



2009 ATHLETES OF THE YEAR

Champion throwers **Karyne Di Marco** and **Stuart Gyngell** were named Athletes of the Year at the annual NSWMA awards lunch, held at Flemington on June 14. Story and photos on page 3.



PHOTOGRAPHY BY PHIL FRKOVIC.

Male Athlete of the Year, **Stuart Gyngell**.



Female Athlete of the Year, **Karyne Di Marco**.



COURTESY MARATHON PHOTOS.

Jenny Hart (W40) in winning form at the AMA Marathon champs. Story, page 7.



NSW athletes helped promote the upcoming World Masters Games at a media event at SOPAC in May, which was later screened on the Seven Network's *Sydney Weekender*. From left, **John Wall**, NSW Tourism Minister **Jodi McKay**, **Andrew Atkinson-Howatt**, **Lynette Smith**, **Kylie Strong** and **Robert Hanbury-Brown**.

Baker's delights

Tony Baker was elected President of NSWMA at the recent AGM. This is Tony's inaugural column in The Waratah.



TONY BAKER

The NSWMA AGM was held at Bankstown Sports Club on the afternoon of Sunday, June 28. Not a big roll-up but, apparently, we just managed a quorum. New folk who joined the committee were Jill Taylor as Registrar, Keith James as Vice-President and Dennis Wylie as Distance Rep. We thank those retiring from the committee for their outstanding service to NSWMA: Peter Crombie (Vice-President), Garry Womsley (Registrar), Lynette Smith (Uniforms) and Kip Hobson (President).

Lynette has done a marvellous job with a difficult portfolio over many years, battling with a difficult supplier and, on at least one unfortunate occasion, suffering the wrath of a member.

Garry has done a great job as Registrar – the system has worked extremely well. Kip has had a steep learning curve as President, not coming from an athletics background, but has handled the responsibilities extremely well and in a very positive spirit.

All in all, NSWMA is in great shape and the task is to keep it progressing along the course it is on.

GOOD LUCK IN LAHTI

Twenty-one NSW athletes are heading for the World Masters Athletics Championships in Lahti, Finland, beginning on July 28. In all, 105 Australians are competing and we wish them all well for the competition and hope that they enjoy all aspects of the experience.

GO WEST

The 2010 AMA National Championships will be held in Perth, Western Australia, on April 2-5. According to the update on the AMA website, the WA Athletics Stadium was opened on May 25 by the Premier of WA, so we will be competing at an almost new facility. Though it's a long way to travel and relatively expensive, Perth and WA offer some great opportunities for tourist activities, as well as the intense and exciting competition that a national championships meeting brings. NSW did very well in Adelaide in 2009, so we hope for a strong showing in Perth.

BROUGHT TO BOOKS

I have been thinking about a particular approach I might take in writing this column to attempt to make them interesting. I know that many of you, having rushed to the mailbox and torn the plastic wrapper off, turn immediately to the pages of results etc and ignore the presidential musings. I will do my best to catch your attention and have you pause to read a little before you move to the newsier items. I have an interest in books – and a reasonable collection of books on athletics ranging across about 100 years – and I thought that I might share some gleanings with you.

I taught at a school in Melbourne in the late '70s and early '80s and was lucky that Bruce Tozer, the coach of the cricket First XI, had clearly had some responsibility for

athletics in the past. He gave me his collection of athletic books that included the official British Olympic Association reports on the Olympic Games from 1948 to 1972, inclusive. Another great book that I was given that subsequently went through many editions is Doherty's *Modern Track and Field*. This first edition, published in 1953, discusses the development of O'Brien's technique in the shot put as a refinement of Fuchs' technique. Jim Fuchs of Yale was still the world record holder in 1953 and his technique and that of Fonville is shown in detail, whereas O'Brien's refinements are discussed in the text.

Perhaps the gem of the collection from Bruce is Lt. Col. F.A.M. Webster's *The Science of Athletics* (a 1948 revision of the 1936 edition), dedicated to his son Major F.R. Webster (Cambridge University, The Army, England, Great Britain and the British Empire – now there are some battle honours!). This book is probably one of the first attempts to analyse athletics from a scientific perspective and put training on a scientific basis. There is considerable discussion on the pioneering work that Professor A.V. Hill did on the physiology of exercise and comparing his work with that of Professor A. E. Kennelly of Harvard. An interesting idea postulated by Kenneley (one for the mathematicians here) is that $\log t = 9/8 \log d - c$, where d is the distance covered, t is the time and c is a constant

(unspecified). It might be interesting to see how current performances compare. That being said, there is still a lot present in Webster's book that we might not consider scientific today, such as an entire chapter on what the coach can determine from facial expression, based on the paper published by Dr R. Tait McKenzie in the *Journal of Anatomy and Physiology* in 1900.

Trivia questions (answers and discussion next time):

- At what games was the laurel wreath the prize?
- Where were these games held?

Tony Baker

LIFE MEMBERSHIP FOR PETER CROMBIE



Sprint legend **Peter Crombie** has been honoured with life membership of NSWMA at the 2009 Annual General Meeting, bestowed in recognition of more than 20 years service to Veterans/Masters athletics within NSWMA, AMA and liaison with Athletics NSW. The extent of Peter's contribution is explained in full in his Life Membership citation. Congratulations, Peter.

Athletes of the Year

The 2009 Athletes of the Year were named at a buzzing NSWMA awards lunch in Flemington in June. **Sherman Breton-Weitz** reports.

AUSTRALIAN RECORD holders **Karyne Di Marco** and **Stuart Gyngell** were named NSWMA Athletes of the Year at the 2009 awards lunch at Paddy's Boutique Brewery in Flemington on June 14. (Hey, who said we couldn't organise a piss-up in a brewery?)

Entertainingly emceed by Track Representative **Ranell Hobson**, and with a great slide presentation put together by husband and outgoing President **Kip Hobson**, this annual NSWMA event rewards effort and excellence in the season just past.

The judges spent countless hours pouring over hundreds of results to ensure that the trophies were awarded fairly – choosing the winner of the Year award was particularly difficult, as both Karyne, a former Olympic hammer thrower, and dominant track star **Gianna Mogentale** [insert sassy Ranell-style hip-flick here when pronouncing Gianna's surname] had record-breaking seasons to compare.

Men's winner Stuart Gynell, the world's No.1 ranked M45 shot putter, has been tearing through the record books since turning 45 late last year and proved hard to go past for the major gong. Sadly, Stuart was unable to attend the event, as he's still recovering from burns received in an accident at a barbecue.

Congratulations to all the worthy winners. Along with the stars and the stalwarts, it was good to see athletes who are relative newcomers to Masters athletics being recognised, even at this early stage of their careers, for their performances, enthusiasm and commitment.



PHOTOGRAPH BY PHIL FRKOVIC

Karyne looks for inspiration when asked, "How did you rate the lunch today?"

In this regard, mention must be made of **Elvire Asprey**, who took out the Marcus Tooley award in the 70-79 age group. Elvire, from the Illawarra Blue Stars, had a dream start to her first season in Masters athletics, winning seven State titles, two National titles and setting nine NSW records – and serving as a terrific example to the rest of us.

ATHLETE OF THE YEAR (Logan Irwin Award)

Male: Stuart Gyngell
Female: Karyne Di Marco

NSWMA SUMMER AWARD

Men: Alan Provenzano
Women: Jane Boyd

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

Men: Clay Tompkins
Women: Gianna Mogentale

JEAN AND KERRY THEW TROPHY

(Best at Country Championships)
Men: John Van Stappen
Women: Nonette Aldridge

MARCUS TOOLEY AWARDS

30-39 EJ Davie
40-49 Mark Cepak
50-59 Robert Hanbury-Brown
60-69 Paula Moorhouse
70-79 Elvire Asprey
80+ Max McKay

CATEGORY AWARDS

Sprints, men: Neville McIntyre
Sprints, women: Gianna Mogentale
Middle-distance, men: Don Mathewson
Middle-distance, women: Cris Penn
Long distance, men: Dennis Wylie
Long distance, women: Erika Bunker

Walks, men: Jim Seymon

Walks, women: Suzanne Brown

Throws, men: Stuart Gyngell

Throws, women: Karyne Di Marco

Jumps, men: Clay Tompkins

Jumps, women: Lynette Smith

Multi-events, men: Stuart Gyngell

Multi-events, women: Karyne Di Marco



Outgoing NSWMA president Kip Hobson manned the mike.

The Waratah | 2009 nswma awards photo gallery



There was a good turnout for the 2009 NSWMA awards on a rainy June afternoon at Paddy's pub at Flemington.



NSWMA president Kip Hobson congratulates 2009 Athlete of the Year, throws champion Karyne Di Marco.



Waratah editor Simon Butler-White with John Van Stappen, awarded the trophy for Best at Country Championships



Long distance winner (and new NSWMA distance rep) Dennis Wylie.



Andrew Atkinson-Howatt with Marcus Tooley winner (70-79) Elvire Asprey.



NSWMA Secretary Mark Johnston with Summer Award winner Jane Boyd.



Peter Crombie, sprints winner Gianna Mogentale and Valmai Loomes.



Middle-distance winner Cris Penn



Middle-distance winner Don Mathewson



Walks winner Jim Seymon



Walks winner Suzanne Brown



Marcus Tooley winner (30-39) EJ Davie



Nonette Aldridge, Best at Country Champs

NEW RELAY CO-ORDINATORS

Two informal "Relay Co-ordinator" positions have been created within NSWMA to assist members who would like to try to break a State or Australian relay record and who require advice, information and support.

The 4 x 100m and 4 x 400m relays to be held at the World Masters Games in October might provide one of the best opportunities to win a medal, so why not approach friends in Masters athletics and put together a team?

The men's relay co-ordinator is **Simon Butler-White** (sbutler-white@acp.com.au) and the women's co-ordinator is **Cris Penn** (Cris_Penn@hotmail.com).

GOLD IN THE POST

NSW teams won six golds and a bronze golds in the nationwide AMA Postal Relays held in February.

M50-59 discus: 1. Gavin Murray, Lajos Joni, Andrew Atkinson-Howatt

M50-59 shot: 1. Gavin Murray, Lajos Joni, Andrew Atkinson-Howatt

W30-39 discus: 1. Melissa Bonser, Shannon Kavanagh, Lynette Smith

W30-39 shot: 1. Melissa Bonser, Shannon Kavanagh, Lynette Smith

M70-79 4 x 100m relay: 1. Charles Hobden, Richard Hughes, Morris David, Brian Hamilton 65.20

40-49 4 x 100m relay: 1. Suzanne Brown, Jane Boyd, Sue Gore, Cris Penn 59.40

40-49 4 x 800m relay: 3. Karen Petley, Jane Boyd, Sue Gore, Cris Penn 10:54.9

BONDI BAREFOOT

Congratulations to **Ron Schwebel**, who finished second in the M50-59 division at the 10km Bondi Barefoot soft-sand race in May. Ron's time of 53.29 was not far off the time of 52.40, clocked by the M50-59 winner, seasoned soft-sand runner and Bondi beach local, **Dave Humphries**.

RICKY, DON'T LOSE THAT RECORD

Two athletes at this year's State titles at Bankstown in March between them broke three NSW records but, sadly, were unable to claim them, as they weren't financial members at the time.

It's important to make sure that your membership of NSWMA, which costs only \$35 a year, is up to date. If you're not a financial member, any records you set will not be recognised, nor will you be eligible for any of the annual NSWMA awards.

A membership-renewal form can be downloaded from our website, www.nswmastersathletics.org.au.

Nancy in Africa

NSWMA Treasurer, walker and distance runner Nancy Lloyd travelled to East Africa this year to compete in the 2009 Kilimanjaro Marathon in Tanzania on March 1. There are some scenic marathons in the world but with Africa's highest mountain (5895 metres) as a permanent backdrop, the Kilimanjaro Marathon is an unforgettable experience, as Nancy reports.

"I was lured into Masters athletics about 12 years ago one afternoon when I was watching a group of not-too-young ladies training at Rotary Field while my youngest daughter was doing some throwing training. Having grown up in Hong Kong, sport was not a prominent feature of my childhood – more to the point, it was non-existent. Helen Searle was the leader of that group of ladies and was happy to take me into the group. Hence, the start of a journey.

"I know I'm not a good runner – I'm always last to finish in most races – but the participation gives me plenty of enjoyment and personal satisfaction. I attempted my first half-marathon in 2001 and took on the challenge of tackling a marathon. Following the training guide written by Tani Ruckle on the internet after entering the 2002 Sydney Marathon, I was inspired by her motivational words, 'As you cross the finish line, you are a marathon runner and no one can take that away from you.'

"My dream came true when I finished the Sydney Marathon, which was supposed to be my first and my last. A few years later in 2005, due to a last-minute withdrawal of a friend due to family sickness, I was given the opportunity to take her place in the Great Wall Marathon in China. Being a native Chinese, I couldn't say no to that, hence the journey continued. I set myself the goal of running five marathons on five continents. I finished the London Marathon in 2006. Having climbed Mount Kilimanjaro six months previously, I decided Kilimanjaro would be my marathon for Africa.

"After more than 30 hours of travelling, I arrived at Moshi, a rural town at the foothill of Kilimanjaro, on Friday afternoon; the race was on Sunday. The weather forecast of sunny and 35 degrees wasn't encouraging, but it was too late to fret over my foolhardiness.

"The race started at 6.30am, in the dark, but it wasn't long before the sun started beating down. The first half of the race was supposed to be relatively flat, though one would have to accept the literal meaning of "relatively", as there were quite a few undulations. The 21km mark heralded the beginning of an unrelenting climb towards the mountain for 10km. By that stage, walking was all I could manage. I was grateful when a group of local children in their flip flops followed me all the way to the top. Luckily, once I reached the top, it was downhill to the finish. I was the oldest female to finish and I didn't come last!

"It was a wonderful experience. I met a lot of amazing Masters athletes from all over the world and relish the thought that I'm a step closer to achieving my goal."

Nancy finished in 245th place in 6.22.15. The men's race was won by Kenyan Emily [sic] Chepuiya in 2:15:25 and the women's race by Jane Nyambura, also of Kenya, in 2:41:30.



Nancy Lloyd (W55) won the 5000m walk at this year's State titles.

WINTER SERIES

NSWMA is pleased to announce that it is supporting the Illawong Winter Track & Field Series, a weekly athletics meet that gives members the opportunity to enjoy valuable pre-season competition ahead of the World Masters Games in Sydney in October.

The series will be held from July 11 to August 29 every Saturday morning from 10am to noon at The Ridge sports complex at Barden Ridge. This is the track at which Masters runners Noel Wright, Steve Napper, Les Gillies and Don Mathewson smashed the Australian 4 x 800m M60 record in March this year.

The program will include a variety of distances, from sprints to middle distance, as well as throws and jumps. The Illawong club has a modern track, electronic timing and a wind gauge for sprints.

The track and field program can be found on our website. Note that the program can be altered by request and that there are plans to include a mile race – a distance recognised by the AMA.

The entry fee per meeting is just \$4. Please pay at the track on the day. Please note that members MUST ensure that they have renewed their annual membership of NSWMA for 2009-2010.

● The Ridge athletics track is on the New Illawarra Road, Barden Ridge, in the Sutherland shire. Barden Ridge is 30km south-west of the Sydney CBD and is not difficult to travel to on a Saturday morning. A typical car journey takes 35-40 minutes.

WMG CLOSING DATE: JULY 31

The closing date for the World Masters Games, to be held in Sydney from October 10 to 18, is JULY 31. For more information, go to www.2009worldmasters.com

POLE POSITION

In a quest to attract new sponsors, French pole vaulter Romain Mesnil, who won a silver medal at the 2007 world athletics championships, ran stark naked through the wintry streets of Paris and posted the video on YouTube. For those who like their poles icy ...



Poles apart – but not by much. **Romain Mesnil** sticks it to the sponsors in an unusual trouser-free publicity stunt in Paris.

Marathon effort

Four NSW athletes scored podium places in the 2009 AMA Marathon Championships in Canberra in April, reports **Richard Magee**.

IT WAS THE THIRD SUNDAY in April, so again it was time for the Australian Masters Athletics Marathon Championships, which are held as part of the Canberra Marathon in the ACT.

Getting on for 1200 runners lined up for the event, which travels a route past the National Art Gallery, the High Court and around Parliament House, as well as crossing Lake Burley Griffin via both Kings Ave and Commonwealth Ave before heading off along the side of the lake on Parkes Way. Though the course isn't as flat as one might expect, it's attractive and provides quite a fast run.

The marathon, which incorporates a 50km race, was organised very efficiently by race directors Dave Cundy and Fran Seton and the weather turned on a good show – ideal temperatures and sunny, the only drawback being a fairly stiff breeze on parts of the course in the latter stages.

There would appear to have been slightly more entrants in the AMA Champs than in the past few years – the number of placed runners by state was: ACT 19, Victoria six, NSW four and Queensland four. The youngest category within the Australian Masters was 35-39, the oldest 70-74, male and female in both cases.

NSW runners produced two first placings and two thirds:

W40: Jenny Hart	1st	3:14:44
M40: Neil Anderson	3rd	3:12:47
M60: Richard Magee	1st	3:08:25
M60: Bruce Renwick	3rd	3:17:13



Neil Anderson took third in the M40 age group, while Jenny Hart topped the W40s.



Bruce Renwick's 3:17.13 secured third place in the M60 age group.



NSW M60 marathon record holder Richard Magee.

The 2010 Australian Masters Marathon Championships are on Sunday, April 11.

HAVE YOU WON A MERIT AWARD?

What are NSWMA merit awards?

The merit award is a small trophy given by NSWMA in recognition of reaching a certain standard of performance in an event. It indicates you are a skilled performer in that event and is made irrespective of whether you have ever won the event in competition or set a record. The award is based on a score of 600 points on the World Masters Athletics multi-event scoring tables. Similar schemes operate in other clubs and countries, notably in US Masters Track and Field.

How do I know if I can claim a merit award?

You can check whether you meet the standard by going to www.nswmastersathletics.org.au, and clicking on the 'Awards' link. A table of the standards required to claim a merit award is published there. If you wish to claim an award, you must provide evidence of the performance in bona fide competition on a properly certified competition arena. For performances in state, national, world titles, masters games or ANSW competitions, it's sufficient to refer us to the published results, otherwise you may need a copy of the result sheet. **Note:** only one award can be claimed per event per age group.

How do I claim a merit award?

Contact Awards Officer Jim McGrath at fjm McGrath7@bigpond.com

NEED A COACH?

If you're looking for some help with your preparations for the World Masters Games in Sydney in October, NSWMA lists Masters-friendly coaches (we're scared of the unfriendly ones) on our website. Just go to www.nswmastersathletics.org.au and click on 'Find a Coach'.

ROBERT POACHES POMS' PLACES

Well done to **Robert Hanbury-Brown** on his fine showing in the 2009 British Masters Athletics Championships. Robert's 2870 points missed bronze by just seven points in the weight pentathlon titles in Oxford; while at the track and field titles in Birmingham, Robert finished fourth in the high jump (1.50m), sixth in the shot put (10.25m) and discus (35.26m), seventh in the long jump (4.25m), javelin (37.27m) and hammer (33.23m) and eighth in the weight throw (11.46m).

Cris burns up Balmoral

Cris Penn set a new race record for the lung-busting, sprint that is the annual Balmoral Burn.



Stuart Paterson (No. 87) leads **Cris Penn** (No. 88) up the cruel 420m ascent of Awaba Street.

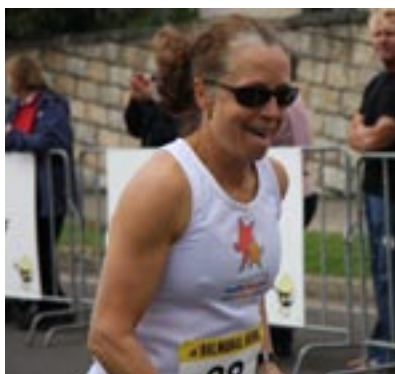
MIDDLE-DISTANCE TRACK STAR **Cris Penn** set a new race record in winning the women's over-50 division of the annual Balmoral Burn on May 31. The Burn, a community event that raises funds for hospitals across NSW, was started by former Wallaby legend Phil Kearns and entails a 420-metre sprint up the very steep Awaba Street in Balmoral.

Cris, who won the over-40 age group in 2008, set a new record of 2:04 – 56 seconds ahead of the second-place getter. In the women's elite race. Cris's time was good enough for ninth spot from a field of 15; was three seconds faster than the winner of the women's Open race (from a field of 80); 20 seconds faster than the winner of the 30-39 age group; and six seconds better than the winning time in the 40-49 women. And if the race had been age-graded, Cris would have been approximately 50 points ahead – two seconds faster than the winner of the elite category.

Of the 54 runners (40 men and 14 women) in the over-50 category, Cris finished an impressive fifth overall – just five seconds behind fellow Masters athlete **Stuart Paterson**, who finished fourth in the M50-59 in 1:59.

Big Phil Kearns handed out the awards and congratulatory kisses, with Cris a well-deserved recipient.

– ANDREW ATKINSON-HOWATT



Cris Penn in action – and receiving her prize and congratulations from rugby legend **Phil Kearns**.

Meet our new committee

The committee for 2009 was elected at a thronging NSWMA AGM in Bankstown on June 28.



Back, from left: Secretary Mark Johnston, President Tony Baker, Vice-President Keith James and Field Representative Andrew Atkinson-Howatt. Front, from left: Treasurer and Walks representative Nancy Lloyd, Track representative Ranell Hobson and Registrar Jill Taylor.

THE YEAR AHEAD promises to be a dynamic one for New South Wales Masters Athletics, with several new committee members elected to office at the 2009 NSWMA annual general meeting on June 28.

We welcome **Tony Baker** as our new President, succeeding Kip Hobson, who decided after a year at the helm not to stand for another term; **Jill Taylor** takes over from Garry Womsley as Registrar; **Keith James** joins **Valmai Loomes** as a Vice-President (with the standing down of Peter Crombie), **Dennis Wylie** is our new Distance Running Representative and Waratah Editor **Simon Butler-White** will also become the Records Officer, allowing **Jim McGrath** to take care of the Awards and Trophies.

The committee has many ideas and initiatives for developing Masters athletics and looks forward to an interesting and productive year – and to seeing NSWMA members competing successfully at this year's World Championships in Finland, the World Masters Games at SOPAC in October, the NSW State Relays, the AMA Winter Throws Championships in Canberra in October, as well as at the 2010 State titles and Nationals in Perth.



Simon Butler-White,
Records Officer



Valmai Loomes,
Vice-President



Dennis Wylie,
Distance Representative

NSW 10KM ROAD RACING TITLES

NSWMA members' results from the NSW 10km road race championships held at Homebush in May.

MEN

1. Jamie Harrison	32:25	(20th)
2. Gary Howard	35:29	(75th)
3. Daniel Mellish	35:30	(76th)
4. Barry Willis	35:51	(86th)
5. Wayne Gregory	36:12	(100th)
6. Dennis Wylie	36:20	(101st)
7. Frank Zeichner	36:37	(112th)
8. David Holtsbaum	38:23	(153rd)
9. Ron Schwebel	38:58	(173rd)
10. Frank Scorzelli	39:04	(178th)
11. Peter Byrne	39:32	(190th)
12. Don Mathewson	39:55	(212th)
13. Brad Sharpe	40:12	(221st)
14. EJ Davie	41:37	(260th)
15. Michael Grogan	41:57	(271st)
16. James Barnes	42:45	(294th)
17. Garry Womsley	42:52	(296th)
18. John Spinney	44:18	(329th)
19. Graham Allomes	51:06	(423rd)
20. Nestor Porley	52:18	(436th)
21. Roger Mar	53:21	(445th)
22. Joe Butler	59:44	(460th)

WOMEN

1. Lisa Harrison	39:23	(17th)
2. Heidi Jones	39:49	(19th)
3. Rosemary Roediger	40:00	(20th)
4. Suzanne Brown	48:08	(88th)
5. Desie Joannides	49:18	(98th)
6. Dorothy Siepmann	53:44	(123rd)

– GARRY WOMSLEY



Congratulations to Catherine Hewitt, who competed for NSW in the W45 400m, 800m and 1500m at the AMA Nationals in Adelaide at Easter. Catherine was inadvertently miscaptioned in the May Waratah.

MY FAVOURITE WORKOUT

In each issue of *The Waratah*, we ask an athlete to share their favourite training session – or the one that they feel most helps them to achieve their goals. Here, **TONY IRELAND**, M65 800m world champion from Riccione in 2007, tells how cross-training in the pool helps keep him fit and fast.

“Before my knees crumbled, nearly all my training was running: five or six sessions each week of ‘long repetitions’ of 200-600 metres with a few longer runs up to 2km. In 2006, I was told “If you want to keep running, you have to stop (reduce) running” – so I started to learn about cross-training.

“My weekly program is now 8-9 sessions of mixed activities: a few gym circuits – my own concoction of cardio and strength work – two or three track sessions with shorter, fiercer running than before (mostly to check my progress) and some pool training. I dislike all these almost equally, but enjoy the flush of relief when I tick them off.

“I started running in the pool just over two years ago. You need six feet of water and flotation – mine is a bright yellow foam board strapped under the chin (very sexy). At first, it was very strange: the “floatie” constricted my breathing and puffing away just above the waterline was disconcerting. I also doubted whether semi-weightlessness could produce ‘real’ training. (I do extra resistance work for legs.)



“Now, I feel more at home with pool running and have learned to push myself hard enough. I’ve added some work with fins and a bit of actual swimming. A typical session includes 1000-1200 “strides” of various gaits, a couple of faster gallops of 500-600 strides and a few sprints – all with short recovery intervals. (And yes, I count every stride and everything is against the clock – if you don’t measure and record, it’s much

less likely that you will improve.)

“Interspersed with the ‘running’ are 25-100 metre spurts of kicking, front and back, with or without fins – some sculling with dead legs – various prances and stretches, and finally a few laps of the world’s worst breaststroke. It all takes just over an hour, at the end of which I am suitably knackered and youthfully eager to put on the nosebag.”



NSW MASTERS ATHLETICS LIMITED

Postal Address: 8 Edinburgh Crescent,
St Andrews, NSW 2566, Australia

President

Tony Baker
Anthony.Baker@uts.edu.au

Vice-presidents

Valmai Loomes
valmai.loomes@campbellpage.com.au

Keith James

njames@vtown.com.au

Secretary

Mark Johnston
8 Edinburgh Crescent, St Andrews, NSW 2566
Phone: (02) 9820 2146 Mobile: 0419 914 915
secretary@nswmastersathletics.org.au

Treasurer and Walks representative

Nancy Lloyd
Phone: 0411 270 393
treasurer@nswmasterathletics.org.au

Registrar

Jill Taylor
4A Greywood St, Cherrybrook NSW 2126
registrar@nswmastersathletics.org.au

Records Officer

Simon Butler-White
sbutler-white@acp.com.au

Awards Officer

Jim McGrath
35 Sylvan Ave, East Lindfield, NSW 2070
fjmcgrath7@bigpond.com

Track representative

Ranell Hobson
Ranell.hobson@tafensw.edu.au or
skiddo1@bigpond.com.au

Field representative

Andrew Atkinson-Howatt
javelin3@optusnet.com.au

Distance running representative

Dennis Wylie
reachdennis1@optusnet.com.au

Waratah Editor

Simon Butler-White
sbutler-white@acp.com.au



The Waratah is the official newsletter of NSWMA Inc. **Disclaimer:** the views expressed in the Waratah are not necessarily those of the NSWMA committee and office bearers. **Letters to the editor** can be mailed to 8 Edinburgh Crescent, St Andrews, NSW 2566 or emailed to sbutler-white@acp.com.au. NSWMA Inc reserves the right not to publish any letter deemed not to be in the best interests of the club.





Illawong Winter Track & Field Series 2009

Proudly supported by NSW Masters Athletics



WHEN: Every Saturday from July 11 to August 29

WHERE: The Ridge Athletics Track
Recreation Drive (off New Illawarra Road)
Barden Ridge

TRACK PROGRAM (can be amended by request)

10am:	Short hurdles*
10.10am:	1000 metres
10.20am:	60 metres
10.30am:	100 metres
10.45am:	600 metres
11am:	145 metres
11.15am:	300 metres
11.30am:	Long hurdles*

**PHOTO
FINISH
& WIND
GAUGE
IN USE**

FIELD PROGRAM (can be amended by request)

10am:	High jump
10.10am:	Discus
10.30am:	Long jump
10.45am:	Javelin
11.30am:	Shot put

**CANTEEN
AND
BARBECUE
EVERY
SATURDAY!**

All standards welcome. Heats will be seeded as far as possible.

ENTRY FEE: Only **\$4** for unlimited events.

MORE INFORMATION: Please contact:
Michael Dooley on 9528 8494 or 0413 332 484
Max Wilkinson on 9589 0583 or 0419 219 855

* Short hurdles (80m to 110m) will be held on July 11 and 25 and on August 8 and 22.
Long hurdles (200m to 400m) will be held on July 18 and on August 1, 15 and 29.



PHIL'S PHOTO COUP

Waratah photographer Phil Frkovic's much-admired photograph of Ron Simcock (M70) high jumping at the 2008 Nationals in Sydney has drawn praise from overseas as well – it's just been published in *Masters Athletics*, the official magazine of the British Masters Athletics Federation.



Lying down on the job: Phil Frkovic.



Lynette Smith, Robert Hanbury-Brown and Kylie Strong helped promote the World Masters Games at a media event at SOPAC in May – which was later screened on the Seven Network's *Sydney Weekender*. Right: Lynette Smith shows off her long-jumping skills for the cameras.



PHOTOGRAPHY BY ANDREW ATKINSON-HOWATT.

After tasting the awards lunch, Andrew decided to chew on the mike instead.



Peter Crombie enjoys the safety of crutches while watching the recent Balmoral Burn.



That's not NSWMA's Mark Johnston pretending to win an Olympic gold medal for China at the Bird's Nest stadium while on holiday in Beijing, is it? Actually, yes, it is.

