

## WEIGHT FOR ME!

NSW's best throwers handled wet conditions at Campbelltown at the 2010 State Throws Pentathlon on February 14. **Story and photos page 3 and 12.**

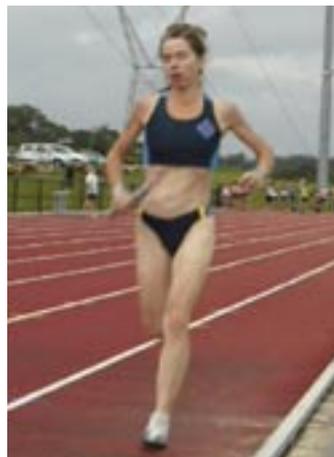


**Les Gonye, Daryl Ellis, Andrew Atkinson-Howatt and Robert Hanbury-Brown** pulled their fingers out to set an inaugural M50 4 x 800m NSW record of 12:29.22 at Illawong on February 5.



**Gavin Murray (M55)** in action in the 2010 NSW Throws Pentathlon titles.

PHOTOGRAPH BY PHIL FRKOVIC



4 x 800m relay running at Illawong from **Erika Bunker, Lisa Harrison, Robyn Suttor, Robyn Basman and Linda Gard.**

# Our relay rush

**RELAYS ARE MY THEME** for this edition of The Waratah. Late in 2009, NSWMA managed to have many successes in the NSW State Relays and we are hoping for great success in the relays at the AMA National Championships in Perth over Easter. In February, we have concentrated on putting up some good performances for the 2010 AMA Postal Relays, which include both track and field events. Illawong was very helpful in running special 4 x 800m events for us on February 5. Outstanding times were achieved and many state records set.

The results for the Throws Pentathlon Championships on February 14 were also used for Postal Relay entries, as mentioned in some detail below. Illawarra Blue Stars are holding a Masters invitational meeting at which 4 x 100m and 4 x 400m relays will be run on February 28. In 2008, we submitted only four entries to the Postal Relays, admittedly for three first places and a second. In 2009, we submitted seven entries, also of high quality, within a national total of 102. This year, I expect we will submit about 40 entries, all across the range in terms of age groups and events: throws, 4 x 100, 4 x 400, 4 x 800, long jump and 4 x 800 walk.

I believe the great contribution of relays to the NSWMA is the sense of community that is naturally associated with working together to achieve a result. Athletics is principally an individual sport and the opportunities to compete as part of a team are relatively uncommon. Relays, whether the traditional baton-carrying running events or the field event 'relays' achieved by adding distances/heights, are a chance for us to get together and have that sense of achievement beyond ourselves.

Modern track and field athletics still has only about 160 years of history, having started with a meeting held by Exeter College, Oxford, in 1850, with a significant event being the first inter-variety sports (i.e. between Oxford and Cambridge) in 1864. Relays were not on

these early programs but the history is well documented.

Frank B. Ellis and H.L. Geyelin were the inventors of the four-runner relay race at the University of Pennsylvania. The first experiment was in 1893 with two teams of four, each running a quarter mile (Pennsylvania v Princeton). This event was repeated in 1894 and the Penn Relays as a major carnival was founded in 1895. The original events for schools and colleges were all at 4 x 440 yards but the program has grown over the years. At the present time, there are about 22,000 athletes competing at an edition of the Penn Relays, with the crowd on the main Saturday usually exceeding 45,000. This certainly is athletics on a scale very different from the Australian experience.

In searching for some mention of the introduction of 'relays' in the field events, I came across the following quote in Douglas Lowe and A.E. Porritt *Athletics* [London: Longmans Green and Co, 1929] which discusses the introduction of relays in Britain:

"A one-mile medley relay was included in the AAA championships from 1911 and relays gained in popularity after WW I. In 1920, those two great Oxford and Cambridge athletes, Bevil Rudd and Professor Philip Baker, inaugurated the Achilles Club by staging at Queen's Club London the greatest international; relay match ever seen – between the US Olympic Team and the combined teams of the British Empire. At that first meeting the field events were individual, subsequently they were conducted on the team principle as well, by taking the aggregate performance of several men in each team."

It is often thought that relays were a feature of classical athletics but they did not appear on the program of the great ancient games. Torch relays in ancient times were often associated with religious ceremonies as mentioned incidentally by Herodotus in *The Histories* in describing Persian couriers, clearly the forerunners of the Pony



**Tony Baker**

Express: "Nothing stops these couriers from covering their allotted stage in the quickest possible time – neither snow, rain, heat, nor darkness. The first, at the end of his stage, passes the dispatch to the second, the second to the third, and so on along the line, as in the Greek torch-race which is held in honour of Hephaestus."

For the lighter side, from Aristophanes' *Frogs*:  
*Not a doubt of it! Why, I laughed fit to cry  
At the Panathenaea, a man to espy,  
Pale, flabby, and fat,  
And bent double at that,  
Puffing feebly behind, with a tear in  
his eye ...*

Now, we don't know anyone like that, do we?

## **NSW PENTATHLON TITLES**

On February 14, we held the NSW Throws Pentathlon Championships at Campbelltown. As was expected, it did rain during the day but the weather was relatively kind. There were some good individual performances, with Pam Mountfield (W45) breaking the NSW discus record with an effort of 35.27m.

Performances in the Throws Pentathlon were also used for the AMA Postal Relays. It was remarkable that we were able to field two teams in each of the M70-79 and the W50-59 age categories for the throwing events. That is, we had more than six athletes competing in these age groups. I have compared our performances to the winning distances achieved last year and I expect we will do rather well. In the case of one 'long throw', our team distance is more than 45 metres better than the winning distance in 2009 – i.e. on average, 15m per athlete better. The AMA will hear of New South Wales!

# Muddy Sunday

A very wet St Valentine's Day greeted competitors for the 2010 NSW Throws Pentathlon titles at Campbelltown.

## **SADLY, THE WEATHER GODS**

(er, imaginary beings that live, like, in the clouds) dealt the hard-working organisers of the NSW Throws Pentathlon titles a soggy Sunday upon which to hold the 2010 event, at Campbelltown on February 14.

Competitor numbers have been up in recent years and this year's entry list of 46 was one of the strongest, the comp bringing some new names to Masters athletics – Frances Perry (W40), Jamie Muscat (M30) and Raminder Singh (M60) among them – and welcoming back an old hand in Rocky Wijesinghe (M70), still the holder of NSW records in the M45 and M50 age groups.

Despite the performance-dampening conditions, one NSW record fell during the event – to Pam Mountfield (W45) in the discus (35.27m). Pam is a former top-class junior thrower, who won the Australian junior discus title in 1984 with a throw of 46.48m.

NSWMA President **Tony Baker** reports from the field:

“The ‘usual suspects’ were there in force and there were a number of ‘old friends’ who have decided to return to Masters athletics. In some cases, I think that we have the World Masters Games in Sydney to thank. In others, it might be that the passing of a significant birthday (ending in 0) has meant that the masses of the implements are more manageable. Rocky Wijesinghe was only known to me through his exploits with the shot of some time ago but he is back among us. Bob Newey, well known as a great all-round athlete, competed well on the day although he had a little trouble in the discus (the throwers will instantly understand what I mean – we've all done it sometime!). There were also some newcomers: Frances Perry (W40), Raminder Singh (M60) and Jamie Muscat (M30). Raminder and Jamie are not NSWMA members yet

but I'm sure they will sign up soon. I am pleased to note that Joyce Schmidt and Denise Palmer are back with NSWMA. I am delighted that such stalwarts, much represented in our record books, have come back into the fold.

“One near miss on the day occurred when the bolt in the swivel on the 35lb weight sheared off when Phil Frkovic was attempting his third throw. The head skittered off one way, Phil and the handle in the opposite direction. Fortunately, Phil was unhurt, but the implement certainly needs some work. Ron Heeps suffered a similar accident with a hammer wire breaking in a training throw just before the World Masters Games and the injuries were so severe that he has not come back to competition yet.”

## **2010 NSW THROWS PENTATHLON RESULTS**

### **W30**

1. Vanessa Beddie, 948 points

### **W35**

1. Tatiana Sudarikova, 2907 points
2. Lynette Smith, 2820 points
3. Melissa Bonser, 2335 points
4. Sharon Kingston, 787 points

### **W40**

1. Lisa Mumberson, 2159 points
2. Frances Perry, 1817 points

### **W45**

1. Pam Mountfield, 3135 points
2. Wendy Hord, 2112 points

### **W50**

1. Jill Taylor, 2920 points
2. Vicki Clement, 1794 points

### **W55**

1. Denise Palmer, 3150 points
2. Kerrie Jones, 2186 points
3. Jill Senior, 2099 points
4. Karen Jones, 1655 points
5. Adriana Van Bockel, 1520 points

### **W60**

1. Judy Brown, 1787 points

### **W70**

1. Joyce Schmidt, 3105 points

### **M30**

1. Jamie Muscat, 2189 points
2. Anatoly Kirievsky, 1861 points

### **M35**

1. Brett Kingston, 1743 points

### **M40**

1. Jodie Gibbins, 1480 points
2. Matt Stenning, 1398 points

### **M45**

1. Phil Frkovic, 2590 points

### **M50**

1. Robert Hanbury-Brown, 2819 points
2. Mark Cepak, 2175 points
3. Andrew Atkinson-Howatt, 1193 points
4. Peter Reed, 1112 points

### **M55**

1. Geoff Crumpton, 3322 points
2. Gavin Murray, 3161 points
3. Tony Baker, 2357 points

### **M60**

1. Raminder Singh, 1758 points

### **M65**

1. Keith James, 3759 points

### **M70**

1. Ron Simcock, 3943 points
2. Rocky Wijesinghe, 3134 points
3. Brett Sowerby, 3083 points
4. Bob Newey, 2586 points
5. Greg Nicol, 2252 points

### **M75**

1. James Soutar, 1429 points



**Greg Nicol (M70)**

# World class

The names of more than 60 NSW athletes appear in the 2009 Masters athletics world rankings – in 2008, there were 48.

## NSW ATHLETES FEATURED

strongly in the 2009 world track and field rankings, with several members topping the tables: **Jamie Harrison** was ranked first in the M45 10,000m, **Don Mathewson** first in the M65 5000m, **Stuart Gyngell** in the M45 shot put and **Mary Thomas** in the W65 javelin.

### M35

**Matthew Pilkington**, 100m, 10.88. Rank: 13. 200m, 22.34. Rank: 18.  
**Samuel Odede**, 100m, 11.28. Rank: 40. 200m, 22.88. Rank: 37.  
**Ernie Leseberg**, 200m, 22.44. Rank: 22.

### M40

**Chas Barclay**, 100m, 11.38 seconds. Rank: 28. 200m, 23.30. Rank: 37. 400m, 51.02. Rank: 30.  
**Krzysztof Wardecki**, 100m, 11.38. Rank: 29. 200m, 23.12. Rank: 27. 400m, 52.80. Rank: 47.  
**Phil Frkovic**, throws pentathlon, 2913 points. Rank: 18.

### M45

**Rob Ballard**, 100m, 11.22 seconds. Rank: 4. 200m, 23.41. Rank: 18. 400m 50.72. Rank: 2.  
**David Isackson**, 100m, 11.77 seconds. Rank: 30. 200m, 24.03. Rank: 37.  
**Jamie Harrison**, 800m, 2:01.63. Rank: 11. 1500m, 4:07.90. Rank: 10. 5000m, 15:46.05. Rank: 35. 10,000m: 31:43.17. Rank: 1. Half marathon: 1:12.59. Rank: 73.  
**Stuart Gyngell**, shot put, 18.12m. Rank: 1. Discus, 49.00m. Rank: 7. Hammer, 45.46m. Rank: 43. Weight throw, 15.08m, Rank: 9. Throws pentathlon, 3950 points. Rank: 2.  
**Sergei Zablotskii**, hammer, 47.85m. Rank: 26.

### M50

**Keith Bateman**, 1500m, 4:21.55. Rank: 16. 5000m, 15:52.10. Rank: 3. Half marathon: 1:12.09. Rank: 6.  
**Brendan Dwyer**, 400m hurdles, 1:04.23. Rank: 17.  
**Graeme Mell**, long jump, 5.69. Rank:

20. Triple jump, 11.69m, Rank: 25.  
**Lajos Joni**, hammer, 45.81m. Rank: 38.

### M55

**John Van Stappen**, 100m, 12.58. Rank: 36. 200m, 25.66. Rank: 30.  
**Tony Morphis**: 400m, 57.30. Rank: 14.  
**Neil Fowler**, 400m hurdles, 1:06.79. Rank: 5.  
**Clay Tompkins**, high jump, 1.64. Rank: 17. Long jump, 5.27m. Rank: 27. Triple jump, 12.08,. Rank: 4.

### M60

**John Morison**, 100m, 12.93 seconds. Rank: 22. 200m, 26.16. Rank: 7. 400m, 58.88. Rank: 6.  
**Peter Crombie**, 100m, 13.01 seconds. Rank: 29. 200m, 26.58. Rank: 18.  
**Les Gillies**, 800m, 2:26.36. Rank: 32.  
**Don Mathewson**, 800m, 2:27.26. Rank: 39. 1500m, 4:56.03. Rank: 22. 5000m, 18:39.38. Rank: 37.  
**Frank Scorzelli**, 5000m, 18.40.0. Rank: 39.  
**John Searle**, high jump, 1.50m. Rank: 38.

### M65

**Neville McIntyre**, 100m, 12.73 seconds. Rank: 3. 200m, 26.54. Rank: 5. 400m, 1:00.75. Rank: 4.  
**Tony Ireland**, 800m, 2:26.84. Rank: 6.  
**Don Mathewson**, 800m, 2:27.24. Rank: 7. 1500m, 4:56.99. Rank: 2. 5000m, 18:27.70. Rank: 1.  
**Albert Gay**, pole vault, 2.90m. Rank: 17.  
**Leo Christopher**, shot put, 12.50. Rank: 28.  
**Keith James**: Discus, 44.88m. Rank: 24. Throws pentathlon, 4212 points. Rank: 11.

### M70

**John Warren**, 800m, 2:33.78. Rank: 3. 1500m, 5:19.85. Rank: 2.  
**Ron Simcock**, throws pentathlon, 4111 points. Rank: 17.  
**Jim Seymon**, 5000m walk, 29:54.84. Rank: 11. 10km walk, 1:01.30. Rank: 11.

### M75

**Richard Hughes**, 100m, 14.91 seconds. Rank: 11. 200m, 31.73. Rank: 17.

400m, 1:12.09. Rank: 4.  
**Jim Davis**, shot put, 11.20m. Rank: 10. Hammer, 36.62m. Rank: 14.

### W35

**Lynette Smith**, throws pentathlon 3120 points. Rank: 6. High jump, 1.63m. Rank: 16.  
**Mary Fien**: 2000m steeplechase, 7:33.68. Rank: 2.

### W40

**Kylie Strong**, 100m, 12.42 seconds. Rank: 4. 200m, 25.50. Rank: 4. Long jump, 5.20m. Rank: 21. Triple jump, 10.59m. Rank: 17  
**Giola Campbell**, 100m, 12.66 seconds. Rank: 10. 200m, 25.81. Rank: 10. 400m, 59.23. Rank: 9.  
**Jackie Bezuidenhout**, 100m, 12.80. Rank: 15. 200m, 26.65. Rank: 20.  
**Catherine Kermond**, 400m, 1:02.70. Rank: 34.  
**Karen Herrmann**, 400m, 1:02.80. Rank: 36.  
**Lisa Harrison**, 800m, 2:23.46. Rank: 36.  
**Kerryn Taylor**, 800m: 2:23.72. Rank: 37.  
**Gabi Watts**, weight throw, 12.06m. Rank: 13. Throws pentathlon, 3577 points. Rank: 4.

### W45

**Gianna Mogentale**, 100m, 12.53. Rank: 4. 200m: 25.99. Rank: 5. 400m, 1:00.05. Rank: 3. 800m, 2:23.48. Rank: 13. Long jump: 4.70. Rank: 33. Triple jump, 10.25m. Rank: 9.  
**Julie Forster**, 100m, 13.14. Rank: 16. 200m, 27.28. Rank: 19.  
**Lynda Douglass**, 100m, 13.62. Rank: 46. 200m, 28.29. Rank: 43.  
**Nonette Aldridge**, 100m, 13.65. Rank: 48. 200m, 28.28. Rank: 41.  
**Glynis Marks**, Javelin, 31.34m. Rank: 34.

### W50

**Robyn Suttor**, 100m, 14.04. Rank: 19. 200m, 29.09. Rank: 20. 400m: 1:07.15. Rank: 19. 800m: 2:34.94. Rank: 17.  
**Christine Shaw**, 100m, 14.37. Rank: 32. 200m, 29.82. Rank: 33. 80m hurdles: 14.14. Rank 14. Pole vault,

2.40m. Rank: 6. Long jump: 4.38. Rank: 25.  
Triple jump, 9.29m. Rank: 11.

**Cris Penn**, 200m, 29.69. Rank: 30. 400m:  
1:06.00. Rank: 16. 800m, 2:26.62. Rank: 6.  
5:08.09. 1500m: Rank: 11.

**Deborah Drennan**, 2:36.82. Rank: 26.

**Robyn Basman**, 5000m, 20:04.70. Rank: 35.

**Heike Forth**, discus, 32.91m. Rank: 15.

Weight throw, 13.87m. Rank: 4. Throws  
pentathlon, 3843 points. Rank: 3.

**Jill Taylor**, hammer, 36.51m. Rank: 16.

Weight throw, 11.31m. Rank: 23.

#### W55

**Denise Palmer**, Shot put, 10.61m. Rank: 9.

Discus, 30.11m. Rank: 6. Hammer, 37.77m.

Rank: 4. Weight throw: 11.58m. Rank: 9.

**Kerrie Macey**, High jump, 1.21m. Rank:

22. Javelin, 26.88m. Rank: 15.

#### W60

**Paula Moorhouse**, 400m, 1:16.99. Rank:

15. 800m: 2:56.69. Rank: 15. 1500m: 6:

09.21. Rank: 24.

**Mary Thomas**, Discus, 24.01m. Rank: 32.

Hammer, 28.78m. Rank: 30. Javelin, 28.41.

Rank: 4. Weight throw, 11.98m. Rank: 14.

#### W65

**Mary Thomas**, Javelin, 31.31m. Rank:

1. Discus, 25.03m. Rank: 15. Hammer,

32.22m. Rank: 8. Weight throw, 11.96m.

Rank: 14.

#### W75

**Elvire Asprey**, 100m, 18.89. Rank: 15.

*Please note that this information is extracted for the interest of NSW members from rankings published online at [www.mastersathletics.net](http://www.mastersathletics.net). The Waratah cannot give assurances as to the accuracy or completeness of those rankings. In some events, such as the throws pentathlon, the online rankings are not quite up to date and thus the rankings published here are approximate only.*



**World ranked: Gianna Mogentale, John Van Stappen and Elvire Asprey.**

## 4 x 800m RELAY RECORDS

Six NSWMA teams contested the 4 x 800m relays held at the Illawong track on February 5, setting five State and two Australian records.

The first Australian record came in the W40s, where **Nancy Newsome, Jane Boyd, Karen Herrmann** and **Lisa Harrison** clocked 10:04.48, eclipsing the 10:39.0 set by a Tasmanian team in Hobart last year.

In the W50 relay, **Deborah Drennan, Erika Bunker, Robyn Basman** and **Robyn Suttor** clocked 11:08.12, taking nearly a minute off the Australian record of 12:07.99, set by an ACT squad in Canberra in 2005.

The M45 team of **Brad Sharpe, Ian Rose, Simon Butler-White** and **Rick Martin** demolished the State record of 12:16.91, set in 2009, clocking 10:24.81.

The M50 team of **Les Gonye, Andrew Atkinson-Howatt, Daryl Ellis** and **Robert Hanbury-Brown** set an inaugural State record of 12:29.22, while the M55 team of **Noel Wright, Dennis Williams, Dennis Wylie** and **Geoff Francis** also set an inaugural NSW record, clocking 10:42.42.

All six relay teams were NSW entries in the annual AMA Postal Relays. NSW plans to figure prominently in the 2010 results.



**Dennis Wylie and Noel Wright** get to hang out with the women's teams that ran so well in the 4 x 800m relays at Illawong on February 5, setting two Australian and two State records.

## EAST, WEST, LAJOS IS BEST

Hammer throw champion **Lajos "Nigel" Joni** has relocated to Perth for work for a couple of years and although he's only been there a few months, is already making his mark.

Lajos now holds State records on both sides of the continent: In December, he set new M50 WA records in the hammer (44.32m) and the heavy weight (15.31m), improving both in January (hammer, 44.35m; weight throw, 15.63m).

Lajos writes: "The Masters scene is alive and well here, with Masters-only competition on Tuesday and Thursday nights and Open competition on Friday, at which Masters are welcome. All up, good organisation."

## 2010 POLICE GAMES

Masters athletes have once more been invited to compete at the upcoming NSW Police Games to be held on March 27-28 at Blacktown Olympic Park.

Co-ordinator Garrie Watt says Masters athletes can register on the day, but so that he can compile entry lists, has requested that athletes email him to advise him of their intention to participate and provide their name, age group and the events they wish to enter.

Garrie's email address is [watt1gar@police.nsw.gov.au](mailto:watt1gar@police.nsw.gov.au). Details of events and how to enter are on the 2010 Police Games website. Go to [www.nswpolicesport.com](http://www.nswpolicesport.com), then "Event Information", then "Track and Field".

# The Sunday Group

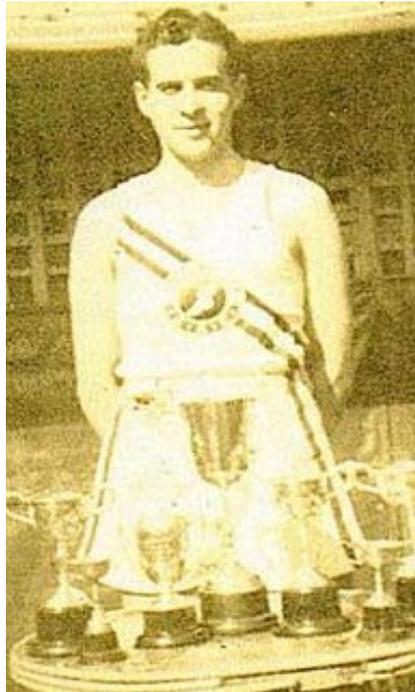
In the first of a series, **Julie A. Forster** looks at the legends who make up “The Sunday Group” – champion athletes of yesteryear who still train each week in Sydney’s Centennial Park.

## Part #1 : J.D. or “The Doyen”

On any Sunday, people driving through Sydney’s Centennial Park may notice the small group huddled at the base of the pine tree in the cool air of a summer’s morning, before the sound of the cicadas shatters the quietude. They blend into the landscape of the joggers and exercise aficionados who frequent the park.

The seeds of the group were sewn back in 1948 when John Dwyer, affectionately known as J.D. – or, as I like to call him – “The Doyen”, burst onto the scene in 1948 at the age of 18 during a carnival at Kings College Parramatta. He had spent his school days trying out for various school teams, without success. A trip to the Melbourne Nationals with Ivan Curotta, brother of renowned sprinter Morris Curotta, earlier in the year cemented his love for track and field. He ran the 200 yards in the morning and came a miserable last. Darcy Brimstone, the then champion of Waverley College, invited him to run the 100 yards later that day. His muscles warmed up from the morning’s race, he surprised himself in the 100 yards that day by showing a clean pair of heels to an unsuspecting Brimstone, whom he beat by two yards, in a crisp 10.2 seconds.

Buoyed by his success, he joined the Randwick Kensington Athletics Club, today known as Randwick Botany Harriers.



**J.D. with his athletics trophies around 1948, when he was about 18. J.D. explained that back in those days, most of his races were held at half-time of big rugby league matches. Most events were handicapped, with people betting on the outcome. On one occasion, when J.D. beat the race favourite over the 880 yards (not his favourite distance at all), the police had to escort him from the field when furious punters started baying for blood.**

In 1949, J.D. began training at Rushcutters Bay Oval under the watchful eye of Gabor Gero, the Hungarian track coach at the 1948 London Olympics. Gero’s European training methods were tough, a mixed blessing for J.D. Here was a man who had escaped the ravages of the Nazi regime, had set up a successful business in Sydney as a furrier but still found time to structure a training regimen for elite athletes. His is a story of survival and loss interwoven with the athletic achievements of this close-knit group. Under Gero, J.D. would achieve his best time over the 100 yards of 9.7 seconds.

In 1949, J.D. triumphed over Brimstone once more in the 200 yards handicap at Waverley Oval, where he had given two yards start. Still out of breath, J.D. was asked how he felt about the run. Before he had a chance to reply, J.D. heard the official announcement that they were honoured to have “the great Hughie Dwyer”, J.D.’s champion boxer father, in their midst! Blessed with his father’s genes and the fast-twitch muscles of a boxer who was, by all accounts, impossible to corner, could only be to J.D.’s advantage.

Competing at Interclub at Henson Oval in 1949, his interest turned to the long jump. As he recounts, J.D. couldn’t hurdle or pole vault. That day, without any special preparation, he jumped a not negligible 21 feet (6.4 metres).

There was clearly room for improvement.

From 1949 until 1956, J.D. continued to train for the long jump under Gero. Many well-known sprinters of the day trained at Rushcutters Oval, with J.D. often paired with runners to bring out the best in them. This meant that he was training for sprinting and long jump concurrently. He recounts how one day Gero introduced him to Gary Bromhead, who was aiming to break the interclub record of 21.10 for the 200 yards. Bromhead had already twice defeated world record holder Hector Hogan of Queensland over the 100 yards (Hogan had run 9.3 secs over the distance in March 1954, equalling the world record).

Four days before the Interclub race, Gero had J.D. race at full speed over 130 yards and Bromhead over 150 yards, twice in quick succession. J.D. recalls leading but Bromhead finishing strongly behind him. Both men were extremely competitive. The intensity of the run caused Bromhead to cough up blood. Despite this, Bromhead ran a flat 21-second 200 yards at interclub that weekend.

Given Gero's unrelenting approach, it's no surprise to hear J.D. lament that Gero "ran the guts out of him". J.D. was overtraining for sprints at a time when he needed to focus more on the long jump. The day of the State Championships in 1953 dawned and J.D. felt great, but having slept in, had no time for a warm-up! He still qualified easily for the final, scheduled for mid-afternoon. He felt on form and asked Gero to whistle if he missed his check mark.

He flew past the spot marking Geoff Gee's jump of 23'1" and

landed. His dad and Ivan Curotta, standing a few metres away, saw the jump and thought it was good. An official pointed to a few disturbed grains of sand in front of the takeoff board and refused to ratify the jump. An appeal to the referee was unsuccessful. At 24'9<sup>1/4"</sup>, it was 3" more than the then State record and would have been the fourth best jump outside the US at the time. So many years later, it is impossible to know if the call was good or not.

Undeterred, J.D. was still determined to try out for the Olympics. 1953 to 1955 passed in a blur of injuries due to his training regimen and in 1956 he made the decision to change coaches, with the Olympics just around the corner! John Gray coached his son, Ron, a triple jump specialist, and J.D. began training under him. Though J.D. was at the top of his form prior to the State Championships, he was dealt a bitter blow when he was laid low with a virus and he was unable to compete. He would have cleared the qualifying distance of 23 feet 6 inches with ease. The next step would have been the Australian titles and a chance to make the Olympic team...

J.D. returned to Masters athletics in 1984 and his love of the sport continues to inspire many including his old training partner, Harry Stanley, who many people would know as being instrumental in reinvigorating the Botany Gift and organising the Golden Eagles Competition at E.S. Marks field with J.D.

**The second part of Julie's feature will appear in the next issue of The Waratah.**

**TW**

## **NSW TEAM MANAGER FOR PERTH 2010**

**NSWMA Vice President Valmai Loomes has been appointed NSW Team Manager for the AMA National Championships in Perth from April 2-5, 2010.**

**Valmai is a distinguished coach and administrator and it is a boon for the team that she has accepted the role of Team Manager.**

**Valmai will be your first port of call on any problems that occur at the Championships. The organisers of the 2010 Championships have been quite clear that the only person they will deal directly with about protests etc is the Team Manager.**

**One of the important duties of the Team Manager is to organise and enter teams in the 12 track relays (4 x 100m, held on the Sunday, and 4 x 400m, held on the Monday) at the Championships. NSWMA is planning to have a strong presence in the relays at these championships and intends to have its relay teams finalised before athletes leave for Perth.**

**If you would like to register your interest in being part of a NSW relay team in Perth, please email the following details to [registrar@nswmastersathletics.org.au](mailto:registrar@nswmastersathletics.org.au):**

- 1. Your age at the date of the championships**
- 2. Your recent best time for the 100m and/or 400m**
- 3. The relay events (4 x 100m and/or 4 x 400m) in which you'd like to compete**
- 4. Your email address and phone number.**

# My World Masters

An article in the November 2009 issue of The Waratah prompted **Garry Womsley** to share his experiences, as an athlete and official, at the World Masters Games in Sydney last October.

**I WAS REALLY** looking forward to competing at the World Masters Games to test myself against the rest of the world. However, after a wretched time with injuries in 2009, which included a torn calf and a torn hamstring, I was happy to participate in a couple of events and have fun. It was also another opportunity to officiate.

I was limited in what I could do, as I was unable to get much leave from work. I entered the steeplechase and the 8km cross-country. I also put my name down to officiate on the first day, as well as the following Saturday and Sunday. It's great putting something back into the sport. I enjoy officiating as much as competing.

Eight days before the Games, my wife Cheri and I went to Homebush to collect our accreditation and officiating uniforms. The lady who organised my accreditation for officials' uniforms saw that I was competing as well and organised my athlete accreditation at the same time, which saved a lot of time lining up at the Accreditation Centre. After our photos, we got fitted out in our uniforms and we were on our way with our shorts, trousers, shirts and jackets that we would wear at the Games.

There was an article written in the November 2008 Waratah about the Technical Information Centre (TIC). I certainly sympathise with what they had to deal with. From my observations, a lot of

the problems that athletes had on arrival at the TIC could have been prevented had things been handled differently prior to them arriving there. The Accreditation Centre should have been available many days earlier than it was. This would have got the local athletes and early arrivals from overseas organised before the rush. Bib numbers and timing chips should have been handed out at the athletics stand at the Accreditation Centre as well. This would have taken a lot of pressure off the TIC, who would have then been responsible for athletes signing in for the next day's events only. The queue the day before the event would have been shorter and moved faster.

Also, as mentioned, the athlete handbook was inadequate. When I collected mine, I was told that everything I needed to know was in the handbook, yet there were no start lists and the timetable was not accurate. This is why the TIC got a lot more questions than they would normally have got.

## **FIRST DAY**

Day 1 was an early start. We had to be there at 5.30am in preparation for officiating at the 10km road race, which took in the streets of Homebush and finished at SOPAC. As I had to compete in my event straight after the 10km race, I was given a position close to the stadium entrance. I enjoyed encouraging the athletes as they

entered the stadium for their final 400m. It was great to see so many smiling faces. It was soon time for my race at the warm-up track. There were 16 in my race and I was happy to finish 8th. The standard was high, with the first five athletes running faster than my PB.

On the Tuesday, I competed in the 8km cross-country at Parramatta Park. Although it was hot and windy. I really enjoyed the race and the course. There were 60 in my age group and I was happy to finish 15th. With my running commitments over, I could now concentrate on officiating.

I'm amazed that I get asked so many questions when I wear an official's uniform. You really have to be a walking encyclopedia but it's all part of customer service. The athletes are my customers and I'm there to assist them in any way I can so that hopefully they can perform at their best.

Saturday saw me officiating at both the discus and javelin. I hadn't officiated at throws before and it was a learning curve for me but I enjoyed it.

The final day was again an early start for the half marathon. I was positioned about 3km from the start and I was again amazed by the happy faces. In the afternoon, we were asked to officiate in the stadium for the hurdles and the relays. It was a great finale to a great event. I really enjoyed being a part of it.

## NSW RECORDS

NSW records set since last update of NSW records on December 10, 2009.

### W40

**4 x 800m relay:** 10:04.48 [Nancy Newsome, Jane Boyd, Karen Herrmann, Lisa Harrison], Illawong, Feb 5 *Australian record*

### W45

**4 x 1500m relay:** 22:00.95 [Cris Penn, Jane Boyd, Erika Bunker, Robyn Basman] Bankstown, December 19 *Australian record*

**Discus:** Pam Mountfield, 35.27m, Campbelltown, February 14

### W50

**3000m:** Karen Petley, 12:22.23, Wollongong, January 16

**4 x 800m relay:** 11:08.12 [Deborah Drennan, Erika Bunker, Robyn Basman, Robyn Suttor], Illawong, February 5 *Australian record*

### W65

**400m:** Lesley Eller, 1:25.70, Chatswood, January 9

### W75

**200m:** Elvire Asprey, 44.12, Wollongong, January 16

**800m:** Elvire Asprey, 4:34.75, Wollongong, January 16

### M45

**4 x 800m relay:** 10:24.81 [Rick Martin, Simon Butler-White, Ian Rose, Brad Sharpe], Illawong, February 5

### M50

**5000m:** Keith Bateman, 15:52.10, SOPAC, January 28.

**4 x 800m relay:** 12:29.22 [Les Gonye, Andrew Atkinson-Howatt, Daryl Ellis, Robert Hanbury-Brown], Illawong, February 5

### M55

**3000m:** Ron Schwebel, 10:23.90, Blacktown, January 13

**3000m:** Dennis Wylie, 10:21.63, SOPAC, January 23

**4 x 800m relay:** 10:42.42 [Noel Wright, Dennis Williams, Geoff Francis, Dennis Wylie], Illawong, February 5

### M85

**Long jump:** Max McKay, 2.40m, Wollongong, January 16



Jane Boyd, Cris Penn, Robyn Basman and Erika Bunker celebrate setting a new Australian record of 22:00.95 in the W45 4 x 1500m relay at the ANSW Skins meet in December. The race was originally part of the State Relays in November, but was cancelled because of the 40C+ temperatures.



People get steeplechase ace Garry Womsley and multi-eventer Simon Butler-White mixed up so often, the two have asked The Waratah to help clear up any confusion. So, to aid future identification, Simon is on the left and Garry on the right.



Ron Simcock (M70) has kindly shared these photographs. He writes: "One was taken in 1953, when I was still at school. I was 18 and threw 56 metres. The other was taken in 2003 when I was a little older. Best distance was 38 metres. You can decide which is which!"

# Great States

The 2009 ANSW State Relays last November brought NSWMA athletes 13 medals and a swag of new records.

**ALTHOUGH ATHLETICS IS** very much an individual sport, the annual State Relays are an opportunity for all competitors to enjoy the camaraderie that comes with being part of a team event.

The original relays were called the 'Relay Premiership of NSW', where winning the club point score was the major prize. The first men's premiership was held in March 1930 and the women's premiership in November of the same year. Points were awarded for first to fourth. There were 15 events for men and nine for women. On the track, there were the usual running events ranging from 4 x 110 yards to 4 x 1 mile. Most field events were catered for, but there were some unusual events, such as 4 x 120 yards hurdles, 4 x 90 yards hurdles and 2 x 880 yards walk.

NSWMA have competed regularly at the State Relays and in the 2009 event, at the Blacktown track on November 21-22, a small but hard-working team of NSWMA athletes toiled relentlessly in 40C+ heat, setting one Australian record, seven NSW records and winning three gold medals, four silver and six bronzes.

The heat was such a factor that on the Sunday, ANSW called a summit of the team managers to say that their temperature gauge had reached 44C and that, for the safety of athletes and officials, they were cancelling the 4 x 1500m relays and reducing the throws

events to two attempts each.

Relay co-ordinators Cris Penn (women's track), Simon Butler-White (men's track) and Andrew Atkinson-Howatt and Tony Baker (field) would like to thank the NSWMA team for their great effort – particularly for the flexible and good-natured manner in which members competed in the heat.

## AUSTRALIAN RECORD

**W45 4 x 800m:** 10:33.70 [Cris Penn, Sue Gore, Erika Bunker, Jane Boyd].

## NSW RECORDS

**W45 4 x 100m:** 56.28 [Lynda Douglass, Sue Gore, Cris Penn, Julie Forster]

**W45 4 x 400m:** 4:26.13 [Sue Gore, Jane Boyd, Julie Forster, Cris Penn]

**W45 4 x 800m:** 10:33.70 [Cris Penn, Sue Gore, Erika Bunker, Jane Boyd]

**M35 4 x 400m:** 4:42.06 [Simon Butler-White, Garry Womsley, EJ Davie, Ernie Leseberg]

**M45 4 x 100m:** 53.54 [Garry Womsley, Kelvyn Steggles, Graeme Mell, Darryl Ellis]

**M45 4 x 400m:** 4:16.82 [Garry Womsley, Kelvyn Steggles, Graeme Mell, Darren Hughes]

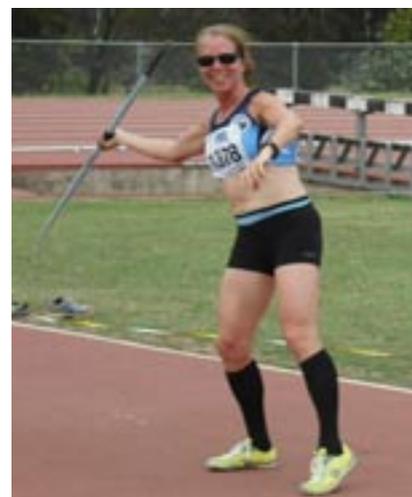
**M45 4 x 800m:** 12:16.91 [Andrew Atkinson-Howatt, Simon Butler-White, Garry Womsley, Kelvyn Steggles]

## ANSW RECORD

**4 x 100m 200+:** 57.06 [Lynda Douglass, Sue Gore, Paula Moorhouse, Julie Forster]



Jane Boyd in 4 x 400m action.



Cris Penn in rare javelin form.



Lynda Douglass in the 4 x 400m.



**Julie Forster, Lynda Douglass, Sue Gore and Cris Penn** set a W45 NSW record of 56.28 in the 4 x 100m.



**Daryl Ellis, Ernie Leseberg, Bruce Green and Morris David** won bronze in the 4 x 100m.



**Bruce Green** got his 4 x 100m team off to a flyer.



**Ernie Leseberg** hands off to **EJ Davie**.



**Graeme Mell, Kelvyn Steggles, Garry Womsley and Daryl Ellis** broke the M45 NSW 4 x 100m record with a time of 53.54.



**Lynda Douglass** gets the baton to teammate **Sue Gore** in the 4 x 400m.

# the waratah // 2010 nsw throws pentathlon

PHOTOGRAPHY BY PHIL FRKOVIC



Jodie Gibbins (M40)



Tatiana Sudarikova (W35)



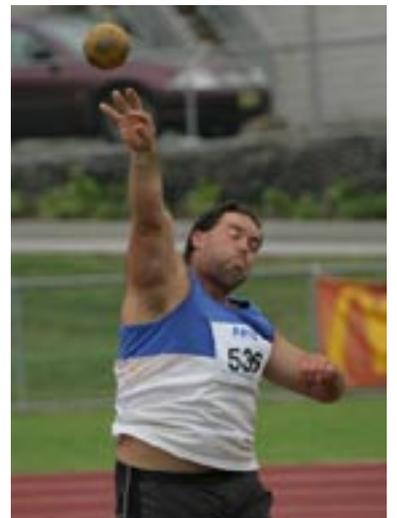
Anatoly Kirievsky (M30)



Rocky Wijesinghe (M70)



Jill Taylor (W50)



Jamie Muscat (M30)



Tony Baker (M55)



Raminder Singh (M60)



Bob Newey (M70)



Matt Stenning (M40)



Sharon Kingston (W30)



Frances Perry (W40)