



The Waratah

ISSUE 4, SEPTEMBER 2008



PHOTOGRAPH BY ANDREW ATKINSON-HOWATT.

CLEAR FAVOURITE

Lynette Smith leaps 1.58m in the high jump to win the W35 heptathlon title at the 2008 Oceania Masters in Townsville.

INSIDE THE WARATAH

- Oceania Masters Championships in Townsville: report and photos
- Springwood throws day: report and photos
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- Lahti looms in 2009



Javelin bronze medallist Robert Hanbury-Brown (M50) finds something large to aim at the Oceania Masters Championships.



The first word

DEAR ATHLETES,

It's been an exciting few months since I took over the helm of our club. Having been an outsider looking in for the past few years before becoming President, I never realised just how much work goes on behind the scenes to make those competitions that we attend on weekends run as smoothly as they do.

Over the past few months, I've had meetings with the ANSW CEO Greg Doyle at Homebush, attended the AMA AGM in Melbourne and got through our first committee meeting at Paddy's, and am still here, passionate as ever about our club and the people within it.

There are many exciting things that we are planning for the Summer season 2008/9. My aim is to make the Masters a social club, where the competition is fierce but always friendly, where the weekend athlete is as welcome as the elite one and where sport is an enjoyable occasion and not a burden – in short, a club that others will want to join. After all, we do this sport because we love it so much, so we should be able to share this with others.

I'm sure there are matters pertaining to the club that are important to you, which I may not be aware of. Please email me if this is so and the committee and myself can address them.

I will be planning to make

our website our main information portal. It's a wonderful tool for keeping people informed about club and competition events and we as a committee will be keeping it as up to date as possible. Phil Frkovic has been a great webmaster and I am looking forward to working closely with him to keep this happening. Those without internet access will also be provided for via normal mail channels.

A club is only as good as its members and I look to each and every one of you to make this club a great club. We are Masters athletes, unique in that we are comprised of quite vastly different ages and reside all over this state of New South Wales, united in our love of athletics and all the health and friendship benefits that that entails.

I commend the committee to you as hardworking, caring and professional people who give up their home time, often at personal cost, because of their desire to make the club as strong as possible. You can be very proud of these members and the work they do for you. I know I am.

Until I see you at the next track meet, take care, and give someone a hug.

– KIP HOBSON

THE SEASON KICKS OFF

The upcoming season 2008/09 looks like its going to a bumper year for the NSW Masters Athlete. We have the chance to compete in:

- AMA Winter Throws championships in the ACT, from October 4-6, 2008
- Pan Pacific Games on the Gold Coast from November 1-9, 2008
- Australian Masters Games in Geelong in Victoria, From February 20 to March 1, 2009 (formerly held in Adelaide)
- Masters Nationals in Adelaide, SA, from April 10-13, 2009
- World Indoors in Lahti, Finland, from July 28 to August 8
- World Masters Games in Sydney in October 2009.

This list does not include our state relay weekend and state championships, weight pentathlon and outdoor pentathlon, allcomers and club pointscore weekends. And I am sure I'm missed an important event in there somewhere as well. All this means that we, as athletes, have ample opportunity in 08/09 to try to beat those PBs of ours that have been mocking us for so long! It also means that we have more chances for getting

together and enjoying each other's company socially.

I have had some emails from prospective members enquiring about who we are and what we do. The common factor in their enquiry is that they are not sure if they're good enough to join us. This sad fallacy is, unfortunately, a side effect to the success and subsequent publicity that our elite athletes enjoy. Having got to know our elite athletes, I also know that they are wonderful people who are more than happy to help others. If these new members do come on board, let's make sure that they're made welcome and encouraged to stay. In other words, just continue doing what we already do.

The season kicks off at SOPAC on September 20 with an introduction to athletics meet. Then, virtually every weekend, there is something on. Check the handbook or website for details.

I hope and pray that this season is injury free for you all, and one that you will look back on with great fondness.

Take care,
Kip

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.

Tops in Townsville

Throwing with the Masters in the 2008 Oceania Championships helped shot put champion Valerie Vili fine-tune her Olympic campaign – with golden results.

IT'S NOT EVERY DAY that Masters athletes have a would-be Olympic gold medallist competing with them, so it was a thrill for competitors in the W30 shot put at the recent Oceania Masters championships in Townsville when one of the throwers was New Zealand's Valerie Vili, the world shot put champion from Osaka in 2007.

Competing as a guest, and keen for a final hit-out before heading to Beijing, the visit by the powerful 1.96m Kiwi to Far North Queensland proved worthwhile: her best attempt of 20.08 metres was one of the leading throws this year.

Just two weeks later, the 23-year-old went on to win the Olympic gold medal, throwing 20.56 metres, a PB and Commonwealth record. It was New Zealand's first gold medal in athletics since John Walker won the 1500 metres in Montreal in 1976.

State records fall

NSW athletes achieved highly at the championships, held under flawless blue skies from July 30 to August 3, with several NSW records broken:

- Neville McIntyre (M65): 60m: 8.36; 100m: 13.19
- Norm Windred (M80): 60m: 9.89; 100m: 15.98; 200m: 32.80; weight pentathlon: 3774 points.
- Clay Tompkins (M55): long jump: 5.62m; 100m hurdles: 16.14.
- Lajos Joni (M50): heavy weight 16.38m.
- Colleen Walters (W40): Javelin: 34.60m.
- Robert Hanbury-Brown (M50): decathlon: 4768 points.

Multi mayhem

Several NSW members were attempting their first decathlon, including Kevin Fisher, Andrew Atkinson-Howatt and Simon Butler-White, learning that it takes a lot to remain focused – and uninjured – over the two days and 10 events. As reward for their effort, all came away with well-deserved medals, several new PBs – and some new resolutions, such as: “I will never, ever try pole vault again.”

One of the closest finishes in the multi-events was in the M45 weight pentathlon, in which Mark Cepak took the gold by a scant four points from Simon Butler-White, who is still receiving counselling.

An injured Stuart Gyngell (M40) flew in for his pet event, the shot put, and the weight pentathlon, yet still managed to secure gold in both – and score an interview with ABC radio as well. Stuart moves up an age group later this year, which has those who record new Australian and NSW records sharpening their pencils in anticipation.

Tahiti bound

The participation of officials and handfuls from French Polynesia and the Cook Islands – sadly, only a smattering – was very welcome. Hearing French spoken on and around the track gave the meet an exotic flavour. The 2010 Oceania championships in Tahiti from July 3-10 will be something to look forward to, so everybody start saving up.

– **Simon Butler-White**

KIP HOBSON writes:

In the middle of a very cold winter, namely July 30 to August 3, clever Masters athletes chased the sun all the way to Townsville in Far North Queensland. They justified this trip to their bosses and loved ones (often the same person) by also competing in the Oceania Masters Athletics championships being held there at the same time.

It was a wonderful championship, held in 25-degree weather on the coolest days and featuring night finals for the first time. There was something special about watching the 100m finals in the coolness of a Townsville twilight, with the track lit up by huge floodlights.

Magic Magnetic

Another good idea was having the Wednesday as a competition-free day, which allowed for visitors to explore the areas around Townsville. First on many people's list was a ferry trip to beautiful Magnetic Island. The highlight here was a swim among the coral and tropical fish off Florence Bay. Then off to Horseshoe Bay for a liquid lunch before heading back on the return ferry to the main town. Some athletes went searching for Hidden Valley, a 90-minute drive north over mountains through winding 40km/h hairpins with the last 10km on a dirt track, but alas the valley remained hidden to them.

There were many wonderful efforts by NSW Masters Athletes, too many to mention

here. The results can be found by following this link to the Far North Queensland Masters website: <http://www.athleticsnorthqld.org.au/>

Notables included Lynette Smith doing every event in sight and incredibly well as always; Andrew Atkinson-Howatt completing a 400m race with enough strapping on his leg to play a part in the next *Mummy* movie; Peter Crombie stretching out in competition for the first time since doing a hammie last year and finishing strongly (and actually finishing); and our state's favourite pocket-rocket (name withheld to protect the author) being the fastest female sprinter at the meet.

Shivering Sydney

The saddest part of the trip was returning to a cold and wintry Sydney. I remember getting home to the Blue Mountains to find that the previous night a violent storm had ripped through the area, uprooting trees and causing massive blackouts in the area. I had spent the previous night in the before-mentioned Hidden Valley chasing platypuses and possums around the cabins and drinking a lovely ale in front of a barbecue. The next Oceania meet is in Tahiti in 2010. Sounds like another tough trip....

**2008 Oceania
championships
photos over
the page.**

The Waratah | **oceania masters photo gallery**



Noel Wright (M60), here in action in the pentathlon's 1500m, took gold in the event.



The hurdles time of Robert Hanbury-Brown, right, helped him to a new NSW record of 4768 points in the M50-54 decathlon.



Left: Andrew Atkinson-Howatt (M50) in action in the hammer in the weight pentathlon.

Right: Kevin Fisher (M45) took silver in the javelin with a throw of 38.53m.



Ranell Hobson (W35) warms up for the 100m hurdles, which she went on to win in 17.28 seconds.



Medallists in the M50 weight pentathlon: New Zealand's Joe Bradley (left), winner Lajos Joni (centre) and Andrew Atkinson-Howatt, who secured the bronze.

The Waratah | **oceania masters photo gallery**



Vanessa Beddie (W30), above and right, won the discus with a throw of 14.45m and took home gold medals in several events.



Ranell Hobson helps a bandaged Andrew Atkinson-Howatt with his stretches.



Colleen Walters (W40), centre, took gold – and set a NSW record of 34.60m – in the javelin, beating Kiwi Christine McCahill (silver) and Kristin Henricks.



Keith James (M65) sets himself for his throw in the javelin. Keith beat Cook Islander Tamarua Herman into second place with a throw of 37.31m.



Mark Cepak, right, pipped Simon Butler-White in a close-fought M45-49 weight pentathlon.

Photographs by **Andrew Atkinson-Howatt** and **Kip Hobson**.

Springwood throws day

A fabulous spring day greeted competitors in the seventh annual Springwood Throws day in August, writes **Brett Sowerby**.

AFTER THE WEATHER debacle of 2007 and the prospect of another fencing lesson from Keith James, it was a great pleasure to welcome everyone for our seventh annual throws only day. What a fabulous spring day.

We have been busy since the last one and it was great to be able to provide a brand new hammer circle as well as a rebuilt shot circle on the top field. The cages on the bottom field had also been upgraded.

Dangerous Di Marco

We had a potentially interesting problem with the inclusion of Karyne Di Marco in the entries. As many will know, the end of the hammer field has a rock cliff sticking up and we were a little concerned that Karyne might have an argument with it. After we measured it, we found that there was about 75 metres to the cliff – other parts just outside of the sector, though, had only 57-58m before the hammer disappeared down the gully. The actual sector had more than 60m all round.

Anyway, we had a treat to see Karyne get one out to 58m+ and straight up the middle. On this basis, when she comes back next year, she can still add 15m and be safe. Bre Clement also tossed one out to 53m+. There were favourable comments from all concerned about the new circle surface.

Record entries

There were record entries this year and quite a few late ones due to people coming back from Townsville, so we ran a little later than usual. Thanks to all for their patience with the results and presentations.

It was a fairly uneventful day in some ways, with no rain, wind or people having wobbles on the field. Everyone enjoyed the day and there were few antics to report.

The usual M50-54 tussle was on again

and this time Andrew Atkinson-Howatt just pipped Lajos Joni in the weight pentathlon by 76 points.

Women's weight pentathlon

In the women's set, Lyn Smith managed to hold out an ever-improving Melissa Bonser, who had a fabulous hammer at 37.28m. Well done, everyone.

Before next year's event we will have resurfaced discus #2 & #3 (bottom field), so keep your training going. It will be a great curtain raiser for Canberra again, as well as the World Masters Games in Sydney in October.

Special thanks to the Springwood people who did such a fabulous job with canteen (Lyn Ferguson and Tiff Cooper), results and certificates (Robyn Crane and Jenny Beale), as well as Cam Hislop, who acted as runner while competing. Thanks also to Sharon Gibbins (ACT), who helped run events after having to withdraw with injury.



The prowess of former Olympian Karyne Di Marco (W30) challenged the hammer throwing area's dimensions.



Competitors in the 2008 Springwood Throws Day enjoyed blue skies and newly surfaced circles.

Our world rankings

NSW athletes are well represented in the latest Masters world rankings for 2008, compiled by www.mastersathletics.net

W35-39

Ranell Hobson, 200m, 26.02 (ranking: 10)
Rachel Jay, 200m, 26.22 (ranking: 17);
400m, 59.36 (ranking: 12)

Mary Fien, 2000m steeplechase, 7:49.46
(ranking: 2)

Lynette Smith, high jump, 1.61m
(ranking: 13)

Sue Ward, triple jump, 10.68m
(ranking: 19)

W40-44

Gianna Mogentale, 100m, 12.25
(ranking: 3); 200m, 25.49 (ranking: 4);
400m, 58.52 (ranking: 6); 800m: 2.23.41
(ranking: 17); long jump, 5.03 (ranking:
25), triple jump, 10.57m (ranking: 9)

Kylie Strong, 100m, 12.64 (ranking: 8);
200m, 25.59 (ranking: 5); long jump,
5.17m (ranking: 17); triple jump, 10.59m
(ranking: 7)

Giola Campbell, 100m, 12.85 (ranking:
12); 200m, 26.02 (ranking: 8); 400m,
59.87 (ranking: 8)

Jackie Bezuidenhout, 100m, 13.03
(ranking: 16); 200m, 27.27 (ranking: 20)

Colleen Walters, javelin, 34.60m
(ranking: 15)

W45-49

Julie Foster, 100m, 13.55 (ranking: 19);
200m, 27.38 (ranking: 18); 400m, 1.03.44
(ranking: 16)

Chris Penn, 800m: 2.25.93 (ranking: 14)

Margaret Beardslee, 800m, 2.43.55
(rank: 29); 1500m, 5.21.63 (ranking: 14)

W50-54

Erika Bunker, 5000m, 20.17.52 (ranking:
15); 10,000m, 43.13.6 (ranking: 8)

Kerrie Macey, long jump, 4.94m
(ranking: 3)

Julie Smith, triple jump, 9.06m (ranking: 6)

W60-64

Mary Thomas, shot put, 9.37m (ranking:
18); hammer throw, 31.55m (ranking: 8);
javelin, 32.72m (ranking: 2)

M35-39

Ernest Leseberg, 200m, 22.82
(ranking: 29)

Sheldon Cummins, 200m, 22.83
(ranking: 30)

M40-44

Stuart Gyngell, shot put, 18.42m
(ranking: 2); discus, 50.91m (ranking: 7);
weight throw, 14.46m (ranking: 6)

M45-49

David Isackson, 100m, 11.81 (ranking:
16); 200m, 23.46 (ranking: 10)

James Harrison, 1500m, 4.08.35
(ranking: 5)

Volodymyr Shelever, high jump, 1.80m
(ranking: 10); triple jump, 12.07m
(ranking: 18)

Sergei Zablotskii, hammer, 46.31m
(ranking: 21)

M50-54

Peter Dooley, 800m, 2.09.39 (ranking:
20); 4.27.04 (ranking: 20)

Keith Bateman, 1500m, 4.11.04
(ranking: 1); 5000m, 16.12.41 (ranking:
6); 10,000m, 33.36.28 (ranking: 4); half
marathon 1.14.32 (ranking: 19)

Peter Ireland, 400m hurdles, 1.03.77
(ranking: 6)

Lajos Joni, hammer, 45.40m (ranking:
20); weight throw, 16.14m (ranking: 15)

M55-59

John van Stappen, 200m, 25.28
(ranking: 12); 400m, 57.80 (ranking: 23)

Alan Carey, 200m, 25.78 (ranking: 21);
400m, 58.08 (ranking: 24)

Dennis Wylie, 10,000m, 36.20.72
(ranking: 7)

Clay Tompkins, 100m hurdles, 16.23
(ranking: 5); high jump, 1.68 (ranking: 7);
long jump, 5.60m (ranking: 5); triple
jump, 12.29m (ranking: 2)

Neil Fowler, 400m hurdles, 1.05.79
(ranking: 3)

Phil Carrero, pole vault, 3.30m (rank: 23)

M60-64

Peter Crombie, 100m, 12.64
(ranking: 5); 200m, 25.64 (ranking: 3);
400m, 58.10 (ranking: 3)

John Wall, 200m, 26.62 (ranking: 20)

Martin Auster, 800m, 2.22.33
(ranking: 10)

Don Matthewson, 1500m, 5.04.95
(ranking: 26)

M70-74

Jim Seymon, 10km walk, 1.03.11
(ranking: 4)

M65-69

Neville McIntyre, 100m, 13.05 (ranking:
5); 200m, 26.68 (ranking: 5); 400m,
1.02.41 (ranking: 5)

Tony Ireland, 100m, 13.52 (ranking: 16);
200m, 28.03 (ranking: 19); 400m, 1.01.07
(ranking: 4); 800m, 2.24.95 (ranking: 2)

M80-84

Bill Burridge, 5000m, 26.40.83 (ranking:
4); 10,000m, 52.35.8 (ranking: 3)



Up there: Stuart Gyngell (M40) is ranked second in the world in the shot put.

At the AMA AGM

NSWMA President Kip Hobson and Secretary Mark Johnston flew to Melbourne to attend the 2008 AMA annual general meeting, as Kip reports.

On the weekend of August 30-31, Mark and I attended the Australian Masters Athletics AGM in Melbourne. We were spared Melbourne's notorious winter weather by being indoors for all day Saturday and half of Sunday before flying back to Sydney.

Present at the AGM were delegates from all state Masters clubs, as well as AMA board members. Discussion was at times lively but always respectful. You will be happy to know that NSW is held in high regard by the other states. The greeting I received as the new President was warm and friendly. Mark was a great help with the more technical issues discussed.

A summary of items of interest and changes that may affect our club is as follows:

1. There will be a Hall of Fame and we are looking at nominating our first inductees. I have a copy of the nomination form, which is quite daunting, but should be for such an honour. Nominees must have had a minimum 16 years of regular participation or involvement in Masters athletics, covering at least four groups (this may be reduced to 12 years if death or serious injury cuts short their career).
2. The program for the 2009 Nationals in Adelaide has been passed in a vote. Biggest change is for the sprinters, with Friday holding the 60m and 100m heats and finals; Saturday, the sprint hurdles, 200m heats and finals and 400 hurdles; Sunday, the 400m finals and 4 x 100m relay; and Monday, 4 x 400m relay. Your president spoke against the

program due to the intensive nature of the first two days for the sprinters and the concern that they won't hang around for the relays on the weekend, as well as increased injury risk due to having two sprint finals each day. I was told that sprinters had requested at the athletes' forums that their events be held on the first two days. After being told that the sprinters were getting what they had asked for, I had no choice but to support the changes.

3. Queensland requested that the events in the women's outdoor pentathlon be changed to 100m, shot put, long jump, javelin and 800m. The reasoning behind this request were that

this brings the event into line with those conducted at the Oceania Championships; the two throwing events align more with the heptathlon, whereas the current discus does not; and programming will be easier when the men's and women's pentathlon are held on the same day. This was voted on and passed.

4. The AMA will be creating the position of co-ordinator of coaching as part of the duties of a Board Director

5. Mark Johnston was the proud recipient of a well-deserved Merit Award from the AMA.

6. There was much discussion over the wearing of the correct uniform at national and

international Masters meets. Please be aware of your responsibilities regarding the correct NSW or Australian uniform. Refer to the respective websites for further information, or contact our Uniform Co-ordinator, Lynette Smith, for clarification if necessary. A wrong uniform will result in disqualification.

7. Drug testing was covered at length in the previous year's AGM and the position has not changed. It's important to ensure that entry forms indicate that drug testing may be carried out at competitions conducted by the AMA. Without this notice, world records will not be accepted. The prohibitive cost of drug testing and the appeals process involved makes it highly unlikely that it will be actively pursued at the Masters level.

8. We were commended for our handling of the 2008 Nationals at Blacktown and for the introduction of on-line entering, for which we have Mark to thank for setting up.

It was a very tired President that crawled in the front door of his Blue Mountains home late on Sunday night. However, the experience was definitely worthwhile. I really want to convey to you all that NSW is held in high regard by our fellow states. Although our membership numbers are a bit down on where they should be compared with other states, we're an integral part of all discussions and our opinion is valued.

Keep walking, running, throwing and jumping,

**Best wishes,
Kip.**



Mark Johnston, seen here in weight pentathlon action in Townsville, has received an AMA merit award for his services to Masters athletics. See page 9.

PHOTOGRAPH BY KIP HOBSON.

Call for coaches; train at altitude; Mark Johnston honoured; Peter Crombie appointment, plus information about 2009 world championships in Finland.

AN INVITE TO TRAIN AT ALTITUDE

The National Altitude Training Centre (NATC) at Falls Creek, Victoria, has extended an invitation to Masters athletes to participate in the 2008-09 altitude training season.

The NATC was formed to encourage all sporting organisations to maximise their potential by joining the current and future legends of sport in the world-class training facilities available in Falls Creek.

The NATC's Program Director is Steve Moneghetti and the Head Coach Nic Bideau.

*** For more information, contact Greg Simpson, Operations Manager, NATC, on 0417 514 429 or greg@natc.com.au**

CALLING ALL COACHES

As the 08/09 athletics season gets underway, I'd love to compile a list of all coaches who are willing to take on new and established Masters athletes for the season.

I'm trying to create a database on the NSW Masters website of coaches, their specialty areas (sprints and jumps, middle distance, hurdles, etc) as well as their region and location of training. A contact number would also be great.

If you're a coach or if you have a coach, and you/they are willing to be put on the website for athlete information and training, please send me all the relevant details. I really want to have this up and running ASAP, so your prompt reply would be greatly appreciated.

See you on the track

Ranell Hobson

**Track representative
NSW Masters Athletics**

Email: skiddo1@bigpond.com.au

MAKING HIS MARK



At the recent AGM in Melbourne, NSWMA Secretary and former President Mark Johnston received a well-deserved AMA merit award for his services to Masters athletics. Among his many accomplishments in more than 15 years on the NSWMA committee, Mark introduced the weight pentathlon event into NSW in 1995 (in collaboration with Keith James) and introduced on-line entry for the AMA Nationals in Sydney in 2008 as part of the revised website. Congratulations, Mark.

COMPETITION CALENDAR

2008

October 4-6: AMA Winter Throws Championships, Canberra.

November 1-9: Pan Pacific Masters Games, Gold Coast, Queensland.

2009

January 3-4: NSW multi-event championships, Campbelltown

February 12-March 1: Australian Masters Games, Geelong, Victoria.

March 28-29: NSW Masters Championships, Bankstown.

April 10-13: Australian National Masters Athletics Championships, Adelaide, SA.

July 28-August 8: World Masters Athletics Championships Lahti, Finland.

October 11-18: World Masters Games, SOPAC, Sydney.

LAHTI ON THE HORIZON

International Sports Tours (IST), the official travel agent of Australian Masters Athletics, have put together an 18-day tour to Lahti in Finland for the 2009 WMA athletics championships (see ad in this issue of The Waratah). For more information, contact IST on (02) 9922 6166 or toll-free 1800 242 987. Email: info@sportstours.com.au or visit: www.sportstours.com.au

PETER CROMBIE LIAISON OFFICER



NSWMA vice president Peter Crombie has been appointed as the NSW Masters Athletics Club official Liaison Officer to Athletics NSW. In a letter to ANSW, NSWMA President Kip Hobson wrote: "Peter has an immense knowledge of the workings of ANSW, as well as a long and highly distinguished career with Masters Athletics. His diplomatic ability and commonsense approach to all matters pertaining to our clubs will be a huge positive in our relationship growth."

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LINKS ON THE WEB**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

Masters Athletics WA

www.mastersathleticswa.org

COMPETITION SITES**Pan-Pacific Masters Games**

www.mastersgames.com.au

World Masters Games

www.sydney2009mastersgames.com.au

THROWING**Australian Hammer Throwing**

www.hammerthrowing.com.au

Coaching the Throwing Events

www.thethrows.com

Hammer Circle

www.hammer-circle.co.uk

Hammerthrow.org by Harold Connolly

www.hammerthrow.org

Hot Circle Coaching (Australian site)

www.hotcirclecoaching.com

Mac Throw Video

www.macthrowvideo.com

Throwers Club of NSW

throwersclub.creativite.com.au

EQUIPMENT SUPPLIERS**Kings Track & Field**

www.ktf.com.au

Nelco

www.nelcoathletics.com

STATISTICS**Athletics Data**

<http://www.athleticsdata.com/>

Power or 10

<http://www.powerof10.info/>

ACT Veterans Athletic Club invites you to attend the

**13TH AUSTRALIAN MASTERS ATHLETICS
WINTER THROWING CHAMPIONSHIPS**

October 4-6, 2008

Masson St throwing ground, Masson St, Turner, ACT



ELIGIBILITY: Registered Masters/Veteran Athletes

PROGRAM

Saturday, October 4, 11am start: Hammer, Shot, Discus, Javelin.
Sunday, October 5, 9.30am start: Throws (Weight) Pentathlon. Barbecue 7pm.
Monday, October 6, 9am start: Weight throw, Heavy Weight Pentathlon,
56lb & 100lb super-heavy weight throws.

In the Heavy Weight Pentathlon, competitors throw their normal weight,
two weights lighter and two weights heavier. Three throws of each weight, and points are
scored as in the weight pentathlon.

ENTRIES CLOSE FRIDAY, SEPTEMBER 26, 2008. NO LATE ENTRIES WILL BE ACCEPTED.

ENTRY FORM:

Name..... M / F
Address.....
Phone.....Email.....
Age Group..... Birth date..... Club.....

ENTRY FEES:

Weight pentathlon	\$6
Hammer	\$3
Discus	\$3
Javelin	\$3
Shot put	\$3
Heavy weight	\$3
Championship administration fee:	\$10	\$10
Heavy weight pentathlon	\$6
56lb super heavy weight	\$3
100lb super heavy weight	\$3
Barbeque, per person	\$12
T-Shirt (please circle size) XXXL/ XXL/ XL/ L/ M	\$20
Sloppy Joe (please circle size) XXXL/XXL/XL/L/M	\$27

TOTAL: (include administration fee) \$.....

Make cheques payable to ACT Veterans Athletic Club.

SEND TO: Ray Green, 119 Donnelly Rd, Arcadia Vale, NSW, 2283

FOR MORE INFORMATION, CONTACT Ray Green 02 4975 1750 or Jayne Hardy 0421 610 053.

LAHTI LOOMS!



**XVII
WORLD MASTERS ATHLETICS
CHAMPIONSHIPS STADIA
LAHTI FINLAND**
28 JULY - 8 AUGUST 2009

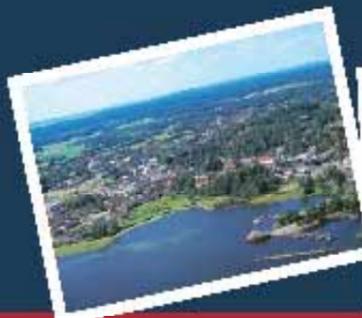


18 DAYS

Departing Friday 24th July

From ^{AU} \$4590.00 per person twin share

(excluding departure taxes)



TOUR HIGHLIGHTS

IST has
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Post Tour

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St Petersburg
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