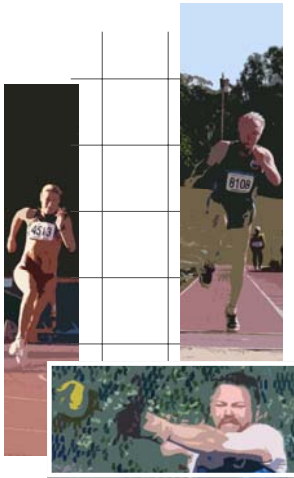




Waratah

Issue 4 - August, 2006



Welcome to the New Look Waratah

Hello everyone, I'd like to personally introduce you to the new look Waratah. Firstly, for those who don't know me, my name is Philip Frkovic and I am the new editor of the Waratah. You will find out a little more about me and the rest of the new NSW Masters Athletics committee later in the newsletter through the Member Profile section.

The Member Profile will be a regular feature of the Waratah where we can share a little insight about individual members of our club; why they are involved in athletics, what interests them and what they are looking forward too. We hope it will be a little informative and little fun, but overall that it gives everyone the opportunity to tell their story. Being the first attempt the committee have volunteered to be the guinea pigs and put their profiles in this issue.

This issue will probably get to you later than you expected as I'm yet to get off my editorial 'L' plates, but with your assistance over the coming months it will improve. This newsletter needs relevant input, so if you find anything of interest then it will probably be of interests to others. Short articles (see example below), photos, stories of trips overseas or around the country, any coaching tips or articles, special messages to those members who maybe ill, or even suggestions for changes to this magazine are all welcome

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I hope you like the new Waratah and find something of interest in each issue and with your help it will continue to be relevant and useful resource.

Please submit your input to editor@nswmastersathletics.org.au or by mail to : Editor, c/o NSW Masters Athletics, PO Box 359, Waverley NSW 2024.

Congratulations Stuart Patterson



Stuart won the NSW State Open Mountain Running Championships held recently at Woolgoolga - his first ever open state individual gold medal, cash prize and TV interview!

Great preparation for World Masters Mountain Running in Switzerland in September - looks like Stuart will be the lone Aussie representative.



New South Wales Masters Athletics Inc.

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The Waratah is the official newsletter of NSWMA Inc.

Disclaimer: the views expressed in the Waratah are not necessarily the views of NSWMA Inc.

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Alexander Hunt OAM	(deceased)	Max McKay	(2004)
Logan Irwin	()	Jim Seymon	(2006)
Ron Whitham	()		
Victor Townsend	(1984)		
Yvonne Piper	(1984)		
Fred O'Connor	(1994)		
Bob Cartwright	(1996)		
Norm Windred	(1998)		

Birthday Roll Call:

Many happy returns to our members celebrating with Birthdays in October and November 2006

October		November	
Salvina AGIUS	40	Joseph McSWEENEY	60
Reginald AUSTIN OAM	65	Nick MOORE	45
Jacqueline BEZUIDENHOUT	35	Nancy NEWSOME-HALL	40
Conrad BURGE	55	Kevin OAKEY	30
Frederick DANIELS	70	Bissie ROBINSON	40
Neil FOWLER	50	Alison ROTHWELL	30
Sheridan GOH	30	Luis SANCHEZ	50
Vilis GRAVITIS	60	Frank SCORZELLI	55
Jan KAUFMAN	70	Brian SHARPE	75
Peter McENEARNEY	65	Warren SIMPSON	30
Donna MONAHAN	40	Robert SOLOMON	70
Graham MURDOCH	30	Kelvyn STEGGLES	45
Martin NOONAN	50	Noel WRIGHT	55
Anthony O'CONNOR	40	Christopher ANSOUL	55
Robert OSBORNE	50	David CHANTRILL	65
Cristine PENN	45	Caroline CHAPMAN	35
Anthony RE	65	Morris DAVID	65
Gregory ROWE	40	Albert GAY	60
Judith ROWLAND-SMITH	55	Bruce GREEN	60
Thomas SHEEDY	60	Stuart GYNGELL	40
John SIMON	65	Brian HAMILTON	65
David SMYTH	35	Ronald INGLIS	75
James SOUTAR	75	Jennifer JANSSON	40
Keiran SPEED	60	Noelean KIRBY	65
Helen WALLACE	40	Michael LYNCH	35
John WARREN	65	Neville McINTYRE	60

The Presidential Address

The first lady has a job in China for the remainder of 2006. Ping pong diplomacy revisited perhaps? Not quite, but the upshot is the cat and I are left holding the white house for some 9 or 10 months. Well I guess no excuses for not training now!

The AGM has been and gone and as you would gather I'm back again in the absence of any keen would-be presidents. Turn out at the AGM was good with a chance for those of us there to meet and hear legendary figure of yore, founder and patron Logan Irwin. I sort of imagined an old guy with a long beard and flowing robes but the reality was quite different. He was however, clearly a charismatic and gregarious kind of guy, probably just the sort of person to get a movement like ours off the ground back in those early days.

Last issue I thanked Stan Stark for his contribution as Records Officer and Registrar and now it's Jim Seymon's turn. Jim has just completed a huge innings of some 15 years as honorary treasurer. As long as I've been in the Club and even before that Jim has been there, holding the financial reins. No one deserved their life membership more, an award we gave Jim in 2004. Taking over the reins is Nancy Lloyd, one of Jim's walking mates. Also joining the Committee is Phil Frkovic from Wollongong as Waratah editor and Garry Womsley as registrar. Jim McGrath has expanded his role of awards officer to now include records as well. See elsewhere in this newsletter or the website for their contact details. Speaking of records, they should now be on our website. Please check for updates and advise Jim of any possible errors. I think in this committee we have a good balance of 'old hands' and 'new blood' and importantly we have

spread the load across a number of people, something which has eluded us for the past 5-8 years.

Plans are already afoot for next Summer season and there will be another point score-based trophy series in the Allcomers like last season. With luck we can also field strong teams in the Relays and Club Champs. We are also already starting planning for the AMA Nationals to be held in Sydney in 2008. I hope it will be an even bigger event than last time in 2001. Back then we had the World titles in Brisbane later in the year and possibly some interstateers chose one or the other. Sydney will also host the 2009 WMG so it will be a huge couple of years for Masters in NSW.

You might recall in the last issue I referred to our participation in an ANSW evaluation. Well the results are out and we scored a bronze. It is always good to get into the medals and it would be even better to get silver or gold next time. Of course if other clubs improve, we could always go down and "miss the cut". How to improve? We need coaches and officials to have any chance. There are plenty of members coaching and officiating out there. How about doing it with NSWMA? It won't affect you from continuing with your local club.

By the time you read this I will have been to the AMA AGM and next time will report on issues such as the future of the Champion of champions races, introduction of 60m etc. Don't touch that dial!

Best wishes,

Mark

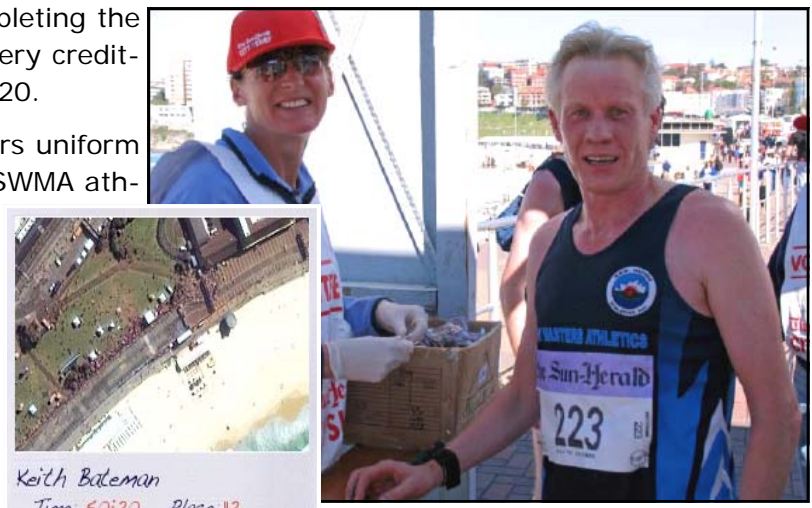
Keith Showing his True Colours

Congratulations to Keith Bateman on completing the 2006 Sun-Herald City2Surf, coming in a very creditable 112th over the line with a time of 50:20.

Keith was proudly wearing the new masters uniform and is pictured here with volunteer and NSWMA athlete, Lynette Smith. Lynette, as it happens, was instrumental in organising the transition to the new uniform.

Insert: A satellite image of the race taken at 10.13am showing Keith's position.

(Main Photo courtesy of Andrew Atkinson-Howatt and satellite image from <http://city2surf.sunherald.com.au/video.asp?intbib=223>)



Annual General Meeting Report

Held on the 15th JUNE 2006, AT BURWOOD RSL CLUB, SHAFTSBURY ROAD BURWOOD

Meeting opened at 7.40pm with Mark Johnston, the president, thanking everyone for their attendance, followed by an address by founding member, Logan Irwin, about the history of the Masters Athletics Club.

Life membership badges were then presented to the following people: Ron Whitham, Fred O'Connor, Bob Cartwright, Norm Windred, Max McKay, Jim Seymon. As Yvonne Piper and Vic Townsend were not present, other arrangements will have to be made to get their badges to them.

Annual Report: General information from the president, Mark Johnston who talked of the changes in activities from the early days of Vets. We are not an isolated body as we are a part of AMA, WMA etc, There has been no progress with ANSW but we were hoping to set up a Masters committee with ANSW. After evaluations carried out by ANSW, we will need to have more athletes, coaches and officials registered through us. Publicity needs to improve. Our immediate future: continue negotiations with ANSW - look at running Nationals in 2008 and World Masters Games in 2009.

The Waratah series held last year was successful to a certain degree. Numbers of competitors were down in San Sebastian while approximately 140 competed at Nationals in Canberra, 2006.

Treasurer's Report:

Cash at bank as at 31 March 2006 \$14,265.86

Capitation still due to AMA \$1435.00

Income - expenditure 2005/06 resulted in a surplus of \$501.77

It was noted that there are still some uniforms in stock, approximately 100 pieces of the new uniform, plus some old stock.

Discussion re funding for the AMA championships - possibility of funding from Telstra (\$10K) at this stage.

Fred O'Connor also took the opportunity to thank Jim Seymon for his hard work as treasurer over the last 15 years and to say that his efforts were greatly appreciated.

Election of Office Bearers for 2006/07

President: Mark Johnston

Vice-President: 2 positions. Greg Nicol, Susan Newton

Treasurer: Nancy Lloyd

Secretary: Alec Walker

Registrar: no nominations this position was left vacant.

Journal Editor: there were no nominations for this position.

Records/Awards Officer: Jim McGrath

Track Representative: Alec Walker

Field Representative: Andrew Atkinson-Howatt

Walks Representative: Jim Seymon

Distance Running: Frank Scorzelli

Postscript: Subsequent to the meeting the position of Editor was taken up by Phil Frkovic and the position of Registrar by Garry Womsley.

Trophies were then awarded for the season by Logan Irwin:

Marie Kay (Athlete of the Year & the NZ Silver Dish);

Alison Rothwell (Best Country Woman);

Stuart Gyngell (Talay Throwers);

Bill Burrige (Distance Runner);

Ron Simcock (Best at State);

Melissa Medlicott, Tocumbo Olabinri, Mark Johnston, Peter Crombie and Fred O'Connor (Marcus Tooley trophies)

Annual General Meeting Report - cont'd

General Business:

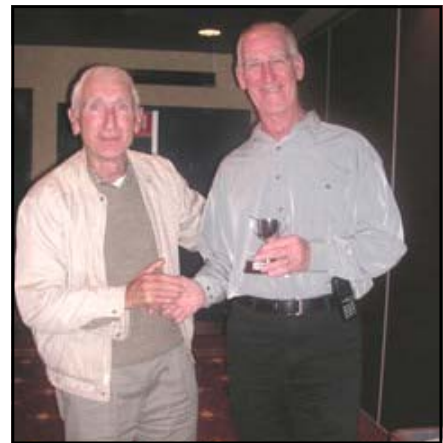
Discussion on matters for the AMA AGM:

1. Doing away with the Champion of Champions race/throws award. Suggested that these be replaced by Track, Field and perhaps Out of Stadia awards based on age graded points table. Comments taken from the floor indicate the general feeling is that it would be a pity if it was withdrawn but perhaps the mechanics of it should be looked at. The general opinion was that the Champion of Champions be retained and that age graded championship be added.
2. Proposal to include 60m at Nationals. We should follow WAMA events which do not include this distance, and is also not an IAAF event. If we want to include it, then we should convince WAMA & let it trickle down to local level. Peter Crombie spoke in favour of its introduction but it could then mean that people would demand other distances like 300m, 500m etc , with a bias towards sprinters. The general opinion was against its inclusion.
3. Relay ages - suggested changes. Younger athletes do not get a chance and older ones are not competitive. New age groups: 120, 180, 240 (men) and 120, 160, 200 (women). This may help smaller states to get teams together. There is a need to encourage participation, with states entering as many teams as they can. Unanimous agreement. Need to clarify whether it is an individual age, or age grouping. Query why there

AGM Award Gallery



Marie Kay (Athlete of the Year & the NZ Silver Dish) presented by Logan Irwin



Ron Simcock (Best at State) presented by Jim McGrath



Melissa Medicott

Marcus Tooley Trophies



Fred O'Connor



Peter Crombie



Tocumbo Olabinri



Mark Johnston

Discus Training



Bob Watson in full flight

Bob Watson puts together his thoughts on the essentials of the discus throw after some recent training camps and lectures.

After reading articles, thinking, watching other top coaches over the years, going to the NSWIS camp and going to training sessions in Canada run by one of their best throws coaches I've written this paper. They are coaching well and I want to share with you. I don't pretend to know it all, but what they showed me makes sense and they get "very big" results quickly.

Discus Training

Note: There should be a good transfer of discus training to Rotary shot.. One event should help the other.

Note 2: No measuring in training. This is an official's job in a competition, NOT, a coach's job. We shouldn't get our thrower's focused on a "A PB Target". It isn't "Target practice", it is learning to do it correctly in the circle..

I never saw one measuring tape in Canada nor at the NSWIS camp in training !!!

Note 3: Ernie Shankelton (one of Australia's elite hammer coaches) never measured competition weight hammer throws in training.

Note 4: The focus should be perfect rehearsal, balance, control and the powerful FLINGING of the discus from a stable power position with the discus held as far back as possible, from the back of the circle.

Correct practice and technique needs to be rehearsed outside the circle with the discus strapped to the beginner's hand. They should rehearse for 5 to 10 minutes, then go into the circle and throw. If not correct, stop, don't let them practice it incorrectly. Top coaches say "Practice is Permanent !!! Strap the discus back on outside, rehearse then back to the circle.

Don't let them throw until they Drop ! Stop them before their form deteriorates and do something else. It's supposed to be Fun. It's not a job !

Start a training session with a (jog, run, and sprint) (20m,20m,20m) say 5 or 10 reps ? This is to suit the athlete's fitness.. Once the thrower is puffing they are warm enough to stretch. Get the back, hips, shoulders and arms loosened up. Work on strengthening the shoulder muscles that

keep the discus back. These muscles are very

important in producing powerful flings. It is hard to focus on keeping the discus back during the full throw. So keep encouraging your throwers.

NSWIS Camp Conducted by Denis Knowles – July 2006

Dani Samuel's coach, Denis Knowles has her arms so flexible that he can pull them behind her backs so that the backs of her hands touch, {with straight arms}!!!. She now throws nearly 60 metres with the 1k discus !!! She won the Bronze medal in the 2006 Commonwealth games with 58 metres +. She is 17 years old, 182 cms tall and weighs 85 kgs. She trains like a boxer with lots of punching on a 30 kg bag. This is done in conjunction with rope ladder work with very quick feet. She does loads of flexibility work. The weights she uses are very light because they do all speed/strength training. She is also a very hard working and focused athlete !!! She also plays basketball 3x per week.

The attitude in throwing should be passive to aggressive..... So go easy and balanced out of the back and then an aggressive sweeping kick to the centre and then a very fast Fling of the discus from the power position with good Balance and timing.

A thrower can only feel the throw by their balance, timing and rhythm in training or a competition. They can't see it, so that is our job as coaches. We need to know what a top thrower looks like, so we can get them throwing as near as possible to that top model !!! They need to feel a slow, smooth windup, with balance. ... Otherwise, their throw is incorrect from the start.

Once a beginner can do a few good standing throws with balance and timing move them to the South African so they can get the feel of that, then straight on to the full throw, ASAP.. But rehearse these steps outside the circle with a discus strapped to their hand. Again, they will need to perform correctly for 5 or 10 minutes, then move back to the circle to get the full throw working again, correctly. They need to feel the full throw as early as possible to work on the full rhythm.

The Elements of the Full Throw "As I see them"

1.The thrower needs to use a good wide stance

- in the back of the circle with knees bent and an upright back.
2. Their right foot is flat on ground for, stability and their left heel needs to be off ground and hips open.
 3. Slowly windup with a long right arm taking the discus back as far as possible. The left toe and knee turn to the right at the same time to allow for a longer, smooth windup. Keep in balance and don't overwind. The left arm is straight and pointing at "0".
 4. Now the thrower turns the left knee back to the left and drops their centre of gravity. They shift all of their weight onto a bent left leg to start the movement out of the back of the circle. "Left knee leads out".
 5. The body is now wound up at the "Beginning" of the throw.
 6. Drive the right knee up, bending the knee with the Heel to your bottom. keep the knees wide with open hips.
 7. The body is now turning to face the throwing area and the left arm is straight pointing to the throwing area.
 8. The right leg is now kicked strongly around, as in a low, rotary soccer kick towards the centre of the circle, this keeps the lower body ahead of the upper body and turning quickly. If this is timed correctly, with balance, the thrower will be whipped around with the right toe landing and spinning quickly in the centre of the circle. This strong kick also keeps the lower body moving well ahead of the upper body. The discus is still back with a long right arm so the thrower will be wound up coming into the power position.
 9. The thrower lands spinning with all the weight on a bent right leg and then the left leg is quickly shot out to the front rim.
 10. A long left arm is then bent slightly at the elbow and punched back to stretch the chest as the left side is "Blocked"(or stopped) over a straight left leg and the left heel is driven down setting up the Block. This BLOCK accelerates the discus in a long right arm FLING. When this is done correctly, the FLING happens with amazing speed. The thrower needs to look up high when facing the throwing sector to give height to the discus. The right arm continues to sweep out into the sector. The thrower's arm "follows through quickly" as the discus is released.
 11. The thrower finishes with the body up high and over a straight left leg.
- This is as near to the correct throw as I can presently, understand !!! I am open to any corrections to this information, but from what I've read, seen and experienced this seems to be the best way to coach our throwers in the discus. It can also be a model method of teaching the other throws.
- While I was in Canada during May and June I saw a 72 year old Master's athlete, who had never had a discus in his hand, learn the South African style in only 30 minutes and throw well. This was excellent coaching in action. We can do it as well
- Yours in the throws, Bob Watson
- Email: suenbob@acs.net.au

Comments by Mark Johnston:

One of the chief reasons why some people can throw a discus 70m (assuming good technique) is speed. Distance is proportional to velocity SQUARED. So while a sprinter who is 10% faster than another sprinter can beat another by a bit, a thrower generating 10% more velocity can throw 20% further.

Also we should note that throwers are not limited by body mass as are runners and jumpers so they can afford to get very strong and therefore according to $F=ma$ they can accelerate a given mass substantially more. Top throwers are very fast and strong. eg they can run 100m in 11s (Stuart Rendell 10.8s) or better and lift 250-300kg or more. These sorts of people are 10-20% stronger and 10-20% faster than someone like me throwing 35-40m with a discus. Their overall advantage would be I guess up to 40% in velocity applied to an implement which when squared indicates almost double the distance i.e. 70m or so. I remember watching Werner Reiterer when he was a 14 yr old throwing the discus and javelin 60m+. His arm was rocket-like in speed, later he became strong and threw 65m with the 2kg disc.

Editors Comment: we encourage our members to make the Waratah a relevant voice for masters athletics, so if you written or have found any article which would you benefit the membership please share it by sending it to editor@nswmastersathletics.org.au and we'll endeavour to publish it in a future edition.

How To Avoid Injuries...and stay out of the doctor's office

by Stephen M. Pribut, DPM

(Article reprinted from Dr Stephen M. Pribut's Sport Pages, <http://www.drpribut.com/sports/stayout.html>)

The majority of running injuries occur from overtraining. With a careful and gradual increase in your running you should be able to avoid many overtraining injuries. What I like to emphasize is that you should stay away from the "terrible twos": too much, too soon, too often, too fast, too hard combined with too little rest. And the key is to: **"Avoid doing too much too soon."** Your progress in mileage and speed should be a gradual one. An unrelenting increase in mileage from one week to the next will ultimately result in a break down. It is important to keep in mind the principle of **hard days and easy days** being interspersed and also hard and easy weeks. Mileage should usually only be increased approximately 10 per cent per week. Every third week, you should drop back a small amount. For most runners one or two days a week, at least, should be devoted to rest or non-running activities. This gives your body a chance to recover and strengthen itself. It is helpful to maintain a **running diary**. This should contain your mileage, course and brief note on how you felt. It may help trace the origin of problems related to overtraining.

You should always ease into speed work. One way to ease into speed work would be by throwing in a few short distance surges into your normal runs. Gentle hill work, prior to speed work has also been recommended by some coaches. Fartlak runs may also be used. Track work outs should occur after you have accomplished some faster paced running during the course of your routine runs and should not be overly ambitious at first.

Replace your running shoes frequently. Shock absorbing capability will diminish gradually and may be inadequate after 350 to 550 miles. The upper of the shoe may not show much wear, but the shock absorption may still be gone. If you are running 20 miles per week, you should be replacing your shoes between 4 and 8 months depending upon your shock absorption needs. It is always cheaper to replace your shoes than to make a visit to the doctors office.

"...avoid doing too much too soon."

Make sure that you eat a healthy diet. Avoid fad diets and unbalanced approaches to weight loss. Be certain to take in an adequate amount of calcium and that your vitamin requirements are met. Many young, active professional runners add calcium supplements to their diet to make certain that their calcium needs are achieved.

"Replace your running shoes frequently...it is always cheaper to replace your shoes than to make a visit to the doctors office"

Regular stretching may also help reduce injuries. Runners frequently develop tightness in the posterior muscle groups. This includes the hamstrings and the calf muscles. The quadriceps and anterior shin muscles may become relatively weak, due to muscular imbalance. The abdominal muscles also tend to be weak on runners who do not exercise them.

The calf (achilles) should be gently stretched and so should the hamstrings. The best stretch for the calf muscles is the "wall stretch". I recommend stretching one set of leg muscles at a time. One leg is back, knee straight, the other leg is forward with the knee bent. The leg that is back is being stretched. Ten repetitions holding for 10 seconds each is ideal. There are several different stretches to choose from for the hamstrings: Forward bends with the knees slightly bent, knee to chest or leaning forward with the leg out straight in front of you all work. It is important to not aggravate your back while performing hamstring stretches. The FAQ on Stretching is a good source of information about a variety of aspects of stretching.

George Sheehan recommended a revised set of his "magic six" in several of his columns and in his book "Running To Win", Rodale Press, 1991. Follows is a slightly modified version of Dr. Sheehan's Magic Six:

Magic Six, Plus Two

- **Wall Push-Up:** This is basically the calf stretch described above. My version stretches one leg at a time. Stand with the rear foot approximately two to three feet from the wall. The rear leg should be straight, the front leg is bent and your hands touch the wall. Feet point straight

How To Avoid Injuries... continued

ahead, heels are on the ground. Hold for 10 seconds, switch legs, repeat 10 times.

- **Hamstring Stretch:** Straighten one leg, place it, with the knee locked, on a foot stool. Bend your body and bring your head towards the leg. Hold this position for 10 seconds. Switch sides, repeat 10 times.
- **Knee Clasp:** Lie on a firm surface. A carpeted floor or grass is best. Bring both knees to your chest. Hold for 10 seconds. Repeat 5 times. This stretches the hamstrings and lower back.
- **Chest Push-Up:** Lie on the floor with your abdomen pressed flat on to the floor. Place your hands flat on the floor, beneath your shoulders. Push your chest up with your arms and hold for 10 seconds. Repeat 5 times.
- **Backward Stretch:** While standing straight, place the palms of your hands against the small of your back. Tighten your buttocks and bend backwards. Hold for 10 seconds, relax, repeat 5 times.
- **Shin Splinter:** This is performed to strengthen the shins. Sit on a table with your legs dangling over the side. Place a 3 to 5 pound weight over your toes. Flex your foot at the ankle (bend it up). Hold for 6 seconds, repeat 5 times.
- **Straight Leg Lifts:** This is performed to strengthen the quadriceps. Lying on the floor. Flex one knee to approximately a right angle. Lift the other leg rapidly to between 30 and 60 degrees. Lower and repeat 10 times. Switch legs, repeat 5 times and work up to 10 sets of 10 repetitions.
- **Bent Leg Sit-Up:** This strengthens the abdominals. Dr. Sheehan recommended that the sit up be a gradual one rather than a rapid thrust forward. It should feel as if you are moving forward one vertebrae at a time. Lie on the floor with your knees bend. Come forward to a position 30 degrees from the floor. Lie back and then repeat 20 times.

Since almost no runner will perform 8 exercises,

even if disguised as 6 + 2, I have selected 4 of the above exercises that really should be done and 1 more to do if you have "runner's knee". I call these the:

Hopeful 4, Plus One:

- **Wall Push-Up:** This stretches the achilles and calf muscles one leg at a time. Stand with the rear foot approximately two to three feet from the wall. The rear leg should be straight, the front leg is bent and your hands touch the wall. Feet point straight ahead, heels are on the ground. Hold for 10 seconds, switch legs, repeat 10 times.
- **Hamstring Stretch:** Straighten one leg, place it, with the knee locked, on a foot stool. Bend your body and bring your head towards the leg. Hold this position for 10 seconds. Switch sides, repeat 10 times.
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- **Straight Leg Lifts:** This is performed to strengthen the quadriceps. Lying on the floor. Flex one knee to approximately a right angle. Lift the other leg rapidly to between 30 and 60 degrees. Lower and repeat 10 times. Switch legs, repeat 5 times and work up to 10 sets of 10 repetitions. This is best performed while watching the evening news or "sports extra."

(Dr. Pribut has been in private practice in Washington, D.C. since 1980. His practice specializes in Podiatric Sports Medicine, Biomechanics and Foot Surgery)

Scoring in Athletics Part II

By Mark Johnston

A few issues back I outlined the basics of scoring in Masters Athletics. In this article we'll complete the story. Let's just recap on where we got to last time. Every age group has an age-factor for every event. The age-factor is used to adjust a performance to make it comparable with an open performance

eg an M40 runs 100m in 12.07s

The age-factor for an M40 in 100m is 0.9435

Multiply 12.07 by 0.9435 = 11.39s which is his age-graded performance.

Masters also use a % score often known as a performance level percentage or PLP.

To work this out you need to have a standard for that event and divide it by your performance eg

M40 100m standard = 10.44

Divide 10.44 by 12.07 = 86.5%

Now where do these standards come from? The short answer is the Open World Record for that event.

For example the Open WR for men's hammer is 86.74m.

The age-factor for M50 hammer is 1.1656

Suppose an M50 throws 45.0m. Multiply 45.0 by 1.1656 = 52.45m (this is their age-graded performance)

(NOTE: Field events have factors 1.0 or greater since in field events more is better, whereas in track events factors are 1.0 or less since in running less is better.)

52.45 divided by 86.74 = 60.47%

Alternatively we could have produced a standard for M50 hammer by

86.74 divided by the age-factor 1.1656 = 74.41

then 45.0 divided by 74.41 = 60.47%

Either way we get the same result.

The Open World Records are used in programs

such as MeetManager to produce these scores.

You will notice however that there are various calculators around on the Internet which produce slightly different answers to MeetManager. Why is this?

The answer is that up until a few years back WAVA, the World Masters association produced their own standards, which differed from the Open World Records. In hammer for example it was about 83m instead of 86.74m. Most of the calculators on the Internet use these old WAVA factors rather than the current WRs. There is a more up to date calculator on the Lollylegs website which uses the latest factors.

I drew attention in the last article to the fact that there is more variation in some events than in others. There is much more variation in throwing typically than in running. % measures are very crude measures of things and while they might be OK for comparing similar things, "apples with apples" as the saying goes, they have little validity when comparing things with different distributions as any statistician will tell you. In the HSC for example, results are statistically adjusted to allow for the fact that there is significant variation between subjects.

PLPs are fine to compare running events with other running events or one throw with another throw, but we shouldn't use them "across the board". What is the best method? I suggest the IAAF point scoring tables. These tables have evolved over many decades for producing comparable point scores in the multi-events. These tables compensate for the variation in events and produce much more comparable results than the crude %s that Masters sometimes try to use. Let's look at a simple example.

At the last Nationals:

M40 discus event was won with 49.45m = 66%

M40 long jump event was won with 6.06m = 71%

Now if we score them using the multi-event tables:

Discus 49.45m = 859 pts

Scoring in Athletics Part II—continued

Long Jump 6.06m = 750 pts

We get the reverse answer with the multi-event tables. A 49m discus throw by an M40 is a much better performance than a 6m long jump although the crude % would suggest the opposite!

We might wonder why there is much more variation in throwing than in running. The answer lies in an understanding of the physics and physiology related to the events. In running the athlete has to move themselves, whereas in throwing the athlete moves a projectile instead. The distance a projectile travels depends upon the SQUARE of the velocity of release. So if one person can generate 10% more velocity than another they can throw up to 20% further. In running they will only have a 10% advantage.

There are distinct advantages to being strong in throwing since anyone familiar with Newton's laws knows $F = ma$. More force means more ac-

celeration on a given mass and that's what a thrower needs to do to the projectile – accelerate it to the highest possible velocity. Furthermore in throwing since the athlete does not have to move themselves over anything more than a very limited distance there is little restriction on how big and bulky they can be. It's well known that with resistance training, people can develop much higher strength levels than what would be considered normal. Top weight lifters can lift 250-400kg, far in excess of "normal" people. Throwers use many of the same training principles. (eg. Discus great Al Oerter in his 40s was squatting 750lbs for 5 reps). Hence they can become very strong and bring large forces to bear on the implement, increasing acceleration and hence velocity which when squared produces an even bigger result due to the squaring factor. Hence the large variation between top throwers and ordinary club athletes.

The Hammer Commandments

As revealed to Mark Johnston by Thor on a small hill in St. Andrews.

1. "thou shalt not have any other implement other than hammer"
2. "thou shalt not make any image or imitation of a hammer"
3. "thou shalt not take the name of thine implement in vain. It is called hammer, not ball and chain or any other such derogatory term."
4. "thou shalt honour the day of competition and keep it sacred."
5. "thou shalt honour the maker of thine implement so long as he/she shall remain in business"
6. "thou shalt not destroy or damage hammers"
7. "thou shalt not interfere with other competitors' hammers"
8. "thou shalt not steal other competitors' hammers"
9. "thou shalt not give false reports of thy performances with the hammer"
10. "thou shalt not covet thy competitors' implements, their gloves or throwing shoes"



First Ever Winter Weight 'Triathlon'

By Lynette Smith

Saturday 5th August 2006

The first of a series of weight pentathlons was organised for Saturday 5th August, to be held in conjunction with the NSW Throwers Club monthly series at Gipps Road Sporting Complex, Greystanes. Six keen throwers (Stuart Gyngell, Andrew Atkinson-Howatt, Mark Johnston, Tony Baker, Dave Budgen and Norm Windred) and two willing helpers (Lajos Joni and Lynette Smith) turned up on what was a very cold and cloudy morning. Unfortunately, the rain during the week and the local council conspired against us and we were greeted by a 'Ground Closed' sign. Not to be deterred however, a decision was made to try our luck at the Blacktown Olympic Complex, so travelling in convoy we headed further west.

Thankfully there were no unwelcome Council signs at Blacktown, and although we had to negotiate a very muddy pathway to the throwing fields (construction of the long proposed grandstand is well underway) and the circles were under water, a quick sweep and mop up with towels fixed that problem, and we were soon underway.

This was definitely not the day to be wearing your best gear, as there were plenty of mud puddles in the landing area and it was impossible to stay clean or dry. Lajos Joni, who was a helper rather than a thrower on this occasion, due to recent arthroscopies on both knees, finished up dirtier than anyone due to some well aimed Hammer and Discus' landing in the mud puddles.

The throwers started off tentatively in the Hammer, but as the sun came out and the circle dried, everyone improved on their first round efforts. On the last throw of the event Stuart Gyngell managed to get the hammer caught high up in the net. A small



Wet but happy participants in the Weight 'Triathlon, from left: Dave Bugden, Mark Johnston, Tony Baker, Andrew Atkinson-Howatt, Norm Windred & Stuart Gyngell (seated).

ladder was found near the construction area and working on the principal of 'you get it stuck, you retrieve it' Stuart was sent up. With the wet ground it was almost a case of one step up, half a step down as the ladder slowly sunk into the mud. However, standing on the top rung and with the help of a broom handle he eventually dislodged the hammer allowing it to fall to the bottom of the netting. As everyone else's focus shifted to getting the hammer out from between the netting, Stuart was left up the ladder with pleas of 'Guys, hello, I'm still up here, can someone hold the ladder?'

We didn't follow the usual order of events for the weight pentathlon, deciding instead to hold the Discus next as the circle was now dry. The event was held without incident, with some welcome sunshine enabling a few layers of clothing to be discarded, but half way through the Shot Put the

skies became dark again and it started to bucket down. We finished the event, but with everyone getting very wet (7 throwers and a skinny girl do not fit under one golf umbrella) and the rain looking to have set in for a while we decided to abandon the Javelin and Weight Throw and call it a day as far as the competition was concerned.

But with all athletes, even if you don't actually do the event, there's no harm in gathering to discuss how good you would have gone in it, so we all headed off to the 'Cricketers Arms' at Prospect where we warmed up in front of the open fireplaces, had a hearty pub lunch, and a beverage or two and dissected the mornings efforts.

All in all, despite the weather (or maybe because of it) a good morning was had by all.

And if anyone doubted if these guys could perform well in the wet, doubt no more. Check out their performances below:

'Triathlon' Results

NAME	AGE GROUP	HAMMER	POINTS	DISCUS	POINTS	SHOT	POINTS	TOTAL SCORE
Stuart Gyngell	40-44	41.22	586	43.84	859	15.71	743	2188
Andrew Atkinson- Howatt	45-49	28.18	405	29.23	420	8.01	478	1303
Mark Johnston	50-54	40.22	625	35.23	598	10.35	568	1791
Tony Baker	50-54	26.31	361	30.75	647	11.05	479	1487
Dave Bugden	65-69	33.45	727	17.20	666	8.82	301	1694
Norm Windred	75-79	22.50	548	19.44	576	7.65	494	1618

Member Profiles

Name: Nancy Lloyd (Treasurer)

Favoured Event: 10K Road Walk

Age Group: 50 to 59

Time involved in the sport: 4 years

Fondest sporting moment: 2006 Commonwealth Games when Jane Saville, Natalie Saville and Cheryl Webb won gold, silver and bronze in the 20K road walk.

Next sporting aspiration: Finished 5 marathons in 5 continents

Athletics gives me... a healthy outlook in life.

Perfect evening out: a night at the Opera

Favourite way to relax: a good book

Hero/Biggest influence: Ruth Frith

My last meal would be my best

Hardest thing I've ever done was the Great Wall Marathon

Best bit of advice: all sporting events need participants

Name: Philip Frkovic (Editor)

Favoured Event(s): Hammer throw and I give all the other throws a good go as well (OK, well maybe not the javelin)

Age Group: M40

Time involved in the sport: Started in approximately 1979 in high school age 16 through about 26-27. Then returned in 2001 and got involved in masters athletics

Fondest sporting moment(s): The qualifying rounds of the hammer throw at the 2000 Sydney Olympics. Having been a thrower throughout my athletic career I was blown away at the support given to the athletes after each throw, it truly felt like Track and Field was equally celebrated

Next sporting aspiration: to keep having fun with the sport I love, set realistic goals and finding new places to compete in.

Athletics gives me.. a chance to get out of the house, forget about work and lets me throw my (ample) weight around without fear of offending anyone.

Interests: photography, soccer, drag racing and anything my kids are doing—whether I like it or not.

Perfect evening out: getting together with the families two houses apart in our street

Favourite way to relax: watching TV

Hero/biggest influence: This week its Travis Pastrana who recently performed a double backflip on moto-cross bike and rode away uninjured. It just goes to prove we all need dreams and just because it hasn't been done before doesn't mean it can't be done.

My last meal would be: spent with family and friends and would most likely involve pizza, a coke and lots of ice cream.

Hardest thing I've ever done was: Spending four weeks travelling around East Africa with 16 strangers in the back of a 1968 M.A.N. ex-Army truck on my honeymoon, having lost all my baggage on arrival in Kenya and being given the equivalent of \$30 and a day to buy supplies for the trip.

Best bit of advice: "if you always do what you've done, you'll always get what you've got", for me its about continually striving to find better ways to do things. Another thing I hold dear to my heart is to accept everyone as they are because they all have something to offer

Member Profiles

Name: Garry John Womsley (Registrar)

Favoured Event(s): 1500m flat and 3000m Steeplechase

Age Group: 40-44

Time involved in the sport: Since August 1998. My first race was the 1998 City2Surf and I've competed in everyone since with the last 4 under the magical one hour mark.

Fondest sporting moment(s): I have two. The first was a Bronze medal in the 2004 State Open 3000m Steeplechase at age nearly 41! The second was at 2006 National Masters in Canberra. I was still recovering from a cracked sternum and was no where near my best and finished in 3rd place after a close tussle in the 3000m Steeplechase.

Next sporting aspiration:- As an athlete: - To do well in the Sydney Tower Run-up on 1st September and the SMC 5km series. As a coach:- continued success as a distance and steeplechase coach (two of my athletes finished the City2Surf in under 50 minutes as well a number of underage and masters Steeplechase medallists over the last couple of years). I would also like to be involved in coaching AWD's.

Athletics gives me.. a real buzz and a sense of accomplishment. The beauty of athletics is that it is for everyone and you can choose the level that you want to compete at. I love it and will always be involved in some way.

Interests: Reading, Writing Poetry & Short Stories, St. George Rugby League team, Arsenal and Celtic Soccer teams, Basketball & Cricket.

Perfect evening out: Going to a Chinese Restaurant with my wife and son.

Favourite way to relax:- Reading a good book and listening to the footy.

Hero/biggest influence: John Gillespie (a champion fun runner from when I first started running), Paula Radcliffe, Jana Pittman, Cathy Freeman, Craig Mottram, Martin Dent, Simon Vroemen (Dutch Steeplechaser) and Max Wilkinson (who not only taught me Steeplechase but also how to be a good coach).

My last meal would be: Roast Chicken with baked vegetables and gravy, dessert - a Caramel Slice or a Magnum.

Hardest thing I've ever done was: Run the last 3km of the Six Foot Track Ultra Marathon in 2001. It's the only time I've ever cried in a race!

Best bit of advice: - From Max on correct Steeplechase technique. On doing dry hurdles he said "Don't look down, there's no money there!" and on the water jump he said "Don't look down, the waters won't part for you!" He was right both times and I always remember that advice when I'm in a race.

Name: Lynette Smith

Favoured Event(s): Discus, High Jump, 400m

Age Group: 35-39

Time involved in the sport: Over 25 years

Fondest sporting moment(s): 2005 Nationals, Brisbane. Everything came together at that competition, a couple of all time PB's, other bests for over 10 years, Australian Records in the Pentathlon & High Jump and a State Record in the Weight Pentathlon.

Next sporting aspiration: After being inactive and contemplating retirement for the last eight months, to get fit again and give another season or two a go, with an aim to competing at the 2007 World Championships in Riccione, Italy.

Athletics gives me.... A sore back, but also a lot of enjoyment and good company.

Interests: athletics, travelling, and recently Sudoku's (they're very addictive)

Perfect evening out: summertime, a nice meal, and a leisurely stroll by the water

Favourite way to relax: watching 'The Bill'

Hero/biggest influence: no one in particular, though inspired by seeing anyone aim for something and achieve it.

My last meal would be... Chocolate - and lots of it!!

Hardest thing I've ever done was... this!

Best bit of advice: You don't have to be the best to enjoy yourself

Member Profiles

Name: Andrew Atkinson-Howatt (Field Representative)

Events: Javelin, Discus, Pentathlon and Weight Pentathlon.

Age Group: 45s (just for a couple more months)

Time involved in athletics: won the school cricket ball throwing event at about 8 ...the rest is

Most memorable sporting moments:

1. Watching my daughter Rhiannon beat Greg Nicols daughter Melissa's 18 year old Riverside Girls Javelin Record.
2. Taking out the Javelin event during the Berlin Forces Sector Games against the Americans, French and Russians 30 years ago.
3. Getting a French journalist and her cameraman physically removed by the police whilst managing the Athletics Venue at the Blacktown Olympic Centre during the 2000 Games. (that's another story!)
4. Winning the Weight Throw at the Melbourne Nationals. (I wasn't the only one surprised by that result!)

5. Having a chat over a cup of tea with Janis & Voldamars Lulis during the Games.
6. Bob Banens making a BIG impression on me during the 2005 Winter Throws Champs Canberra.

Next sporting aspiration: The Decathlon...

Why Athletics: Hours & hours of fun with good humoured opposition...

Perfect evening out: My partner a bottle or 2 of wine with fish & chips on a balmy summers evening at Balmoral..

Favourite relaxation: Watching "The Bill"

Biggest Influence: Primary school teacher who mistakenly saw some athletic potential in me.

Sir Stephen Redgrave - British Olympic rower who won 5 Gold medals in successive Olympics. Not only is this amazing it is also an endurance event. Legend

Hardest thing I've ever done: 6 months of British Special Forces training before being posted to unit in Berlin..

Best bit of Advice: Adversity is only hard to spell.

5th Annual Mid Winter Throws Competition at Springwood

Springwood District Athletic Club in conjunction with NSW Masters Athletics and ACT Veterans Athletics conducted its 5th Annual Mid Winter Throws Competition on Sunday 20th August at Tom Hunter Park , Faulconbridge (Springwood, Blue Mountains).

(Photo's courtesy of Andrew Atkinson-Howatt)





New South Wales Masters Athletics Inc

MEMBERSHIP APPLICATION FORM

This Form Refers to This SEASON: [2006/07]

(Office use only) MEMBERSHIP No: []

Complete the form in **BLOCK LETTERS**. (ONE MEMBER PER FORM)

DETAILS OF MEMBER ^{Mr} ^{Mrs} ^{Miss} ^{Ms} [_____]

Family Name Other Names

Please supply Postal Address below (if different)

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Address2

[_____] [_____]

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Suburb State Post Code

If your registration details are different from last season, please provide details of your previous registered address (Tick if Same as Current)

Date of Birth [] [] [] [M/F]
Day Month Year Circle

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Area Code Home Telephone Area Code Home Fax

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Area Code Work Telephone Area Code Work Fax

Address :

Address :

Suburb/State/Post Code

Mobile Telephone

Telephone

Home E-Mail Address

Work E-Mail Address

Name of ANSW Club

Club Name

Registration No

Post To :

Registrar
NSW Masters Athletics Inc
P.O. BOX 467
KILLARA NSW 2071

I agree to be bound by the Constitution and Rules of the New South Wales Masters Athletics Inc (N.S.W.M.A.).
I agree to advise the Registrar, N.S.W.M.A., of changes to any of the details provided above as soon practicable.

Signature

Date

NOTE :Please ensure to complete the form supplying all details applicable.

Please provide an email (both work &/or home whichever is applicable) and tick the box for the email address most preferred.

Office Use only:			\$35.00	\$
	Date Received	Date Entered	NSWMA Fee	ANSW Fee

NSW MASTERS ATHLETICS INC

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Surname			
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ITEM	XS	S	M	L	XL	2XL	3XL	4XL	5XL	COST	TOTAL
Crop Top									N/A	\$32.50	
Briefs									N/A	\$32.50	
Singlet										\$32.50	
Shorts										\$32.50	
Bike Pants									N/A	\$32.50	

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POSTAGE & HANDLING	\$10.00
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Lynette Smith
Unit 4, No 5 Sandpiper Crescent
Newington NSW 2127

Phone: 9737 8675 (h) 9895 7859 (w) 0419 420 393 (m)

Email: lynette.smith@ozemail.com.au

Links on the Web

International

World Masters Athletics

www.world-masters-athletics.org

International Association of Athletic Federations

www.iaaf.org

Oceania Masters Athletics

www.oceaniamastersathletics.org

Australia

Australian Masters Athletics

www.australianmastersathletics.org.au

Athletics Australia

www.athletics.org.au

Athletics Gold

www.geocities.com/geetee

Athletics in Australia - Historical Results

www.athletics.org.au/history

Australian Track and Field Coaches Association

www.atfca.com.au

States

NSW Masters Athletics

www.nswmastersathletics.org.au

Athletics New South Wales

www.nswathletics.org.au

Lollylegs - Masters Athletics

www.lollylegs.com

ACT Veterans Athletic Club

www.apex.net.au/~actvac_web/index.html

Queensland Masters Athletics Association

www.mastersathletics.com.au

Victorian Masters Athletics

home.vicnet.net.au/~vicvets/introfr.html

South Australian Masters Athletics

www.samastersathletics.org.au

West Australian Veterans Athletics Club

www.mastersathleticswa.org

Competition Sites

Pan-Pacific Masters Games

www.mastersgames.com.au

2007 World Championships

www.riccione.vma2007.org

World Masters Games

www.sydney2009mastersgames.com.au

Throwing

Australian Hammer Throwing

www.hammerthrowing.com.au

Coaching the Throwing Events Field

www.thethrows.com

Hammer Circle

www.hammer-circle.co.uk

Hammerthrow.org by Harold Connolly

www.hammerthrow.org

Australia's—Hot Circle Coaching

www.hotcirclecoaching.com

Mac Throw Video

www.macthrowvideo.com

Throwers Club of NSW

throwersclub.creativit.com.au

Equipment Manufacturers and Suppliers

Kings Track & Field

www.ktf.com.au

Nelco

www.nelcoathletics.com

Competition Calendar

September 2006

17 th	NSW Marathon Championships	Sydney
23 rd	6 th World Masters Mountain Running Championships <i>http://www.coursedes2bains.org/index-en.html</i>	Saillon, Switzerland
23 rd	Introduction to Club Athletics & Allcomers	SOPAC
30 th	11th AMA Winter Throwing Championships	Canberra

October 2006

1 st & 2 nd	11th AMA Winter Throwing Championships	Canberra
7 th	Introduction to Club Athletics & Allcomers	Campbelltown
21-28 th	Alice Springs Masters Games (<i>www.alicespringsmasters.nt.gov.au</i>)	Alice Springs
21 st	Club Premiership Round 1	ILL/NAR
28 th	Club Premiership Round 2	CBT/BAN
28 th	State 10, 000 Track Championships	Bankstown

November 2006

4 th -12 th	Pan-Pacific Games (<i>www.mastersgames.com.au</i>)	Gold Coast, Qld
4 th	Club Premiership Round 3	CBT/MIN
11 th	Club Premiership Round 4	SOPAC
11 th	State 3000 Track Championships	SOPAC
18 th & 19 th	State Relays	SOPAC
25 th	Club Premiership Round 5	BAN/ESM

December 2006

2 nd	Club Premiership Round 6	SOPAC
16 th	NSW Club Championships	SOPAC

January 2007

7 th	NSW 10km Walk Championships & Allcomers	SOPAC
13 th	Sydney Track Classic & State 5000m championships	SOPAC
20 th	Allcomers	Bankstown
27 th & 28 th	NSW Country Championships	Glendale

February 2007

2 nd - 4 th	NSW State Open & U18 Championships	SOPAC
10 th	Allcomers	SOPAC
17 th	Allcomers	SOPAC
24 th	Allcomers	SOPAC

March 2007

3	Allcomers & Masters Outdoor Pentathlon	SOPAC
17 th	Allcomers & Masters Weight Pentathlon	Bankstown
24 th & 25 th	NSW Masters Championships	Campbelltown

April 2007

6 th - 8 th	Australian Masters Championships	Hobart
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September 2007

4 th -15 th	17th WMA World Championships, Stadia (<i>www.riccione.vma2007.org</i>)	Riccione, Italy
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Waverley NSW 2024,
Australia

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