

Jack Pross—Fondly Remembered

A number of people would know, or know of Jack Pross.

5th September 1919 - 9th August 2006

Australia, a small nation on the world scene but powerful for many past decades in world athletics, has spawned many athletics coaches whose reputation and influence has travelled far beyond our shores. We mourn the passing of one of those coaches, Jack Pross, who peacefully passed away in Sydney on the morning of 9th August, in his eighty-seventh year. Short of stature but big in every other way, those who met him could never be anything but impressed by Jack's indefatigable energy, thorough preparation and implementation of a project, and his drive to achieve the highest levels in everything in which he became involved. Following wartime service in the Australian Navy, his career remained with the Navy as a civilian and saw him living at various times in Victoria, Western Australia and New South Wales. Athletes in each of these states, as well as athletics clubs and the State Athletics Associations, were to benefit from these periods of

residency.

As a young man growing up pre-World War II in his native Hobart, Jack achieved success in a number of sports, notably Australian football and cricket. However, it was in athletics he achieved the greatest success. A runner of no mean ability, his passion for training on the nearby slopes of Mt Wellington gave him the stamina and character that brought him success on the track and over the country, and selection for Tasmania at Australian Championships in both these branches of athletics. Like many of his generation his sporting career was cut short by the War. In Jack's case it was both by its timing in his life, and by its effect on his health. Shortly after the war, whilst living in Melbourne, he met and trained with Percy Cerutti. Percy quickly summed Jack up as having only modest potential as a runner, but recommended he try coaching, where he felt he could successfully contribute. Percy's prophecy was to come true, and the pair were to become life-long friends and colleagues, swapping coaching and

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IAAF / WMA BEST MASTERS of the YEAR 2006

From a total of 6 candidates forwarded by the WMA regions, William (Bill) Collins, USA and Melitta Czerwenka-Nagel, GER, were chosen as the WMA Best Masters for 2006.

It is the third time that WMA nominated the best master of the year and proposed them to IAAF. On the occasion of the IAAF Gala in Monaco in November William Collins (USA) and Melitta Czerwenka-Nagel (GER) will represent the World of Masters and they will be awarded as "IAAF Best Masters of the Year 2006".

The other male nominees were Arthur Thompson, GBR (EVAA) Hector Mein, NZL, (OCEANIA). The female nominees were Karla DelGrande, CAN (NCCWMA). **Marie Kay AUS, (Oceania).**



New South Wales Masters Athletics Inc.

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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.

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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 October and November 2006

| October | | November | |
|-------------------------|----|--------------------|----|
| Salvina AGIUS | 40 | Joseph McSWEENEY | 60 |
| Reginald AUSTIN OAM | 65 | Nick MOORE | 45 |
| Jacqueline BEZUIDENHOUT | 35 | Nancy NEWSOME-HALL | 40 |
| Conrad BURGE | 55 | Kevin OAKEY | 30 |
| Frederick DANIELS | 70 | Bissie ROBINSON | 40 |
| Neil FOWLER | 50 | Alison ROTHWELL | 30 |
| Sheridan GOH | 30 | Luis SANCHEZ | 50 |
| Vilis GRAVITIS | 60 | Frank SCORZELLI | 55 |
| Jan KAUFMAN | 70 | Brian SHARPE | 75 |
| Peter McENEARNEY | 65 | Warren SIMPSON | 30 |
| Donna MONAHAN | 40 | Robert SOLOMON | 75 |
| Graham MURDOCH | 30 | Kelvyn STEGGLES | 45 |
| Martin NOONAN | 50 | Noel WRIGHT | 55 |
| Anthony O'CONNOR | 40 | | |
| Robert OSBORNE | 50 | Christopher ANSOUL | 55 |
| Cristine PENN | 45 | David CHANTRILL | 65 |
| Anthony RE | 65 | Caroline CHAPMAN | 35 |
| Gregory ROWE | 40 | Morris DAVID | 65 |
| Judith ROWLAND-SMITH | 55 | Albert GAY | 60 |
| Thomas SHEEDY | 60 | Bruce GREEN | 60 |
| John SIMON | 65 | Stuart GYNGELL | 40 |
| David SMYTH | 35 | Brian HAMILTON | 65 |
| James SOUTAR | 75 | Ronald INGLIS | 75 |
| Keiran SPEED | 60 | Jennifer JANSSON | 40 |
| Helen WALLACE | 40 | Noelean KIRBY | 65 |
| John WARREN | 65 | Michael LYNCH | 35 |
| | | Neville McINTYRE | 60 |

The Presidential Address

The Summer season is upon us already and I should just take the opportunity to urge anyone thinking of registering with ANSW to do it through NSWMA. It's a cheaper option compared to joining another club. On the publicity front, Masters have been in the local news lately, if you have been in local news(papers) send us a copy, it all helps spread the word about Masters.

The last issue of The Waratah was the new look, courtesy of our new editor Phil Frkovic. The general reaction has been good and it's now on the website as well. You can download it from there. If you don't need a hardcopy let Phil know (editor@nswmastersathletics.org.au) and we can save some trees. Records are also on the website, check them out if you haven't already. Just a reminder that the new Registrar is Garry Womsley, address elsewhere in this issue. Some members seem to have not caught up with the changes yet. Some people are even still paying the old fees from 2-3 years ago – wishful thinking I guess!

Throwers have had plenty to do lately with the annual Springwood Day back in August and the traditional Winter Throws Championships in Canberra. Thanks again to Brett Soweby and the Springwood crowd for keeping the former going. Down in Canberra former Vice Pres. Keith James got into the records I heard, he's just moved up an age group and is making the most of being the new kid on the block. Other competitions coming up are the Pan Pacs in early November, State Relays on 18/19 November and Club Championships on 16 December. The girls have done quite well in these two comps. in recent years under the stewardship of Cris Penn and we'll be looking forward to another tilt at

them. We might even put in men's teams. I still have fond memories of our two wins in the men's hammer relays a few years back. They were "frontpage news" in The Waratah!

After Xmas we will have another Masters point-score competition as part of the Allcomers series with ANSW. Be in it, there's some nice trophies on offer. Also there will be the usual Country titles, State (including 60m) and Nationals in Hobart this time. For anyone thinking of going to Hobart, the team HQ will be the Hobart Tower Motel (www.hobarttower.com.au) which is walking distance from the track and only a very short taxi ride into town. At this stage they have plenty of availability and rates are \$45-55 per head twin share.

Back in August Alec and I attended the AMA AGM. The following decisions were made:

60m sprint is in for Nationals

Relay age groups will change to W 120+, 160+, 200+ and M 120+, 170+, 220+

Champion of champions events will stay as is with additional awards age-graded.

Both M & W will be able to do 10km or 20km walks (held concurrently).

The AMA confirmed it is policy for all athletes to wear their correct State uniform.

Money will be available for coaching clinics (if anyone has any ideas let us know).

With regard to event changes as listed above, it will be up to the host State as to whether they will be implemented in 2007. Strictly speaking such decisions are usually not implemented until the next season (2008 in this case).

Bye for now, Mark

Registrar Update

For those thinking of joining NSWMA for the first time or for those renewing their membership its time to introduce the new Registrar and contact details. Garry Womsley (M40) is now handling all registrations to New South Wales Masters Athletics. Please forward your completed forms to and fees to: NSWMA Registrar, 33 Andrews Avenue, Toongabbie NSW 2146. Garry can also be contacted via email at registrar@nswmastersathletics.org.au

Note: Annual subscriptions are now \$35 and fall due on the 1st of April each year.

World Masters Mountain Running Championships

Congratulations to Stuart Paterson (UTS Norths) on placing 27th in the Mens Over 50 9.5km event at the 6th World Masters Mountain Running Championships in Switzerland on 23rd September.



Letters to the Editor

Congratulations on the New Look Waratah. It's certainly easier to read and the content of the August issue was fine. Although mostly retired from coaching now, I read the reprinted article by Dr Stephen M Pribut with considerable interest. However one of the recommended stretches is mostly ineffective if performed entirely in the manner prescribed.

I refer to the 'Wall Push-Up'. When I was a young athlete, runners of my generation did the 'Wall Push-Up' religiously; however we still suffered Achilles tendon problems. At a coaching course many years later, I learned the answer.

There are two major muscles in the calf – the gastrocnemius and the soleus. The soleus lies underneath the gastrocnemius and cannot be stretched by the conventional 'Wall Push-Up' method. Consequently, by stretching the gastrocnemius by the 'Wall Push-Up' and thereby leaving the soleus un-stretched, you actually create an imbalance in the calf – probably making the problem worse.

The good news is that an imbalance can be avoided by stretching the soleus and the gastrocnemius – the same number of repetitions for each.

The soleus is stretched in much the same way as described in the 'Wall Push-Up' except that the rear leg is bent at the knee (about 60 degrees). The correct degree of knee bend is determined by experimenting with various angles while leaning towards the wall, until some moderate tension is felt in the Achilles tendon.

My personal preference is to perform a straight leg stretch, then, without changing the position of the feet, perform a bent knee stretch on the same leg. Then switch legs and stretch the other calf in the same way.

Thanks for taking on the editorial job and best wishes for the future.

John C Simon

PS.

A further calf stretch to avoid or help Achilles tendon problems can be performed by simply standing on the toes, holding for about ten seconds and repeated 5 times. Another one is to stand with the toes on the edge of the step when going up escalators.

Alec Walker

We may be "older athletes" but it is a very modern looking and professional newsletter.

Hope the troops, give you all the assistance you need. (hard to do a newsletter if people don't give you news)

Congratulations

Rgds

Terry Gibbs m/50 occasional weight thrower

Congratulations on your first issue of The Waratah: it's sufficiently informative, nicely laid out and easy to read. Your name must surely be consonant with good reading!

It has always been difficult to find a competent editor, as demonstrated by both Mark and me continuing to act as Editor after becoming President, which is more than one person needs. Perhaps you can make it a goal.

I hope you enjoy the task and continue as successfully as you have begun.

Sincerely,

Bob Solomon

Editors Wrap

Thanks everyone for your support it certainly helps makes all the hours worthwhile. Just few points to highlight:

- 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;
- Good luck to all those fortunate souls heading to the Gold Coast for the Pan-Pacific Games. Hopefully no flash flood this year!
- Birthday list is a repeat of last issue but aligns with the current Waratah issue date

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Age Related Training

To limit the effects of time, you must choose the right workouts.

By Owen Anderson

(Article reprinted from Peak Performance web page—<http://www.pponline.co.uk/encyc/0263.htm>)

While a canny nutritional programme, plenty of rest, and adequate recovery between workouts are all important for preserving fitness as you get older, certain key workouts are also necessary to keep you as fit as possible. For example, if you have yet to reach your 45th birthday, you will want to expand your aerobic capacity (VO₂max) as much as possible, so that any fall-offs which occur after the age of 45 will be like mere pebbles dropping from Mt. Everest.

One of the best workouts you can possibly carry out is the great '4-954' workout, in which you complete 4-minute work intervals at an intensity high enough to make your heart rate reach 95 per cent of maximal at the end of the interval, with 4-minute recoveries. Also good for you are cycling, swimming, or running races which last from 12-20 minutes

From 45 to 60

If you're between the ages of 45 and 60, your motivation may fall a bit, and physiological problems include a modest loss of aerobic capacity (VO₂max) and a small decline in muscle tissue (muscle atrophy). Also, age-related increases in muscle soreness and tissue stiffness increase the need for longer recoveries between workouts, forcing a cutback in training volume. One solution is to conduct some 'Sparks Sessions' (described in the first article). To increase motivation, make your high-intensity sessions more fun. A great motivational workout involves going to your favourite place in the city or countryside, letting your everyday cares and concerns drop away, and feeling the power in your legs by occasionally bursting at race pace for 20 to 30 seconds at a time as you run or cycle.

Strengthen your leg muscles by doing more hill training, and minimise soreness by adding at least one extra rest day for each two weeks of training and by cross-training occasionally (run in the deep end of a swimming pool or use an exercise cycle if you're a runner). Prevent leg-muscle

atrophy, which can account for about 20 percent of age-related declines in fitness, by getting serious about [weight training](http://www.pponline.co.uk/encyc/0106.htm) (<http://www.pponline.co.uk/encyc/0106.htm>)

For the over-60s

If you're over 60, your VO₂max will attempt to plummet, and your muscles and connective tissues will lose some strength. In addition, body-fat levels will try to climb, in concert with some muscle atrophy. Your response should be to add 'Senior Intervals' to preserve your VO₂max and to compensate for losses in aerobic capacity by boosting your lactate threshold. Trim body fat by relying on long, weekend walk-run combinations which last for a couple of hours. Continue [weight training](#) to thwart muscle shrinking. To enhance recovery, rest at least five days out of every two-week period.

To do the 'Senior Intervals' (also called the '210-3' Workout), run, cycle, or swim for two-minute intervals at the best intensity you could sustain in a 10-minute race, with three-minute recoveries. For a lactate-threshold booster, warm up, and then exercise for 10 continuous minutes at a pace which keeps heart rate in the 85-88 per cent-of-maximal range. Recover for five to six minutes, and then repeat this 10-minute surge.



'Discobolus'—The Body Exhibition

Jack Pross (continued from page 1)

training ideas for developing the whole athlete well in advance of their time.

The quality and number of athletes they coach often judge the measure of the success of a coach. Against this criterion, Jack Pross ranks very highly. Under his guidance Trevor Bickle was to win the Commonwealth Pole Vault in 1962 and retain the title in 1966. John Baguley was an Olympian, and won a Commonwealth silver medal in the triple jump in 1962. Murray Tolbert ranked third best long jumper in the world in 1972. He coached Gordon Windeyer to the Commonwealth High Jump title and Games record in 1974. But, in spite of coaching these and other outstanding jumpers during his illustrious career, Jack did not particularly consider himself a jumps coach!

Gary Knoke (400m hurdles) and Warren Parr (110m hurdles) both came under Jacks guidance for a part of their careers. Both won national titles in their specialist events, competed at major championships, and set long-standing state records that remained unbeaten well after their retirement from competition. But Jack did not think of himself as a hurdles coach!

Middle and Long Distance runners coached by Jack achieved considerable success, so much so that it is in this area that his coaching exploits are best known. Albie Thomas set a world record for 3 miles in 1958 and was a member of Australias team which set a world record for the 4 x 1mile in 1959, as well as being an Olympic finalist and Commonwealth Games multi-medallist. Dave Power won Commonwealth titles at 10,000m and marathon and an Olympic bronze medal at 10,000m. Graeme Rootham competed with distinction at Olympic and Commonwealth Games over 800m in the early seventies. In the same era John Farrington was a force to be reckoned with in the marathon, competing at Olympic and Commonwealth Games, and running a best time of 2hrs 11mins. Countless others of his training group were to excel in distances from 800m to the marathon, and including steeplechase at state and Australian level.

Jack may have considered himself something of a distance coach, but he saw himself best in the role of a coach of athletes, helping men strive towards their goals and to achieve success no matter what their event. Whatever their level of performance he analysed their strengths and weaknesses and used his knowledge, experience and coaching skill to help them do better. He had an awesome coaching eye, often seeing problems looming before the athlete felt them. With this ability, coupled with his knowledge of biomechanics and physiology, he was able to offer sound advice on how to deal with the problem.

Jack was a prolific writer on coaching matters, being published in many reputable journals in Australia and overseas - just one of the ways in which he contrib-

uted to the education and development of other coaches. He was always willing to work with coaches on education courses, no matter what the level of the participant. When the current national coaching scheme was being established it was a natural progression for him to throw himself whole-heartedly into it. Whether it was designing curricula, establishing assessment criteria, writing manuals or preparing presentation materials it mattered not - each task was undertaken with enthusiasm and prepared in his usual thorough manner. For more than twenty years he was a regular contributor to Level I, Level II and Level III programmes in many parts of Australia. His reputation for excellence was recognised by the International Association of Athletics Federations who took him as a course lecturer to a number of International courses. The Australian Government also recognised his ability by appointing him as one of two Australian coaches to travel to Indonesia on each of seven successive years to conduct a series of short courses for coaches as a part of their cultural affairs programme. One of his most successful projects was to work on behalf of the Australian Track and Field Coaches Association to optimise the documentation service for coaches provided by the Australian Institute of Sports Information Centre. This involved providing coaches with information of what was available each month, responding to their requests, and targeting specific information to individual coaches. Jack regularly undertook visits to the AIS as part of this programme to personally review many of the resources available.

In the seventies and eighties Jack held the positions of National Middle Distance Coach, and (from 1980 to 1992) Group Director for Endurance with the Australian Track and Field Coaches Association.

He was nominated one of the inaugural National Coaching Consultants by AT&FCA when the scheme was established in 1992. He was nominated one of the inaugural National Coaching Consultants by AT&FCA when the scheme was established in 1992. He responded promptly, and with a care and understanding for their needs, to the many requests for advice he received from coaches in all parts of the nation.

For most of his career in athletics Jack was in demand as a coach or manager to teams at various levels of competition. For a period covering three decades rarely did a year go by without his appointment to a state team as manager or coach. He was appointed by Australia as coach to two Commonwealth Games teams (1966 and 1970), two World Indoor Championships (1985 and 1987), and two World Cross Country Championships. He was also in demand by other nations, assisting the Nigeria team at the Commonwealth Games at Perth in 1962 as a coach, and preparing the PNG team for the South Pacific Games at Guam in 1975.

The demand for his services as a coach took a novel direction in 1985 when the directors of the drama *The Boy Who Had Everything* engaged him to train those of the cast who needed to run like top class athletes. His work, especially with Jason Connery and Lewis Fitzgerald, was successful, as they ran elegantly alongside members of Jacks training group who were employed as extras for the race. In keeping with the best film-making traditions Jack enjoyed a cameo role in the movie, seen briefly as the starter of the featured race!

From the forgoing one could be forgiven for thinking that Jack was only interested in athletes capable of competing at national and international level. Nothing could be further from the truth. He founded (with the late Shirley de la Hunty) the Melville Athletics Club in Western Australia, and coached for many years with Mentone Athletics Club in Victoria and the Northern Suburbs and Sydney University clubs in New South Wales. In order to foster specialist development he founded the Birubi Club (aboriginal for Southern Cross) in 1968, with members from a range of Sydney district clubs; the Kangaroo Club (especially for jumpers) soon followed. His knowledge of a wide range of events, his enthusiasm, and his teaching and coaching skills made him an ideal club coach. His time and efforts were equally spent between the champions, and those athletes with modest skills and abilities. To all athletes he gave a fair and honest opinion; his judgement was val-

ued by them on the track, as well as the care and interest he showed for their development beyond the athletics arena.

Jack never sought special recognition or rewards for his coaching. Nevertheless, it was inevitable that awards would come his way. The Australian Government conferred on him the Medal of the Order of Australia (OAM), and later, the Australian Sports Medal 2000 for his services to athletics. In 1994 the Australian Coaching Council awarded him the Eunice Gill Coach Education Merit Award for his outstanding contributions to coach education. In 1996 Jack received the Henri Schubert Memorial Award from Athletics Australia; this award is made annually to a coach who has rendered distinguished service to Australian Athletics. Jack was rewarded with Life Membership of both Athletics New South Wales and the Australian Track and Field Coaches Association.

The loss to Jacks family is, of course, a tragedy, and our thoughts are with them at this sad time. Jack had many good mates in athletics, and in coaching especially. He has left us all far richer for having known him, and I for one am grateful that I knew a truly great man.

Tony Rice
12th August 2006

Sports taping workshops

Sydney, October – November, 2006

Sports taping is an important skill for anyone involved in sport: coaches, trainers, administrators, teachers, parents, and players.

Sports taping courses are run by experienced presenters – experts in their field – who are ready to help you build on your skills and knowledge and ensure you stay safe in the sporting arena.

Correct sports taping can help prevent injury and also help with injury rehabilitation.

Elasto Strapsmart

The level one sports taping workshop offers the beginner technical and practical advice about strapping athletes. The workshop covers ankles, fingers and thumbs.

Advanced Sports Taping

Level two is an advanced workshop aimed at providing participants with extensive knowledge of sports taping and the prevention of injuries. The workshop covers shoulders, knee, foot, shin and elbow injuries. Prerequisite: Elasto Strapsmart course.

Upcoming workshops

Cost per workshop is **\$60**. Bring pens and paper and wear comfortable casual clothing.

| Town | Elasto Strapsmart | Advanced Sports Taping | Venue |
|-----------------------------------|--|--|---|
| Wollongong | Mon 30 October 6.30 - 9.30pm Program No.0021642 | Mon 6 November 6.30 - 9.30pm Program No.0021649 | Amenities Room, Level 0 State Government Offices 84 Crown Street |
| Cabramatta | Mon 20 November 6.00 - 9.00pm Program No.0024259 | Mon 27 November 6.00 - 9.00pm Program No.0024260 | PCYC Fairfield/Cabramatta 162 Railway Parade, Cabramatta |
| Homebush (Sydney Olympic Park) | Mon 23 October 6.00 - 9.00pm Program No.0024254 | Mon 30 October 6.00 - 9.00pm Program No.0024258 | NSW Sport and Recreation, Centenary Room Level 2, 6 Figtree Drive |

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Springwood 5th Annual Masters Throws Day

By Brett Sowby

Blue Mountains Athletics Club held their 5th annual Masters Throws Day on August 20 at Tom Hunter Park, Faulconbridge.

The field of 28 competitors enjoyed a perfect early spring day to compete on the upgraded throwing facilities. Although the final renovations and improvements were not fully complete, the athletes all commented on the success of the work.

There were some outstanding performances as usual with athletes coming from as far as central coast, Canberra and beyond.

The age range for this event was something of a record. Competitors started from the 30+ age group right through to Jim Peridis in the 80+ age. Jim is a current Australian shot put record holder in various age groups and it is hard to reconcile his age with his performances. Well done Jim.

Voitek Klimiak has recently moved into the Men's 50-54 age group and came within 150 points of the state record in the weight pentath-

lon. And this is only his 3rd season in Masters athletics.

State M60-64 discus record holder, Keith James, made a welcome return to full competition after a successful shoulder reconstruction.

There were many PBs during the day and local athletes Tony (PB) O'Donnell and Brett Kingston led the charge of PBs along with Voitek. It bodes well for the coming summer season.

It was unfortunate that the current M40-44 world Masters shot put champion, Stuart Gyn-gell, was unable to compete due to injury, but he came along with other injured and non competing athletes to help run a successful day. Many thanks for their efforts.

The club would like to thank all those officials and helpers who contributed to making this another successful Masters throws day. Same again next year.

Email: secretary@springwoodathletics.org

Website: springwoodathletics.org

The Throwers Lament

(If Paul McCartney had been a thrower, *Yesterday* might have looked like this:)

Yesterday,
All my throws seemed to fly far away,
Now they all seem to go astray,
Oh, I believe in yesterday.

Suddenly,
I'm not half the thrower I used to be,
Fouls are hanging all over me,
Oh, yesterday came suddenly.

Why it
hit the cage I don't know, coach couldn't say,
I said,
What is wrong, now I long for yesterday.

Yesterday,
Throwing was such an easy game to play,
Now I just can't get one away,
Oh, I believe in yesterday.

Why I
Fouled the ring I don't know, coach couldn't say,
I said
What is wrong, now I long for yesterday.

Yesterday,
Throwing was such an easy game to play,
Now I just can't get one away,
Oh, I believe in yesterday.

MM-MM-MM-MM-MM-MM-MM.

Copyright M. Johnston, Southern Songs Ltd.

Results: Weight Pentathlon

Results from the practice Weight Pentathlon held at Ryde Athletic Field on the 24th September.

| Event | | Hammer | | | Shot Put | | | Discus | | | Javelin | | | Weight | | | Total |
|-------|-------------------|-----------|-------|--------|-----------|-------|--------|-----------|-------|--------|-----------|-------|--------|-----------|-------|--------|-------|
| Grp | Name | Dis-tance | % | Points | |
| M40 | S Gyngell | 44.42 | 59.17 | 643 | 17.28 | 82.52 | 959 | 45.69 | 64.24 | 781 | 41.70 | 51.38 | 545 | 14.57 | 65.42 | 789 | 3717 |
| M50 | M Johnston | 42.54 | 63.45 | 670 | 11.29 | 60.83 | 664 | 36.28 | 55.03 | 589 | 24.40 | 36.31 | 316 | | 0.00 | 0 | 2239 |
| M50 | L Joni | 33.68 | 51.34 | 500 | 10.58 | 58.32 | 614 | 29.95 | 46.47 | 463 | 25.60 | 38.85 | 338 | 12.28 | 55.32 | 658 | 2573 |
| M50 | A Atkinson-Howatt | 31.65 | 49.28 | 462 | 8.87 | 49.97 | 496 | 32.00 | 50.76 | 504 | 38.38 | 59.37 | 575 | 11.16 | 51.05 | 588 | 2625 |
| M60 | K James | 35.78 | 60.01 | 681 | 11.14 | 68.05 | 738 | 41.56 | 65.29 | 801 | 34.25 | 56.71 | 599 | 12.66 | 58.61 | 702 | 3521 |

| | | | | | | | | | | | | | | | | | |
|-----|----------|-------|-------|-----|------|-------|-----|-------|-------|-----|-------|-------|-----|-------|-------|-----|------|
| W30 | Olivia | 21.00 | 35.00 | 301 | 7.28 | 33.94 | 353 | 22.86 | 30.95 | 330 | 21.15 | 27.12 | 310 | 6.43 | 40.64 | 343 | 1637 |
| W30 | Jessica | 21.36 | 35.60 | 308 | 7.06 | 32.91 | 339 | 19.46 | 26.34 | 268 | 22.79 | 30.01 | 341 | 8.95 | 57.45 | 521 | 1777 |
| W35 | M Bonser | 32.48 | 54.59 | 645 | 8.87 | 41.35 | 488 | 25.94 | 35.12 | 400 | 22.32 | 32.52 | 332 | 10.88 | 74.1 | 731 | 2596 |
| W35 | L Smith | 28.42 | 48.76 | 544 | 9.13 | 42.56 | 506 | 34.00 | 46.03 | 557 | 29.05 | 43.48 | 459 | 8.93 | 61.71 | 577 | 2643 |

Note on Summer Program of ANSW

State Relays—SOPAC - 18 and 19 November 2006

4 x 100, 4 x 200, 4 x 400, 4 x 800, 4 x 1,500 – (masters divisions)

The State Relays will be held at SOPAC on Saturday and Sunday, 18 and 19 November 2006. The Rules and Program are set out on pages 28-31 of the Summer Handbook 2006-07.

The age groups for masters' teams - men - 120, 160 and 200 years and - women 120 and 160 years. The age is obtained by adding together the ages of each team member in whole years. All team members must be over 30 years as at 18 November 2006.

Rule 2(d) provides as follows:

“Athletes must compete with their first claim club if selected in that club's team. If not selected to compete for their first claim club, masters athletes may compete for NSW Masters Athletics provided they are a member. Athletes can compete with only one club in the Championship.”

To assist NSW Masters organizing teams, it would help if team managers of other clubs could let me know; as soon as possible, the names and contact details of masters athletes in those clubs who would like to compete in the Championships, but will not be needed for their club teams.

Athletes who believe that their first claim club may not be able to enter a team should contact their team manager for appropriate confirmation.

Subject to the above, male members of NSW Masters who wish to compete should contact me as soon as possible, preferably by email.

Females should contact Cris Penn, if they have not already done so.

The entry fee for a team is \$25.00 but for late entries, i.e. after midday on 10 November, it is \$35 per team. NSW Masters will arrange for payment when the entry is lodged.

My email address is alec@ozgenius.zzn.com and phone number 9398 2363 and Cris Penn's are cris_penn@hotmail.com and 9953 8310.

ANSW CLUB CHAMPIONSHIPS—SOPAC 16th DECEMBER 2006

If it is at all possible, we should see if we can enter teams in the Open Division. Last year we entered a women's team which came third.

We are allowed a maximum of 14 in each team, but can enter two competitors in each event, one in A Division and one in B Division, but only one team in the two relays, 4 x 100m and a medley i.e. 800m, 400m and 2 x 200m.

Athletes must be registered with ANSW and may compete with the NSW Masters team if registered through NSW Masters or, if registered through another club, that club does not need them.

On that basis could athletes of either gender who wish to compete, please contact me on alec@ozgenius.zzn.com or 9398 2363.

The Rules and Program are in the Summer Handbook (55-56).

MASTERS OUTDOOR PENTATHLON SOPAC - 3 March 2007

Unfortunately this clashes with the Australian Masters Decathlon and Heptathlon championships set down for 3-4 March 2007 in Brisbane at the State Athletics Facility (QEII). I take full responsibility for allowing the clash to occur. I am endeavouring to have the NSW Outdoor Pentathlon moved to a more suitable date.

It would be helpful to hear from members who wish to compete in Brisbane and are therefore disadvantaged by the clash. Please also indicate those who wish to compete in Sydney

I look forward to hearing from you.

MASTERS WEIGHT PENTATHLON 17 March 2007

NSW Masters championships 24 and 25 March 2007

Regardless of where you may have read differently, both these competitions will be held, not at Bankstown, but at Campbelltown.

Alec Walker

Our Trip to Learn More about Pole Vault Coaching

By Bob Watson

This is a report of our 6 day visit with Mark Stewart in Box Hill, Victoria, from August 4th to 9th, 2006. Mark coaches Pole Vault at the Box Hill Athletic Club, and has set up the Whitehorse Pole Vault Club many years ago. We have used his example to set up the Central Coast Pole Vault Club in 1999, and have built a range of about 30 poles, from 11' 60 lb to 13' 150 lb and larger. We can now supply a progression of poles for young beginners to medium sized vaulters. We charge \$150/ year and asking parents, friends and vaulters to help fundraise. We have had help from, Gosford Athletics, our Region Branch and council sports grants to enabled us to be debt free. We are purchasing three smaller 14' poles this season to fill the gap from 13' 150 to 14' 150 lb poles. We will then have poles with 5 lb gaps in flex to make it easy for vaulters to move up or down poles in training and in competitions. This makes it much safer under changing weather conditions and also gives the vaulter and coach options to maximize results on the day. In training our vaulters can do drills with short run ups and still bend a pole. We saw a vaulter at Box Hill using a 2 step run and bending a small pole to try clearing 2.8 metres. Mark said Emma George cleared 3.1 metres off 2 steps and I understand Paul Burgess cleared about 4.2 metres. That is amazing and I'd love to see that being done! Mark also said all his International female vaulters clear 3.6 metres or more from 6 steps. This reinforces the importance of using only the length of run necessary to maximize the skills you can control.

Five of us travelled from the Central Coast of NSW to learn more about Mark's methods in producing world class Pole Vaulters, like Emma George and Steve Hooker. I have seen Emma George set a new world record of 4.60m in February, 1999 in Sydney. I also met Steve Hooker in 2000 when he and a friend were visiting Sydney. Steve and his friend stayed with us at Avoca Beach. Both boys vaulted at Adcock Park, West Gosford. Steve used our largest pole (an old blue 15' 165 Skypole) and vaulted 4.6 metres off a short run. This is still the highest pole vault done on the Central Coast. Steve has gone on to a Gold medal and setting a new Commonwealth Games Pole Vault record of 5.8 metres in Melbourne, 2006. He has a PB of 5.91 metres and is now being coached by Alex Parinov at the W.A.I.S, Perth. His training partner is Paul Burgess the Commonwealth's 1st, 6 metre Vaulter, after Dimitri Markov's Golden, 6.05 metre vault in the World Championships, 2001 in Edmonton, Canada.

Mark Stewart has many other top male and female vaulters of differing abilities and ages from Melbourne and all over Australia. He was a 4.9 metre vaulter many years ago, so he has experienced pole vaulting first hand and has refined his teachings over the years. He takes beginners, one step at a time building up the vault from the box backwards and down the runway in 2 step increases in their run length. The vaulter's grip is slowly moved up the pole as their skills improve. He gets the beginners to do each step correctly before moving on to the next step. All the vaulters start with step one in warm up and move

through rehearsing and building up to THEIR complete vault, where ever that is in their present development. The better the vaulter, the quicker they progress through these steps. Beginners will spend more time correcting each step and may only move through a few steps, depending on their skills, age and fitness. Mark also has many warm up drills that are rehearsed before moving to the runway and mats. These drills cover the pole carry, planting elements and running with the pole. He has specific drills to correct differing errors in technique.

The notable thing about his vaulters was their support of each other and friendship. This was extended to our Central Coast vaulter, Amanda Bartrim, aged 15 years. She became part of their squad and was helped and encouraged throughout our time in Box Hill.

Day 1...August 4th, Gym session at Wesley Court Gym

This was a hard, but fun session run mainly by Rosie Ditton, as Mark was delayed. Rosie had been a gymnast before becoming a vaulter so she was very able to run this session. The session started with a warm up on a trampoline. All vaulters said they looked forward to this Friday night gym session and many would go out and socialise together afterwards. For a warm up they bounced from a trampoline onto large deep mats. They did flips and anything else they could think of, landing on to their tummies, feet or backs. Some bounced on the trampoline and then ran up a wall that had mats fixed to them. A run of 30 metres was included after each landing. There was much laughter, fun and some good flips in the air. After about 15 minutes they moved to floor mats and did stretching.

Exercise #1:...They did what we called "Banana" exercises. First, they lay on their backs and rocked back and forth with their body in a banana shape. Then moved to their left, right sides and then onto their tummies. This was repeated by folding the body moving from straight to a vee shape. Then they would take a vee position and hold it for 10 to 15 seconds.

1. On Tummy
2. Left and Right hand sides
3. On Back



Exercise #2: holding a handstand ..All handstands were timed and checked against their previous results. This was all about improving their PBs so it was a competition against themselves.

Exercise #3: High bar work. A.) Giants (with wrist straps and gloves) Rosie assisted some vaulters to get swinging into full giants. B.) Back circles, Kip ups, Kip ups and then over the bar and laying on the bar at the waist.

Exercise #4: High bar work falling into a pit of foam blocks. One skill was hanging on the bar and then to drive the legs up over and around the bar almost into

a handstand and then falling in to the foam block pit below.

Exercise #5:...Bouncing and flipping from a trampoline into the foam block pit.

Exercise #6:...Rope climbing arms only....4x (timing all climbs) The climbers were cheered on to make it to the top. They also did an upside down rope climbs with the legs overhead, pulling on rope between the legs. Two girls were able to reach the top of the rope and some other girls were getting 3 or 4 hand over hands up the rope in an effort to learn this skill. Most of the boys were able to get to the top with a lot of effort. All of these exercises were timed and recorded on a running sheet.

Exercise #7:...Parallel Bars. With the legs hanging they would try to swing to a handstand with Rosie helping.

Exercise #8: Rings. set about 1.3 metres off the mats they would hold (for time) in a sitting position. Then hold with legs straight out in front.

Exercise #9: Unparallel Bars.. Kip up to laying on bar on your back.

A warm down completed the session.

DAY 2 Pole vault training at the track.

After a warm up jog and stretching all vaulters started with a high carry of the pole with an almost vertical carrying position. They jogged forward, back and sideways. This was done with a hop, with the ankles only and with a skip. Planting exercises were done from a slow march to a walk, jog and run. Mark's comment here was always... "HANDS BEFORE FEET". Move the hands, then step. Move the pole and change feet. Also the pole needs to be up and over head VERY EARLY !!!! One of his comments was "NO TIME ON THE PLANT IS WASTED". And "A 5% IMPROVEMENT IN THE PLANT IS AS GOOD AS A 20% INCREASE IN YOUR RUN SPEED". This just reinforces the importance of the plant.

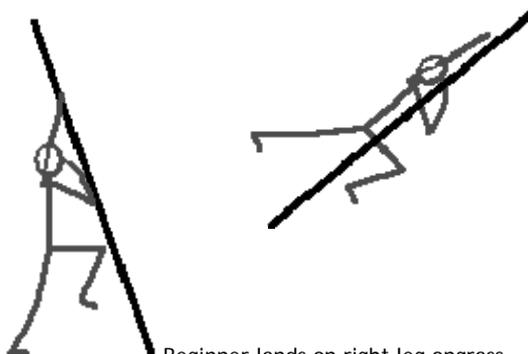
The take off foot needs to be OUT, ALWAYS! So check your vaulter's take off foot. Mark the toe of the left foot plumb under the upper hand with both arms fully straightened over head using the grip use in this drill. Get the vaulter to take off 20 cms.(or more) outside that mark. Always back of that mark, NEVER UNDER ! This needs to be corrected constantly! If not, your vaulter's hips will come through and they will struggle to WHIP their straightened take off leg through with great speed and then convert this speed into making a strong rock back (inversion) and sail high over their hands... Top vaulters are getting over 1200 mm over there hands! They need to keep their take off leg straight and in backwards position at takeoff and drive their chest into the pole with the arms driven as high as possible above their head. This spring loads the body at take off in readiness for the strong kicking action of the straight takeoff leg. Make sure the opposite knee is driven up as high as possible with the foot under the knee. This BRACES the body so the vaulter can put more energy into the pole.

Mark's drills to achieve this start with 1 step, (Nose dive) onto the front of the mats. (As for a right handed vaulter)

1. Stand with left knee up as high as possible. Right hand on your forehead and pole tip aimed at the box. This is done so you can push the pole up to start the drill. (Hands before feet) Drive both arms up and forward, then jump slowly off the left leg, driving the right knee up as high as possible. Keep the left leg straight and as far back as possible. Fall face first onto the mats with the left toe and the right hand as far away from each other as possible. Land on the right side of the pole.

If your vaulter cannot do this, go to a grassed area, stand with pole tip near your right toe and left knee up high. Reach fully up the pole with the right hand and grip the pole. Move the tip of the pole about 300mm in front of the toe. Now, with the pole and right hand on your forehead, push the pole up and forward and then jump off the left leg, keep the left leg straight and back and the right arm straight and land on you right foot. Repeat until correct, then return to the runway and mats.

Exercise on grassed area.



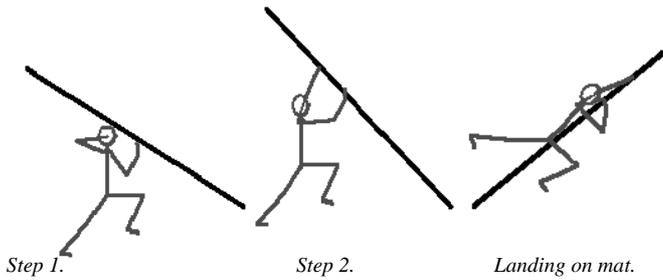
Beginner lands on right leg on grass.



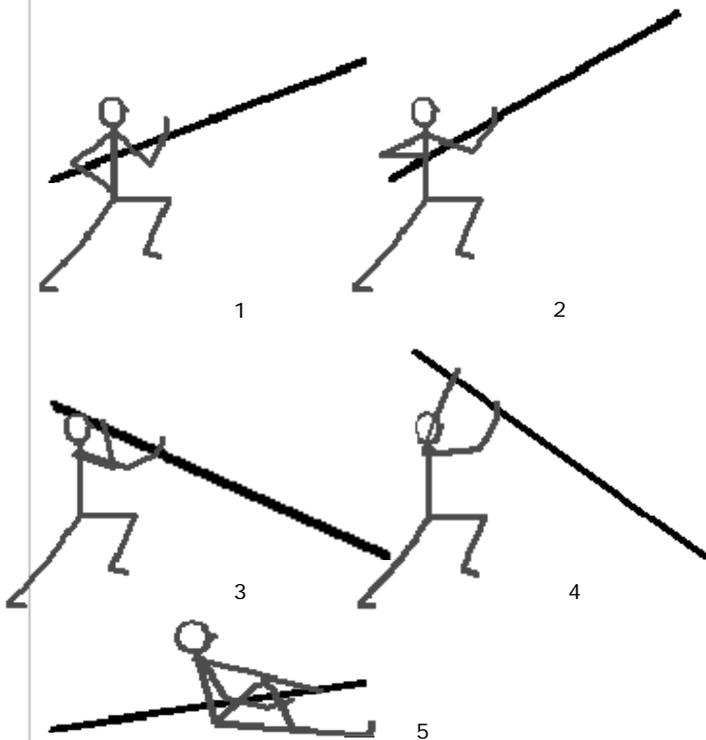
Mark Stewart - Coaches and Vaulters and Box Hill, Vic.

Go to a 2 step run standing on left foot with right knee up. The pole is near the right side of your head and the right hand is in front of the head. Move pole to the front and centre of the head, then step onto the right foot. Push the pole in front and fully overhead (straight right arm)

Jump off the left leg and repeat step #1.



3. Go to 4 step run. Stand on left foot with right knee up, pole tip slightly above eye level. Step onto the right foot and keep the pole at the same level. Raise right hand near right armpit and left hand at chest level then step onto the left foot. Raise right hand in front of forehead and step onto the right foot. Push the pole forward and fully up to straight right hand and then step onto the left foot and jump into the air driving the chest into the pole and left leg straight and back. The right knee is up as high as possible. Now kick the left leg through as fast as possible to whip the body through and then land on the mats in a seated position keeping downward pressure on the pole. Your left leg is straight and right knee fully bent as you land. Be sure the kicking of the straight left leg is very fast.

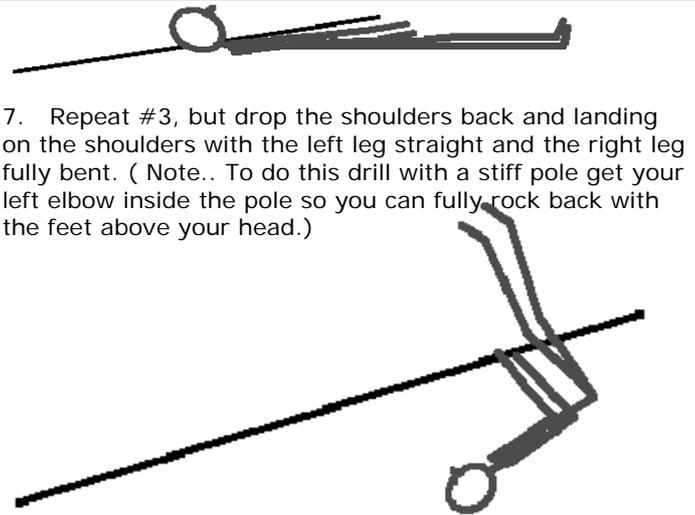


4. Same as #3, but drop the grip, say 200 mm and repeat #3. Focus on a ripping, fast kick of the left leg. Land as per #3. Note. Wait for the pole to pass vertical before kicking the left leg through Mark's comment here is "The body is OPEN as in the giant high bar gym exercise".

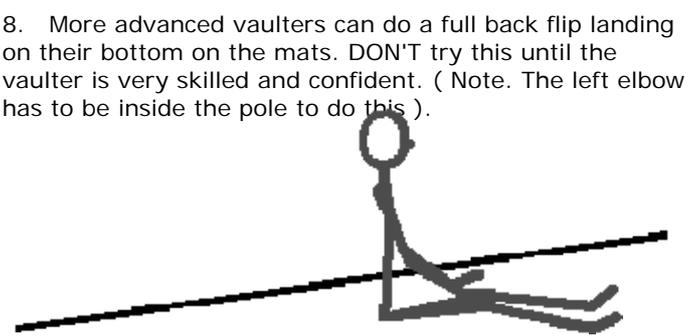
5. Repeat #4 but straighten the body fully parallel to the pole and land as far to the back of the mats (Tense the body to keep it totally straight.)



6. Repeat #5 ,but fully spiral and land on your tummy.



7. Repeat #3, but drop the shoulders back and landing on the shoulders with the left leg straight and the right leg fully bent. (Note.. To do this drill with a stiff pole get your left elbow inside the pole so you can fully rock back with the feet above your head.)



8. More advanced vaulters can do a full back flip landing on their bottom on the mats. DON'T try this until the vaulter is very skilled and confident. (Note. The left elbow has to be inside the pole to do this).

CAUTION! FOR ADVANCED VAULTERS ONLY

Every vaulter must do each step correctly before moving to the next step. The top vaulters will move through them more quickly. The beginners will repeat the steps over and over until correct before moving on.

Notes #1... The speed of the whipping straight left leg sets up a good fast rock back and gets the vaulter up side down and ready for the recoil of the pole. The vaulter can then be in a position to be shot off the top of the pole and spiral high over their hands and over the bar on their tummy.

Notes #2. Mark draws chalk lines across the runway at 2.7, 3.0, 3.3, 3.6, 3.9, and 4.2 metres measured from the back of the box so all levels of vaulters can check their takeoff foot. A spotter can easily see the lines to guide the vaulters.

Notes #3. Mark says "tighten your quads on the left leg at takeoff to help keep the leg straight for the whipping kick".

Notes #4. The 12 step run is made up of parts. Part 1 The 1st 6 steps are done with the tip of the pole in a very high position, (say at 80 degrees.)

Part 2 is the pole drop with the tip dropping to just above eye level in the next 3 steps.

Part 3 is the plant over the next 3 steps.

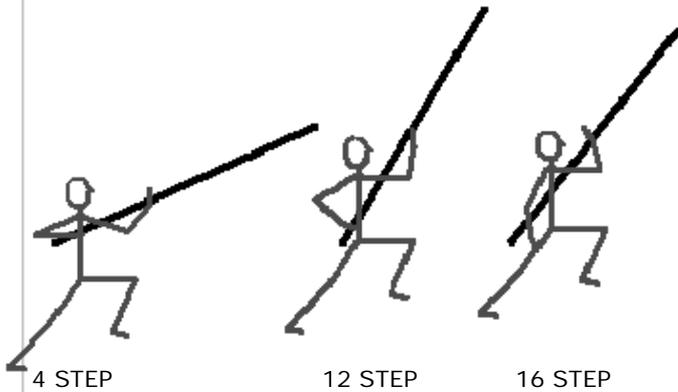
Mark recommends you count your steps from 12 to 1. Twelve is the first step onto the right foot and number one is the left takeoff foot. This will condition the vaulter to be aware of their pole's position on a given number. The vaulter needs to feel the "rhythm" of the run. So, 6 steps of a high pole carry, then 3 steps of pole drop and 3 steps of the plant phase.

Example. The vaulter is on a 16 step run. So, the rhythm is 10 steps of high pole carry, 3 steps of a pole drop and 3

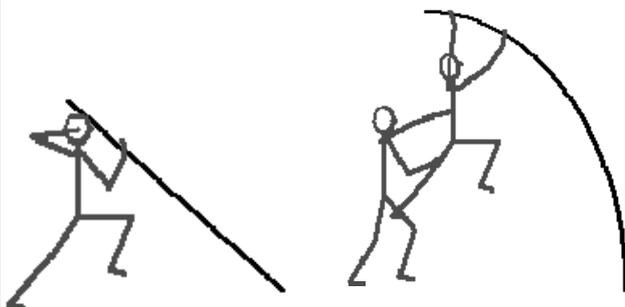
steps for the plant.

This should be slowly marched through, first done by standing on the left leg, right knee up and pole high, then change feet with opposite knee high and so on through to the last step.

Part 4....Starting pole elevations. As your run lengthens the height of the pole tip is held higher.



Part 5: . You can use a "Lift" off a slow run with a soft pole. This is done by the vaulter starting off walking about 2 steps. The coach pushes the vaulter between the shoulder blades with his right hand and also holds the vaulter's left leg back with his left hand. The vaulter jumps into the air bending the pole and staying in the takeoff posture behind the pole. (The left leg is straight and the right knee is high and right arm straight overhead) The coach stops pushing and holds the vaulter in the maximum bend position for 2 seconds and then lowers the vaulter back on to the runway. This skill will need some time for the coach and vaulter to co-ordinate.



So the Vaulter slowly walks into take-off and the coach pushes the vaulter into the air.

No spikes in this exercise for the safety of the coach.



Mark and Amanda

After 5 days training with Mark and his vaulters Amanda made the list below of what she needs to correct or improve to be a better vaulter.

1. Carry the pole higher off the hip with my left hand at chest height.
2. I need a stronger and faster run.
3. I need an earlier plant.
4. Plant the pole so it slides from about 1/2 way along the box.
5. Use a strong, braced body in the takeoff to put more energy into the pole.
6. When taking off keep the right arm and shoulders back to be more "open".
7. Keep the left leg back and straight to get a strong, fast whipping action.
8. Get a high right knee in the takeoff.
9. While going up side down drop the shoulders and don't look at the bar.
10. Keep the pole stuck to the left leg when up side down.
11. While planting the pole, don't look at the box. Look just above level as you leave the ground
12. In the 2 step drill the pole tip should be at eye level and hold the pole above the hip with the right hand and the left hand at chest height. The left wrist is below the pole and the left elbow is against your left side.

Amanda's final words were "I want to stay and train with Mark and his vaulters".

For further information on Pole Vault please contact.

Bob Watson at suenbob@acs.net.au or

Phone/Fax 02 43 811995,

Post. 307 B The Round Drive, Avoca Beach,
2251 NSW, Australia.

A 3hr. DVD will be available from Gosford Athletics website soon www.gosfordathletics.com.au , price on application.

Mark Stewart and his Whitehorse Pole Vault Club are on a website for contacting him

.CREDITS AND THANKS TO.

1. Mark Stewart and his pole vaulters.
2. ATFCA NSW for their financial support.
3. Trish Burne for her editing and corrections.
4. Amanda, Kaila, Deb, Bob and Brett for their support.
5. Wes Daniels for computer assistance.

To my lovely wife, Suzy for her patience with my passion for the pole vault and athletics.

Yours in the Pole Vault, Bob Watson

Teams Positions for Australian Team to WMA 2007, Riccione

AUSTRALIAN MASTERS ATHLETICS INC

2007 WORLD MASTERS ATHLETICS CHAMPIONSHIPS

RICCIONE, ITALY 4-15 September 2007

CALL FOR EXPRESSIONS OF INTEREST

AMA Appointments: Team Managers, Sports Masseur

Australian Masters Athletics is calling for expressions of interest from members or the wider public interested in filling the roles of Team Manager/s and Sports Masseur, for the team travelling to the WMA Championships, 4-15 September 2007. The number of managers required will depend on the number of athletes competing but ideally there should be at least one male and one female team manager.

It is expected that partial funding of travel and accommodation will be available for the team managers. The amount of funding provided will be determined by entries and the number travelling.

For the sports masseur, partial funding of travel will be available with the opportunity to supplement travel costs by charging a set fee to athletes using the massage services. It is expected that the sports masseur would be available for a number of hours each day at the main stadium.

AMA previously appointed two managers (one male and one female) and two medical officers for the 1999 Gateshead team, and two team managers (one male and one female) for San Sebastian in 2005. Having the services of a dedicated Australian sports masseur available was seen as beneficial by the San Sebastian athletes.

The AMA Board expect to be in a position to determine appointments at the National Championships in Hobart at Easter.

To determine the appointments applicants should submit a resume to the AMA Secretary, which addresses the following:

Team Manager(s):

Personal details: name, age, address, other contact details

Athletics background

Masters athletics background

Management experience in sport or business

How the applicant is able to fulfil the position

References for the AMA Board to contact

Sports Masseur:

Personal details: name, age, address, other contact details

Medical qualifications

Masters athletics background

Similar team experiences

Outline on how the applicant expects to be able to fulfil the position

References for the AMA Board to contact

Role of Team Manager:

- On appointment, send resume to AMA Travel Director for advice to club newsletters and on website.
- Liaise with Travel Director on number of athletes, accommodation details, and emergency contact details.
- Send updates to club newsletters on relevant pre-competition information.
- Obtain location of Australian Embassy / Consulate, and advise them of the involvement of the Australian Team.
- Arrive early at the championships to determine location of events, relative to accommodation and transport arrangements.
- Meet local organising management.
- Attend Managers Meetings.
- Organise team meetings, when required, to pass on relevant competition information.
- Arrange message board to pass on relevant competition information.
- Appointment of flag bearer.
- Deal with competition issues – team selection for non stadia events, disqualifications, appeals, Australian records, incorrect entries, etc.
- Liaise with Team captains regarding sprint relay team selection
- Collect result sheets
- Compete yourself in 1-2 events, to be part of the experience.
- Have a good time.

Role of Sports Masseur

- On appointment, send resume and charges for this service to AMA Travel Director for advice to club newsletters and website.
- Liaise with Travel Director on number of athletes, accommodation details, and emergency contact details.
- On arrival, determine a suitable place of routine contact for athletes to book for sports masseur services at the main track.
- To be available for a set time each day.
- Compete yourself in several events, to be part of the experience.
- Have a good time.

Expressions of interest are to be forwarded to the AMA Secretary at the address below, or email at hazelmcd@bigpond.com

Applications are required by 15 March 2007.

Hazel McDonnell

Secretary AMA Inc.

13 Sevenoaks Street

Alexandra Hills Qld 4161

Ph: 07 3206 3243 (h)

Email: hazelmcd@bigpond.com

Member Profiles

Name: Terrence Carter

Age Group: 45-49

Favoured Event: 1500m

Time Involved in the Sport:
35 years

Fondest Sporting Moment: Sydney Olympic Games 2000

Next Sporting aspiration: Improving current running PB's. ie Sub 60min City to Surf

Athletics gives megreat personal satisfaction and achievement

Hardest thing I've done: Sydney Marathon

Hero/Biggest influence: Steve Monagetti

Interests: Running, Athletics, AFL, Architecture

Perfect Evening Out: A candle lit dinner on the beach with my family

Favourite Way to Relax: Watching sport (AFL / Athletics)

My Last Meal would be... Seafood platter, fruit, wine

Best Bit of Advice: Always keep trying, never give up, and you can achieve success



Hero/Biggest influence: Muhammad Ali – I had the great joy of meeting him and was dumbfounded by his genuine interest in me as a teacher

Interests: Athletics of course – Rugby a close second – theatre – travel – socializing with friends

Perfect Evening Out: A relaxing, good quality dinner, pleasant surroundings

Favourite Way to Relax: Watching something enjoyable on TV – playing with our delightful puppy

My Last Meal would be...Frogs legs, snails followed by a rich, creamy dessert

Best Bit of Advice: By my Athletics teacher / coach – Whatever you do, give it your best shot

Name: Noel Peters

Age Group: 55-59

Favoured Event: Long Jump / Triple Jump

Time Involved in the Sport:
50 years

Fondest Sporting Moment: Competing in the World Veteran Championships in Eugene, Oregon

Next Sporting aspiration: Finals in the Long / Triple Jumps in the World Champs in 2007 (I will be 59 & 10 months)

Athletics gives me A great feeling of exhilaration – camaraderie – enjoyable moments

Hardest thing I've done: Saying good-bye to my Mum before she passed away



Name: Les Gillies (known as young Leslie)

Age Group: 55-59

Favoured Event: 800m , 400m , 1500m

Time Involved in the Sport:
Always

Fondest Sporting Moment: Penny (wife) winning Australian title in Perth and gaining Olympic selection

Next Sporting aspiration: M60 years – 800m

Athletics gives me Youth, friends, social life

Hardest thing I've done: Go to NSW Fire Brigades for 31 years

Hero/Biggest influence: Ron Clarke, Kerry O'Brien (Aust Steeple Champ 1970's)

Interests: Sport, family, training

Perfect Evening Out: Italian meal, few wines

Favourite Way to Relax: Sleep, TV, movies

My Last Meal would be...baked Dinner, Bourbon & Coke to drink

Best Bit of Advice: Don't worry – it may not happen



Member Profiles

Name: Jim McGrath (Records & Awards). I am a retired Civil Engineer with 4 children and 4 Grand-children.

Favoured Event: Pole Vault & Decathlon

Age Group: M75

Time involved in the sport: In my last year at school we got a new P.E. teacher who introduced pole vault. I was the only taker and got onto the School team. That same year I attended the 1948 Olympic Games in London and saw 17 year old Bob Mathias win the Decathlon. He was my biggest influence to take up the Decathlon.

Fondest sporting moment:

Athletic achievements.

Irish Open Decathlon won twice.

NSW Open Pole V.4 times.

World Vets -3 Bronze and 2 Silver.

Coaching:

Peter Dyer-5th Decathlon behind Daley Thompson In 1982 Com.Games.

Sean Radi-Several Age Records in NSW.

Next sporting aspiration:

To ignore my knee and elbow pain and perhaps compete for 1 more year.

Interests:

I play a game which has a faint resemblance to Golf, and I am a keen Bridge player.

Hero/Biggest influence:

Bob Mathias win the Decathlon. He was my biggest influence to take up the Decathlon.

My last meal would be

I am trying not to think about my last meal(at my age),But it would include Burgundian Pie.

Hardest thing I've ever done was.

My biggest disappointment was in 1958, winning the Commonwealth Games Trials with a PB and not making the Nth Ireland team for Cardiff.

Name: Susan Newton aka Suzi (and in other languages Shoshana) - hate being called "Sue"

Favoured Event(s): 100/200m, but due to Joyce Schmidt's influence am developing throwing skills

Age Group: Too old!!!!!! (Just gone into the 55+ group)

Time involved in the sport: Used to hurdle in high school, and have been involved as an official since my son started at LA's in 1984, graduating to seniors and masters as time went on! Run in masters championships for the first time in 2003.

Fondest sporting moment(s): Meeting Carl Lewis

Next sporting aspiration: Competing, when I save enough money, at world masters competition

Athletics gives me....satisfaction when doing well, frustration when it goes wrong; an opportunity NOT to play golf: friendship with the people I meet.

Interests: Granddaughter (aged 17 months); music; gardening; I'm really quite boring! Would love to travel - obviously born to the wrong family (or the stork left me on the wrong doorstep,) as I am not rich enough to follow everything I would like to do.

Perfect evening out: Cruising around Sydney Harbour, with classical music playing and a wonderful meal!

Favourite way to relax: Reading

Hero/biggest influence: My headmistress in primary school, Miss Wyndham, for giving the best students extra tuition.

My last meal would be...Something I have never tried before as long as it is YUMMY (haven't tried haggis for example, but don't think I would like it)

Hardest thing I've ever done was...Tell my children that their grandfather (and a few weeks later the dog they had grown up with) had died

Best bit of advice: Always wear your best knickers in case you get run over by a bus!

Member Profiles

Name: Melissa Bonser

Age Group: 35-39

Favoured Event: Weight Pentathlon

Time Involved In The Sport: Since conception



Fondest Sporting Moment: The tigers winning the NRL grand final in 2005

Still holding high school records

Next Sporting Aspiration: To consistently throw over 11m with the Heavy Weight

Coaching my daughter to break Andrew Atkinson-Howatt's daughters Riverside Girls HS javelin record

Athletics Gives Me: Sunburn, friendships, a laugh

Hardest Thing I've Ever Done: Give birth to 9lb 14oz Alexandra.

Saying goodbye to my Nanna

Hero/Biggest Influence: My father Gregor Nicol

Interests: Reading Forensic Cases (non fiction), Brain injury re-habilitation

Perfect Evening Out: If I got the chance it would be dinner at the Bower in Manly

Favourite Way To Relax: Reading, cross-words, and any time after 8.30pm when the kids are asleep. Watching All Saints

My Last Meal Would Be: Mum's baked dinners

Best Bit Of Advice: Wherever there's life there's hope

Name: Judy Brown

Favoured Event: Winter road walks, fun runs and cross country. Has some fun with field events in the summer.

Age Group: W55

Time involved in the sport: involved in the City to Surf in 1988 and have competed every year since. In competitive athletics since the early 90's after being invited to the Blue Mountains cross country and then one led to another and I was at the Nationals

Fondest sporting moment(s):

1. finishing the Gold Coast marathon in 2002, it hurt & lots of blisters
2. finishing 3rd in an elite over 40's team in the 2003 City to Surf
3. bronze medal at the 2001 Nationals in Sydney in the 5000m. track walk, thanks to several DQ's and DNF's!!
4. Shane Gould's 3 gold, 1 silver and 1 bronze at the 1972 Olympics;
5. Heather Turland's marathon gold at the 1998 Commonwealth Games;
6. My daughter's 10 years and Under relay team winning gold at the 1990 State Swimming Championships.

Next sporting aspiration: keep participating as long as possible; have a go at the 10th Coastal Classic in Gosford; look for different events each year and see the country

Interests: Swimming and tenpin bowling

Favourite way to relax: Watching sport, either live or on TV, and watching The Bill.

Hero/Biggest influence:

1. Ruth Frith;
2. the late Vera Fernance (W90+ swimmer from the late 80's/early 90's);
3. Thelma Davies (87 year old marathon runner from Sydney) ; and
4. all the 11-year-old walkers who lap me every week at NSW Racewalkers Club.

My last meal would be:

McDonalds Hot Cakes

Roast chicken, vegetables and minted peas

sticky date pudding, butter scotch sauce and lots of ice-cream

Original glazed Krispy Kreme donut and cappuccino

Best bit of advice: look after your body, don't overtrain and go out and enjoy it

NSW MASTERS ATHLETICS INC

UNIFORM ORDER

| | | | |
|----------------------|--|-----------------|--|
| First Name | | | |
| Surname | | | |
| Address | | | |
| Town/Suburb | | Postcode | |
| Phone | | | |
| Email Address | | | |

| 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 | |

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|-------------------------------|----------------|
| SUB TOTAL | |
| POSTAGE & HANDLING | \$10.00 |
| TOTAL | |

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

ENTRY FORM FOR MEMBERS OF QUEENSLAND MASTERS ATHLETICS

Links on the Web

International

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
 West Australian Veterans Athletics Club
www.mastersathleticswa.org

Competition Sites

Pan-Pacific Masters Games
www.mastersgames.com.au
 2007 World Championships
www.riccione.vma2007.org
 World Masters Games
www.sydney2009mastersgames.com.au

Throwing

Australian Hammer Throwing
www.hammerthrowing.com.au
 Coaching the Throwing Events Field
www.thethrows.com
 Hammer Circle
www.hammer-circle.co.uk
 Hammerthrow.org by Harold Connolly
www.hammerthrow.org
 Australia's—Hot Circle Coaching
www.hotcirclecoaching.com
 Mac Throw Video
www.macthrowvideo.com

Throwers Club of NSW
throwersclub.creativit.com.au

Equipment Manufacturers and Suppliers

Kings Track & Field
www.ktf.com.au
 Nelco
www.nelcoathletics.com

Statistics

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

Competition Calendar

October 2006

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|---------------------|--|---------------|
| 7 th | Introduction to Club Athletics & Allcomers | Campbelltown |
| 21-28 th | Alice Springs Masters Games (www.alicespringsmasters.nt.gov.au) | Alice Springs |
| 21 st | Club Premiership Round 1 | ILL/NAR |
| 28 th | Club Premiership Round 2 | CBT/BAN |
| 28 th | State 10, 000 Track Championships | Bankstown |

November 2006

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|-------------------------------------|--|-----------------|
| 4 th -12 th | Pan-Pacific Games (www.mastersgames.com.au) | Gold Coast, Qld |
| 4 th | Club Premiership Round 3 | CBT/MIN |
| 11 th | Club Premiership Round 4 | SOPAC |
| 11 th | State 3000 Track Championships | SOPAC |
| 18 th & 19 th | State Relays | SOPAC |
| 25 th | Club Premiership Round 5 | BAN/ESM |

December 2006

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|------------------|---|--------|
| 2 nd | Club Premiership Round 6 | SOPAC |
| 10 th | TMA State Pentathlon & Weight Pentathlon Champs | Hobart |
| 16 th | NSW Club Championships | SOPAC |

January 2007

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|-------------------------------------|--|------------|
| 6-7 th | AT/TMA State Multi Events Champs | Launceston |
| 7 th | NSW 10km Walk Championships & Allcomers | SOPAC |
| 13 th | Sydney Track Classic & State 5000m championships | SOPAC |
| 20 th | Allcomers | Bankstown |
| 27 th & 28 th | NSW Country Championships | Glendale |

February 2007

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|------------------------------------|------------------------------------|----------|
| 2 nd - 4 th | NSW State Open & U18 Championships | SOPAC |
| 10 th | Allcomers | SOPAC |
| 16 th -18 th | SA State Track & Field Champs | Adelaide |
| 17 th | Allcomers | SOPAC |
| 24 th | Allcomers | SOPAC |
| 26 th | Qld State 10K Walk Champs | SAF |

March 2007

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|--|---|---------------|
| 3 | Allcomers & Masters Outdoor Pentathlon | SOPAC |
| 3 rd -4 th | Australian Masters Decathlon and Heptathlon championships (www.australianmastersathletics.org.au/documents/decath.pdf) | Brisbane, Qld |
| 12 th | Qld State 10K Track Champs | SAF |
| 16 th | MAWA State 10K Run(s)& 5K Walk Champs | Perth |
| 17 th | Allcomers & Masters Weight Pentathlon | Bankstown |
| 17 th -18 th | Qld State Track and Field F Champs | SAF |
| 18 | MAWA State Pentathlon Champs | Perth |
| 24 th -25 th | TMA State T&F Champs | Launceston |
| 24 th -25 th | MAWA State T&F Champs | Perth |
| 24 th -25 th | NSWMA Track and Field Championships | Campbelltown |
| 31 st | Qld State weight Pentathlon Champs | SAF |
| 31 st & 1 st Apr | 16 th Australian (10 th International) Canberra Two Day Walk (www.aussiewalk.com.au) | Canberra |

April 2007

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|-----------------------------------|----------------------------------|--------|
| 6 th - 9 th | Australian Masters Championships | Hobart |
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September 2007

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|-----------------------------------|---|-----------------|
| 4 th -15 th | 17th WMA World Championships, Stadia (www.riccione.vma2007.org) | Riccione, Italy |
|-----------------------------------|---|-----------------|

July 2008

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|--|---|------------|
| 28 th - 3 rd Aug | Oceania Master Championships (athleticsnorthqld.org.au/oceania2008) | Townsville |
|--|---|------------|