-39

1 SIMON WHITE 28:12 (7)

2 MICHAEL DOGGETT 29:24 (11)

3 MARK GREGORY 29:26 (12)

4 SHANNON LUM 30:02 (14)

5 JUSTIN KEANE 31:23 (16)

### 40-44

1 DAVID TONGE 26:03 (2)

2 PAUL McCLARNON 28:13 (7)

3 EJ DAVIE 35:55 (15)

### 45-49

1 PAUL SHERINGHAM 32:37 (8)

2 GARRY WOMSLEY 34:06 (9)

3 WAYNE GARD 38:56 (18)

### 50-54

1 PETER BYRNE 30:53 (6)

2 IAN ROSE 31:40 (8)

3 BRAD SHARPE 32:14 (9)

4 RON COZIENSEN 33:38 (12)

5 BRIAN MACKIE 33:51 (13)

6 JOHN THOMPSON 34:33 (15)

7 NICK TERRANOVA 34:57 (16)

8 STEVE MIFSUD 35:43 (17)

9 MICHAEL CHRISTIE 44:02 (26)

with a fantastic time of 19:29. He was followed by Dennis Wylie (4<sup>th</sup> in 55-59 age category) in a time of 20:38, while the third fastest was Stephen Ball (5<sup>th</sup> in 55-59 age category) in a time of 20:40. Other NSW Masters members who earned medals on the day were: - Don Mathewson (1<sup>st</sup> in 65-69 age category in 21:00), Steve Napper (3<sup>rd</sup> in 65-69 age category in 22:10), Jim Harrison (1<sup>st</sup> in 70+ age category in 24:55), John Spinney (2<sup>nd</sup> in 70+ age category in 26:00) and Geoff Francis (3<sup>rd</sup> in 70+ age category in 26:20). 83 year old Eddie McLean was the

oldest competitor to compete on the day and got through the 5km in a respectable time of 38:47.

In the men's 7.5km race, David Tonge (2<sup>nd</sup> in 40-44 age category) was the fastest with a great time of 26:03. There were also another four members who beat the magical 30 minutes. They were: - Simon White (28:12 – 7<sup>th</sup> in 35-39 age category),

Paul McClarnon (28:13 – 7<sup>th</sup> in 40-44 age category), Michael Doggett (29:24 – 11<sup>th</sup> in 35-39 age category) and Mark Gregory (29:26 – 12<sup>th</sup> in 35-39 age category).

# Pan Pac Masters Games

## 2012 Pan Pacific Masters Games

Gold Coast, Queensland, Australia

3 to 11 November 2012

Athletics will be one of a record 40 sports on the program at the 8th Pan Pacific Masters Games to be held on the beautiful Gold Coast from 3 to 11 November 2012.

The Pan Pacs, as the Games are affectionately known, are a celebration of master's sport with both fierce and friendly competition on the sporting field and a fun-filled entertainment program at the Games Village each night.

The sport is conducted in age groups with no qualifying standards to enter. The only criteria for entry is that participants must meet the minimum age for their sport, and for most sports that is 30 years of age.

All sports are located in close proximity to the Games Village situated at the Gold Coast Convention & Exhibition Centre in Broadbeach. The Games Village will feature the registration centre, live nightly entertainment, fully catered hospitality and merchandise, but most-of-all, an exclusive venue for participants to meet up and enjoy the spirit of the Pan Pacs.

The Pan Pacific Masters Games is organised by Events Queensland Gold Coast with great support from the Gold Coast City Council and the host organisations for all 40 sports.

For event information visit [www.mastersgames.com.au](http://www.mastersgames.com.au)

For travel and accommodation information visit [www.visitgoldcoast.com](http://www.visitgoldcoast.com)

Like us at [www.facebook.com/panpacmasters](http://www.facebook.com/panpacmasters)

# Masters welcomes Greg Eyears

Greg Eyears has had a great athletics career in open competition and gone out on top. This year he won gold in the hurdles at Oceania and silver in the 4x100 relay. That followed a 100m hurdles silver at the Nationals in Melbourne where he was pipped by a training partner. Now he is transitioning to Masters Competition and has started with a bang, setting records for the 110m and 400m Hurdles in M30-34.

Starting with Little A's in 1987 at Bankstown Sports, he made early forays into Discus and Road Walks and medalled at state level until aged 12 where, under the tutelage of Coach Robert Macey, he became a hurdler. Over the next 15 years Eyears became a multi State and National Champion and represented Australia at the Commonwealth Games. For the last 4 years he has trained with Fira Dvoskina.

His first National gold was at the Australian All Schools Championships in Canberra in 1988. The following two years he claimed silver. His first senior medal was a bronze at the nationals in 2003, beaten by his childhood hero, Olympian Kyle Vander Kyup. Three years later they were to both be selected for the Commonwealth Games.

During his University years Eyears won multiple gold at University Games and was awarded a Ben Lexcen scholarship and Blues Award in Athletics.

It was another gold for him in 2005 at the nationals and in 2007, although coming second he recorded the 5<sup>th</sup> fastest time in Australian history. He won again in 2010 and 2011. Altogether he won three gold, two silver and three bronze medals at national level. At State level he won eight gold, four silver and one bronze.

Today he is Vice President and Junior Life Member at Bankstown Sports Seniors Athletics club and intends to coach hurdling and continue competing at Masters level.



## Personal bests

110m hurdles 13.72 (1.5) Brisbane 11/3/07  
100m 10.77w (2.2) Perth 7/1/07  
100m 10.81 (2.0) Sydney 20/1/07

## International Competition

2006 Commonwealth Games 110 metres Hurdles Ht3 4th 14.00 (-1.0)  
2010 Great North City Games 110 metres Hurdles 2nd 13.88 (2.8)  
2010 Oceania Championships 110 metres Hurdles 1st 14.20 (-0.5)

## National Competition

1998-99 Aust. Junior T & F 110 metres Hurdles 2nd 15.09(-0.9)  
1999-00 Aust. Junior T & F 110 metres Hurdles 2nd 14.85(-3.7)  
2002-03 Aust. T & F 110 metres Hurdles 3rd 14.28(-1.9)  
2004-05 Aust. T & F 110 metres Hurdles 2nd (1st Aust.) 14.39(-0.3)  
2006-07 Aust. T & F 110 metres Hurdles 3rd (2nd Aust.) 13.72(+1.5)  
2007-08 Aust. T & F 110 metres Hurdles 4th (3rd Aust.) 14.09(-0.2)  
2008-09 Aust. T & F 110 metres Hurdles 4th (3rd Aust.) 14.24(-0.6)  
2009-10 Aust. T & F 110 metres Hurdles 1st 13.82(+2.1)  
2010-11 Aust. T & F 110 metres Hurdles 3rd (1st Aust.) 14.47(-1.3)  
2011-12 Aust. T & F 110 metres Hurdles 5th (2nd Aust.) 14.18(0.2)

## Top-10 performances (not wind assisted)

13.72 1.5 3 Brisbane 11 Mar 2007  
13.90 1.1 1h2 Brisbane 11 Mar 2007  
13.94 1.5 1h2 Perth 18 Apr 2010  
13.98 0.4 1 Brisbane 26 Nov 2005  
14.00 0.6 1 Sydney 15 Jan 2006  
14.00 4h3 Melbourne 21 Mar 2006  
14.02 1.3 1 Sydney 12 Nov 2005  
14.09 1.3 2 Sydney 4 Feb 2007  
14.09 -0.2 4 Brisbane 1 Mar 2008  
14.09 0.6 2 Perth 31 Mar 2011



## What's ahead?

**29 Sep – 1 Oct** AMA Winter Throws Canberra  
Entries close 22 Sep  
**27 Oct** Start of athletics season

**03 Nov - 11 Nov** Pan Pac Masters Games Gold Coast  
**10 Nov** 3000m Champs SOPAC  
**17 Nov** Relay Champs SOPAC

# THE **McLeay Valley** MARATHON

**T**he McLeay Valley Marathon is run on the Queen's Birthday Holiday weekend each year in the beautiful coast and bush land setting of the historic Trial Bay Gaol near South West Rocks on the mid north coast. The event includes marathon, half marathon, 10km and 5km races. To mark the royal occasion the words: *Do it for the Queen* and *Come on Faye* were chalked in colourful block letters on the cycle path on the run into South West Rocks.

The early morning race start was teeth-chattering and finger shaking cold. Storm front clouds out to sea built up high into the dome of sky, dwarfing the remnant fig trees of the once rich floodplain forest into insignificance. The line of dark coastal hills on the horizon signified the climb that tired runners would face in the last kilometre on the run into Trial Bay Gaol and the race finish. Fortunately the rain held off, unlike the previous year's deluge that soaked competitors.



Several masters and older athletes ran blinders in the marathon. **Brendan Davies** led the Woodstock Runner's Sydney travelling entourage, and streeted the field winning in 2:40.35. Ultra maestro Kevin Heaton ran a PB (3:18.57), and **Ray James** ran (3:34.47). Bob Fickel (4:39.43) chalked up another marathon on his way to 250 finishes. In the half marathon Sawtell running legend and once a Westie's Jogger Tom Holbut completed another half marathon at age 75. Central coast masters Barry Willis (38:22) and Michael Miles (36:11) won their respective age categories in the 10km race.

After finishing the Half Marathon (10<sup>th</sup> 88:49) the author of this article took some photos with his new Canon 7d digital with 6 frames per second motor drive. Nice! He then adjourned to partake of some sausage sandwiches, watched the presentation and won a cool pair of sunnies.

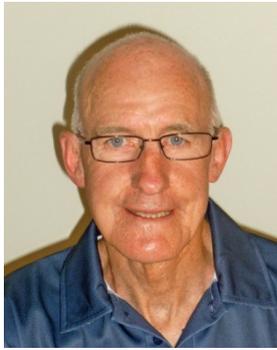
This is very friendly race and well worth the trip to the mid north coast on Queen's birthday weekend each June.

**By Paul Sheringham**



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# On the record

Start recording by the Records Officer, **Don Mathewson**

Over the winter months there has been some good activity and State records set. Some of our more senior masters have been out there breaking records and representing NSWMA well.

At the Hunter Winter Series in July, **Richard Hughes** (M80) set new records in the 100m in a time of 15.41 and in the 200m in 32.69. I am sure Richard will be in print for more records as the track season gets underway.

Another of our mature athletes **Ken Saunders** (M80) ran the M7 Marathon setting an inaugural State Record of 5.59.44. Ken also ran an inaugural Half Marathon record of 2.28.28 at the NSW Championships at Bankstown in September. Well done to Ken and welcome to the record books.

**Ron Schwebel** (M60) is running very well and ran an impressive 10k road race in 37.57 taking 13 seconds off the previous record in the Suncorp Harbour Run. Ron also ran the Lake Macquarie Half Marathon in a time of 1.23.58 breaking Frank Scorzelli's record of 1.24.41.

At the other end of the age group, **Brendan Davies** (M35) ran an excellent recent 2.40.36 Marathon time and has the potential to break more records in his age group.

**Andrew Atkinson-Howatt** (M55) participated in the British Masters Athletics Championships held in Derby,

England. Andrew broke his own State Javelin Record of 44.85 with a distance of 45.12. This also gave Andrew a Silver in the British Masters. Well done.

**Jamie Muscat** (M35) set a new 56lb weight record with a throw of 7.46m at the Canberra Veterans meet in July beating his own record of 7.06m.

**Wendy Bock** (W40) broke her own State record in the NSW Half Marathon championships at Bankstown in September. Wendy ran an impressive 1.24.16. Look out for more records from Wendy.



## AMA Marathon Championships

Sunday, 1<sup>st</sup> July, 2012 – Gold Coast, Queensland.

### By Garry Womsley

A glorious sunny day greeted our eight members who lined up for the AMA Marathon Championships held on the beautiful Gold Coast. Held in conjunction with the very popular Gold Coast Marathon, the course is conducive to fast times as it is mainly flat compared to some of the other Marathons held in Australia. For this reason, the race is particularly popular with international competitors. However, a Marathon is 42.2km so it is big challenge no matter how flat the course.

Starting near Southport, the race heads south along the very scenic tourist strip to Burleigh Heads before turning around after 16km and heading north. When the

runners reach Runaway Bay after 36km, they again turn around and head back to Southport for the finish.

Caroline Bailey (W40-44) was our only female member to contest the race and she was able to beat 4 hours. She finished in a good time of 3:55:01 and placed 2<sup>nd</sup> in her age category. New member Shannon Lum (M35-39) ran very well to finish in a time of 3:08:30 which placed him 3<sup>rd</sup> in his age category. We had three athletes in the M40-44 category. David Tonge (2:37:28) and Paul McClarnon (2:42:09) ran outstanding races to place 1<sup>st</sup> and 2<sup>nd</sup> in the category. Unfortunately, Wayne Bulloch did not finish the race.

Our three representatives in the M60-64 age category blitzed the rest of the field to score a well deserved trifecta. Ron Schwebel, who seems to be getting better with age, finished in a great time of 3:16:23 to finish 1<sup>st</sup> in the category. He was followed by Bruce Renwick (3:23:07) and long distance legend Ray James (3:42:41).

<b>W40-44</b>	Caroline Bailey	3:55:01	2 <sup>nd</sup>
<b>M35-39</b>	Shannon Lum	3:08:30	3 <sup>rd</sup>
<b>M40-44</b>	David Tonge	2:37:28	1 <sup>st</sup>
	Paul McClarnon	2:42:09	2 <sup>nd</sup>
	Wayne Bulloch	DNF	
<b>M60-64</b>	Ron Schwebel	3:16:23	1 <sup>st</sup>
	Bruce Renwick	3:23:07	2 <sup>nd</sup>
	Ray James	3:42:41	3 <sup>rd</sup>

# Gold to NSW Masters!

NSW State Half Marathon Championships – Sunday, 2<sup>nd</sup> September, 2012.

## By Garry Womsley

Winter 2012 has seen two firsts for NSW Masters. Firstly, a NSW Masters team competed in the State Road Relay Championships at Ourimbah in July for the first time and we now boast four State Champions after our 35+ Men's team placed first at the NSW Half Marathon Championships. The team of Ron Schwebel, John Thompson, EJ Davie and Brian Mackie came together as a result of their first claim clubs being unable to put teams together on the day. They beat strong teams from Sutherland and Hills District in a great performance.

The team was the brainchild of Masters member and talented all round athlete Ron Cozijnsen who wasn't sure whether or not his club (Sutherland) would have a team on the day. When he found that he would be required by his club, he sought out the other four athletes and the rest as they say, is history.

Ron Schwebel seems to be getting better with age and was the team's fastest with a time of 1:26:29. To cap off a great day, Ron also got the bronze medal in the 55-64 age category. The fact that the two athletes who beat him have only just turned 55, made his performance even more meritorious. John Thompson (1:37:49) ran almost 5 minutes faster than in 2011 while EJ Davie (1:40:34) and Brian Mackie (1:40:57) also ran faster than in 2011. A team is only as good as its

members and these four athletes did NSW Masters proud.

The NSW State Half Marathon Championships has been held at Lake Gillawarna, Georges Hall since 2009 and the loopy and hilly course is a real challenge for all athletes. 21.1km is never easy so it was fantastic that 27 of our members participated in this year's event. The weather was glorious. It was clear and sunny with no wind. It wasn't too hot and it wasn't too cold. It was perfect running weather.

Belinda Martin not only won the 35-44 age category, she was also the first female across the line in a great time of 1:20:00. Wendy Bock was the next NSW Masters member home in a time of 1:24:16. She was also 2<sup>nd</sup> in the 35-44 age category. She was followed by Nancy Newsome (1<sup>st</sup> in 45-54 age category) in a time of 1:27:33. Robyn Basman (1:30:38 – 2<sup>nd</sup> 35-44 age category) and Jane Boyd (1:30:47 – 3<sup>rd</sup> 35-44 age category) also put in great performances. 70 year old Dorothy Tanner was our oldest runner on the day and took out the 55+ age category by a whopping 29 minutes in finishing in a time of 1:56:28.

Simon White, who placed 3<sup>rd</sup> in 35-44 age category, was our fastest male with a great time of 1:20:12. Other members to beat the magical 90 minute mark were Ron Schwebel (1:26:29), the ultra-consistent Michael Doggett (1:26:40), Dennis Wylie (1:27:12), Ian Rose (1:28:52), Peter Byrne (1:29:19) while the much improved Paul Sheringham was just behind them with a time of 1:30:26. Nick Terranova deserves a special mention as he was contesting his first Half Marathon at the age of 54 and finished in a good time of 1:34:38. The most courageous

run of the day was from Steve Mifsud who is a legend of distance running after completing his 100<sup>th</sup> Marathon just over a year ago. He ran/hobbled the full 21.1km with a double knee fracture in a time of 1:47:50 which was a remarkable time under the circumstances.

Our oldest male runner on the day was the evergreen Don Mathewson. After a long lay-off with injury in the early part of last summer, Don, 68, has certainly worked his way back into form over all distances during the winter and was the first home in the 65+ age category with an outstanding time of 1:32:10.

### 35+ MASTERS TEAM – 1<sup>st</sup>

Ron Schwebel (1:26:29)  
John Thompson (1:37:49)  
EJ Davie (1:40:34)  
Brian Mackie (1:40:57)

### BY AGE CATEGORY

#### FEMALE – 35-44

- 1) BELINDA MARTIN – 1:20:00 (1)
- 2) WENDY BOCK – 1:24:16 (2)
- 3) NAINA JERATH – 1:32:39 (7)

#### FEMALE – 45-54

- 1) NANCY NEWSOME – 1:27:33 (1)
- 2) ROBYN BASMAN – 1:30:38 (2)
- 3) JANE BOYD – 1:30:47 (3)
- 4) KAREN PETLEY – 1:41:57 (4)
- 5) KERRY TAYLOR – 1:47:35 (6)

#### FEMALE – 65+

- 1) DOROTHY TANNER – 1:56:28 (1)

#### MALE – 35-44

- 1) SIMON WHITE – 1:20:12 (3)
- 2) MICHAEL DOGGETT – 1:26:40 (8)
- 3) EJ DAVIE – 1:40:34 (19)

#### MALE – 45-54

- 1) IAN ROSE – 1:28:52 (5)
- 2) PETER BYRNE – 1:29:19 (6)
- 3) PAUL SHERINGHAM – 1:30:26 (8)
- 4) NICK TERRANOVA – 1:34:38 (11)
- 5) GARRY WOMSLEY – 1:36:48 (15)
- 6) JOHN THOMPSON – 1:37:49 (16)
- 7) BRIAN MACKIE – 1:40:57 (21)
- 8) RON COZIJSSEN – 1:41:49 (22)
- 9) STEVE MIFSUD – 1:47:50 (28)
- 10) WAYNE GARD – 1:50:56 (30)

#### MALE – 55-64

- 1) RON SCHWEBEL – 1:26:29 (3)
- 2) DENNIS WYLIE – 1:27:12 (4)
- 3) DENNIS WILLIAMS – 1:51:32 (17)

#### MALE – 65+

- 1) DON MATHEWSON – 1:32:10 (1)
- 2) STEVE NAPPER – 1:39:03 (2)



# The **INSIDE** story

I'm a Chaser.

After several years of running laps of track, a new challenge was needed. The wife, a friend of Youcef Abdi, suggested that I might do well at Steeple. "You need to have a good turn of speed", she said, "be athletic, able to jump long, jump a little high, and be determined. It's also a specialist kind of sport that not very many people will do. You could do really well".

I have since found out why not many people do it. My initial research consisted of typing in to Google "How to Steeplechase". Plenty of YouTube entries came up with "How NOT to Steeplechase". That seemed like a good place to start. Those video's terrified me. Apparently, you can trip and smash your jaw open, misjudge hurdle timing and end up compressing the family jewels, or wind up face first with a broken collar bone in half a metre of water.

Undeterred, as I had already paid the entry fee, I launched straight in to the NSW Country championships in January 2011. And as mentioned I now know why not many people do it. First, you run 3,000m as fast you are humanly capable, a total of 7.5 laps of the track. While you're doing that, you must jump a fence 28 times. And last, but not least, you must also leap over a small swimming pool a minimum of 7 times.

It was the hardest thing I have physically ever done. The level of focus required is huge. And you have to maintain that focus for 8-13 minutes, depending upon your ability. The timing and rhythm cannot falter. If you fade out for even just a second, your approach to the next hurdle, spaced 78 metres apart, is destroyed. And clawing back the rhythm is all but impossible, leaving you facing the very real possibility of injury. Even so, I went straight back for another attempt

at the 2011 NSW Masters Champs just 4 weeks later.

I was rewarded for my efforts with no less than a 2nd Gold Medal. Perhaps I genuinely could do this after all? My preferred distance has consistently been the 10km Road Race. This Steeplechase represented a whole new world of challenges - speed work, stretching, hurdling practice and drills, rhythm/timing exercises and more. I even consulted with Youcef prior to his 2011 World Champs and Olympic qualifying trails. His advice? Rhythm, timing and

favour. It'll change your perspective totally.

My enthusiasm and ability through these Kenyan-style drills, along with my affection for the Steeple, has earned me the title among my Newcastle training partners of "The White Kenyan". To complement this, I have won a Gold Medal (six in total) in every Steeplechase race that I have entered - NSW Country, NSW Masters, Australian Masters Games and Australian Masters Athletics, earning me the affectionate title "White Caviar". World Masters



speed - that is all you need. This was followed up with drills and exercises provided by both Bronwyn, my wife and a distance running coach, and Rob Higley, an Aussie who has spent considerable time in the high country of Kenya, working with many of the world's distance running elite, perfecting the Optimum Human Running Model. He has worked with such greats as David Rudisha, a name now familiar to many.

We've also incorporated movement and timing drills that the Ethiopian greats use, many of whom hail from the town of Bekoji, which featured in the recent documentary "The Town of Runners". If you haven't seen it yet, do yourself a

Games in Torino, Italy 2013 is definitely on the cards.

I now understand why track people are track people, throwers are throwers and jumpers are jumpers. You become part of a like-minded community of athletes - specialists at their chosen field, enthusiastic and passionate about competing, grateful just to have the opportunity to take part, and always ready to back yourself against the best your particular event has to offer.

I love my chosen sport. I'm a Chaser.

**By Simon White**



The AMA Champs are to be held in Canberra next Easter. Visit the site:

<http://www.canberra100.com.au/calendar/celebration-events/view/283/australian-masters-athletics-championships/>



# NSWMA **Registration is due now** for 2012/2013

It's that time of year – registrations for our upcoming season are due by **September 30<sup>th</sup>**. To enter any AMA event, or to claim a record at State, National, Oceania or World levels, you need to be a financial member at the time of the event. In addition, performances that may contribute to annual awards consideration cannot be counted if you are not financial at the time of the event in question. So best to make sure you are covered for the full season by getting your registrations in on time!

## REGISTRATION FEES FOR 1/10/2012 to 30/9/2013:

<b>Association Membership – select this only if you wish to join us as the State body (eg you are already a member of an ANSW Club, or are not joining another Club at all)</b>	<b>Manual Fee</b>	<b>Online Fee</b>
NSWMA Association Member only	\$ 40	\$ 40
<b>Club Membership – select this only if you are joining NSWMA as your main Club, and have not joined another ANSW Club</b>		
ANSW Registration incl NSWMA Association - Open Athlete	\$153	\$150
ANSW Registration incl NSWMA Association - Age Concession (60+ or with Pensioner or Senior card)	\$120	\$117

## HOW TO RENEW YOUR MEMBERSHIP:

- 1) **Hard copy by post:** Print off and fill in the attached Registration Form, and mail (with cheque or money order made out to "NSWMA Inc") to:  
**The Registrar NSWMA, 4a Greywood St, Cherrybrook NSW 2126**
- 2) **Pay online using a credit card:** use the link on our website under **How to Join**
- 3) **Remember that you can't pay another ANSW Club membership and our NSWMA Association membership in the same transaction, they need to be done in 2 separate payments.**

*The online Credit Card payment facility is run by ANSW, not by us. If you are using the online system for the first time you will need to register as a new member. If you have used the facility before but can't remember your password, just log on using your email address, and they will send you your login details. If you are having trouble accessing the online payment facility, or payment issue, please contact ANSW directly: Rachel Mullane, Registration Manager on (02) 9746-1122, or email [info@nswathletics.org.au](mailto:info@nswathletics.org.au)*

Jill Taylor, Registrar



We now have a Facebook Page - join us to be up to date with all our news and events!



## ANSW Awards

At the recent ANSW Awards Night, the following NSWMA members took home these honours:

Sprints/Hurdles (Masters) - **Peter Crombie** (SYP)  
 Middle Distance (Masters) - **Keith Bateman** (SSR)  
 Distance (Masters) - **Belinda Martin** (SDG)  
 Walks (Masters) - **Heather Lee** (NMA)

Jumps (Open) - **Nick Morony** (MHA)  
 Jumps (Masters) - **Nick Moroney** (MHA)  
 Throws (Masters) - **Stuart Gyngell** (MIN)  
 Cross Country (Masters) - **Keith Bateman** (SSR)  
 Administrator of the Year - **Jill Taylor** (NMA)

# "Timeout in UK"

## Robert Hanbury-Brown collides with the olde world and tries to pull it together

**A**s any physics student will tell you, the 'Hanbury-Brown Twist effect' states that "if you take two bozos leaving from the same place, and split them up, they will eventually end up at the same pub". The theory only becomes valid if one can prove it over and over in practical experiments. I decided to start in Wales. Why Wales? You went there last year, and it was wet, windy and cold, I hear you say. Well, the GGG managed to arrange a house swap at Llandudno, which not only sounded interesting, but was free! Plus the idea of visiting a 2000 year old copper mine was irresistible. Little did we know we would be part of the breaking of one of the most difficult records ever.... the wettest British summer on record! For two weeks in July, the temp didn't get above 15 degrees and it rained every day. The discus stayed in the suitcase while I tested my theory. I had moments of inspiration at the QUEEN'S HEAD and the GROES INN (oldest pub in Wales) and nearly froze to death in a whiteout at the top of Mt Snowdon, but something kept drawing me to Angelsey. I felt at home at the SHIP INN at Red Wharf Bay. Had I been here before?

### Derby Demolition Derby

As a break from the pub crawling, I'd entered the British Masters champs at Derby. I arranged to meet up with Andrew Atkinson-Howatt who had discovered he had a sister near London with a large TV that would be perfect for watching the Olympics. We decided to approach Derby with no training regime, and see what happened. After a fantastic curry the night before, washed down with a few *Cobras*, our tactics worked wonderfully. In a close javelin battle, Andrew was pipped for the gold, picking up silver for the Aussies with a demolition of the NSW record. I was third with a PB. A A-H started to wonder if his success was due to green curry or his new red shoes, but we won't go there! Later I managed to beat Team GB in the Weight Throw, which was worth a pint or two at THE OLD BELL. We cheered on our pommy friend Mo in the women's shot and watched Jane Horder set a world record in the W55 300m hurdles before heading back to Berkhamsted in good spirits, stopping off at THE 2 BELLS enroute for a *Speckled Hen*.

The next day, we scored tickets to the dummy run for the Olympic opening ceremony through some dodgy G Force connections. A A-H was beside himself when he discovered that the Paras had been dragged in to search bags on the security line and managed to hold up 60,000 fans while he took photos of himself with his old mates. The ceremony was a bold idea that worked in the end, but had us all guessing for a while. The transport ran remarkably well.

The next day we strolled past Berkhamsted Boys School with its magnificent 16th century buildings and loaded up at Waitrose (Supermarket) on *London Pride* and *Spitfire* for the tough couch

workout ahead, in front of the giant screen. Janet, on the other hand, managed to locate a Fitness First in the mediaeval high street for her workout. The Aussies started well in the swimming but then things started to lose their lustre. There was plenty of silver, but the only gold was in the pile of bottle tops on the coffee table or in the *ESB* down at THE MILL, which was handily situated next to a canal on our lunchtime training walk.

After a few days it was time to visit A A-H's old stomping grounds. We headed south on the first warm day of summer, in case it was the last! Andrew saying he would show us how to get lost in the lanes of Brighton. The boys headed for the BLACK LION, 50 yards from the carpark, and then didn't see Janet for 3 hours! She had been completely swallowed up in the endless shoppers paradise - miles of laneways, squares, restaurants, bookshops, antique shops etc etc. Andrew and I devised a strategy of splitting up and tackling the maze from two directions. Each hour we would meet up at the BLACK LION for a refreshing pint. Most of our time was spent in a shop stuffed

with old armour and weapons, which made our grandfathers swords look positively modern.

Next stop was the magnificent Arundel Castle. We were lucky to see live jousting with horses and splintering lances, which reminded one of a snapping pole vault. Then it was on towards Portsmouth, stopping on the way at various pubs which Andrew had

frequented when defending the mother country during the war...the Falklands war that is. Finally, we ended up at the STILL & WEST at Portsmouth. Things hadn't changed much in 30 years except the barman who was too young to remember! We ordered fish and chips and a pint of bitter and took in the glorious view of the harbour, with Nelsons Victory in the background. The place was thick with history. The summer



**The boys avoided strain from over-exertion and kept up their fluids, all for the benefit of carbohydrate-loading**



evening went on and on, just like the memories of the summer of '76.

Back in London things had picked up on the medal front, and thank god Sally Pearson had held on for the gold. Benn Harradine performed well to make the discus final but something, maybe the H-B god particle, had got into my beer because I swear I saw several clear errors of judgement by the discus field judges. Tough luck if you lost a medal by several centimetres! The BBC was starting to become obsessed by the Team GB medal count, so it was time for more culture.

We headed for Cambridge and spent hours gazing at gargoyles and spires until we were brought to earth by seeing Clive James shuffling past. We decided to try our luck at punting, but just then the heavens opened and we were stuck in the 3 BELLS for the rest of the afternoon.

The Imperial War Museum in London was a better bet in the rainy conditions. Andrew dragged me round for hours looking at guns and bombs and Monty's badges. His persistence paid off when we discovered some recordings in the archives of my father talking about early radar research.

Our final expedition was to Oxford to visit my sister. In between 4 minute strolls past Iffley Road track to the 4 BELLS and THE PERCH, we lapped up the history of the colleges and by sheer chance I found the final proof for my theory.

Whilst flicking through the family scrapbooks from the fifties, I came across photos of holidays in Wales. And there it was in

glorious black and white; photos of us playing sandcastles at Trearddur Bay near Holyhead in Anglesey. This was exactly where Andrew used to spend his time as a 2 year old javelin thrower! I looked closely at the photos and sure enough there was a toddler throwing a stick in the background with a determined expression. It had to be Andrew. I rested my case. Here we were 50 years later sharing a pint in THE TROUT and still playing pooh sticks! Our trip was over. How sad it was going to be to finally leave that glorious *bitter* taste in the mouth.

Results from the BMAF champs, Derby:

#### **M55 Weight Throw**

Robert Hanbury-Brown - 14.66m Gold  
Andrew Atkinson-Howatt - 10.33m 7th

#### **M55 Javelin**

Andrew Atkinson-Howatt - 45.12m Silver (and NSW record)  
Robert Hanbury-Brown - 41.45m Bronze

#### **M55 Discus**

Robert Hanbury-Brown - 37.02m Silver  
Andrew Atkinson-Howatt - 35.38m Bronze

#### **M55 Shot Put**

Robert Hanbury-Brown - 11.03m Silver  
Andrew Atkinson-Howatt - 9.96m 4th

#### **M55 Hammer**

Robert Hanbury-Brown - 38.47m 4th  
Andrew Atkinson-Howatt - 31.44m 8<sup>th</sup>



## Putting something back

**Interested in putting something back into the sport you love? It can be a very rewarding experience. One of the big secrets in life (mostly only known to the old) is that giving can be better than receiving.**

Here are three ways you can fill your heart with a warm, fuzzy glow:

### **COMMITTEES**

Ask your club President if you can do something. All positions are usually declared vacant at each annual general meeting (that means once a year) but some positions become available because someone has to retire or move on, so you don't have to wait to be

elected. You can take over when required. Not everyone votes or stands at an election anyway so usually, if you express an interest where no one else does, the job is yours. Some positions go begging for months. Some of these roles can have their own reward. It will always look good on your C.V. to have a committee role. You will inevitably get to meet a lot of other club members through your role as well.

### **VOLLIES**

There are opportunities to volunteer everywhere. Ask your President if you want a permanent job, otherwise just ask at any event you may attend. If you can't find the President or organiser in advance of the event and just want to help on the spur of the moment, ask another official and they'll point you in the right direction.

### **COACHING**

Thought about coaching? You can guide someone else to personal improvement and success. ANSW offers courses: <http://www.nswathletics.org.au/customdata/index.cfm?fuseaction=CustomData&CategoryID=315>  
[http://www.athletics.com.au/coach\\_accr\\_education\\_framework/further-information.html](http://www.athletics.com.au/coach_accr_education_framework/further-information.html)

This guy might help further:

**Peter Lyden**  
**Director Coaching Development**  
**Australian Masters Athletics Inc.**  
Ph. 03 62294263  
Email: [pandllyden@bigpond.com](mailto:pandllyden@bigpond.com)



# From the Presidential Desk

SEP 2012

Ahh, spring has finally sprung...we've just had an absolute feast with the London Olympics and Paralympics, and our 2012/13 athletics season is about to kick off...woohoo, life is good!

**A**long with millions, I was glued to the TV during those amazing days in August and September. So many wonderful performances over so many sports (and I did watch slalom kayaking, archery and dressage, my once in every 4 years other sport viewing!) and so many fantastic athletics highlights....cheered my lungs out for Sally Pearson and felt crushed for Dani Samuels, was humbled by those crazy marathon runners and walkers, and impressed with the graciousness of Betty Heidler during the women's hammer debacle. And of course marvelled at the brilliance of Usain Bolt, as we all must have. We were offered exciting on the spot tidbits on our Facebook page by our roving reporters Robert Hanbury-Brown and Andrew Atkinson-Howatt, who were in the old blighty for the British Masters Championships, and Jay Stone kept us all informed and entertained with his insightful athletics blog....well done and thanks boys! Can't wait for Rio!

We have a huge 2013 coming up, not only with local, State and National competitions, but also World Masters Games in Torino Italy from August 2-11 (<http://www.torino2013wmg.org/?lang=en>), Aust Masters Games in Geelong from Oct 5-12 (<http://www.australianmastersgames.com>) and World Masters Athletics Championships in Porto Alegre Brazil,

from October 16-27 2013 (<http://www.wma2013.com>). If you haven't yet been to a WMGames or World Championships, I encourage you to think about putting it on your bucket list: my trip last year to Sacramento for my first World Champs was amazing, and one I hope to repeat in the future. ...plus the shopping was seriously awesome. And don't forget the WMGames in 2017 will be held in Auckland NZ.

2013 Nationals will be held in Canberra, and the ACTVAC committee are in full swing with their organisation. The Championships will be held at the AIS Stadium, with the Throws events at the Masson Street grounds. (On the grapevine we hear that there could be a new Throwing Ground next year in ACT, with much improved facilities, and an onsite toilet block...hooray!)

The 2015 Nationals will be held here in Sydney, and our Committee has already begun researching and planning how we will run that. Running a National Championship is a huge undertaking, but we have some excellent workers on the current committee, who are coming up with some fantastic ideas for making 2015 a well organised and superb event. We will be setting up a Local Organising Committee next year to deep dive into the logistics, and will be calling out for volunteers to come on board, so if you have any event/marketing/logistics experience, we hope that you can help us out.

**V**ice President Janet Naylor and I are meeting this month with ANSW GM Greg Meagher, and we look towards building a stronger relationship between our two organisations and sharing our plans for the 2015 nationals. We feel there's a lot that we can leverage from a strong bond, and to working with Greg and his team, and hopefully secure SOPAC as our nationals venue.

Super Secretary Garry Womsley and I will head up to Qld for the Australian Masters

Athletics AGM on Sep 22-23, and will be giving a report on our trip and the meeting in the next Waratah. One item in particular we want to discuss is the current National Uniform: we have been given opportunity to submit a new design, and the uniform survey we sent out to you on email recently will greatly assist in our planning for that, and I hope that you sent in your thoughts and ideas.

As I take up the Presidential reins for our 42nd season, I'm extremely grateful for the support and encouragement I've received from our members so far. My personal aim for the next year is two-fold:

- ❖ To increase our member base...we were at 350 at the end of last season, with 61 of those being brand new members - the best since I took on being Registrar 3 years ago. I'm convinced we can get close to 400 this season. We've already sent out information flyers to every ANSW Club, to gain visibility with their committees and hopefully encourage more ANSW club members to join our Association. Please encourage other masters athletes at your clubs to join us.
- ❖ To improve communications and event offerings...when we get the members, what can we offer them? In the past year our Facebook page has grown to 120 members, and we enjoy a fun and informative time online. We are in the process of bringing onboard a new Communications Officer to improve promotion of events we run and also those run by other clubs, to have up to date information on our website and fb page, and to build a cohesive group of members that will put us in the forefront of associations around Australia.

Enjoy the next few months, good health and good performances to you all ☺

**Jill Taylor**

# NSW State Road Relays

Saturday, 7<sup>th</sup> July, 2012 at Ourimbah

By Garry Womsley

**H**istory was made at the beautiful Central Coast town of Ourimbah today. It was the first time that a team representing NSW Masters had competed in the NSW State Road Relays. It is quite common to see teams representing NSW Masters in the track relays each November but it is more difficult to organise teams for the winter events. Most athletes are required to run for their first claim clubs. Also, there is a rule stating that athletes cannot run against their first claim club if they have a team in the same age category. If that club deems that the athlete would not be selected in their team, only then can they run for NSW Masters.

As a result, we had to be careful to put our team in an age category that would not contravene the rules. Finally, we were able to put our team in the Male 35+ 4 x 4km relay. **Brad Sharpe** (UTS), **Peter Byrne** (Hills) and **Ron Cozijnsen** (Sutherland) had run with their clubs earlier in the day in another age category and they joined **Sue Gore** whose club Ryde had no senior teams on the day. (Females can run in male teams).

The State Road Relays had been conducted at Wollongong in recent years in a public area where people have been known to walk across the road in front of oncoming runners which caused problems at times. As this year's venue was conducted on a University campus, the course was fully enclosed to the outside world. This was welcomed by all competitors. Despite the recent rain and

cold weather, the day was fine, sunny and mild. These were good conditions for a run.

The 2km course (i.e. 2 laps for the 4km race) was relatively flat with one slight rise after 1km but as there were no blustery winds in the athlete's faces as is usually the case in Wollongong, all agreed that it was easier. The Men's 35+ event was conducted at the same time as



No one knew why mild mannered reporter Brad Sharpe always chose a telephone box to change into his Masters uniform and he was always missing when someone was being saved

the Open event which included current and former Australian representatives as well as a number of up and coming stars. This meant that the speed was on as soon as the start gun was fired.

Our first runner Brad Sharpe was up for the challenge and was competitive throughout to post a time of 15:33. He was happy to pass some younger runners on the second lap. Peter Byrne, who has been getting back to some good form of late, was our second runner and he just shaded Brad's time in finishing in 15:23. Sue Gore who has made an impressive comeback from injury, was hoping to be part of a NSW Masters women's team, was our third runner and put in a great effort to finish in a time of 18:49. Ron Cozijnsen, who prefers to be a sprinter (who could forget the 4 x 100m in Melbourne!) but still goes well at the middle/long distance events, was the anchor runner and did a fine job crossing the line in a time of 16:50.

**T**he results show that the 35+ NSW Masters team was competitive throughout finishing 8<sup>th</sup> of ten teams and the combined time of 1:06:35 for the 16km was outstanding. (Average time per leg = 16:58). A big thank you goes to Doug Barrett and Deb Drennan who acted as reserves for the team on the day. This team paved the way and has hopefully led to more NSW Masters teams being involved in future winter team events. This may be something that our summer athletes could be interested in. A 4km run or two in winter in preparation for the summer can only be beneficial for all athletes. It is certainly something to think about.



You heard it here first.

The Bedding store 40 winks have a new range of bedding apparel that should be of interest to our members. Remember the old bed shaped like a car? Well now you can get one in the shape of a sports shoe, discus, canoe or tennis court. You can also get linen with running shoe foot prints all over it, Usain Bolt's face emblazoned on pyjamas, Olympic ring pillows, CDs of the National Anthems of the World's and so on. Even nightmares are catered for; customers can act in and later watch, a free video of themselves running down the street naked.

# Springwood Throws Day

EPISODE 11 – 19/08/12

On Sunday August 19, 33 brave souls made the trek to the Blue Mountains for the 11th annual masters throws day. With temperatures comfortably in the 20s and clear blue skies above, it was a pretty nice way to spend a Sunday amongst friends.

One notable absentee from the competitor list was Keith James, who was then awaiting news on how the medicos would proceed to stitch him up and get him back into action. Keith was not allowed to rest however and he helped with event running as well as some helpful comments from his Jason recliner.

Making a welcome first appearance at Tom Hunter Park was Olympian Wayne Martin, now as a M55 competitor. Wayne set new meet records for the shot and discus and we hope to see him up here again. There were a number of other 1<sup>st</sup> timers as well and we hope they had a good day and will come back again.

There were many other meet records set as well in both women's and men's events. They included:

- ❖ Tatiana Sudarikova – W35 – javelin
- ❖ 1<sup>st</sup> timer Glenys Whitehead – W45 – javelin
- ❖ Jill Taylor – W55 – weight throw
- ❖ Jean Thew (now ACT) – W75 – 6 records – yes – 6. Every event and wt pen score. Bewdy Jean
- ❖ Nicolas Cobbin – invitation <30 – javelin
- ❖ Warren Jones – M30 – 4 records – hammer, shot, weight and wt pen score

- ❖ 1<sup>st</sup> timer Jamie Muscat – M35 – hammer, weight and wt pen score
- ❖ Wayne Martin – M55- shot, discus

Congratulations to all.

The day finished a little later than planned as there were quite a few late entries. We encourage everyone to please try to enter by the cut off date if possible. Late entries will, of course, still be welcomed, but our job is made a lot easier if we have early entries.

By next throws day, we should have the far discus circle (with insert) available for weight throw as well as the one on the bottom field. This should speed things up. Modifications will be required to the existing cage and local council have already agree to do this upgrade.

Finally, a special thanks to all who helped on the day. The canteen was well supported and the helpers on the field, and in the back room doing the results, made a fantastic effort and thanks on your behalf have been passed on to all.

Full results have now been posted on our website

[www.springwoodathletics.org](http://www.springwoodathletics.org)

Now..... who's already in training for No. 12? Hmmmmmm?

**Brett Sowerby**



## NSWMA members with **World rankings** for the past year

Last updated August 18

For all the other names in the World look here:

<http://www.mastersathletics.net/Rankings-2012-Track-and-Field-Master.2634.0.html>

If you think your name should appear, let this guy know:

Martin Gasselsberger - [office@mastersathletics.net](mailto:office@mastersathletics.net)

Men									
100m	35-39	Samuel Odede	36	11.21	60-64	John Van Stappen	26	26.39	
		Ashley McMahon	43	11.28		Stuart Hayward	29	27.00	
	40-44	Greg Smith	4	11.04	65-69	Peter Crombie	5	26.86	
		Krzysztof Wardecki	22	11.44		John Wall	8	27.24	
		Rod Clarke	30	11.50		Neville McIntyre	13	27.49	
	45-49	Darren Hughes	9	11.50	70-74	David Chantrell	14	29.35	
	60-64	John Van Stappen	11	12.76	400m	45-49	Christopher Brack	41	54.58
	65-69	Peter Crombie	5	12.86		50-54	Todd Deverey	11	55.70
		John Wall	8	13.09		60-64	Stuart Hayward	21	1.00.42
	200m	80-84	Richard Hughes	2	15.51		Neil Fowler	32	1.01.81
35-39		Samuel Odede	38	22.84		Alan Carey	35	1.02.09	
		40-44	Greg Smith	19	23.37	65-69	Peter Crombie	8	1.02.89
		Ernie Leseberg	29	23.47		Neville McIntyre	19	1.04.54	
45-49	Christopher Brack	42	24.15		Leslie Gillies	24	1.05.62		
	Darren Hughes	44	24.3		80-84	Richard Hughes	1	1.16.87	
				800m	40-44	Michael Lynch	44	2.02.05	

	60-64	Neil Fowler	12	2.21.59
		Stuart Hayward	18	2.22.99
	65-69	Don Mathewson	14	2.32.65
1500m	65-69	Don Mathewson	4	5.03.75
	70-74	John Warren	13	5.38.00
5000m	60-64	Ron Schwebel	25	18.43.70
	65-69	Don Mathewson	3	18.48.21
10000m	55-59	Keith Bateman	1	32.50.47
	60-64	Ron Schwebel	9	38.20.45
High Jump	50-54	Volodymyr Shelever	47	1.65
Pole Vault	60-84	Phillip Carrero	18	3.1
Long Jump	45-49	Edward Van der Jagt	15	6.15
	70-74	Albert Gay	6	4.25
		Greg Mamalis	13	4.28
Shot Put	45-49	Stuart Gyngell	2	16.6
	65-69	Leo Christopher	13	12.81
Discus	45-49	Stuart Gyngell	13	43.94
	55-59	Voitek Klimiuk	31	40.31
	70-74	Keith James	5	41.66
Hammer	45-49	Stuart Gyngell	22	46.21
	50-54	Sergei Zablotski	16	50.09
	55-59	Lajos Joni	11	36.37
Javelin	55-59	A. Atkinson-Howatt	23	45.12
	70-74	Keith James	20	37.93
Weight	45-49	Styuart Gyngell	12	14.04
	50-54	Sergei Zablotski	16	17.69
	55-59	Lajos Joni	17	15.10
		R. Hanbury-Brown	18	15.05

## Women

100m	40-44	Catherine Kermond	32	13.40
	45-49	Gianna Mogentale	4	12.75
		Jackie Bezuidenhout	8	13.14
	50-54	Lynda Douglas	16	13.97
		Christine Shaw	30	14.34
		Robyn Suttor	35	14.46
200m	40-44	Catherine Kermond	35	27.52
	45-49	Gianna Mogentale	5	26.86
		Jackie Bezuidenhout	15	27.44
	50-54	Lynda Douglas	25	29.37
		Christine Shaw	41	30.06
400m	40-44	Larissa Stanley	45	1.02.58
	45-49	Gianna Mogentale	10	1.01.06
		Lisa Harrison	38	1.05.06
	50-54	Cris Penn	27	1.07.63
		Deborah Drennan	45	1.09.69
	60-64	Paula Moorhouse	9	1.15.91
800m	40-44	Larissa Stanley	28	2.19.89
	50-54	Cris Penn	14	2.35.31
		Deborah Drennan	30	2.39.65
	60-64	Paula Moorhouse	8	2.55.78
1500m	35-39	Belinda Martin	18	4.25.63
	45-49	Nancy Newsome	17	4.58.19
	50-54	Cris Penn	20	5.20.82
	55-59	Rosemary Roediger	5	5.27.67
	60-64	Paula Moorhouse	14	6.08.86
5000m	35-39	Belinda Martin	28	16.50.55
	45-49	Nancy Newsome	9	18.33.96
	55-59	Rosemary Roediger	4	19.47.31
10000m	35-39	Belinda Martin	20	35.18.37
	55-59	Rosemary Roediger	1	40.59.64
Pole Vault	50-54	Christine Shaw	12	2.30
Long Jump	50-54	Christine Shaw	18	4.47
High Jump	40-44	Lynette Smith	9	1.60
Shot Put	60-64	Denise Palmer	11	9.81
Hammer	45-49	Glenys Whitehead	26	36.16
	55-59	June Lowe	10	35.21

		Jill Taylor	12	34.51
	60-64	Denise Palmer	9	34.21
Javelin	40-44	Lynette Smith	9	37.00
Weight	50-54	Wendy Hord	7	11.96
	55-59	Jill Taylor	7	11.75
	60-64	Denise Palmer	6	12.94
10k Rd Walk	85-89	Heather Lee	1	1.24.06



## My injury

I'm starting off a column which I'm sure many people will be able to contribute to. A brief outline of an interesting injury and how you dealt with it (or overcame it). I start with myself.

In 2007 I was very ready for a good, sub-3 hour marathon but a week before the race I ran an angle grinder over my left foot. This wasn't a 100mm grinder but a big one that had no safety guard. It rotates at 16000rpm and takes about a minute to stop after you turn it off. Having sliced through my boot, the muscle, veins, tendon and bone I had to hold the device until it stopped spinning before attending to the injury. It was a hospital job. Next week I watched my carefully planned-for race on crutches with a lower leg encased in plaster.

While in plaster, worrying about muscle wastage that comes from the 19<sup>th</sup> century medical method of plaster encasement, I spent some time on an exercise bike every day. I had to tape a block on to one pedal to make both sides the same height.

After 5 and half weeks (I convinced the Doctor to remove the plaster early) I was limping around with a stiff lower left leg. That improved but I had a lot of pain between my 3<sup>rd</sup> and 4<sup>th</sup> toes, nowhere near the site of the injury. Physio and personal regular attempts at increasing movement got me back to running more or less normally 2 months later.

But there was a problem. My big toe would not bend backward and that is what caused the pain. A nerve became pinched elsewhere, out of line with the big toe, between the 3<sup>rd</sup> and 4<sup>th</sup> toes. Two different sports physiotherapists had a go at making orthotics to overcome the problem, but with limited success. It got better to the point where I could cover moderate distance but I still get pain after about 63-67 minutes of running. I can do a half marathon and do a long training run of about the same distance but pain sets in and increases exponentially after that so I will never do that sub 3 hour marathon although my half marathon time suggests I should still be able to. I had one attempt at a marathon but pain forced me to make four lengthy stops to massage the foot and relieve pain and it blew my time out to 3hr 12mins. I just can't feel proud of that.

My left foot has changed shape. The arch has come down a bit and a large pad exists under the forefoot extending from the 2<sup>nd</sup> to the little toe but the big toe has no pad behind it. It has a lot less muscle than the opposite toe. My running style has changed too. I don't push off from my toes when I run; I bounce off the forefoot. This works quite well and most people wouldn't know about or suspect my injury.

## The Editor

## WINTER TRAINING

In the depths of winter with cold nights, lots of layers and wet weather can you think of anything better than Saturday mornings in the sun with the sand between your toes?

Other than a sleep-in probably not, but that doesn't leave you feeling virtuous does it?

The catch is a little bit of fun and frivolity and running followed by a healthy breakfast.

I hear you saying it must be harder than that!

Palm Beach has its own micro climate - it can be raining and cold elsewhere but warm and sunny when you arrive at the beach and if it is going to rain it usually happens just as we leave.

Sound too good to be true?

To find out for sure you need to come along.

The training is real; the characters fictitious or are they? There is the Dune Master who carefully marks the lines and places the cones, the High Priestess of Sand who conjures up the magic numbers, Lord Chuck who chucks more than just implements and Princess Nuggie who wears the gold. Then there are cameos from Dr Doolittle, Masai Girl, Charger, sons and daughter of Dune Master, Scary Mary, the Awaba Angel, Springbok, and an occasional celebrity.

The training is not a secret but to understand the session you need to take part.

The place to meet is Palm Beach - park as close to the lighthouse as your GPS will take you. You will need \$5.20 for the pay and display parking, a sense of humour and an appetite. Brunch is at Seasoned Café. The exact day and time is worked out from week to week to fit around the commitments of the main characters. If you are keen to have a go please contact Janet Naylor via [vicepresident@nswmastersathletics.org.au](mailto:vicepresident@nswmastersathletics.org.au)



**"You will go to the top on my command!"** The curiously knee-deep sand of Palm Beach provides plenty of resistance.



## NSW Masters Athletics Inc.

# Procedure for entering teams in state relays

- 1) The track representative and the field representative contact all NSW Masters members to see who is interested in competing for NSW Masters at the State Relays and in which events. (Note: - A third representative authorised by the president may also be called upon to assist the other representatives with the women's teams).
- 2) After obtaining the names of those members who are interested, the representatives will then determine how many teams will compete for NSW Masters and in which events. (Note: - If the athletes have another first claim club, they are only permitted to compete for NSW Masters if their first claim club does not require these athletes to compete for them).
- 3) Once the amount of teams and the events are determined by the relevant representatives, they each then pass this information on to the president or another person authorised by the president before the deadline so that it can be collated.
- 4) Once the amount of teams and events has been collated, the president or another person authorised by the president, will enter them on to the Athletics NSW on-line system and make the relevant payment. (Note: - Under no circumstances are teams to be entered verbally with the Athletics NSW office by any representative or by any other NSW Masters member).

When the entry has been completed, the president or another person authorised by the president, will print off the receipt to check that the information entered is correct and then pass it on to the treasurer for reimbursement.

Send stories, pictures, articles and opinions to [editor@nswmastersathletics.org.au](mailto:editor@nswmastersathletics.org.au)

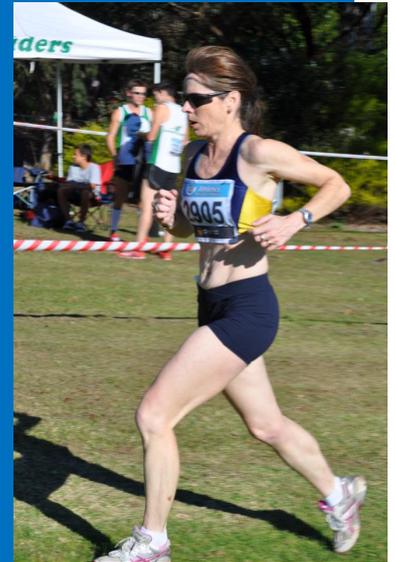
NSWMA accepts no responsibility for any omissions or inaccuracies.



**Top left:** Greg Beirne winds up to unleash his killer sprint. **Above:** EJ has no trouble getting a front line start at Nowra for the long course XC. **Mid left:** Julie Steele shows steely determination. **Middle:** Linda Gard has discovered the technique for preventing shoes from wearing out.



**Mid right:** Lisa Harrison, with only sunglasses as accessories, always looks stylish. **Bottom right:** Jay Stone cuts a lonely figure, training in frosty conditions in the early morning light. **Bottom left:** They can't believe their luck, blokes like Don Mathewson, Frank Scorzelli and Steve Ball, spending weekends pursued around cross country courses like this one in Rydalmere by a bevy of young women.



**Pictures by :** Janet Naylor, Andrew Atkinson-Howatt, Steve Whelan and elsewhere from the websites of ANSW, St George, Hills and Masters.

