



## New State Relay Record at Nationals Champs

**By Steve Crocker**

In finishing a close second to Tasmania in the men's 170+ 4 x 100 relay, Alan Carey, John Van Stappen, Steve Crocker and Greg Hepburn set a new NSW 50-54 years 4 x 100 metre state record in running 49.13 seconds despite some mediocre baton changes.

Just as pleasing was the way we pushed Tassie all the way despite being an average of 11+ years per man older (at 220 years combined).



*Steve Crocker, Greg Hepburn, John Van Stappen & Alan Cary*

## Tasmania—Post Nationals Retreat

**By Andrew Atkinson-Howatt**



*Some of the spectacular views around Cradle Mountain and winners (are grinners) of the 4x400m Relay*

**The Annual Mega Results and Awards Issue**

**In this issue:**

NSWMA Contact Details & Presidential Address	2-3
Letters to Editor, News, State Outdoor Pentathlon	4-5
2007 State Weight Pentathlon Results	6-7
2007 National Championship Results	8-11
2007 NSW Masters State Championship Results	13-17
2007 Allcomers Pointscore & Updated Merit Award Tables	18-19
2008 Nationals Flyer & World Champs Travel Ad	20-21
Uniform Order Form & Internet Links	22-23
Competition Calendar & ANSW Masters Awards	24



# New South Wales Masters Athletics Inc.

Postal Address: 8 Edinburgh Crescent, ST ANDREWS, NSW 2566, Australia

The Waratah is the official newsletter of NSWMA Inc.

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

## Committee and Office Bearers

**President:** Mark Johnston

8 Edinburgh Crescent, ST ANDREWS, NSW 2566

Phone: 02 9820 2146 Mob: 0419 914 915

[president@nswmastersathletics.org.au](mailto:president@nswmastersathletics.org.au)

**Vice-Presidents:**

Susan Newton

[SNewton@alznsw.asn.au](mailto:SNewton@alznsw.asn.au)

Greg Nicol

[rnic@optusnet.com.au](mailto:rnic@optusnet.com.au)

**Secretary:**

[secretary@nswmastersathletics.org.au](mailto:secretary@nswmastersathletics.org.au)

**Treasurer:** Nancy Lloyd

Phone: 0411 270 393

[treasurer@nswmasterathletics.org.au](mailto:treasurer@nswmasterathletics.org.au)

**Editor:** Phil Frkovic

Phone: 0400 385 611

[editor@nswmastersathletics.org.au](mailto:editor@nswmastersathletics.org.au)

**Registrar:** Garry Womsley

33 Andrews Ave, TOONGABBIE, NSW 2146

[registrar@nswmastersathletics.org.au](mailto:registrar@nswmastersathletics.org.au)

**Records & Awards:** Jim McGrath

35 Sylvan Ave, EAST LINDFIELD, NSW 2070

[records@nswmastersathletics.org.au](mailto:records@nswmastersathletics.org.au)

**Track Representative:** Alec Walker

[secretary@nswmastersathletics.org.au](mailto:secretary@nswmastersathletics.org.au)

**Field Representative:** Andrew Atkinson-Howatt

[javelin3@optusnet.com.au](mailto:javelin3@optusnet.com.au)

**Walks Representative:** Jim Seymon

**Distance Running:** Frank Scorzelli

**Uniforms:** Lynette Smith (acting)

[Lynette.Smith@dnr.nsw.gov.au](mailto:Lynette.Smith@dnr.nsw.gov.au)

## Life Members

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

## Birthday Roll Call:

Many happy returns to our members celebrating with Birthdays in April 2007 and May 2007

April		May			
William TYLER	45	Tatiana SUDARIKOVA	30	Ron PERKINS	55
Wayne MARRIOTT	50	Cheri WOMSLEY	30	Phillip CARRERO	55
Kerrie MACEY	50	Krzysztof WARDECKI	35	Anatoly TRACHTENBERG	60
Michael ROBERTS	65	Kylie STRONG	40	Mary THOMAS	60
Michael HODGSON	65	Clifford KEEN	45	Victor TOWNSEND	85
Norman WINDRED	75	Peter BYRNE	45	Marie PARTRIDGE	85
		Simon BUTLER-WHITE	45		
		Lana ADAMS	45		
		Volodymyr SHELEVER	45		
		Lajos JONI	50		

## The Presidential Address

Well that's another season gone. Lots of records broken, PBs set, a number of new members joined up, things seemed to run fairly smoothly. Merit awards have been updated to include 60m now. Check out our website or see elsewhere in this newsletter.

Looking ahead, we have the major challenge of putting on the Masters' Nationals next Easter. The steering committee has chosen the venue, it will be Blacktown Olympic Park. This was done after careful consideration of the alternatives and I'd like to thank the members of the committee for their time and effort. The members of the committee are myself, VP Susan Newton, Treasurer Nancy Lloyd, Registrar Garry Wom-sley, Janet Naylor, ANSW's Andrew Matthews and Janelle Eldridge. Now that the venue is settled there are many other issues that need to be tackled such as the venue and style for the awards dinner, the program etc, etc. If anyone has any suggestions for something unique for the social function(s) please let us know. At this stage the organising group is small but in reality there's a lot to do and many helpers will be needed as it draws closer. The choice of Blacktown for the Nationals means it is likely that the State Titles will be held there also.

The other big future event is the World Masters Games in 2009. I've been invited to join the local organising committee for athletics which at least will ensure we have some say in the planning. Again if you have any ideas or concerns let me know.

Whilst our website is not accessible by all members, it is quite extensively used, having registered over 8000 'hits' over the course of a year or so. It is planned to update it this year to in-

clude on-line registration similar to that which we've trialled on the ANSW website, on-line shopping and meet entry. One of our members, Phillip Carrero, has kindly offered to maintain the site and assist with its development. I'm hoping also to make it mobile friendly which means you'll be able to access it on your mobile phone. This will really bring us into the 21st century!

The AGM is coming up in June and as usual the committee will be up for re-election. I'm expecting to stand again to follow through with the 2008 Nationals and 2009 WMG. I'll take this opportunity to publicly thank the present committee, especially the new members who have stepped up to the plate and taken on jobs which involve a bit of paperwork, time and effort. It's important to have a certain amount of change to ensure new ideas are injected together with some old hands to maintain some 'corporate knowledge'. Alec Walker, our secretary of some 8 years, has called it quits as he has threatened on many occasions. Special thanks to him for much effort over this time, particularly in organising the Waratah Winter Series and State Relay teams. We therefore need a new secretary. These days a lot of information is on websites and much less comes in written form on paper as compared to say 10 years ago. In itself the job is not too onerous and shouldn't frighten anyone. The main requirement these days is to have a facility with email and websites. Let's see some hands go up. Also note we don't use the PO Box 359 any more for correspondence (snail mail), see the front of this newsletter for current addresses.

Regards,

Mark

## US Indoor Champs has Aussie Visitor

On a recent trip to America—to attend a family friends wedding—our own Terry Gibbs took advantage of the opportunity to have a crack at the US Indoor Track and Field Championships in taking on the might of the US in the M50 Weight Throw and finishing in 6th place with a very credible throw of 14.25m.

Note: we were not using a cage as we threw after everyone had gone home (well everyone but the hardcore) They have a dedicated throwing area in the corners of the building but the biggest area is only 20ms, so they moved the mobile throwing circle (the other is fixed and better) onto the middle of the infield and used the pole vault bags to cover the sides.

Details from: <http://www.usatf.org/events/2007/USAMastersIndoorTFChampionships/>



## Letters to the Editor

Dear Editor,  
2008 National Championships

How terribly disappointing to read that the Nationals in 2008 are to be held at Blacktown. Competitors will come from interstate to the "Harbour City" to find they have to travel to the far west of Sydney, to the bleak surroundings and the high temperatures.

The Blacktown athletics track is not a fun place to compete and it isn't near any fun places to visit after competition.

To go there would be bad enough for those travelling by car but for those relying on public transport----well they will deserve a medal just for getting there.

I know other venues have problems too. Campbelltown is a long way from town ; Narrabeen doesn't have adequate facilities; Bankstown may be a little far from public transport. But what about Homebush?

Homebush at first glance has the problem of the

Easter Show. One cannot drive there and park. However it has an excellent bus and train service at Show time. It has good facilities. It has the magic of its Olympic connection. For both local and interstate competitors there is the world famous Royal Easter Show next door waiting to be visited. There is even accommodation on site for those that book early and it is closer to Sydney's other attractions and accommodation than other venues are.

Consider also that NSWMA biggest problem in conducting the Nationals has been the availability of officials. Well just how many can we entice all the way to Blacktown at Easter time after a long summer season?

I hope it is not too late to reconsider this decision. Hobart has done a great job this year I would hate to see NSW prestige suffer from a bad placement of the next Nationals.

Regards,

John Sturzaker

## Editors Wrap

- Please send in any results, photos, articles, details of upcoming events or anything else you can find. This newsletter depends on its members input,

- Expect to see some of the NSWMA Committee looking for untold stories to be shared in Member Profiles. We'd like everyone to feel part of our track and field community;

[editor@nswmastersathletics.org.au](mailto:editor@nswmastersathletics.org.au)

## Membership Subscriptions Now Due

Dear All,

Just a reminder that club subs are due. I have now activated the on-line renewal process via the ANSW IMG facilities. Both Nancy and I have tested it by renewing with our credit cards. It appears to work OK. There are two methods depending upon whether you are registered with ANSW with us or not. Most of you are not. See instructions below. Why not give it a try?

### Renew your subs on-line

Yes, now you can renew your Masters' subs on-line with your credit card. This can be done via the Athletics NSW website using the "Members Section" option on the home page menu. There are two slightly different procedures depending upon whether you are registered with Athletics NSW through Masters or not.

Not registered with Athletics NSW through NSWMA (most people)

Choose "New Registration" then select "NSW Masters Athletics" from the dropdown list of clubs and then select "NSWMA member only" from the list of possible fees. From there on just follow the prompts leading eventually to credit card payment.

Registered with Athletics NSW through NSWMA (only about 20 people)

Choose "Login" instead of "New Registration". To do this you need to know your username and password. This can be obtained from Club Registrar Garry Womsley (g.womsley@olex.com.au). Once you have logged in select "Registration Renewal" and follow the prompts leading to credit card payment. You can also change your id and password to something you can more easily remember.

regards,

Mark

**Women's State Outdoor Pentathlon Championship Results**

	Points	LJ	JT	200	DT	800
1 Gore, Suzanne (Ryde)		2.94m	9.57m	31.51	17.08m	2:45.23
W44 Team Points: 10	1589	(150)	(114)	(501)	(258)	(566)
2 Senior, Jillian (UTS Norths)		2.92m	9.76m	37.90	15.14m	3:57.43
W55 Team Points: 8	1490	(294)	(198)	(476)	(309)	(213)
3 Brown, Judy (Gosford)		2.35m	12.19m	48.32	15.67m	4:37.66
W57 Team Points: 6	829	(137)	(267)	(65)	(323)	(37)
4 Buhler, Jenny (Blacktown City T&F)		2.40m	11.78m	50.30	15.90m	DNF
W47 Team Points: 5	527	(76)	(190)	(0)	(261)	(0)
DNF Hord, Wendy (Blacktown City Rams)		DNS	8.74m	36.50	14.30m	3:51.94
W46		(0)	(121)	(327)	(227)	(105)

**Men's State Outdoor Pentathlon Championship Results**

	Points	LJ	JT	200	DT	1500
1 Gay, Albert (Campbelltown)		4.16m	27.79m	28.43	24.33m	6:01.91
M65 Team Points: 10	3285	(691)	(527)	(867)	(473)	(727)
2 Fisher, Kevin (Parramatta City)		44m	39.22m	27.14	20.31m	5:22.62
M48 Team Points: 8	2584	(427)	(562)	(671)	(297)	(627)
3 Butt, Anthony (Nepean)		5.95m	44.81m	24.79	30.42m	5:56.59
M30 Team Points: 6	2463	(576)	(512)	(624)	(473)	(278)
4 Crook, Geoff (Nowra)		4.22m	34.34m	29.24	23.11m	5:40.26
M46 Team Points: 5	2252	(377)	(474)	(514)	(353)	(534)
5 Daniels, Frederick (NSW Masters)		3.07m	18.19m	32.68	18.86m	7:24.58
M74 Team Points: 4	2236	(419)	(324)	(651)	(399)	(443)
6 Butler-White, Simon (NSW Masters)		3.99m	34.75m	30.43	28.10m	6:03.98
M47 Team Points: 3	2117	(326)	(481)	(434)	(455)	(421)
7 Cepak, Mark (UTS Norths)		4.09m	29.91m	29.74	27.45m	6:17.58
M47 Team Points: 2	2025	(348)	(395)	(479)	(441)	(362)
8 Goldman, Ken (Randwick Botany)		3.07m	15.92m	35.09	16.02m	7:07.03
M67 Team Points: 1	1722	(339)	(247)	(422)	(273)	(441)
9 Womsley, Garry (Girraween)		4.07m	18.25m	28.42	15.65m	5:17.62
M43	1721	(294)	(169)	(496)	(192)	(570)
DNF McKay, Max (Illawarra Blue Stars)		2.75m	13.77m	50.1h	12.80m	DNS
M83		(508)	(276)	(156)	(355)	(0)

**State Championships Womens Weight Pentathlon****Campbelltown—17th March 2007**

	Points	HT	SP	DT	JT	WT
----- W30 -----						
1 Sudarikova, Tatiana		27.57m	9.79m	20.48m	31.93m	10.09m
Nsw Masters	2366	-448	-516	-286	-513	-603
----- W35 -----						
1 Smith, Lynette		30.00m	9.70m	32.21m	33.63m	10.02m
Gir (Girraween)	2859	-583	-545	-522	-546	-663
-----						
2 Bonser, Melissa		27.17m	9.04m	24.05m	21.72m	9.15m
Nsw Masters	2291	-513	-499	(364) (	321)	-594
-----						
3 Mumberson, Lisa		29.09m	6.21m	14.67m	13.53m	8.97m
Campbelltown Uws Collegia	1808	-561	-306	-191	-170	-580
-----						
----- W40 -----						
1 Plug, Jo-Anne		40.84m	8.04m	20.76m	16.18m	10.31m
Par (Parramatta City Trac	2838	-1002	-492	-332	-246	-766
-----						
DNF Watts, Gabriele		27.46m	10.05m	30.67m	DNS	DNS
Nepean District Athletic C		-617	-647	-537	0	0
-----						
----- W45 -----						
1 Buhler, Jenny		17.64m	6.29m	16.38m	13.63m	6.71m
Par (Parramatta City Trac	1862	-423	-417	-271	-232	-519
-----						
2 Tillman, Annette		13.76m	5.45m	12.59m	10.28m	4.22m
Nepean District Athletic C	1277	-298	-346	-191	-156	-286
-----						
3 Agius, Salvina		13.57m	4.92m	11.05m	10.92m	3.86m
Nepean District Athletic C	1176	-292	-302	-159	-171	-252
-----						
----- W50 -----						
1 Jones, Karen		20.44m	5.42m	13.16m	8.86m	5.89m
Uts Norths	1466	-398	-368	-227	-143	-330
-----						
----- W55 -----						
1 Palmer, Denise		36.57m	9.87m	25.04m	19.11m	10.88m
Illawong Districts	3629	-938	-860	-575	-468	-788
-----						
2 Van Bockel, Adriana		25.49m	6.24m	16.15m	12.93m	6.79m
Wol(Athletics Wollongong)	2166	-602	-495	-335	-288	-446
-----						
3 Brown, Judy		14.58m	5.78m	12.60m	11.09m	4.98m
Gosford City Athletics	1508	-281	-450	-243	-236	-298
-----						
----- W60 -----						
1 Thomas, Mary		26.55m	7.97m	21.18m	25.77m	10.93m
Illawarra Blue Stars	3504	-722	-752	-533	-763	-734

**State Championships Mens Weight Pentathlon**

Points		HT	SP	DT	JT	WT
----- M30 -----						
1	Kingston, Brett	28.67m	8.47m	23.27m	25.71m	9.53m
	Blue Mountains Athletic C	1722	-329	-394	-334	-239
----- M40 -----						
1	Frkovic, Philip	38.86m	11.40m	ND	27.72m	11.86m
	Wol(Athletics Wollongong)	2068	-544	-588	0	-317
----- M45 -----						
1	Horsnell, Matthew	30.73m	8.45m	25.87m	35.94m	9.33m
	Min (Mingara)	2320	-454	-450	-409	-502
2	Lang, Peter	28.50m	9.68m	25.81m	31.67m	8.34m
	Uts Norths	2217	-411	-532	-408	-426
3	Cepak, Mark	21.70m	8.34m	25.78m	33.53m	7.75m
	Uts Norths	1992	-282	-443	-407	-459
4	Butler-White, Simon	21.43m	8.81m	27.33m	34.17m	5.36m
	Nsw Masters	1908	-277	-474	-439	-471
----- M50 -----						
1	Atkinson-Howatt, Andrew	33.26m	9.92m	35.33m	41.86m	11.70m
	Ryd (Ryde)	2893	-492	-568	-570	-641
2	Joni, Lajos	38.83m	11.35m	30.37m	25.17m	13.54m
	Gir (Girraween)	2806	-598	-668	-472	-330
3	Crumpton, Geoff	33.58m	10.91m	31.58m	22.10m	13.64m
	Act (Australian Capital T	2651	-498	-637	-496	-275
4	hanbury-brown, robert	26.05m	8.94m	33.19m	25.50m	10.42m
	Syp (Sydney Pacific)	2262	-356	-501	-528	-336
----- M55 -----						
1	Banens, Bob	39.10m	11.73m	34.54m	41.80m	12.96m
	Act (Australian Capital T	3591	-690	-785	-623	-719
DNF	Barber, Tom	23.12m	7.25m	DNS	DNS	DNS
	Nsw Masters		-351	-440	0	0

**Results continued on page 12**

#### Lost Property from Tassie Nationals

- 1 mid blue Adidas cap (Ladies) with a black hair band & 1 pair sunglasses (Fabris Lane)
- 1 pair black short - tempo brand (small 3/4 tear in back)
- 1 navy rugby top with red collar size small - logo 2000 NSW Masters Games Coffs Harbour
- 1 light blue Mountain Design jacket size 12 - 1 toyota car key in pocket

Contact Jenny Stevenson at [mick.stevenson@utas.edu.au](mailto:mick.stevenson@utas.edu.au)

**Telstra AMA National Championships**

6/04/2007 to 9/04/2007

35th Annual Track & Field Championships  
Domain Athletic Centre, Hobart, Tasmania**Women 100 Metres Champions**

2	Gianna Mogentale	W43	11.33
4	Julie Forster	W45	11.90

**Women 4x100 Metres Relay W160+**

4	'A'		57.51
1)	Trish Stallard 49	2)	Suzanne Brown 41
3)	Caroline Layt 41	4)	Jackie Bezuidenhout 40

**Women 4x100 Metres Relay W120+**

1	'A'		48.86
1)	Julie Forster 45	2)	Kylie Strong 39
3)	Ranell Hobson 34	4)	Gianna Mogentale 43

**Women 4x400 Metres Relay W120+**

1	'A'		4:14.96
1)	Lynette Smith 36	2)	Ranell Hobson 34
3)	Julie Forster 45	4)	Gianna Mogentale 43

**Women Shot Put Champions**

2	Lynette Smith	W36	20.80m
---	---------------	-----	--------

**Women 30 - 34****60 Metres**

1	Ranell Hobson	W34	8.02
4	Cheri Womsley	W31	13.42

**100 Metres**

1	Ranell Hobson	W34	12.72
4	Cheri Womsley	W31	22.45

**200 Metres Run**

1	Ranell Hobson	W34	26.04
---	---------------	-----	-------

**400 Metres Run**

1	Ranell Hobson	W34	1:02.99
3	Cheri Womsley	W31	1:56.15

**5000 Metres Run**

1	Mary Fien	W34	18:41.95
---	-----------	-----	----------

**Short Hurdles <100m>**

1	Ranell Hobson	W34	17.42
---	---------------	-----	-------

**Long Hurdles <400m>**

1	Ranell Hobson	W34	1:09.94
---	---------------	-----	---------

**2000 Metres Steeplechase**

1	Mary Fien	W34	7:24.74
---	-----------	-----	---------

**High Jump**

1	Ranell Hobson	W34	1.37m
---	---------------	-----	-------

**Long Jump**

1	Ranell Hobson	W34	4.59m
3	Cheri Womsley	W31	2.31m

**Triple Jump**

1	Ranell Hobson	W34	9.18m
---	---------------	-----	-------

**Shot Put**

4	Cheri Womsley	W31	4.26m
---	---------------	-----	-------

**Discus Throw**

5	Cheri Womsley	W31	11.68m
---	---------------	-----	--------

**Javelin Throw**

2	Cheri Womsley	W31	9.60m
---	---------------	-----	-------

**Women 35-39****60 Metres**

1	Kylie Strong	W39	8.13
---	--------------	-----	------

**100 Metres**

1	Kylie Strong	W39	12.80
---	--------------	-----	-------

**200 Metres Run**

1	Kylie Strong	W39	26.15
---	--------------	-----	-------

**800 Metres Run**

4	Cristine Suffolk	W37	2:50.39
---	------------------	-----	---------

**1500 Metres Run**

1	Cristine Suffolk	W37	5:28.48
---	------------------	-----	---------

**5000 Metres Run**

1	Cristine Suffolk	W37	19:44.07
---	------------------	-----	----------

**8k Run CC**

1	Cristine Suffolk	W37	33:26.00
---	------------------	-----	----------

**10000 Metres Run**

1	Cristine Suffolk	W37	41:13.76
---	------------------	-----	----------

**High Jump**

1	Lynette Smith	W36	1.58m
2	Kylie Strong	W39	1.40m

**Long Jump**

1	Kylie Strong	W39	5.07m
---	--------------	-----	-------

**Triple Jump**

1	Kylie Strong	W39	10.29m
---	--------------	-----	--------

**Shot Put**

1	Lynette Smith	W36	9.66m
3	Lisa Mumberson	W38	6.38m

**Discus Throw**

1	Lynette Smith	W36	33.85m
5	Lisa Mumberson	W38	16.37m

**Hammer Throw**

1	Lisa Mumberson	W38	30.71m
2	Lynette Smith	W36	29.31m

**Javelin Throw**

1	Lynette Smith	W36	37.21m
4	Lisa Mumberson	W38	17.80m

**Weight Throw**

1	Lynette Smith	W36	9.93m
2	Lisa Mumberson	W38	9.37m

**Outdoor Pentathlon <Field>**

1	Lynette Smith	W36	2759
---	---------------	-----	------

**Weight Pentathlon**

1	Lynette Smith	W36	2665
2	Lisa Mumberson	W38	1831

**Women 40-44****60 Metres**

1	Gianna Mogentale	W43	7.86
3	Jackie Bezuidenhout	W40	8.46
5	Caroline Layt	W41	9.04

**100 Metres**

1	Gianna Mogentale	W43	12.37
3	Jackie Bezuidenhout	W40	13.32
6	Caroline Layt	W41	14.87

**200 Metres Run**

2	Gianna Mogentale	W43	25.36
3	Jackie Bezuidenhout	W40	27.31
6	Suzanne Brown	W41	28.98

**400 Metres Run**

1	Gianna Mogentale	W43	58.09
---	------------------	-----	-------

**800 Metres Run**

3	Suzanne Brown	W41	2:41.36
---	---------------	-----	---------

**1500 Metres Run**

5	Suzanne Brown	W41	6:05.75
---	---------------	-----	---------

**5000 Metres Race Walk**

3	Suzanne Brown	W41	31:10.49
---	---------------	-----	----------

**Short Hurdles <80m>**

2	Jackie Bezuidenhout	W40	14.51
---	---------------------	-----	-------

**High Jump**

1	Jackie Bezuidenhout	W40	1.43m
---	---------------------	-----	-------

**Long Jump**

2	Jackie Bezuidenhout	W40	4.72m
3	Gianna Mogentale	W43	4.71m

**Triple Jump**

2	Gianna Mogentale	W43	10.30m
---	------------------	-----	--------

**Shot Put**

1	Gabriele Watts	W41	10.58m
3	Caroline Layt	W41	9.80m

**Discus Throw**

2	Gabriele Watts	W41	36.17m
3	Caroline Layt	W41	28.07m

**Hammer Throw**

2	Gabriele Watts	W41	34.27m
3	Caroline Layt	W41	33.43m

**Javelin Throw**

3	Gabriele Watts	W41	23.90m
---	----------------	-----	--------

**Weight Throw**

1	Gabriele Watts	W41	12.52m
3	Caroline Layt	W41	11.20m

**Outdoor Pentathlon <Field>**

3	Suzanne Brown	W41	2209
4	Caroline Layt	W41	1552

**Weight Pentathlon**

2	Gabriele Watts	W41	3420
3	Caroline Layt	W41	2815

**Women 45-49****100 Metres**

1	Julie Forster	W45	13.09
---	---------------	-----	-------

**200 Metres Run**

1	Julie Forster	W45	26.42
---	---------------	-----	-------

**400 Metres Run**

2	Julie Forster	W45	1:01.16
---	---------------	-----	---------

**800 Metres Run**



3 Desie Joannides	W45	3:15.59	7 Dorothy Siepmann	W63	53:15.00
5000 Metres Run			10000 Metres Run		
4 Desie Joannides	W45	23:17.67	4 Dorothy Siepmann	W63	55:11.42
8k Run CC			Shot Put		
3 Desie Joannides	W45	42:55.00	3 Mary Thomas	W62	8.94m
10000 Metres Run			Discus Throw		
2 Desie Joannides	W45	48:46.51	1 Mary Thomas	W62	24.33m
5000 Metres Race Walk			Hammer Throw		
3 Trish Stallard	W49	37:12.50	2 Mary Thomas	W62	28.77m
10k Race Walk RR			Javelin Throw		
2 Trish Stallard	W49	1:18:24.00	1 Mary Thomas	W62	28.89m
3 Annette Tillman	W46	1:28:33.00	Weight Throw		
2000 Metres Steeplechase			3 Mary Thomas	W62	11.28m
1 Trish Stallard	W49	10:52.19	Weight Pentathlon		
Pole Vault			1 Mary Thomas	W62	3900
1 Trish Stallard	W49	1.60m	Men 100 Metres Champions		
Long Jump			2 Peter Crombie	M62	10.46
5 Jennifer Buhler	W47	3.29m	0.9 8.65113.19%		
Triple Jump			3 Neville McIntyre	M64	10.78
3 Trish Stallard	W49	7.00m	0.9 8.81111.22%		
Shot Put			6 John Van Stappen	M57	10.92
6 Annette Tillman	W46	5.39m	0.9 9.32105.13%		
Discus Throw			Men 4x100 Metres Relay M120+		
4 Jennifer Buhler	W47	18.59m	2 'A'		48.25
5 Annette Tillman	W46	14.34m	1) Chas Barclay 38	2) Ernest Leseberg 35	
Hammer Throw			3) Krzysztof Wardecki 38	4) Noel Donohoe 66	
2 Jennifer Buhler	W47	17.96m	Men 4x100 Metres Relay M170+		
4 Annette Tillman	W46	17.11m	2 'A'		49.13
Javelin Throw			1) John Van Stappen 57	2) Alan Carey 56	
6 Annette Tillman	W46	11.70m	3) Stephen Crocker 54	4) Greg Hepburn 52	
Weight Throw			Men 4x100 Metres Relay M220+		
2 Jennifer Buhler	W47	6.89m	-- 'A'		DQ
Outdoor Pentathlon <Field>			1) Alexander Walker 65	2) Neville McIntyre 64	
3 Jennifer Buhler	W47	863	3) Tony Nash 43	4) Tony Ireland 65	
Weight Pentathlon			Men 4x400 Metres Relay M220+		
3 Jennifer Buhler	W47	1706	2 'A'		4:05.74
4 Annette Tillman	W46	1498	1) John Van Stappen 57	2) Neville McIntyre 64	
<b>Women 50-54</b>			3) Alan Carey 56	4) Tony Ireland 65	
60 Metres			Men Shot Put Champions		
4 Jill Taylor	W51	9.71	1 Stuart Gyngell	M43	20.77m
1500 Metres Run			2 Anthony Baker	M53	20.25m
4 Nancy Lloyd	W53	7:32.95	6 Mark Cepak	M47	19.66m
5000 Metres Race Walk			<b>Men 30 - 34</b>		
5 Nancy Lloyd	W53	31:24.77	High Jump		
10k Race Walk RR			1 Brett Kingston	M34	1.40m
4 Nancy Lloyd	W53	1:05:56.00	Pole Vault		
High Jump			-- Brett Kingston	M34	NH
1 Jill Taylor	W51	1.10m	Long Jump		
Long Jump			1 Brett Kingston	M34	4.31m
2 Jill Taylor	W51	3.30m	Shot Put		
Shot Put			2 Brett Kingston	M34	8.26m
2 Jill Taylor	W51	8.38m	Discus Throw		
Discus Throw			2 Brett Kingston	M34	26.89m
3 Jill Taylor	W51	20.12m	Hammer Throw		
Hammer Throw			1 Brett Kingston	M34	29.32m
3 Jill Taylor	W51	20.32m	Javelin Throw		
Javelin Throw			1 Daniel Brown	M33	46.06m
4 Jill Taylor	W51	16.22m	2 Brett Kingston	M34	30.19m
Weight Throw			Weight Throw		
1 Jill Taylor	W51	9.19m	1 Brett Kingston	M34	9.95m
Shot Put			Weight Pentathlon		
5 Adriana Van Bockel	W55	6.36m	1 Brett Kingston	M34	1631
Discus Throw			<b>Men</b>		
4 Adriana Van Bockel	W55	19.30m	60 Metres		
Hammer Throw			1 Ernest Leseberg	M35	7.31
4 Adriana Van Bockel	W55	24.19m	2 Krzysztof Wardecki	M38	7.36
Javelin Throw			3 Chas Barclay	M38	7.43
5 Adriana Van Bockel	W55	15.34m	100 Metres		
Weight Throw			1 Ernest Leseberg	M35	11.60
4 Adriana Van Bockel	W55	7.71m	2 Krzysztof Wardecki	M38	11.70
Weight Pentathlon			3 Chas Barclay	M38	11.80
4 Adriana Van Bockel	W55	2240	200 Metres Run		
<b>Women 60-64</b>			1 Ernest Leseberg	M35	23.16
800 Metres Run			2 Chas Barclay	M38	23.67
3 Dorothy Siepmann	W63	3:50.96	3 Krzysztof Wardecki	M38	23.78
1500 Metres Run			400 Metres Run		
6 Dorothy Siepmann	W63	7:45.67	1 Krzysztof Wardecki	M38	54.81
5000 Metres Run			5000 Metres Race Walk		
6 Dorothy Siepmann	W63	27:08.24	1 David Smyth	M37	26:25.55
8k Run CC					

Telstra AMA National Championships							
20k Race Walk RR				1 Simon Butler - White	M47		29.07m
1 David Smyth M37 1:57:24.00				2 Mark Cepak	M47		28.57m
Long Jump				4 Gregory Rowe	M45		17.86m
1 Krzysztof Wardecki M38 5.99m				Hammer Throw			
				2 Mark Cepak	M47		24.00m
				3 Gregory Rowe	M45		17.82m
<b>Men 40-44</b>				Javelin Throw			
60 Metres				4 Volodymyr Shelever	M45		39.68m
3 Tony Nash M43 8.29				5 Kevin Fisher	M48		37.77m
4 Garry Womsley M43 8.90				6 Simon Butler - White	M47		36.57m
100 Metres				8 Mark Cepak	M47		30.09m
5 Tony Nash M43 13.98				9 Gregory Rowe	M45		14.42m
5000 Metres Run				Weight Throw			
6 Garry Womsley M43 19:19.85				2 Mark Cepak	M47		7.82m
3000 Metres Steeplechase				Outdoor Pentathlon <Field>			
1 Garry Womsley M43 12:07.17				2 Kevin Fisher	M48		2546
High Jump				4 Mark Cepak	M47		1974
2 Tony Nash M43 1.40m				Weight Pentathlon			
Pole Vault				2 Simon Butler - White	M47		2096
1 Tony Nash M43 2.60m				3 Mark Cepak	M47		1712
Long Jump				4 Gregory Rowe	M45		1036
1 Tony Nash M43 4.44m				<b>Men 50-54</b>			
2 Garry Womsley M43 4.26m				60 Metres			
Triple Jump				1 Greg Hepburn	M52		7.93
3 Tony Nash M43 8.49m				5 Stephen Crocker	M54		8.33
Shot Put				100 Metres			
1 Stuart Gyngell M43 15.82m				1 Greg Hepburn	M52		12.63
2 Tony Nash M43 9.43m				4 Stephen Crocker	M54		13.39
Discus Throw				6 Wayne Marriott	M52		14.23
1 Stuart Gyngell M43 44.81m				200 Metres Run			
Hammer Throw				1 Greg Hepburn	M52		25.78
1 Stuart Gyngell M43 42.33m				4 Wayne Marriott	M52		29.04
Javelin Throw				400 Metres Run			
1 Stuart Gyngell M43 39.12m				3 Antony Morphis	M54		1:42.19
2 Tony Nash M43 36.40m				1500 Metres Run			
3 Garry Womsley M43 19.49m				3 Stephen Ball	M53		4:49.62
Weight Throw				5000 Metres Run			
1 Stuart Gyngell M43 14.01m				6 Stephen Ball	M53		19:05.60
Outdoor Pentathlon <Field>				10000 Metres Run			
2 Garry Womsley M43 1755				3 Stephen Ball	M53		39:54.73
3 Tony Nash M43 1749				Short Hurdles <100m>			
Weight Pentathlon				1 Wayne Marriott	M52		18.40
1 Stuart Gyngell M43 3396				Long Hurdles <400m>			
2 Tony Nash M43 1310				2 Wayne Marriott	M52		1:19.66
<b>Men 45-49</b>				3000 Metres Steeplechase			
60 Metres				3 Barry Golding	M54		14:44.84
2 Neil Holmes M45 8.52				High Jump			
3 Mark Cepak M47 8.97				3 Stephen Crocker	M54		J1.47m
100 Metres				5 Robert Hanbury-Brown	M50		1.20m
4 Neil Holmes M45 14.07				Long Jump			
5 Mark Cepak M47 14.63				2 Gavin Murray	M53		4.91m
200 Metres Run				6 Stephen Crocker	M54		4.40m
4 Mark Cepak M47 29.11				7 Wayne Marriott	M52		4.32m
1500 Metres Run				Triple Jump			
8 Nick Fletcher M48 4:54.27				2 Stephen Crocker	M54		9.66m
5000 Metres Run				Shot Put			
9 Nick Fletcher M48 18:03.50				1 Anthony Baker	M53		11.62m
8k Run CC				4 Lajos Joni	M51		11.06m
8 Nick Fletcher M48 31:40.00				5 Robert Hanbury-Brown	M50		10.74m
5000 Metres Race Walk				6 Gavin Murray	M53		10.57m
3 Gregory Rowe M45 27:58.02				7 Andrew Atkinson - Howatt	M50		10.37m
High Jump				8 Stephen Crocker	M54		10.32m
1 Volodymyr Shelever M45 1.76m				Discus Throw			
4 Simon Butler - White M47 1.46m				2 Robert Hanbury-Brown	M50		37.98m
Pole Vault				3 Andrew Atkinson - Howatt	M50		36.15m
1 William Tyler M47 3.00m				5 Lajos Joni	M51		34.82m
Long Jump				6 Anthony Baker	M53		32.74m
1 Volodymyr Shelever M45 5.29m				7 Stephen Crocker	M54		31.83m
3 William Tyler M47 4.59m				8 Gavin Murray	M53		31.18m
5 Mark Cepak M47 4.03m				Hammer Throw			
Triple Jump				2 Lajos Joni	M51		43.77m
1 Volodymyr Shelever M45 11.79m				4 Andrew Atkinson - Howatt	M50		32.96m
3 Kevin Fisher M48 9.62m				5 Robert Hanbury-Brown	M50		27.26m
5 Mark Cepak M47 8.97m				Javelin Throw			
6 Simon Butler - White M47 8.75m				1 Andrew Atkinson - Howatt	M50		47.73m
Shot Put				3 Gavin Murray	M53		37.26m
1 Mark Cepak M47 9.36m				5 Robert Hanbury-Brown	M50		34.17m
3 William Tyler M47 7.95m				7 Anthony Baker	M53		30.33m
5 Gregory Rowe M45 6.39m				Weight Throw			
Discus Throw				2 Lajos Joni	M51		14.92m
				4 Robert Hanbury-Brown	M50		10.96m

Outdoor Pentathlon <Field>				60 Metres			
1 Robert Hanbury-Brown	M50	1447		6 Alexander Walker	M65	9.48	
2 Andrew Atkinson - Howatt	M50	754		7 Noel Donohoe	M66	9.61	
Weight Pentathlon				100 Metres			
2 Andrew Atkinson - Howatt	M50	3004		1 Tony Ireland	M65	13.78	
3 Lajos Joni	M51	2814		5 David Chantrill	M68	14.12	
5 Robert Hanbury-Brown	M50	2584		7 Alexander Walker	M65	15.25	
6 Anthony Baker	M53	2366		200 Metres Run			
<b>Men 55-59</b>				1 Tony Ireland	M65	27.91	
60 Metres				5 David Chantrill	M68	28.80	
1 John Van Stappen	M57	7.94		7 Alexander Walker	M65	31.33	
4 Alan Carey	M56	8.24		400 Metres Run			
8 Ian Heazlewood	M55	9.21		1 Tony Ireland	M65	1:01.75	
100 Metres				5 Alexander Walker	M65	1:21.99	
1 John Van Stappen	M57	12.62		800 Metres Run			
2 Alan Carey	M56	12.68		2 Tony Ireland	M65	2:25.06	
200 Metres Run				5000 Metres Race Walk			
Preliminaries				3 Jim Seymon	M69	29:55.76	
1 John Van Stappen	M57	26.24		20k Race Walk RR			
2 Alan Carey	M56	26.45		3 Jim Seymon	M69	2:10:31.00	
200 Metres Run				Short Hurdles <100m>			
Finals				3 Noel Donohoe	M66	23.40	
1 John Van Stappen	M57	25.47		Long Hurdles <300m>			
2 Alan Carey	M56	25.75		3 Noel Donohoe	M66	1:12.78	
400 Metres Run				High Jump			
Preliminaries				2 Noel Donohoe	M66	1.21m	
7 John Van Stappen	M57	1:02.72		Triple Jump			
400 Metres Run				5 Noel Donohoe	M66	6.48m	
Finals				Shot Put			
3 John Van Stappen	M57	1:00.01		2 Keith James	M65	11.15m	
800 Metres Run				4 Brett Sowerby	M67	9.36m	
1 Neil Fowler	M55	2:16.43		Discus Throw			
Short Hurdles <100m>				1 Keith James	M65	44.36m	
1 Noel Peters	M59	22.35		2 Brett Sowerby	M67	35.46m	
Long Hurdles <400m>				Hammer Throw			
1 Neil Fowler	M55	1:06.20		2 Keith James	M65	34.82m	
High Jump				6 Brett Sowerby	M67	27.31m	
3 Noel Peters	M59	1:13.2m		Javelin Throw			
Long Jump				1 Keith James	M65	37.11m	
1 Noel Peters	M59	4.94m		Weight Throw			
Triple Jump				1 Keith James	M65	14.62m	
1 Noel Peters	M59	9.81m		7 Brett Sowerby	M67	10.13m	
Shot Put				Weight Pentathlon			
3 Ian Heazlewood	M55	9.10m		1 Keith James	M65	4027	
4 Michael Sharkey	M57	8.83m		6 Brett Sowerby	M67	2675	
Discus Throw				9 Noel Donohoe	M66	2395	
3 Ian Heazlewood	M55	25.23m		<b>Men 70-74</b>			
Hammer Throw				60 Metres			
3 Ian Heazlewood	M55	19.32m		3 John Sturzaker	M74	9.93	
Javelin Throw				100 Metres			
4 Ian Heazlewood	M55	28.53m		4 John Sturzaker	M74	16.12	
Weight Throw				5000 Metres Run			
3 Ian Heazlewood	M55	8.06m		4 Ronald Stuart	M74	26:44.20	
<b>Men 60-64</b>				8k Run CC			
60 Metres				3 Ronald Stuart	M74	48:00.00	
1 Peter Crombie	M62	8.03		10000 Metres Run			
2 Neville McIntyre	M64	8.24		1 Ronald Stuart	M74	41:28.00	
100 Metres				2000 Metres Steeplechase			
1 Peter Crombie	M62	12.51		3 Ronald Stuart	M74	11:14.45	
3 Neville McIntyre	M64	13.10		Long Jump			
200 Metres Run				1 John Sturzaker	M74	3.67m	
2 Neville McIntyre	M64	26.62		Triple Jump			
400 Metres Run				1 John Sturzaker	M74	8.59m	
1 Neville McIntyre	M64	1:01.54		Discus Throw			
2 Leslie Gillies	M60	1:02.32		2 John Sturzaker	M74	30.77m	
800 Metres Run				Weight Throw			
1 Leslie Gillies	M60	2:22.00		3 John Sturzaker	M74	10.09m	
3 Donald Mathewson	M62	2:30.81		Weight Pentathlon			
1500 Metres Run				4 John Sturzaker	M74	2676	
2 Donald Mathewson	M62	5:03.80		<b>Men 75-79</b>			
5000 Metres Run				60 Metres			
2 Donald Mathewson	M62	19:12.79		2 James Soutar	M76	11.45	
8k Run CC				100 Metres			
2 Donald Mathewson	M62	34:37.00		2 James Soutar	M76	18.80	
Long Hurdles <300m>				Long Hurdles <300m>			
1 Leslie Gillies	M60	54.26		2 Osmo Millridge	M76	1:04.48	
Outdoor Pentathlon <Field>				2000 Metres Steeplechase			
2 Leslie Gillies	M60	2618		1 Osmo Millridge	M76	11:16.32	
<b>Men 65-69</b>				Pole Vault			
				-- James McGrath	M76	NH	

Telstra AMA National Championships (cont'd)					
Long Jump				4 Max McKay	M83 20.50
1 James McGrath	M76	3.31m		400 Metres Run	
3 James Soutar	M76	2.73m		2 Max McKay	M83 1:44.05
Triple Jump				2000 Metres Steeplechase	
2 James Soutar	M76	6.55m		1 Max McKay	M83 15:13.83
Shot Put				High Jump	
1 Hans Platzer	M76	8.03m		1 Max McKay	M83 0.93m
3 James Soutar	M76	7.28m		Pole Vault	
Discus Throw				-- Frederick O'Connor	M83 NH
1 Hans Platzer	M76	24.98m		Long Jump	
2 James McGrath	M76	21.81m		1 Frederick O'Connor	M83 3.27m
3 James Soutar	M76	21.09m		3 Max McKay	M83 3.06m
Hammer Throw				Triple Jump	
1 James Soutar	M76	20.14m		1 Frederick O'Connor	M83 6.99m
2 Hans Platzer	M76	19.74m		Shot Put	
Javelin Throw				2 Russell Foy	M80 7.25m
1 James McGrath	M76	20.23m		3 Max McKay	M83 7.09m
Weight Throw				Discus Throw	
1 Hans Platzer	M76	9.16m		3 Russell Foy	M80 17.71m
2 James Soutar	M76	8.80m		4 Max McKay	M83 16.71m
Weight Pentathlon				Hammer Throw	
1 Hans Platzer	M76	2721		1 Russell Foy	M80 25.53m
2 James Soutar	M76	2379		Javelin Throw	
<b>Men 80-84</b>				1 Frederick O'Connor	M83 23.40m
60 Metres				5 Max McKay	M83 14.98m
2 Frederick O'Connor	M83	11.05		Weight Throw	
100 Metres				1 Russell Foy	M80 11.39m
3 Frederick O'Connor	M83	18.19		Outdoor Pentathlon <Field>	
				1 Max McKay	M83 2109
				Weight Pentathlon	
				2 Russell Foy	M80 2917

### NSW Masters Weight Pentathlon State Championships Results (cont'd from page 7)

---- M65 ----		HT	SP	DT	JT	WT
1 James, Keith		36.92m	11.03m	36.58m	36.00m	14.51m
Nsw Masters	4120	-818	-865	-783	-729	-925
-----						
2 Bugden, Dave		31.35m	8.84m	23.82m	20.77m	12.19m
Campbelltown Uws Collegia	2916	-671	-668	-461	-360	-756
-----						
3 Nicol, Gregor		23.45m	7.71m	23.21m	26.09m	8.20m
Nsw Masters	2435	-466	-566	-446	-486	-471
-----						
DNF Sowerby, Brett		27.46m	8.64m	30.35m	DNS	DNS
Blue Mountains Athletic C		-570	-650	-623	0	0
-----						
---- M70 ----						
1 Simcock, Ron		31.36m	10.68m	28.60m	30.19m	12.27m
Athletics Wollongong	3494	-685	-722	-673	-629	-785
-----						
2 Sturzaker, John		25.00m	7.71m	26.15m	16.54m	9.86m
Act (Australian Capital T	2497	-517	-487	-603	-283	-607
-----						
---- M75 ----						
1 Platzer, Hans		22.49m	7.89m	20.57m	15.85m	8.54m
Hills District Athletic C	2599	-548	-598	531)	-325	-597
-----						
2 Soutar, James		21.77m	6.93m	19.77m	ND	8.84m
Gosford City Athletics	2163	-525	-511	-505	0	-622
-----						
---- M80 ----						
1 Foy, Russell		26.17m	7.28m	15.32m	13.59m	9.38m
Nsw Masters	2695	-693	-562	-448	-271	-721

**NSW State Masters Championships**

24/03/2007 to 25/03/2007

Campbelltown Athletic Centre

=====

Name	Finals
------	--------

=====

## Women

45-49 2000m Steeplechase	
1 Stallard, Trish	11:24.91
-- Yarnell, Caroline	DQ
30-34 High Jump 30+	
1 Hobson, Ranell	1.40m
35-39 High Jump 30+	
1 Smith, Lynette	1.57m
2 Strong, Kylie	1.45m
40-44 High Jump 30+	
1 Bezuidenhout, Jacqualine	1.35m
2 Engeler, Deborah	1.15m
45-49 High Jump 30+	
1 Agius, Salvina	1.00m
50-54 High Jump 30+	
1 Macey, Kerrie	1.20m
2 Taylor, Jill	1.10m
55-59 High Jump 30+	
1 Brown, Judy	0.95m
35-39 Pole Vault 30+	
1 Tubby, Jenny	2.00m
45-49 Pole Vault 30+	
1 Stallard, Trish	1.50m
30-34 Long Jump 30+	
1 Hobson, Ranell	4.62m
2 Blackwood, Kathyryn	4.58m
3 Womsley, Cheri	2.27m
35-39 Long Jump 30+	
1 Strong, Kylie	5.17m
2 Ward, Sue	5.03m
40-44 Long Jump 30+	
1 Mogentale, Gianna	4.92m
2 Bezuidenhout, Jacqualine	4.47m
3 Whatley, Susan	3.83m
45-49 Long Jump 30+	
1 Agius, Salvina	2.59m
50-54 Long Jump 30+	
1 Macey, Kerrie	3.95m
2 Taylor, Jill	3.34m
55-59 Long Jump 30+	
1 Brown, Judy	2.39m
30-34 Triple Jump 30+	
1 Hobson, Ranell	9.19m
35-39 Triple Jump 30+	
1 Ward, Sue	10.49m
2 Strong, Kylie	10.20m
40-44 Triple Jump 30+	
1 Mogentale, Gianna	10.23m
2 Whatley, Susan	7.46m
45-49 Triple Jump 30+	
1 Stallard, Trish	6.45m
2 Agius, Salvina	6.10m
50-54 60m 50+	
1 Taylor, Jill	10.26
55-59 60m 50+	
1 Perry, Rosalind	11.23
50-54 100m 50+	
1 Taylor, Jill	16.34
55-59 100m 50+	
1 Giumelli, Kerri	15.81
55-59 800m 50+	
1 Perry, Rosalind	3:49.08
60-64 5000m 50+	
1 Siepmann, Dorothy	26:42.74
50-54 5000m Race Walk 50+	
1 Lloyd, Nancy	34:30.44

55-59 5000m Race Walk 50+	
1 Brown, Judy	37:42.31
50-54 80m Hurdles 0.762m 50	
1 Macey, Kerrie	15.91
50-54 Shot Put 50+	
1 Taylor, Jill	8.21m
2 Macey, Kerrie	7.72m
3 Jones, Karen	5.74m
55-59 Shot Put 50+	
1 Van Bockel, Adriana	6.49m
2 Brown, Judy	5.87m
60-64 Shot Put 50+	
1 Thomas, Mary	8.98m
50-54 Discus Throw 50+	
1 Taylor, Jill	21.05m
2 Macey, Kerrie	19.15m
3 Jones, Karen	16.10m
55-59 Discus Throw 50+	
1 Van Bockel, Adriana	16.73m
2 Brown, Judy	15.60m
60-64 Discus Throw 50+	
1 Thomas, Mary	23.75m
45-49 Hammer Throw 50+	
1 Tillman, Annette	14.70m
2 Agius, Salvina	13.88m
50-54 Hammer Throw 50+	
1 Jones, Karen	21.46m
2 Taylor, Jill	21.30m
55-59 Hammer Throw 50+	
1 Van Bockel, Adriana	24.83m
2 Perry, Rosalind	20.73m
3 Brown, Judy	13.91m
60-64 Hammer Throw 50+	
1 Thomas, Mary	27.13m
50-54 Javelin Throw 50+	
1 Macey, Kerrie	23.84m
2 Taylor, Jill	18.27m
3 Jones, Karen	7.85m
55-59 Javelin Throw 50+	
1 Van Bockel, Adriana	13.94m
2 Brown, Judy	12.45m
60-64 Javelin Throw 50+	
1 Thomas, Mary	28.23m
50-54 Weight Throw 50+	
1 Taylor, Jill	9.61m
2 Jones, Karen	6.08m
55-59 Weight Throw 50+	
1 Van Bockel, Adriana	7.68m
2 Brown, Judy	5.63m
60-64 Weight Throw 50+	
1 Thomas, Mary	10.98m
30-34 60m 30-49	
1 Hobson, Ranell	8.21
2 Lloyd, Alison	9.18
3 Womsley, Cheri	14.12
35-39 60m 30-49	
1 Strong, Kylie	8.44
40-44 60m 30-49	
1 Mogentale, Gianna	8.23
2 Bezuidenhout, Jacqualine	8.72
3 Layt, Caroline	9.36
4 Whatley, Susan	9.51
45-49 60m 30-49	
1 Agius, Salvina	12.01
30-34 100m 30-49	
1 Hobson, Ranell	12.66
2 Lloyd, Alison	14.33
35-39 100m 30-49	
1 Strong, Kylie	12.79
2 Flannery, Loretta	13.14
3 Kermond, Catherine	13.67
40-44 100m 30-49	

1 Mogentale, Gianna	12.26	1 Brown, Suzanne	32:35.39
2 Bezuidenhout, Jacqueline	13.21	2 Engeler, Deborah	35:47.41
3 Naylon, Janet	13.85	3 Thompson, Lauren	38:11.38
4 Osiander, Daniela	13.93	45-49 5000m Race Walk 30-49	
5 Layt, Caroline	14.78	1 Agius, Salvina	32:41.41
45-49 100m 30-49		2 Stallard, Trish	39:18.86
1 Forster, Julie	12.82	3 Tillman, Annette	42:38.23
2 Suttor, Robyn	14.57	30-34 Shot Put 30-49	
3 Hord, Wendy	17.04	1 Sudarikova, Tatiana	10.57m
4 Agius, Salvina	18.28	35-39 Shot Put 30-49	
30-34 200m 30-49		1 Smith, Lynette	10.40m
1 Hobson, Ranell	28.10	2 bonser, melissa	9.90m
2 Lloyd, Alison	31.70	3 Mumberson, Lisa	6.48m
35-39 200m 30-49		40-44 Shot Put 30-49	
1 Strong, Kylie	28.18	1 Watts, Gabriele	11.02m
2 Ward, Sue	29.04	2 Layt, Caroline	9.90m
3 Flannery, Loretta	29.05	3 Engeler, Deborah	6.69m
4 Kermond, Catherine	29.34	45-49 Shot Put 30-49	
40-44 200m 30-49		1 Hord, Wendy	6.85m
1 Mogentale, Gianna	26.81	2 Tillman, Annette	5.53m
2 Bezuidenhout, Jacqueline	28.89	3 Agius, Salvina	5.46m
3 Osiander, Daniela	30.06	35-39 Discus Throw 30-49	
4 Brown, Suzanne	30.13	1 Smith, Lynette	36.24m
5 Gore, Suzanne	32.60	2 Mumberson, Lisa	16.22m
45-49 200m 30-49		40-44 Discus Throw 30-49	
1 Forster, Julie	27.37	1 Watts, Gabriele	36.32m
2 Peksis, Julie	31.51	2 Layt, Caroline	29.98m
3 Suttor, Robyn	31.56	3 Whatley, Susan	23.30m
4 Hord, Wendy	38.05	4 Engeler, Deborah	16.57m
35-39 400m 30-49		45-49 Discus Throw 30-49	
1 Ward, Sue	1:02.36	1 Tillman, Annette	14.42m
2 Flannery, Loretta	1:03.10	2 Agius, Salvina	11.87m
3 Smith, Lynette	1:07.23	30-34 Hammer Throw 30-49	
40-44 400m 30-49		1 Sudarikova, Tatiana	28.39m
1 Mogentale, Gianna	1:00.24	35-39 Hammer Throw 30-49	
2 Osiander, Daniela	1:08.30	1 bonser, melissa	34.71m
3 Whatley, Susan	1:20.27	2 Mumberson, Lisa	30.32m
45-49 400m 30-49		3 Smith, Lynette	27.24m
1 Forster, Julie	1:03.66	40-44 Hammer Throw 30-49	
2 Suttor, Robyn	1:08.87	1 Layt, Caroline	34.46m
3 Peksis, Julie	1:08.94	2 Watts, Gabriele	32.60m
4 Hord, Wendy	1:33.34	3 Engeler, Deborah	19.93m
-- Agius, Salvina	DNF	30-34 Javelin Throw 30-49	
40-44 800m 30-49		1 Sudarikova, Tatiana	34.62m
1 Mogentale, Gianna	2:31.23	2 Womsley, Cheri	9.14m
2 Gore, Suzanne	2:46.61	35-39 Javelin Throw 30-49	
45-49 800m 30-49		1 Smith, Lynette	36.18m
1 Peksis, Julie	2:43.77	2 Mumberson, Lisa	16.00m
2 Suttor, Robyn	2:58.57	40-44 Javelin Throw 30-49	
3 Hord, Wendy	3:54.32	1 Whatley, Susan	19.58m
30-34 1500m 30-49		2 Engeler, Deborah	16.00m
1 Cayzer, Heidi	5:01.05	45-49 Javelin Throw 30-49	
35-39 1500m 30-49		1 Hord, Wendy	14.76m
1 Suffolk, Cristine	5:38.63	2 Agius, Salvina	12.86m
45-49 1500m 30-49		3 Tillman, Annette	11.94m
1 Beardslee, Margaret	5:18.78	30-34 Weight Throw 30-49	
2 Yarnell, Caroline	5:53.60	1 Sudarikova, Tatiana	10.55m
3 Joannides, Desie	6:30.48	35-39 Weight Throw 30-49	
4 Agius, Salvina	7:39.62	1 bonser, melissa	11.28m
30-34 5000m 30-49		2 Smith, Lynette	10.30m
1 Cayzer, Heidi	18:52.93	3 Mumberson, Lisa	8.83m
35-39 5000m 30-49		40-44 Weight Throw 30-49	
1 Suffolk, Cristine	20:10.16	1 Watts, Gabriele	12.41m
2 Squire, Katherine	21:11.55	2 Layt, Caroline	11.99m
3 Perle, Elizabeth	22:47.17	3 Engeler, Deborah	7.68m
40-44 5000m 30-49		45-49 Weight Throw 30-49	
1 Mitford, Michelle	20:39.72	1 Tillman, Annette	5.94m
45-49 5000m 30-49		2 Agius, Salvina	5.60m
1 Beardslee, Margaret	19:40.15	30-34 100m Hurdles 0.840m 3	
2 Joannides, Desie	23:34.31	1 Hobson, Ranell	22.33
35-39 5000m Race Walk 30-49		40-44 80m Hurdles 0.762m 40	
1 Cruickshank, Michelle	31:05.13	1 Bezuidenhout, Jacqueline	14.84
40-44 5000m Race Walk 30-49		2 Engeler, Deborah	21.24

45-49 80m Hurdles 0.762m 40		3 Edwards, George	9.39
1 Agius, Salvina	30.23	65-69 60m 50+	
Men		1 Gay, Albert	9.15
30-34 High Jump 30+		2 Donohue, Noel	10.24
1 Butt, Anthony	1.65m	3 Hamilton, Brian	10.55
2 Kingston, Brett	1.35m	70-74 60m 50+	
35-39 High Jump 30+		1 Condon, Bernard	9.39
1 Collins, Paul	1.50m	2 David, Morris	10.30
40-44 High Jump 30+		3 Sturzaker, John	10.68
1 Burfoot, John	1.65m	75-79 60m 50+	
2 Nash, Tony	1.50m	1 Soutar, James	12.09
45-49 High Jump 30+		50-54 100m 50+	
1 Shelever, Volodymyr	1.80m	1 Warner, Ray	12.80
2 Devery, Todd	1.50m	2 Hepburn, Gregory	12.90
3 Butler-White, Simon	1.30m	3 crocker, stephen	13.14
4 Cepak, Mark	1.30m	4 Adams, Vince	13.74
50-54 High Jump 30+		5 Marriott, Wayne	14.16
1 Tompkins, Clay	1.60m	55-59 100m 50+	
2 crocker, stephen	1.45m	1 Van Stappen, John	12.80
3 hanbury-brown, robert	1.30m	2 Morison, John	12.94
55-59 High Jump 30+		3 Shirvington, Pat	13.75
1 Peters, Noel	1.35m	4 Peters, Noel	14.52
65-69 High Jump 30+		60-64 100m 50+	
1 Donohue, Noel	1.25m	1 Crombie, Peter	12.51
70-74 High Jump 30+		2 Green, Bruce	13.58
1 Simcock, Ron	1.25m	3 Edwards, George	14.06
80-84 High Jump 30+		65-69 100m 50+	
1 McKay, Max	0.95m	1 Ireland, Tony	13.46
30-34 Pole Vault 30+		2 Gay, Albert	13.79
1 Butt, Anthony	3.65m	3 Hamilton, Brian	16.35
40-44 Pole Vault 30+		70-74 100m 50+	
1 Nash, Tony	2.80m	1 Condon, Bernard	14.46
45-49 Pole Vault 30+		2 David, Morris	15.73
1 Tyler, William	3.00m	75-79 100m 50+	
55-59 Pole Vault 30+		1 Hughes, Richard	14.96
1 Carrero, Phillip	3.30m	2 McGrath, James	17.25
65-69 Pole Vault 30+		3 Soutar, James	18.91
1 Gay, Albert	2.80m	80-84 100m 50+	
75-79 Pole Vault 30+		1 McKay, Max	19.46
-- McGrath, James	NH	50-54 200m 50+	
35-39 Triple Jump 30+		1 Hepburn, Gregory	26.76
1 Collins, Paul	10.58m	2 Warner, Ray	27.16
40-44 Triple Jump 30+		3 Temple, Garry	27.76
1 Nash, Tony	9.56m	4 crocker, stephen	28.52
2 Hreszczuk, Paul	6.86m	5 Marriott, Wayne	29.71
45-49 Triple Jump 30+		6 Adams, Vince	29.72
1 Shelever, Volodymyr	11.70m	55-59 200m 50+	
2 Butler-White, Simon	9.15m	1 Morison, John	26.72
3 Cepak, Mark	8.88m	60-64 200m 50+	
50-54 Triple Jump 30+		1 Crombie, Peter	26.80
1 Tompkins, Clay	12.23m	2 Green, Bruce	29.94
2 crocker, stephen	9.65m	3 Edwards, George	30.15
55-59 Triple Jump 30+		65-69 200m 50+	
1 Peters, Noel	8.97m	1 Ireland, Tony	29.79
65-69 Triple Jump 30+		2 Gay, Albert	30.18
1 Donohue, Noel	6.28m	3 Francis, Geoffrey	31.35
70-74 Triple Jump 30+		4 Walker, Alexander	33.09
1 Sturzaker, John	7.84m	5 Hamilton, Brian	35.31
2 David, Morris	5.80m	6 Donohue, Noel	36.54
75-79 Triple Jump 30+		70-74 200m 50+	
1 Soutar, James	6.50m	1 Condon, Bernard	31.64
50-54 60m 50+		2 David, Morris	36.54
1 Warner, Ray	8.43	75-79 200m 50+	
2 Hepburn, Gregory	8.58	1 Hughes, Richard	32.76
3 crocker, stephen	8.71	50-54 400m 50+	
4 Adams, Vince	8.96	1 Temple, Garry	1:00.78
55-59 60m 50+		2 Marriott, Wayne	1:08.09
1 Carey, Alan	8.30	55-59 400m 50+	
2 Van Stappen, John	8.43	1 Hayward, Stuart	56.48
3 Peters, Noel	9.63	2 Morison, John	58.54
60-64 60m 50+		3 Shirvington, Pat	1:02.65
1 Crombie, Peter	8.47	60-64 400m 50+	
2 Green, Bruce	8.98	1 Crombie, Peter	59.78

2 Auster, Martin	1:01.55	60-64 Hammer Throw 50+	
3 Napper, Stephen	1:14.67	1 Fitzgerald, Jim	23.76m
65-69 400m 50+		2 Basile, Vince	20.45m
1 Ireland, Tony	1:00.76	65-69 Hammer Throw 50+	
2 Francis, Geoffrey	1:07.31	1 Bugden, Dave	33.35m
3 Walker, Alexander	1:18.31	2 Sowerby, Brett	28.27m
75-79 400m 50+		70-74 Hammer Throw 50+	
-- Hughes, Richard	DNF	1 Simcock, Ron	32.33m
50-54 800m 50+		75-79 Hammer Throw 50+	
1 Barrett, Doug	2:36.29	1 Mullins, Tom	31.03m
55-59 800m 50+		2 Platzter, Hans	20.57m
1 Hayward, Stuart	2:14.78	2 Soutar, James	20.57m
60-64 800m 50+		80-84 Hammer Throw 50+	
1 Auster, Martin	2:26.65	1 Foy, Russell	26.18m
2 Mathewson, Donald	2:37.32	50-54 Javelin Throw 50+	
3 Wright, Noel	2:50.62	1 Atkinson-Howatt, Andrew	45.61m
4 Napper, Stephen	2:53.88	2 Murray, Gavin	35.07m
5 Gravitis, Vilis	3:25.42	3 hanbury-brown, robert	31.10m
-- Mills, Alan	DNF	4 Joni, Lajos	28.75m
65-69 800m 50+		55-59 Javelin Throw 50+	
1 Ireland, Tony	2:25.65	1 Perkins, Ron	31.54m
2 Francis, Geoffrey	2:46.13	2 Stammers, James	25.88m
3 Perry, Ronald	3:09.89	3 Peters, Noel	23.72m
50-54 1500m 50+		60-64 Javelin Throw 50+	
1 Bateman, Keith	4:20.45	1 Basile, Vince	32.40m
2 Willis, Barry	4:41.53	65-69 Javelin Throw 50+	
3 Paterson, Stuart	4:42.90	1 Gay, Albert	30.54m
4 Ball, Stephen	4:55.76	2 nicol, gregor	28.04m
5 McEwan, David	4:58.40	3 Bugden, Dave	21.04m
6 Barnes, James	5:16.92	4 Donohue, Noel	14.56m
60-64 1500m 50+		70-74 Javelin Throw 50+	
1 Mathewson, Donald	5:10.80	1 Simcock, Ron	35.09m
2 Napper, Stephen	5:44.45	75-79 Javelin Throw 50+	
3 Wright, Noel	6:00.86	1 McGrath, James	16.18m
65-69 1500m 50+		2 Platzter, Hans	15.43m
1 Wills, Ron	6:07.26	80-84 Javelin Throw 50+	
50-54 5000m 50+		1 McKay, Max	12.28m
1 Willis, Barry	17:18.71	30-34 60m 30-49	
2 McEwan, David	17:49.62	1 McMahon, Ashley	7.42
3 Ball, Stephen	18:50.21	2 Butt, Anthony	8.19
4 Barnes, James	19:53.86	3 Kingston, Brett	9.39
5 Osborne, Robert	20:14.38	35-39 60m 30-49	
55-59 5000m 50+		1 Wardecki, Krzysztof	7.62
1 Schwebel, Ron	18:39.65	2 Leseberg, Ernest	7.64
2 Mallitt, Philip	19:17.18	3 Barclay, Chas	7.68
60-64 5000m 50+		4 Clarke, Rod	7.79
1 Scorzelli, Frank	19:08.04	5 Collins, Paul	8.22
2 Mathewson, Donald	19:18.10	40-44 60m 30-49	
3 Napper, Stephen	21:45.49	1 Burfoot, John	8.34
60-64 5000m Race Walk 50+		2 Smith, Steven	8.56
1 Allomes, Graham	32:42.45	3 Nash, Tony	8.61
65-69 5000m Race Walk 50+		4 Kelly, John	8.87
1 Seymon, Jim	30:16.93	5 Hreszczuk, Paul	9.99
50-54 Long Jump 50+		45-49 60m 30-49	
1 Tompkins, Clay	5.67m	1 Isackson, David	8.01
2 Murray, Gavin	4.86m	2 Devery, Todd	8.68
3 Marriott, Wayne	4.11m	3 Luck, David	8.89
55-59 Long Jump 50+		4 Hatemi, Parviz	8.95
1 Peters, Noel	4.90m	5 holmes, neil	9.18
65-69 Long Jump 50+		6 smith, martin	9.27
1 Gay, Albert	4.24m	7 Cepak, Mark	9.63
2 Donohue, Noel	2.55m	30-34 100m 30-49	
70-74 Long Jump 50+		1 McMahon, Ashley	10.86
1 Sturzaker, John	3.40m	2 Butt, Anthony	12.17
2 David, Morris	2.98m	35-39 100m 30-49	
75-79 Long Jump 50+		1 Leseberg, Ernest	11.20
1 McGrath, James	3.31m	2 Wardecki, Krzysztof	11.32
50-54 Hammer Throw 50+		3 Barclay, Chas	11.53
1 Joni, Lajos	43.87m	4 Collins, Paul	12.39
2 Atkinson-Howatt, Andrew	33.70m	40-44 100m 30-49	
55-59 Hammer Throw 50+		1 Jenkins, Darren	11.79
1 Stammers, James	26.84m	2 Riley, Darren	11.96
2 Peters, Noel	20.21m	3 Smith, Steven	13.04



4 Hreszczuk, Paul	15.12	1 Brien, Daniel	30:58.18
45-49 100m 30-49		35-39 5000m Race Walk 30-49	
1 Isackson, David	11.72	1 Smyth, David	26:58.53
2 Devery, Todd	12.40	45-49 5000m Race Walk 30-49	
3 Luck, David	12.89	1 Albanese, Anthony	29:59.06
4 holmes, neil	13.44	40-44 110m Hurdles 0.991m 3	
5 smith, martin	13.55	1 O'Connor, Anthony	19.32
6 Cepak, Mark	14.27	35-39 400m Hurdles 0.914m 3	
30-34 200m 30-49		1 Hales, Matthew	1:00.86
1 McMahon, Ashley	22.98	40-44 400m Hurdles 0.914m 3	
35-39 200m 30-49		1 O'Connor, Anthony	1:04.57
1 Leseberg, Ernest	23.43	2 Womsley, Garry	1:21.34
2 Wardecki, Krzysztof	23.84	30-34 Long Jump 30-49	
3 Hanna, Robert	24.04	1 Butt, Anthony	5.75m
4 Barclay, Chas	24.26	2 Kingston, Brett	4.12m
5 Clarke, Rod	24.57	35-39 Long Jump 30-49	
40-44 200m 30-49		1 Wardecki, Krzysztof	5.86m
1 Riley, Darren	24.75	2 Leseberg, Ernest	5.67m
2 Smith, Steven	27.19	3 Collins, Paul	5.12m
45-49 200m 30-49		40-44 Long Jump 30-49	
1 Isackson, David	25.37	1 Burfoot, John	5.57m
2 Devery, Todd	26.09	2 Nash, Tony	4.56m
3 Luck, David	27.25	3 Smith, Steven	4.27m
4 Hatemi, Parviz	28.15	4 Womsley, Garry	4.08m
5 holmes, neil	29.08	5 Hreszczuk, Paul	3.62m
6 smith, martin	29.09	45-49 Long Jump 30-49	
7 Cepak, Mark	30.28	1 Shelever, Volodymyr	5.47m
35-39 400m 30-49		2 Hatemi, Parviz	4.73m
1 Leseberg, Ernest	51.70	3 Cepak, Mark	4.16m
2 Hanna, Robert	52.81	30-34 Shot Put 30-49	
3 Wardecki, Krzysztof	52.85	1 Butt, Anthony	9.83m
4 Lynch, Michael	53.12	2 Kingston, Brett	8.26m
5 Smart, Stephen	53.81	35-39 Shot Put 30-49	
40-44 400m 30-49		1 Collins, Paul	9.91m
1 Riley, Darren	57.60	40-44 Shot Put 30-49	
45-49 400m 30-49		1 frkovic, philip	11.53m
1 Devery, Todd	56.63	2 Nash, Tony	9.29m
2 Dwyer, Brendan	58.51	3 Kelly, John	8.64m
3 Hatemi, Parviz	1:02.97	45-49 Shot Put 30-49	
4 smith, martin	1:08.72	1 Butler-White, Simon	8.94m
30-34 800m 30-49		2 Cepak, Mark	8.86m
1 Howard, Gary	2:00.11	30-34 Discus Throw 30-49	
2 Doggett, Michael	2:01.73	1 Butt, Anthony	28.52m
35-39 800m 30-49		2 Kingston, Brett	28.45m
1 Lynch, Michael	2:05.18	35-39 Discus Throw 30-49	
2 Smart, Stephen	2:06.60	1 Collins, Paul	31.69m
40-44 800m 30-49		40-44 Discus Throw 30-49	
1 Moore, Barry	2:07.66	1 frkovic, philip	35.62m
2 Young, Andrew	2:19.57	2 Webb, Michael	28.61m
45-49 800m 30-49		3 Nash, Tony	26.29m
1 Dwyer, Brendan	2:12.50	4 Womsley, Garry	15.26m
2 Gonye, Leslie	2:53.63	45-49 Discus Throw 30-49	
30-34 1500m 30-49		1 Hornsell, Matthew	29.28m
1 Doggett, Michael	4:26.50	2 Butler-White, Simon	27.57m
35-39 1500m 30-49		3 Cepak, Mark	27.17m
1 Hastie, Roger	4:32.49	30-34 Hammer Throw 30-49	
2 Ridgway, Andrew	4:48.52	1 Kingston, Brett	31.70m
3 Scott, David	4:56.47	40-44 Hammer Throw 30-49	
40-44 1500m 30-49		1 frkovic, philip	38.57m
1 Moore, Barry	4:35.27	2 Nash, Tony	14.83m
2 Young, Andrew	4:41.75	45-49 Hammer Throw 30-49	
45-49 1500m 30-49		1 Zablotskii, Sergei	47.00m
1 Dwyer, Brendan	4:39.40	2 Hornsell, Matthew	31.52m
35-39 5000m 30-49		3 Cepak, Mark	22.71m
1 Hastie, Roger	17:16.90	4 Butler-White, Simon	21.69m
2 Hinwood, Stephen	17:36.87	30-34 Javelin Throw 30-49	
3 Ridgway, Andrew	18:52.51	1 Butt, Anthony	44.92m
4 Smyth, David	25:33.51	2 Kingston, Brett	29.93m
45-49 5000m 30-49			
1 Spehr, Peter	18:30.49		
2 Mifsud, Stephen	20:11.38		
3 Gonye, Leslie	21:55.89		
30-34 5000m Race Walk 30-49			

NSW State Masters Championships cont'd p.18



## Updated Track Merit Award Tables

<b>MEN</b>									
Age Group	60 m	100 m	200 m	400 m	800 m	1500 m	2000 m s/c	3000 m s/c	3000 m
M30-34	7.86	12.14	25.07	54.98	2:17.25	4:53.09		11:07.50	9:52.50
M35-39	7.94	12.3	25.51	56.71	2:19.77	4:58.55		11:20.00	10:03.50
M40-44	8.25	12.72	26.42	58.58	2:24.75	05:09.3		11:44.30	10:25.00
M45-49	8.57	13.15	27.37	60.6	2:30.16	5:20.76		12:10.50	10:48.50
M50-54	8.88	13.59	28.36	62.83	2:36.19	5:33.55		12:39.50	11:14.30
M55-59	9.19	14.05	29.39	65.27	2:42.81	5:47.81		13:12.00	11:43.00
M60-64	9.51	14.53	30.48	68.08	2:50.40	06:04.1	9:55.50		12:16.00
M65-69	9.82	15.1	31.76	71.35	2:59.33	6:22.94	10:26.50		12:54.00
M70-74	10.14	15.79	33.32	75.25	3:09.90	6:45.57	11:03.50		13:40.00
M75-79	10.51	16.63	35.23	80.01	3:22.93	7:13.43	11:49.00		14:36.00
M80-84	11.06	17.68	37.61	86.04	3:39.50	7:49.00	12:47.00		15:48.00
M85-89	11.8	19	40.62	94.18	4:02.00	8:37.00	14:05.50		17:25.00
M90-94	13.76	20.67	44.49	106.3	4:35.80	9:49.00	16:03.50		19:51.00
<b>WOMEN</b>									
Age Group	60 m	100 m	200 m	400 m	800 m	1500 m	2000 m s/c		3000 m
W30-34	8.87	14.03	28.4	62.08	2:37.63	5:18.46	8:29.20		11:57.30
W35-39	8.87	14.03	28.4	62.08	2:37.63	5:29.39	8:46.70		12:21.70
W40-44	9.19	14.92	30.22	66.05	2:42.15	5:42.83	9:08.20		12:52.00
W45-49	9.72	15.54	31.47	68.78	2:49.50	5:57.46	9:31.70		13:25.30
W50-54	10.25	16.19	32.78	71.67	2:56.80	6:13.87	9:58.00		12:02.00
W55-59	10.78	16.88	34.17	74.71	3:08.70	6:32.43	10:27.50		14:43.60
W60-64	11.32	17.63	35.69	78.02	3:22.90	6:53.60	11:01.50		15:31.50
W65-69	11.85	18.3	37.44	81.86	3:44.30	7:18.63	11:41.30		16:28.00
W70-74	12.38	19.57	39.6	86.60	4:08.10	7:48.94	12:29.70		17:36.00
W75-79	13.19	20.88	42.28	92.45	4:41.40	8:26.50	13:30.00		19:01.00
W80-84	14.09	22.55	45.65	99.80	5:19.40	9:15.50	14:48.30		20:51.00
W85-89	15.12	24.68	49.95	109.25	6:07.00	10:23.00	16:36.00		23:22.70
W90-94	17.42	27.49	55.65	121.70	7:08.80	12:07.50	19:23.50		27:19.00

## NSW State Masters Championships cont'd

65-69 Shot Put 60+					70-74 Discus Throw 60+			
1 James, Keith	10.22m				1 Simcock, Ron	29.52m		
2 Bugden, Dave	9.31m				2 Sturzaker, John	28.06m		
3 Sowerby, Brett	9.07m				75-79 Discus Throw 60+			
4 Donohue, Noel	8.05m				1 Platzer, Hans	22.85m		
75-79 Shot Put 60+					2 Soutar, James	22.78m		
1 Platzer, Hans	7.95m				80-84 Discus Throw 60+			
2 Soutar, James	7.22m				1 Foy, Russell	17.09m		
3 McGrath, James	7.21m				35-39 3000m Steeplechase 0.			
80-84 Shot Put 60+					1 Davidson, Paul	11:32.71		
1 Foy, Russell	7.42m				40-44 3000m Steeplechase 0.			
60-64 Discus Throw 60+					1 Womsley, Garry	12:39.19		
1 Basile, Vince	31.80m				45-49 3000m Steeplechase 0.			
2 Allomes, Graham	27.04m				1 Gonye, Leslie	15:07.18		
3 Fitzgerald, Jim	25.79m				70-74 80m Hurdles 70+			
65-69 Discus Throw 60+					1 McEneaney, Peter	16.39		
1 James, Keith	40.99m				70-74 300m Hurdles 0.686m 7			
2 Spaits, Attilo	33.52m				1 McEneaney, Peter	59.00		
3 Sowerby, Brett	30.22m							
4 Bugden, Dave	27.24m				The End			
5 Perry, Ronald	17.28m							



Your invitation to the 36th Australian Masters Track and Field Championships

# Sydney 2008



Make it a royal experience and visit Sydney's famous Royal Easter Show - great entertainment for the family and easily accessible by train!

**Your invitation to the 36th Australian Masters Track and Field Championships**

Information

**NSW Masters Athletics Inc.**

<http://www.nswmastersathletics.org.au>

**Athletics NSW**

<http://www.nswathletics.org.au>

**Blacktown Olympic Park**

<http://www.blacktownolympicpark.com.au>

**Expressions of interest to:**

[president@nswmastersathletics.org.au](mailto:president@nswmastersathletics.org.au)

Hosted by NSW Masters Athletics and Athletics NSW the 2008 Nationals will be held at Blacktown Olympic Park from 21-24 March, 2008

The venue was used for training during the 2000 Olympics and features an 8 lane mondo track and additional external throws areas.

Walks & Cross Country in nearby reserves.

#### **Accommodation ideas**

- **Holiday Inn** – Railway St, Rooty Hill, Tel. 02 9832 3888. 6 min drive (start \$135)
- **Travelodge** – cnr Reservoir and Holbeche Rds, Blacktown, Tel. 02 8822 2000. 20 min drive (start \$120)
- **Plumpton Inn Hotel** – Richmond Road, Glendenning, Tel. 02 9626 9766. 15 min drive (\$95 twin share)
- **Hotel Formule 1 Wentworthville** - Great Western Highway, Wentworthville, Tel. 02 9769 1240. 20 min drive (start \$75)

# Riccione Beckons

17<sup>th</sup> World Masters Athletics  
Championships

16  
Days



Departs  
Sat. 1<sup>st</sup> Sept.

AU \$3,460

Per person share twin



## TOUR HIGHLIGHTS

IST has  
visited  
Riccione

Optional Rome  
Pre Tour

8 Day  
Post Tour

Breakfasts

Optional  
Extensions

Pre-Selected  
3 & 4 ★  
Accommodation



L.L. No. 204/400

For further information please contact

**International Sports Tours**

Phone: (02) 9922 6166 Toll Free: 1800 242 987

Email: [info@sportstours.com.au](mailto:info@sportstours.com.au)

Visit: [www.sportstours.com.au](http://www.sportstours.com.au)

Australian  
Travel  
Agent



# NSW MASTERS ATHLETICS INC

## UNIFORM ORDER

<b>First Name</b>			
<b>Surname</b>			
<b>Address</b>			
<b>Town/Suburb</b>		<b>Postcode</b>	
<b>Phone</b>			
<b>Email Address</b>			

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

<b>SUB TOTAL</b>	
<b>POSTAGE &amp; HANDLING</b>	<b>\$10.00</b>
<b>TOTAL</b>	

Payment Method: **Cheque** or **Money Order**

Made payable to: **NSW Masters Athletics Inc**

**Please direct and enquiries, or mail completed form with payment to:**

Lynette Smith  
Unit 4, No 5 Sandpiper Crescent  
Newington NSW 2127

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

Email: [lynette.smith@ozemail.com.au](mailto:lynette.smith@ozemail.com.au)

## Links on the Web

### International

World Masters Athletics

[www.world-masters-athletics.org](http://www.world-masters-athletics.org)

International Association of Athletic Federations

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

Oceania Masters Athletics

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

### Australia

Australian Masters Athletics

[www.australianmastersathletics.org.au](http://www.australianmastersathletics.org.au)

Athletics Australia

[www.athletics.org.au](http://www.athletics.org.au)

Athletics Gold

[www.geocities.com/geetee](http://www.geocities.com/geetee)

Athletics in Australia - Historical Results

[www.athletics.org.au/history](http://www.athletics.org.au/history)

Australian Track and Field Coaches Association

[www.atfca.com.au](http://www.atfca.com.au)

### States

NSW Masters Athletics

[www.nswmastersathletics.org.au](http://www.nswmastersathletics.org.au)

Athletics New South Wales

[www.nswathletics.org.au](http://www.nswathletics.org.au)

Lollylegs - Masters Athletics

[www.lollylegs.com](http://www.lollylegs.com)

ACT Veterans Athletic Club

[www.apex.net.au/~actvac\\_web/index.html](http://www.apex.net.au/~actvac_web/index.html)

Queensland Masters Athletics Association

[www.mastersathletics.com.au](http://www.mastersathletics.com.au)

Victorian Masters Athletics

[home.vicnet.net.au/~vicvets/introfr.html](http://home.vicnet.net.au/~vicvets/introfr.html)

South Australian Masters Athletics

[www.samastersathletics.org.au](http://www.samastersathletics.org.au)

Masters Athletics WA

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

### Competition Sites

Pan-Pacific Masters Games

[www.mastersgames.com.au](http://www.mastersgames.com.au)

2007 World Championships

[www.riccione.vma2007.org](http://www.riccione.vma2007.org)

World Masters Games

[www.sydney2009mastersgames.com.au](http://www.sydney2009mastersgames.com.au)

### Throwing

Australian Hammer Throwing

[www.hammerthrowing.com.au](http://www.hammerthrowing.com.au)

Coaching the Throwing Events Field

[www.thethrows.com](http://www.thethrows.com)

Hammer Circle

[www.hammer-circle.co.uk](http://www.hammer-circle.co.uk)

Hammerthrow.org by Harold Connolly

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

Australia's—Hot Circle Coaching

[www.hotcirclecoaching.com](http://www.hotcirclecoaching.com)

Mac Throw Video

[www.macthrowvideo.com](http://www.macthrowvideo.com)

Throwers Club of NSW

[throwersclub.creativit.com.au](http://throwersclub.creativit.com.au)

### Equipment Manufacturers and Suppliers

Kings Track & Field

[www.ktf.com.au](http://www.ktf.com.au)

Nelco

[www.nelcoathletics.com](http://www.nelcoathletics.com)

### Statistics

Athletics Data

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

## Competition Calendar

### May 2007

13<sup>th</sup> Canberra Half Marathon ([www.canberrarunner.com.au](http://www.canberrarunner.com.au)) Canberra

### September 2007

4<sup>th</sup>-15<sup>th</sup> 17<sup>th</sup> WMA World Championships, Stadia ([www.riccione.vma2007.org](http://www.riccione.vma2007.org)) Riccione, Italy

### October 2007

5<sup>th</sup>-14<sup>th</sup> Australasian Masters Games Adelaide

### July 2008

28<sup>th</sup> - 3<sup>rd</sup> Aug Oceania Master Championships ([athleticsnorthqld.org.au/oceania2008](http://athleticsnorthqld.org.au/oceania2008)) Townsville

## HELLLLLLPPPPP

Please send in your dates and events and help fill in this page!!!

### Next Issue:

- Photos from NSW State Champs & National Champs
- Lots of Athlete Profiles, and
- Anything else I can dig up
- Please send any news or views and I'll try and get them published

## ANSW Masters Awards 2007

### Sprints/Hurdles

Gianna Mogentale W40, winner of 2006 National masters 100m, 200m, 400m, set 2 new Aust masters records in 100m breaking 25 year old record, winner State titles 100m, 200m, 400m. Made the final of open State titles 100m, second in open country champs 100m, winner age group country champs.

### Middle distance

Keith Bateman M50, set new Aust masters record in 3000m, won 1500m at State titles.  
Distance  
Bill Burrige M80, set new Aust masters records in both 5000m and 10000m.

### Throws

Stuart Gynge M40, won 4 throwing events at 2006 masters Nationals, won 5 throwing events at Pan Pacific games, threw outstandingly in Open State titles and during Summer season with 18.35m in shot put.

### Jumps

Clay Tompkins M50, won LJ, TJ and HJ at State titles, high standard of performance

### Cross Country

Stuart Paterson M50, won NSW Mountain Running championships,