



The Waratah

ISSUE 3, JULY 2008



PHOTOGRAPH BY ANDREW ATKINSON-HOWATT.

ATHLETES OF THE YEAR

Clay Tompkins and Gianna Mogentale named Athletes of the Year at the NSWMA annual awards.

INSIDE THE WARATAH

- Meet the winners at the 2008 NSWMA awards
- New NSWMA President and committee elected at AGM
- Nationals reflections
- Masters news
- Handy pre-season competitions
- Springwood Throws Day entry form



Newly elected NSWMA President **Kip Hobson** with wife **Ranell**, the club's Track Representative. Kip writes on page 2.



The last word

Or is it? The 2008 AGM brings to an end my seven-year stint at the helm of NSWMA. However, not wanting to suffer the pangs of loss too sharply, I've decided to stick around as secretary for another season, at least.

Like most people coming into "the top job", you imagine you can achieve more than you actually end up doing. The differing agendas of other people and organisations – not to mention one's own limitations – quickly restrict options or rule out some ideas. You do, however, learn a lot about yourself in dealing with a variety of challenges.

Highlights

Many of the things we do on the committee are, perhaps, not that obvious to members. Being from an IT background, much of my effort over the years has been directed towards administrative aspects, such as setting up databases, websites, eNewsletters, scoring systems, writing duty statements, strategic plans, articles for The Waratah, assisting with revision of records etc. Some of the highlights the committee achieved include:

- Making the name change from Veterans to Masters
- Appointing a Nationals team manager and sending a team letter
- Organising of central accommodation at several Nationals, and World Masters Games in 2002

- Organising of ANSW summer season trophies
- Revising of qualifying standards for ANSW summer competition
- Revising of annual awards and presentation event
- Changing the uniform
- Revising the NSWMA website, including on-line entry and registration.

ANSW

There are many challenges still to be met by the new committee. One of my mine was dealing with Athletics NSW, which remains a major one for any NSWMA committee. NSWMA is the state branch of the Masters organisation that devolves down from World and Australian level. Whether we remain an autonomous organisation or are absorbed wholly or in part by the larger ANSW organisation is an issue to wrestle with.

Shortage of officials

In NSW, there is a dire shortage of officials, and unlike some of the other states, Masters have little contact with them. In the late 1990s, we had great difficulty attracting officials to support our State titles, with the result that we lost the titles to ANSW, who now run them. It's fair to say that officials have often been taken for granted by athletes busy pursuing their own goals. Perhaps it is overdue to put a lot more effort into supporting and recruiting officials, given the pivotal role they play.

Club competition

The geography and size of Sydney and NSW presents a major challenge to the organisation of competition and social events. In the smaller state and territory capitals, regular central competition provides a club focus that's lacking in Sydney. Though attempts have been made over the last decade to offer competition, these have not been well supported and it remains a challenge to provide activities that serve as a focus to bring people together and enhance the club experience.

Financially sound

After a financially successful 2008 Nationals, the club is in better shape, funds-wise, than at any time in the past decade. Another challenge, then, is to use these funds to offer the most benefit to members. Some initiatives might be to increase coaching and information opportunities and resources.

Being on the committee of any organisation is a good way to expand your social horizons and learn more about the activity that interests you. I've enjoyed my time as president and think, on balance, there have been a lot more positives than negatives. I look forward to a continuing involvement with the club and the challenges ahead.

Best wishes,
Mark Johnston

A MESSAGE FROM NEW PRESIDENT KIP HOBSON

It's with both excitement and nervousness that I take on the mantle of President for the next 12 months – excitement, because I believe the club has never been in a stronger position thanks to Mark Johnston's efforts over the past eight years; nervousness, because they are big shoes to fill, and because I set myself high standards of performance that I expect to meet.

I'd like to thank Mark for his exemplary service. His staying on as Secretary is wonderful news. Mark has laid a strong foundation that I'm looking forward to building on.

The World Masters Games, to be held in Sydney in 2009, provide a great opportunity to strengthen our club's position by using the publicity this major event will garner to recruit new members to the club.

Also, social events will become more prevalent soon, as I seek to ensure that there are no strangers in Masters athletics.

There are many in the club who probably don't know who I am. I look forward to changing that, face to face, when we meet at the track in the coming months.

Kindest regards,
Kip Hobson

2008 NSWMA awards

The rejuvenated NSWMA annual awards were held at Homebush in May, crowning a season of excellent performances at state, national and world level.

The club's annual awards were celebrated at a lunch at Paddy's Boutique Brewery at Homebush in late May.

Those who made the trip were welcomed by a cordoned-off area that offered wine, beer, juice and nibbles. This led into a delicious roast dinner, followed by chocolaty desserts.

While the food was being attacked, images from the year that was were projected onto the big screen for everyone's enjoyment. Some of the photos were breathtaking, others humorous and most showed athletes defying gravity.

After our fill had been, um, filled, the projector was once again used to full effect as images of the nominees for awards were shown on the big screen, followed by the winners. Certificates for those who had set new records at World, National and State level were also distributed.

It was a wonderful and relaxed afternoon, full of good food, drink and company, and an excellent way to celebrate the season just concluded and welcome the one yet to start. Many vowed to return next year, the only concern being that, when word got out about the \$10 lunch deal put on by the committee, numbers would swell rapidly. Of course, the chocolate mousse would also contribute to some of that swelling...

The nominees and award winners for each of the categories are below. It's an honour to be nominated in these categories and each athlete should be proud of the performances that merited such acclaim.

– Kip Hobson

ATHLETE OF THE YEAR

Winner: Clay Tompkins.

Nominees: Stuart Gyngell, Tony Ireland, Peter Crombie, John Van Stappen

Winner: Gianna Mogentale.

Nominees: Kylie Strong, Ranell Hobson, Mary Thomas, Lynette Smith.

FRANK O'ROURKE TROPHY (STATE TITLES)

Winner: Clay Tompkins.

Nominees: Peter Crombie, Tony Ireland.

Winner: Gianna Mogentale.

Nominees: Mary Thomas, Ranell Hobson

J&K THEW TROPHY (COUNTRY CHAMPS)

John Van Stappen.

Nominees: Stuart Gyngell, Ron Simcock.

Winner: Mary Thomas.

Nominees: Julie Smith, Ranell Hobson.

SPRINTS

Winner: Peter Crombie.

Nominees: John Van Stappen, Ernie Leseberg.

Winner: Gianna Mogentale.

Nominees: Ranell Hobson, Kylie Strong.

MIDDLE DISTANCE

Winner: Tony Ireland.

Nominees: Michael Lynch, Stuart Paterson.

Winner: Mary Fien.

Nominees: Cris Penn, Cris Suffolk.

DISTANCE

Winner: Keith Bateman.

Nominees: Jamie Harrison, Frank Scorzelli.

Winner: Billinda Schipp.

Nominee: Cris Suffolk.

WALKS

Winner: Jim Seymon

Nominees: Dennis Williams, Greg Rowe, Graham Allomes.

Winner: Judy Kenyon.

Nominees: Nancy Lloyd, Maryanne Shaw.

JUMPS

Winner: Clay Tompkins.

Nominees: Volodymyr Shelever, Krzysztof Wardecki.

Winner: Lyn Smith.

Nominees: Kylie Strong, Sue Ward.

THROWS

Winner: Stuart Gyngell.

Nominees: Dave Bugden, Keith James, Lajos Joni.

Winner: Gabi Watts.

Nominees: Tatiana Sudarikova, Karyne Di Marco.

MULTI-EVENTS

Winner: Keith James.

Nominees: Ron Simcock, Albert Gay.

Winner: Mary Thomas.

Nominees: Gabi Watts, Lyn Smith, Karyne Di Marco.

MARCUS TOOLEY TROPHY

30-39: Sue Ward

40-49: Mark Cepak

50-59: Andrew

Atkinson-Howatt

60-69: Alexander Walker

70-79: Ron Simcock

80+: Max McKay

NSWMA SUMMER AWARD

Robert Hanbury-Brown

Cris Penn



Gianna Mogentale, NSWMA life member Fred O'Connor and Sprints award winner Peter Crombie.



Norm Windred with Walks award winner Jim Seymon. More photos, back page.

A champion effort

Two competitors at this year's AMA National Championships held in Blacktown – **Noel Peters**, a seasoned veteran, and **Michael Christie**, competing in his very first Australian titles – offer their reflections on the event.

THE National Championships is always a grand occasion – the joy of catching up with friends, of exchanging tall tales and true, being involved in the thrill of competition and that glorious “wind in the hair” feeling ... for those who can so feel. And despite the outcome of one's efforts, it's an uplifting weekend of just being alive and able to do what we do – to run and jump and throw.

A hearty congratulations to the organising committee. It's to their credit that the meet ran smoothly, though it was under trying circumstances owing to a dearth of officials. From my perspective, the events were run efficiently and without any consternation to competitors, the officials were competent without being officious and the announcer(s) pleasant without being pedantic. A special thank you to Fred and Don and the many others who helped out, at the jumps in particular – my favoured disciplines – for being patient, professional and considerate. It's largely a thankless task of tape-pulling, sand-raking, bar-raising and, worst of all, having to call “foul” when no doubt you would rather call “fair”.

VOLUNTEERS

Well done too to the volunteers who gave of their time and energy to help out. To each and every one of you – the in-laws and out-laws, friends and family, those seconded from tertiary institutions and those who generously just made themselves available simply because they did thank you and thank you again.

It would be remiss of me not to mention how nice the medals were – distinctive and different and well received by the competitors. I will certainly treasure mine.

The venue – well, I don't particularly like the venue because it's so far from everything in terms of tourist sights and activities – a view also expressed by some interstate people too. Having said that, it's a good precinct and has all one needs to make it work, and really, the track/jump pits are great.

What of the actual comp? Well, it was as it always is – full of euphoria and disappointments, full of moments of

exhilaration and moments of despair and the latter are really only momentary as we move on from these remarkably quickly. There were highlights aplenty and the odd lowlights owing to injury, but that's part of the overall scheme of things in sport.

MEETING HIGHLIGHTS

For me, there were two outstanding performances, totally contrasting but momentous none the less. The first centres around my friend, Clay Tompkins, who continues to excel in his athletic endeavours even though he is approaching the ‘distinguished old gentleman’ status. Without labouring the point (no, why not labour the point!), he is without doubt the most talented athlete in Masters athletics, made doubly comment worthy because he couples this natural talent with a dedication to training and hard work that few of us could contemplate, let alone carry out. Clay broke two State records, in the high jump and the hurdles, at this championship. Sensational, in my opinion, or in the words of a fellow competitor when I expressed this view, “Well, we all have our moments!”



Clay Tompkins set a NSW record in the 100m hurdles at the 2008 State titles.

INSPIRATIONAL

The second performance of significance was that of Graham Gibbs in the 1500m. No, he didn't win a medal, break a record or perform some overtly outstanding feat. But what he did is set a PB that will rank alongside the best of endeavours, in my mind. Graham has a disability, yet he competes in open competition, against all comers, and participates in this gruelling event to the best of his ability. Does he have a disability or is it our inability to actually see his ability, to recognise

a talent nurtured by effort and endeavour? Graham epitomises what sport is meant to be: the honour is to take part, to toil and strive despite adversity. Graham improved his personal best in the 1500m by a staggering 52 seconds. Now, that is outstanding and anyone in need of inspiration – and aren't we all – be inspired, be impressed, as such accomplishments don't happen every old tick of the clock: they are few and far between and to be treasured as magic moments.



Graham Gibbs proved an inspirational competitor at this year's Nationals.

NEW FACES

It was good to see so many familiar faces at yet another national championships to reminisce and recount, embellish and refute, but best of all, to just catch up and compete. And it was very good to see so many new faces, especially in the younger age groups; to see heats run in the sprints and crowded fields in some of the throwing events. The young brigade are most welcome and long may they continue in their chosen sporting endeavours and branch out into other disciplines and continue until they too merit the tag of elegant old gentlemen and gracious women “of a certain age”, gracing this purest of sports we call athletics.

I'd like to conclude with this comment overhead by two fine young fellows in the 75+ age group which signifies what we do and why: “Well done, D.... you got me this time.” Response: “Yeah, did too. Good one, huh?” Retort: “Don't get too cocky. I'll get you next time. I'm really going to train hard now.” That sums it all up – the sublime beauty of sport!

– Noel Peters

AT BLACKTOWN Olympic Park over Easter, I competed in the Australian Masters Athletics Championships for the first time. What an eye-opener! I had planned for them like clockwork: competing in the 45-49 age group, I would run in the 800m, 1500m and 8km cross-country, which was held at Upjohn Park, Dundas.

Friends asked, "Michael, why are you doing such short distances?". I replied, "It's the humiliation factor – the shorter the event, the less time I am running around the track by myself."

Friday dawned overcast and wet, though the rain had cleared by the time my 800m was on. I was ready to go, looking spick and span in my new NSW uniform. At least I looked the part, I thought to myself as I perused the competition. No worries, they all appeared human enough. On the inside, though, I wasn't feeling overly confident – it's hard to be when your best time is between 3.10 and 3.20 and your competitors have run low two minutes.

TOP TACTICS

My tactic was simple enough – tack onto the back of the pack and make my move with 150m to go. Slight miscalculation – I was dropped after the first five metres and the rubber band broke shortly after. I ran like the wind (more like a zephyr then a hurricane over the first lap), but by the bell lap, my arms felt like lead and I was looking for a place to hide. The final lap was torture and I finished in 3.11:57. Well, I thought, at least I can shake the hands of my fellow competitors, or perhaps look for sympathy. Wrong! By the time I'd finished, they were on their way back to the Holiday Inn at Rooty Hill, getting ready for dinner. Never mind, I thought, I'd lulled them into a false sense of security for the 1500m the next day. In truth, I knew I'd miscalculated, let the moment get to me and hadn't run my own race. It was a learning experience.

I arrived home. The family asked how I went. "Fine," I said, "I came 10th." My eight-year-old asked how many were in the race. "Ten," I whispered. "That's OK, Daddy," he said. "Have you got any Easter eggs?" he asked, moving quickly to a more relevant topic than my athletic prowess, or lack thereof. I was grateful for that small mercy.

When I arrived at the track the next day, it was overcast again. This time, I had learnt something. I spoke to two of

Girraween's respected and well-credentialed athletes, Lynette Smith and Garry Womsley, and explained my predicament, which was growing by the minute. They were sympathetic and understanding and they didn't laugh, which meant a lot to me. They both suggested I throw tactics out the window and run my own race. "I want to win a medal," I confessed. They let me down gently and basically said just do your best. Of course, they were right.

"By the time I finished, my fellow competitors were getting ready for dinner."

The 1500m was run under cloudy skies. Again, I looked good and, this time, felt confident. The story, however, was the same. Contact was lost after five metres. This time, I did see a South Australian athlete in front of me, which was encouraging, but I soon lost sight of him. I stuck to my plan, which was to run conservatively, and made my move with a lap to go, even though I couldn't see anyone and had been lapped by the first three place-getters. It's hard to make a move when there's no one around to make a move on. I did eventually finish in 6:24.19, a PB. There was another bonus – I spotted my competitors doing a warm-down lap, so at least they hadn't left the stadium.

I made it home. "I came 10th," I said when I walked through the door. "Where's your medal, Daddy?" asked Ambrose. "They don't give medals for 10th," I grinned. "Oh," he said, with a big smile. "Let's watch *Ninja Turtles!*"



Michael Christie (M45) in action during the 8km cross-country.

CROSS-COUNTRY

I had Sunday off and headed over to the cross-country course at Dundas early Monday morning. For the first race, I gained some insights by helping to officiate on the course for the women's and over-60 men's race. The athletes were inspirational as they ran around the course, loop after loop.

Ten o'clock drew nigh and I looked at the field for the men's race. A few of my competitors from the 800m and 1500m had turned up. Maybe, they might get lost in the bush, I thought, although I knew this was unlikely. Most of the officials on the course were from the Girraween club, doing a great job. Just run your own race, I thought. It had also warmed up and the course, which consisted of four 2km loops, was looking tougher by the minute. After a couple of hundred metres, when I could no longer see anyone ahead of me, I now knew why I never ran this distance at West Metropolitan. Nevertheless, I kept going, thinking irrationally thoughts: Should I take a shortcut? Should I adjourn to the pub? Good sense prevailed and, spurred on by great encouragement from my Girraween colleagues, I finished in a time of 47:49.0h. I was able to watch the presentation with much admiration, wishing that I could be like those fortunate place-getters. I travelled home. "How did you go, Dad?" Ambrose asked. "I came sixth," I replied. "Wow, that's better," he said. "Do you want an Easter egg?" I kept the secret to myself – there were only six in my age group, but hey, I didn't need to publicise this.

Well, my first Nationals were over. What did I learn? Firstly, I realise that if I am to improve or at least see anyone else in my races, I need an appropriate training program set specifically for the events I'm going to compete in. That aside, the Nationals were great – I met some very nice people and watching some of the events was inspirational. There is a lot of encouragement and to have friends and/or family around made it extra-special.

It doesn't matter how good you are, one gets a real buzz out of giving it a go. Friends, if you ever get the chance to do something like this, give it a shot – you won't be disappointed. The next national championships are in Adelaide next Easter and the World Masters Games will be held in Sydney in October 2009.

Bring it on!

– Michael Christie

NSW athletes walk to medal success

NSW walkers performed strongly at the 2008 Nationals at Blacktown, winning 10 gold, seven silver and six bronze.

WOMEN

5000m race walk

40-44

1 Maryanne Shaw	30:33.51
2 Suzanne Brown	32:04.04

45-49

3 Salvina Agius	35:03.12
4 Annette Tillman	41:34.91

50-54

3 Nancy Lloyd	33:23.80
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55-59

4 Judith Brown	37:52.66
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65-69

2 Judith Kenyon	35:50.17
3 Joan Purcell	36:06.13

10km race walk

40-44

1 Maryanne Shaw	1:05:36.0h
2 Suzanne Brown	1:09:10.0h

45-49

2 Salvina Agius	1:13:01.0h
3 Annette Tillman	1:28:49.0h

50-54

2 Nancy Lloyd	1:10:14.0h
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55-59

3 Judith Brown	1:19:51.0h
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20km race walk

65-69

1 Joan Purcell	2:34:56.0h
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MEN

5000m race walk

45-49

2 Gregory Rowe	28:32.55
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50-54

2 Robert Osborne	31:24.21
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55-59

1 Dennis Williams	30:18.11
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60-64

3 Graham Allomes	31:59.45
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65-69

4 Kevin Biggs	33:40.79
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70-74

1 Jim Seymon	30:21.97
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10km Race Walk

50-54

1 Robert Osborne	1:04:48.0h
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55-59

1 Dennis Williams	1:05:24.0h
-------------------	------------

65-69

2 Kevin Biggs	1:14:48.0h
---------------	------------

70-74

1 Jim Seymon	1:03:15.0h
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20km race walk

45-49

1 Gregory Rowe	2:13:43.0h
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60-64

1 Brendon Hyde	2:46:20.0h
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Happy medal-winners from NSW, Salvina Agius (W45), Robert Osborne (M50) and Annette Tillman (W45) after the 10km race walk.



Medallists in the W55 10km race walk (left to right): Victorians Liz Feldman (silver) and Heather Carr (gold), Robyn Wales (Qld) and NSW's Judy Brown. Judy and Robyn walked together all the way and chose to cross the finish line together, sharing the bronze medal.



Victoria's Annette Major (left) won the gold in the W45 10km walk, ahead of Salvina Agius and Annette Tillman.

New NSWMA committee named; Australian indoor relay record ratified; walking for a good cause; and throwing in the Blue Mountains.

NEW NSWMA COMMITTEE

A fresh committee was elected at the AGM held at the Bankstown Sports Club in June. The new office bearers are:

President: Kip Hobson.

Vice-presidents: Peter Crombie and Valmae Loomes

Secretary: Mark Johnston

Treasurer: Nancy Lloyd

Registrar: Gary Womsley

Records and Awards: Jim McGrath

Track representative:

Ranell Hobson

Field representative:

Andrew Atkinson-Howatt

Walks representative:

Nancy Lloyd

Distance running:

Frank Scorzelli

Uniforms: Lynette Smith.



Indoor glory: Athletics Australia has recently recognised the performance of the Australian women's 4x200m relay team at the World Masters Indoor Championships as an Australian indoor record. Competing in the W40 age group, the team, made up of UTS Norths' members (from left) Marie Kay, Caroline Layt, Jackie Bezuidenhout and Janet Naylon, ran 1:49.98 for a silver behind France. UTS Norths' Stuart Paterson was in the M50 4x200m relay team that also set an Australian record. Photo by Stuart Paterson.

WINTER THROWS DAY

The seventh annual mid-winter throws competition will be held by the Blue Mountains Athletics Club on Sunday, August 17, at Tom Hunter Park at Faulconbridge. Each event will be six throws, the first three of which will go towards a modified weight pentathlon competition. Competitors will receive a participation medallion and a laminated certificate, which will include a record of their performances.

ROSS MARATHONS

Tasmania's annual Ross Marathons will be held on Sunday, September 7. The event includes the 42.2 marathon, 21.1km half marathon, 10km Run and Walk and Children's Fun Run Challenge. Contact Casey Mainsbridge at Casey.Mainsbridge@utas.edu.au or phone 6324 3471 or 0439 381 927. Web address: www.rossmarathons.org.au

COMPETITION CALENDAR

2008
July 28-August 3: Oceania Master Championships, Townsville, including AMA Multi Event Championships.

August 17: Springwood Annual Throws Day, Springwood, Blue Mountains.

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

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

2009

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

April 10-13: Australian National Masters Track and Field Championships, Adelaide, SA.

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

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

WHEELS FOR SAM WALK

Masters walker Robert Osborne is planning a 160km walk from Bathurst to arrive at the Penrith Showground on Saturday, August 30, the first day of the Penrith Show, to raise money for 12-year-old cerebral palsy sufferer Samuel Tremethick of Cranebrook. Samuel's mother, Karla, is seeking funds to have a Toyota Tarago converted for Samuel's wheelchair and have equipment installed at home to assist her son.

Veteran distance runner and good friend Steve Mifsud is going to be Robert's second and other athletes will be helping also. If anyone would like to sponsor Robert or contribute to this cause, contact Robert, phone (02) 9833 9919 or email rc-osborne@bigpond.com. Karla's email address is wheelsforsam.com and her phone number is 0425 810 936.



BLUE MOUNTAINS ATHLETICS CLUB
Invites you to be part of our

**7th ANNUAL MID WINTER THROWS COMPETITION
FOR SENIORS & MASTERS**

Our special throws-only competition is on again!

This will be held on

Sunday, August 17, 2008

at Tom Hunter Park , Faulconbridge (Springwood, Blue Mountains).

Events will include

Shot Discus Hammer Javelin Weight Throw

Each event will be 6 throws, the first three of which will go towards a modified weight pentathlon competition (incorrect event order due to programming requirements).

Athletes must have current registration with NSW Masters or ACT Veterans Athletics or ANSW or AMA (insurance)

Pre-entries by Friday, August 8, are encouraged. General entry fee is \$6, plus \$3 per event.

Late entries or enter on the day will cost \$12, plus \$5 per event.

Please note the start time is 9am sharp.

We may have to assist in running some events ourselves, but come along and have an enjoyable and relaxed competition day on our newly resurfaced circles.

Competitors will receive a participation medallion and a laminated certificate that will include a record of their performances on the day.

The canteen will be open all day, including a BBQ.

For further details and entry confirmation, please phone Brett Sowerby 0417 661 938 or email waxtech@bigpond.com

Entry forms and details also available from Springwood District Athletic Club's fantastic website at www.springwoodathletics.org

BLUE MOUNTAINS ATHLETICS CLUB
IN CONJUNCTION WITH
SPRINGWOOD DISTRICT ATHLETICS CLUB

ENTRY FORM

EVENT : 7TH ANNUAL SENIORS AND MASTERS THROWS DAY, AUGUST 17, 2008

SURNAME.....

GIVEN NAME.....

ADDRESS.....

CONTACT PHONE NUMBER..... EMAIL.....

CLUB..... GENDER M F

DATE OF BIRTH..... VET'S AGE DIVISION.....

EVENTS ENTERED (CIRCLE)

SHOT HAMMER DISCUS JAVELIN WEIGHT THROW WEIGHT PENTATHLON

FEES NOTE: PRE-ENTRIES CLOSE ON FRIDAY, AUGUST 8, 2008. LATE ENTRIES ACCEPTED ON THE DAY, WITH PENALTIES.

NOTE:WEIGHT PENTATHLON COUNTS AS ONE EVENT

	FOR ENTRIES PRIOR TO AUGUST 10	FOR LATE ENTRIES
ENTRY FEE	\$6	\$12
PLUS		
EVENT ENTRY @	\$3 PER EVENT	\$5 PER EVENT

TOTAL:

DISCLAIMER

I CONFIRM THAT AS AT AUGUST 17, 2008, I AM REGISTERED WITH NSW MASTERS ATHLETICS INC. OR ATHLETICS NSW OR AUSTRALIAN MASTERS ATHLETICS (CAN BE VIA ACT MASTERS ATHLETICS).

IN CONSIDERATION OF ACCEPTANCE OF MY ENTRY I HEREBY WAIVE ALL AND ANY CLAIMS OR CAUSES OF ACTION WHICH MIGHT NOW HAVE OR MAY AT ANY TIME IN THE FUTURE HAVE AGAINST SPRINGWOOD DISTRICT ATHLETICS CLUB, NSW MASTERS ATHLETICS INC, AUSTRALIAN MASTERS ATHLETICS INC. ATHLETICS NSW AND/OR ANY COMPETITOR, MANAGER, OFFICIAL, ORGANISER OR OTHER PERSON WHOMSOEVER IS INVOLVED IN ANY EVENT OR FUNCTION CONDUCTED AS PART OF THE SPRINGWOOD DISTRICT ATHLETICS CLUB SENIORS AND MASTERS THROWS DAY, 2008 WHO MAY BE LIABLE TO ME IN ANY WAY, ARISING OUT OF OR INCIDENTAL TO THE EVENTS OR FUNCTIONS CONDUCTED AS PART OF THE SPRINGWOOD DISTRICT ATHLETICS CLUB SENIORS AND MASTERS THROWS DAY, 2008.

SIGNED.....

DATE.....

PLEASE RETURN WITH ENTRY FEES (MONEY ORDER OR CHEQUE PAYABLE TO SPRINGWOOD DISTRICT ATHLETICS CLUB INC) BY AUGUST 8, 2008.

POST TO:
BRETT SOWERBY
P O BOX 153
SPRINGWOOD NSW 2777

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0417 661 938
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The Waratah is the official newsletter of NSWMA Inc. **Disclaimer:** the views expressed in the Waratah are not necessarily the views of NSWMA Inc. committee and office bearers.

LINKS ON THE WEB

WORLD MASTERS ATHLETICS

www.world-masters-athletics.org

International Association of Athletic Federations

www.iaaf.org

OCEANIA MASTERS ATHLETICS

www.oceaniamastersathletics.org

AUSTRALIA

Australian Masters Athletics

www.australianmastersathletics.org.au

Athletics Australia

www.athletics.org.au

Athletics Gold

www.geocities.com/geetee

Athletics in Australia – Historical Results

www.athletics.org.au/history

Australian Track and Field Coaches Association

www.atfca.com.au

STATES

NSW Masters Athletics

www.nswmastersathletics.org.au

Athletics New South Wales

www.nswathletics.org.au

Lollylegs – Masters Athletics

www.lollylegs.com

ACT Veterans Athletic Club

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

Queensland Masters Athletics Association

www.mastersathletics.com.au

Victorian Masters Athletics

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

South Australian Masters Athletics

www.samastersathletics.org.au

Masters Athletics WA

www.mastersathleticswa.org

COMPETITION SITES

Pan-Pacific Masters Games

www.mastersgames.com.au

World Masters Games

www.sydney2009mastersgames.com.au

THROWING

Australian Hammer Throwing

www.hammerthrowing.com.au

Coaching the Throwing Events

www.thethrows.com

Hammer Circle

www.hammer-circle.co.uk

Hammerthrow.org by Harold Connelly

www.hammerthrow.org

Hot Circle Coaching (Australian site)

www.hotcirclecoaching.com

Mac Throw Video

www.macthrowvideo.com

Throwers Club of NSW

throwersclub.creativt.com.au

EQUIPMENT SUPPLIERS

Kings Track & Field

www.ktf.com.au

Nelco

www.nelcoathletics.com

STATISTICS

Athletics Data

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

Power or 10

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

Illawong Winter Track and Field Series 2008

When

Every Saturday 12th July to 30th Aug

Where

The Ridge Athletics Track

Recreation Dr (off New Illawara Rd)

Barden Ridge

Program (can be altered on request)

10:00 am

Hurdles *

High jump

10:10 am

1000m

Discus

10:20 am

60m

10:30 am

100m

Long jump

10:45 am

600m

Javelin

11:00 am

145m

Shot put

11:15 am

300m

11:30 am

200m hurdles

Entry fee

Illawong Seniors and Illawong LAs - free
Visiting athletes - \$3

Athletes of all standards are welcome. Heats will be seeded as far as possible.

If you have any questions please contact either:
Michael Dooley on 9528 8494 or 0413 332 484
Max Wilkinson on 9589 0583 or 0419 219 855

Canteen and barbeque available

Photo finish and wind gauge used

The Waratah | 2008 NSWMA Awards



Norm Windred with Throws winner Stuart Gyngell at the 2008 NSWMA awards held at Homebush.



Ron Simcock won the Marcus Tooley Trophy in the 70-79 age group.

Photographs by
Andrew Atkinson-Howatt



Lynette Smith (W35) won the Jumps trophy, while Mark Cepak (M45) won the Marcus Tooley Trophy in the 40-49 age



400m and 800m specialist Cris Penn (W45) won the NSWMA Summer Award.