



FANTASTIC FINNISH! NSW athletes star in Lahti

Don Mathewson's 1500m gold spearheaded the medal hunt by NSW athletes at the World Masters Athletics Championships in Lahti in Finland. For reports, results and photos, turn to page 3.



Don Mathewson won gold in the M65 1500m in NSW record time.



Kylie Strong and Jackie Bezuidenhout took second and fourth in the W40 100m.



Neville McIntyre grabbed silver behind Col Buyers in the M65 200m.



PHOTOGRAPH BY JANET MAXLON

Definitely not SOPAC: Dutch decathlete Bert Vreeswijk has three ski jumps to aim at.

Games on!

The World Masters Games in Sydney are a wonderful opportunity to show off our sport – and our fair city.

ISN'T IT GREAT to see athletics getting such a high profile with the wonderful performances at the Berlin World Championships? Usain Bolt's 100m and 200m have really captured the imagination of the public. I'm sure many at the upcoming World Masters Games would like to display 'Bolt arms' in celebration of their successes but I would settle for a pair of 'Bolt legs'. I don't know if they come in a throwing adaptation but they could be some use in other events.

From an Australian perspective, the Berlin World Championships must be the most successful world-level event for a long time. Two golds and two bronzes is a great national haul at this level. It would be remiss not to mention that the discus gold by NSW's Dani Samuels is the first by any Australian thrower at this level. In fact, women's throwing has a strong antipodean flavour, with New Zealand's Valerie Vili winning the shot put. The Ashes are gone, the rugby is never going to happen so why aren't conversations filled with discussions about Australian triumphs in Berlin – and Lahti? In this issue of The Waratah, there's a wrap of our athletes' performances in Lahti. Great to see that so many NSW Masters went to Finland and it's pleasing that all performed so well.

SUPER SPRINGWOOD

The annual Springwood Throws day was held on August 23 in glorious

weather. Unfortunately, Brett Sowerby, who always acts as a genial host on the day, was ill. The Springwood club rallied round and all participants enjoyed the day, achieving a swag of PBs and championship records (see page 8 for details).

Good results that I am aware of include: good shot putting by newcomer (to NSWMA) **Leo Christopher**; **Ron Heeps** continuing to do well in the weight throw; and good throws by **Ron Simcock** in several events. Ron's efficient and apparently effortless technique is an object lesson for all throwers. NSWMA Secretary **Mark Johnston** managed a 40m+ hammer throw for a Springwood record. It was good to see **Gregor Nicol** back competing after the installation of a pacemaker. He was in fine form: entertaining everyone in his inimitable style and doing a sterling job officiating. **Keith James** managed a few standing throws to test the recovery of his right leg. I can let the membership know that, against all advice, Keith has made a limited return to the racquetball court – an integral part of his preparation for the World Masters Games.

FIRST MASTERS MILE

On August 29, the inaugural Masters Mile was held at Illawong. **Simon Butler-White**, our able editor, is to be congratulated for this initiative. Simon has helped establish a good working relationship between Illawong and NSWMA.

It's certainly to the advantage of our members to have access to such good facilities such as those found at The Ridge. All winners over the mile in their age groups set NSW records and there was one Australian record, by **John Warren** in the M70 category, breaking a mark that had stood since 2002. Well done to all the record-setters, particularly John.



John Warren set an Australian record in the Masters Mile.

WORLD MASTERS GAMES

The World Masters Games are approaching rapidly and many NSWMA members have entered. The scale of this celebration of sport is staggering: I believe there are almost 30 000 competitors in total, with not far short of 3000 athletes. It's a wonderful opportunity to welcome visitors with similar interests to Sydney. I feel confident that the city will have that generous, friendly feeling that it had for the Olympics in 2000. Our family was in Melbourne on holiday when the World Masters Games



TONY BAKER

were held there in 2002 – it was a great atmosphere, with lots of mature sportspeople using the public transport system and clearly having a great time in Melbourne.

I want to wish all our members well for the World Masters Games. I hope to read reports in the next edition of The Waratah of outstanding successes by NSW athletes, whether it be records, medals or personal bests. If nothing else, I do hope everyone has a positive experience, getting out on the track or field and doing your best, as well as participating in the social events. We should all feel that we are ambassadors for Sydney, NSW, Australia and our sport and welcome interstate and overseas visitors to ensure that their experience of the WMG and associated events is a good one.

THAT TRIVIA

The answers to the trivia questions from the July Waratah: The laurel wreath (or branch) was the prize at the Pythian Games, which were held every four years at Delphi, two years out of phase with the Olympic Games. The prize at the ancient Olympics was an olive branch from a tree in the sacred grove. Other so-called Panhellenic Games were the Nemean Games, where wild celery was the prize, and the Isthmian Games (Corinth), where the prize was a pine branch. It looks like the Grand Slam would yield some useful soup ingredients and some wood to cook it!

– TONY BAKER

Our ace Lahti party



NSW athletes returned from the World Masters Athletics championships with gold, silver and bronze – and a world relay record, reports **Simola Bergland-Wiljakainen**.

DISTANCE STAR Don Mathewson (M65) led the medal haul for NSWMA athletes representing Australia at the 18th Masters World Championships in Finland in August, returning to Sydney with an individual gold in the 1500m, a bronze in the 800m and a team gold in the cross-country, his seventh placing securing gold for team-mates Peter Sandery (SA, third) and Albert Carse (Qld, sixth) and setting a NSW record of 32:23.

Don's 1500m win in 4:59.04 also came in NSW record time, breaking the six-year-old mark of 5:02.21 set by John Warren – and caps a stellar season. In March, Don set a NSW M60 3000m record (10:46.44) and was a member of relay squads that set NSW records in the M60 4 x 100m (at the State titles at Bankstown), the 4 x 400m (at the Adelaide Nationals) – and an Australian record in the 4 x 800m. Don also won the M65 title at the NSW short-course cross-country championships in July.

Don writes of his Lahti experience: "The main reason I participated at the World Championships was the encouragement I received from other athletes, particularly from fellow NSW Masters member Tony Ireland. My birthday last July placed me in the next age group and Tony mentioned that my times could result in success in Finland.

"Having collected team gold in the 8km cross-country on the first day of the competition with Peter Sandery and Albert Carse, and then a bronze in the 800m, I was determined to bring home the gold in the 1500m, my best event.

"Qualifying fastest in the



Kylie Strong, Jackie Bezuidenhout, Gianna Mogentale and Julie Brims took gold in the W40 4 x 100m and set a new world record.

heats gave me confidence, but I was unsure whether to lead from the front or stay with the frontrunners and work hard with 400m to go.

"As the race was at 5pm, I had a nervous day. A late text message before the race from my coach in Australia, Steve Whelan, encouraged me to stay behind the frontrunners and then kick at the end. Although the lap times were slower than I wanted, I picked up the pace in the last lap behind a British runner.

"Into the final bend, with 100m to go, the Norwegian who won the 800m was leading, but I was feeling strong and with around 80m remaining, I kicked and, to my great relief, he wasn't able to keep up. It was an exhilarating feeling near the finish when I realised that I would win and become world champion.

"The loud encouragement from the Aussie spectators and the expectation from those at home in Sydney was a great motivator. A very excited Tony Ireland was on the track

at the end of the race to congratulate me and I'm grateful he took the time earlier in the year to encourage me to compete in Lahti.

"It has been a memorable experience, not only on the track, but meeting masters athletes from so many countries, getting to know the Australian contingent and being part of the friendly atmosphere in Lahti."

RELAY WORLD RECORD

A world record fell to an Australian relay team comprising three NSW track stars. **Gianna Mogentale, Kylie Strong and Jackie Bezuidenhout** combined with Queenslander Julie Brims to win gold and break the WR in the W40 4 x 100m relay, their time of 48.01, breaking the record of 48.22, set by a French quartet in 2006.

This is the second world record for Gianna, Kylie and Julie – at the Sydney Nationals in 2008 they teamed with NSW's **Ranell Hobson** to break the W35 4 x 100m mark.

The same flying foursome won a second gold – in the W40 4 x 400m, in 4:04.84. The two relay golds and WR were particularly satisfying for Jackie Bezuidenhout, who had missed winning a bronze in the 100m by an agonising one one-hundredth of a second, clocking 12.80. Jackie also finished sixth in the 200m in 26.65.

In addition to their relay golds, Gianna (W45) won three bronze medals – in the 100m (12.55), 200m (26.36) and 400m (1:00.91), and Kylie (W40) won silver in the 100m (12.61) and finished fourth in the long jump (5.11) and 200m (26.01). Kylie was thrilled with her silver medal in the 100m. "I was so nervous before the start," said Kylie, "but I'm so happy now."

Sprinter **Neville McIntyre** won three silver medals, in the 100m (12.73), 200m (26.54) and 400m (1:00.75). He also teamed with fellow NSW athlete **Tony Ireland** to win gold in the M65 4 x 400m relay (4:14.38) and bronze in the 4 x 100m relay (52.77). Tony (M65) finished fifth in the 800m in 2:29.45 and sixth in the 400m in 1:04.68.

BRONZE FOR CRIS

Cris Penn (W50) won a bronze medal in the 800m (2:26.62) and finished fourth in the 1500m (5:08.09) and seventh in the 400m (1:06.71). Cris kicked on from Lahti to compete at the Russian Masters championships in Moscow, winning the 400m (1:08) and 800m (2:31) in rather cooler temperatures over two days.

Cris writes: "Saturday was a wet and windy 14 degrees, while Sunday was a sunny and

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and windy 11 degrees. How lucky that there was an indoor track for warming up – to the sound of Russian folk music. There were large plate-glass windows so you could look on to the main track to see what was happening. The call room was very formal, with us all being lined up in race order and the track official marching us to our start positions, counting in Russian: “One, two, one, two.”

Robyn Suttor finished fifth in the 100m (14.04), sixth in the 200m (29.37) and eighth in the 400m (1:07.74). With Cris Penn in the team, Robyn finished fourth in the W50 4 x 400m relay in 5:01.12.

Annette Mead finished sixth in her semi of the 100m (15.76) and 200m (33.01). With Robyn Suttor also in the team, Annette’s relay squad finished fourth in the W50 4 x 100m relay in 1:00.90.

LONG JUMP FINALIST

Janet Naylor was pleased to make the final of the long jump, where she finished 12th (4.15m). Janet writes: "I surprised myself in qualifying for the final. There were two pools and the automatic qualifying mark was 4.55m. I jumped 4.47m on my first attempt, which, at the completion of the two groups, turned out to be enough.

"Two days later, stiff and sore, I fronted for the final. I was just happy to be there, especially after losing my younger brother in July 2008. The emotional stress has had a much bigger physical impact than I could have imagined. There were days I would go to training but couldn't even get my feet off the ground, let alone run. I jumped okay, hitting the board each time and was consistent, but just not far enough and was certainly well below my usual standard. In hindsight, I'm happy with my efforts considering the disrupted preparation."

Janet finished sixth in her semi of the 100m (14.46), fifth in her 200m semi (30.31) – and Janet’s 4 x 100m team, which included NSWMA’s **Donna Hiscox** (W40), finished fifth in

the relay final. Donna finished eighth in the final of the 400m hurdles in 1:13.56, fifth in her semi-final of the 400m in 1:05.81 and was a member of the W35 relay squad that finished fourth in the W35 4 x 400m in 4:16.72.

Stuart Paterson (M50) was sixth in his heat of the 800m (2:19.36), fourth in his heat of the 1500m (4:47.91) and his 4 x 400m relay squad, which included **Wayne Marriott**, finished eighth in 4:17.04. Wayne finished seventh in his semi of the M55 100m (13.12), fourth in his 200m quarter-final (27.29) sixth in his semi of the 100m hurdles (18.61), fifth in the semi of the 400m hurdles (1:15.81) and fifth (with **Conrad Burge**) in the M55 4 x 100m relay (52.10).

GREECE LIGHTNING

Tony Morphis (M55), representing Greece, finished sixth in his semi of the 100m (13.04) and second in his 200m quarter-final (27.12).

Karen Petley (W50), representing New Zealand, finished 12th (35.13) in the 8km cross-country and 11th in the 5000m (20:52.71).

Krzysztof Wardecki, representing Poland, was fourth in his 100m semi-final (11.54) and seventh in his 200m semi (23.63).

Gayle Lee, who lives in Berlin, finished 17th in the W50 marathon in 3:47.54, while her sister, **Jan Richards**, who lives in Warwick, England, finished 33rd in the W45 division in 4:23.25. Both said the course was tough and the conditions hot. Gayle was delighted to run a PB but Jan said she found the second half of the race, which was very hilly, much harder than she expected.

WELL DONE, USAIN

Congratulations to Jamaica’s **Usain Bolt** (M20) for breaking the world records for the 100m (9.58 seconds) and 200m (19.19 seconds) at the World Athletics Championships in Berlin in August. Usain will be eligible to compete as a guest at the NSW Masters State titles in 2017.



Robyn Suttor (left) and **Cris Penn** in the 400m.



Expatriate marathoning sisters **Jan Richards** (left) and **Gayle Lee**.



Above: **Jackie Bezuidenhout** shows off her 4 x 100m and 4 x 400m gold medals. Left: **Kylie Strong** finished fourth in the W40 long jump final.



Cris Penn, **Jean Hampson** (Qld), **Heather Carr** (Vic) and **Robyn Suttor** finished fourth in the W50 4 x 400m relay.

Over and out

World 800m champion from 2007 **Tony Ireland** returned from Lahti with a gold medal in the 4 x 400m relay. He describes what turned out to be his very last race.

I DIDN'T KNOW IT at the time, but I was about to make my final stride as a masters athlete. Coming to the handover, halfway through the M60 4 x 400m relay in Lahti, I was still feeling strong, and satisfied that I had done my job for the team.

Having battled with my wonky knees all meet, I had just hoped to stay upright, get into the team and do enough to help the other guys to win – we'd placed first, second, fifth and sixth in the final of the 400m and were raging favourites for the 4 x 400.

Everything starts well, with Nev McIntyre (who had a brilliant meet, winning three silvers) gathering in the field very quickly. However, soon after the 200m mark, he doesn't go ahead and, coming down the straight toward me, he seems to be struggling. Instead of having a clear lead, there are two athletes in front of me as I take the stick – I have a real job to do.

Fortunately, there is a little spring left in the body and after about 80 metres, we have back the lead and I'm able to keep running hard, determined that the Aussie singlet will stay in front. For the second time I have the thrill of coming into the straight hearing people cheering for Australia. Now Roy Fearnall (WA) is waiting for me: 10 more metres, pump it out, hold the baton up straight. "Go mate!" I yell and Roy is away. By the time I'm off the track and can look up, he is coming out of the bend with a 15m gap. We won't lose from here. Roy pushes further ahead and gives the great Col Buyers (the new world 200m and 400m champion!) an armchair ride for the gold.

As the race ends, we find that Nev had torn a calf muscle at the 200m mark – and felt it

tear further as he battled down the last stretch. I don't know how he managed to complete the lap and keep us in the event – a hugely gutsy effort from a super runner and wonderful man.

DOCTOR'S ORDERS

In the week after Lahti, walking – in Cambridge, Kent and London – was truly painful. My knees were so sore and swollen that when I returned to Sydney and went for MRI scans, I also got a test to exclude deep vein thrombosis. There were no clots, but the extent of new damage to my knees made the medical advice clear: any further running would lead to major, permanent incapacity.

It was also obvious from the pictures and the experience of the last 18 months that I would never be able to run at full speed again. It was time to pack away the spikes and (literally) put the feet up.

What a time I've had in masters athletics! If anyone had told me six years ago what would happen, I would have thought them quite crazy. There have been sporting moments which, for more than 60 years, I thought only happened to other people: my first NSW championship, racing with, and sometimes beating men I regarded as legends; running for my country; the surreal moment of crossing the line to become a world champion; and the magical four minutes in Adelaide last Easter when we smashed a world relay record.

But masters athletics is more than this. Athletes, by nature, are competitive and solitary people and yet in masters there is also a genuine warmth of community and appreciation of one's fellows. Whether the favourite to win, or hopeful of running fifth in



Tony Ireland gets the baton safely to **Roy Fearnall** of WA in the M65 4 x 400m relay. Tony, Roy, **Nev McIntyre** and Queenslander **Col Buyers** won the gold in 4:14.38 to become world champions.

PHOTO: TOM PHILLIPS PHOTOGRAPHY, WWW.TOMPHILLIPSPHOTOS.CO.UK

any given race, I shared the same level of sporting friendship and respect.

People of iconic standing took time to offer acceptance, encouragement and advice. And yes, I will name names: Peter Crombie (truly the spirit of masters athletics), John Warren, Norm Windred, Nev McIntyre, Gianna Mogentale and even Reg Austin, with whom I had the honour of running a relay last year. And others from all over Australia and so many other NSW friends who made time to share helpful experiences and offer mateship.

WONDERFUL ADVICE

There have been wonderful young women – Kylie Strong, Gianna Mogentale, Cris Penn, Ranell Hobson and many others – who have offered informed and appreciative comment on my efforts. Where else does this happen to a grandfather? There have been runners of all ages who have told me that in some way I have helped encourage or inspire their own efforts – it can't get better than that.

Masters athletics has taught me new things about myself. I wouldn't have dreamed that, at my age, I could push myself

so hard or feel so good. It has shown me new dimensions about capacities of mature people to perform despite limitations and even to regain performance levels after apparently disabling injuries – remarkable. More wonderful still is the eagerness to find new goals and targets when age or injury reduces speed or strength, and even to look forward enthusiastically to getting older!

RUNNING FREE

A hymn I used to sing included the line: "For the thrill, the leap, the gladness, Of our pulses flowing free..."

In my six years in masters athletics, there were wonderful moments of competitive achievement and equally wonderful interactions with fellow athletes. There was also, from time to time, the beautiful sensation of running free and fast and just feeling great. I will have to find my kicks somewhere else in future, but the experiences I have collected will stay with me all my life and help me make better choices in how I spend that time.

Thank you, NSW Masters Athletics.

– TONY IRELAND

Vale Roger

Roger Green, one of Australia's most popular throws coaches, passed away in July after a heart attack. He had been in ill health for some time. A foundation member of the Australian Track and Field Coaches' Association in 1974, he was largely responsible for coach education in NSW. He coached athletes from international to school level and loved to share his vast knowledge with anyone who showed the slightest enthusiasm for throwing events. One of the first coaches in Australia to be awarded Level V accreditation, he guided Michelle Haage to the shot put final of the 2002 Commonwealth Games in Manchester. Roger coached many masters athletes, including **Brett Sowerby**, who here remembers his friend and mentor.



On July 10 this year, we were saddened by the unexpected passing of a great friend of athletics in Australia and especially NSW. I am talking about Roger Green.

There have been many tributes to Roger and it's clear that he held a special place in many people's lives. As one of those who called him friend, I would like to pay

tribute to another aspect of his coaching commitment.

I first qualified as a Level 2 coach (throws) in 1982. The course was held in Canberra. In the years that followed, I let my membership of AT&FCA lapse and in the early part of 2003, decided that I would do a refresher course. The convener was Roger, as he was for many of the NSW courses.

As a masters thrower, we all need some help with things and so I approached Roger during one of the course breaks and the conversation went something like this:

Me: "Roger, what would you say if I asked if you could take on another thrower in your squad?"

Roger (rolling his eyes as if anticipating another five-year-old with dotting parents): "Who is it?"

Me: "Well, actually – it's me."

Roger (without hesitation): "Yes!"

Such was the man. Even though we had known each other for some time, his enthusiasm was infectious and genuine.

And so, a friendship was renewed. I didn't realise at the time that he also had other masters athletes in his squad. It was a treat to find Joyce Schmidt and Denise Palmer had been on the squad for some time. And we all got just the same attention as his other athletes. And the training programs and the guiding help. And the patience and commitment.

He was razor-sharp in his technical analysis and always treated us with consideration for our ageing bodies. The fact that he was glad to take us under his wing was, in my estimation, a sign of his devotion and approach to his craft.

When one of his rising young stars had a bad injury a couple of years ago, he carefully guided him through his surgery and rehabilitation and we now have an emerging international javelin thrower, thanks to Roger's encouragement, diligence and care.

All of us who worked with Roger are better athletes thanks to his love for what he did, his commitment and skill.

As well as this, I was able to renew a friendship with a special person. For that, I am truly grateful, as I know my fellow masters athletes are. Joyce, Denise and I will miss him greatly and will do our best to honour what he gave us.

Hail Roger and farewell.

RESULTS

NSW SHORT WALKS TITLES (5km) Penrith, June 28

W40	
1. Suzanne Brown	30:21.00
W45	
2. Mary Willis	30:39.00
3. Salvina Agius	33:04.00
W55	
1. Nancy Lloyd	33:18.00
2. Judy Brown (first country athlete)	37:59.00
M45	
1. Anthony Albanese	27:34.00
M50	
2. Robert Osborne	28:12.00

NSW LONG WALKS TITLES (15km) Harrington Park Lake, July 26

W45	
1. Mary Willis	1:40:29.00
W40	
1. Suzanne Brown	1:42:15.00
W55	
1. Nancy Lloyd	1:48:39.00
2. Judy Brown	2:03:13.00
M45	
1. Anthony Albanese	1:28:07.00
M70	
1. Jim Seymon	1:40:14.00

NSW SHORT-COURSE CROSS-COUNTRY TITLES, Upjohn Park, Dundas, July 31

W35 (5km)	
3. Christine Suffolk	20.00
W40 (5km)	
2. Lisa Harrison	19.25
W50 (5km)	
2. Karen Petley	21.03
7. Deborah Drennan	24.04
W65 (5km)	
1. Dorothy Siepman	28.29
M35 (7.5km)	
15. E. J. Davie	33.14
M40 (7.5km)	
6. Wayne Bulloch	27.01
M45 (7.5km)	
14. Brad Sharpe	31.11
M50 (7.5km)	
1. Keith Bateman	25.30
12. Peter Byrne	29.38
13. Ian Rose	29.54
14. Stuart Paterson	30.18
M55 (7.5km)	
2. Dennis Wylie	28.22
M60 (5km)	
3. Noel Wright	21.18
4. Dennis Williams	21.45
M65 (5km)	
1. Don Mathewson	20.21
5. Geoffrey Francis	23.08
11. Graham Allomes	26.11
16. Vilis Gravitis	28.54

Mastering the mile

The Inaugural Masters Mile at The Ridge track on August 29 drew a field keen to be the first to hold the NSW record for the iconic distance.

CONGRATULATIONS TO the eight athletes who set NSW mile records at the inaugural Masters Mile run at The Ridge on Saturday, August 29.

NSWMA had not previously kept records for the mile, but decided to do so from this year.

Special congratulations to **John Warren**, whose time of 5:39.38 broke the Australian M70 mile record held by WA's David Carr of 5.45.7, set in 2002.

Seven days earlier, at the same venue, John set a new NSW M70 1500m record of 5:18.17, improving Bryan Dean's mark of 5:28.89 set in Bankstown in 2001. John's time would have won the 1500m gold medal at this year's World Championships in Lahti.

The race was won by **Keith Bateman**, who also holds State records for the 1500m, 3000m, 10,000m, 10km road run and half-marathon. "Good show," said Keith of the first Masters Mile. "Well worth the trip and something to be encouraged for future seasons."



The field readies for the inaugural NSWMA Masters Mile at The Ridge.



Keith Bateman



EJ Davie and Noel Wright



James Harrison



Lisa Harrison



Dennis Wylie

NSWMA MASTERS MILE RESULTS

The Ridge, Illawong, August 29

MEN

M35	
1 EJ Davie	5:53.14
M50	
1 Keith Bateman	4:41.76
M55	
1 Dennis Wylie	5:16.95
M60	
1 Noel Wright	5:45.62
M65	
1 James Harrison	6:03.08
M70	
1 John Warren	5:39.38
M75	
1 Frank Dearn	9:52.73

WOMEN

W45	
1 Lisa Harrison	5:28.96



Above and left: **John Warren** clipped six seconds off the Australian M70 mile record.

Right: **Frank Dearn** in action.



Mountain muscle

The eighth annual Springwood Throws Day drew a record field to the Blue Mountains and saw more than 30 new championship records set.

A BEAUTIFUL WARM spring day saw a record field (45 entries in 2009 – up from 38 last year) relishing the opportunity to blow away some cobwebs ahead of the World Masters Games, improve a PB or two – and see who could be first in line for a sausage sandwich.

Former NSW athlete **Voitek Klimiuk** (M50) travelled all the way from South Australia to compete, and the event, now in its eighth year, also drew throwers from the ACT, Central Coast, Southern Highlands, Goulburn and even “Vaucluse”, wherever that is. Generally, throwers don’t come from there (and judging by Simon’s performances, they still don’t).

With the strong field, there were more PBs set than you could point a pointy stick (say, a javelin) at – and meet records fell all over the place (15 to the men and 16 to the women), but thankfully not on anyone’s head.

Among the record-breakers was NSWMA President **Tony Baker**, whose 10.90m eclipsed Ray Green’s 2002 mark of 10.43m. “It was good to see **Greg Nicol** (M70) back after a pacemaker installation,” says Tony. “He was in fine form, entertaining everyone in his unique style and doing a sterling job officiating.

“**Geoff Crumpton** performed well in the throws pentathlon at his first outing as an M55. Happy birthday! Also throwing well was **Ron Heeps** (M65) – particularly in the weight throw (a record 14.62m) – having had to adapt from a one-handed style used for this implement in Highland Games.

“Perhaps the standout performance on the day came from **Leo Christopher** (M65), a newcomer to masters, who launched the shot put a very impressive 12.31m, also a championship record.”



Leo Christopher (M65)



Anatoly Kirievsky (M30)



Sharon Kingston (W35)



Gabi Watts (W40)



Jill Taylor (W50)



Tatiana Sudarikova (W35)



Annette Tillman (W45)

NEW SPRINGWOOD THROWS RECORDS

M30

Shot: Anatoly Kirievsky 9.09m
Weight: Anatoly Kirievsky 9.18m
Discus: Anatoly Kirievsky 25.67m

M35

Javelin: Daniel Brown 52.09m

M50

Pentathlon: Voitek Klimiuk 3110 points

M55

Shot: Tony Baker 10.90m
Hammer: Mark Johnston 40.42m

M60

Pentathlon: Bob Banens 4023 points

M65

Discus: Leo Christopher 12.31m
Hammer: Ron Heeps 35.73m
Weight: Ron Heeps 14.62m

M70

Hammer: Ron Simcock 38.80m
Weight: Ron Simcock 13.98m
Pentathlon: Ron Simcock 3991 points

W35

Shot: Tatiana Sudarikova 10.64m
Hammer: Melissa Bonser 36.80m
Javelin: Lynette Smith 34.08m

W40

Shot: Gabi Watts 10.76m
Discus: Gabi Watts 36.10m

W50

Discus: Heike Forth 32.46m

W55

Shot: Denise Palmer 10.10m
Discus: Denise Palmer 27.99m
Pentathlon: Denise Palmer 3695 points

W65

Shot: Mary Thomas 8.44m
Hammer: Mary Thomas 34.19m
Weight: Jan Banens 11.47m
Pentathlon: Mary Thomas 4236 points

W70

Discus: Joyce Schmidt 17.43m
Javelin: Joyce Schmidt 17.33m
Hammer: Joyce Schmidt 22.94m



Robert Hanbury-Brown (M50)



Ron Simcock (M70)



Melissa Bonser (W35)



Judy Brown (W55)



Andrew Atkinson-Howatt (M50)



Joyce Schmidt (W70)



Brett Kingston (M35)

NEW COMPETITION RULES FROM WMA

Several important changes to competition rules were approved at the World Masters Athletics General Assembly held in Lahti in August.

- Updated WMA age-grading tables will become effective from May 1, 2010. The update takes into account the top 10 performances in an age group (when available), unlike the previous tables, which looked at the best performance in an age group.
- The weight pentathlon will now be called the throws pentathlon.
- The W75+ throwing implements will be 2kg shot, 2kg hammer, 0.75kg discus and 4kg weight.
- M80+ will now compete in the 200m hurdles instead of the 300m hurdles
- The M60-69 100m hurdles will now have an approach of 12 metres to the first hurdle instead of the previous 16 metres. The hurdle height and spacings remain the same
- The M60-69 60m indoor hurdles will now have a 12m approach to the first hurdle instead of the previous 16m.
- In all WMA-sanctioned events, the "gun time" will be used in all cases where the chip or similar worn electronic timing device is used.
- The establishment of a WMA Racewalk Panel has been approved. The panel shall consist of racewalk judges selected and approved by WMA VP Non Stadia and will include experienced racewalk judges in masters athletics from several countries.

BECOME AN OFFICIAL

If you're interested in gaining qualifications as an Athletics New South Wales official, ANSW have indicated they will hold free training at members' convenience. Please could members indicate their interest in taking up the opportunity by emailing sbutler-white@acp.com.au

MORE MASTERS EVENTS AT STATE RELAYS

At the request of NSWMA, Athletics New South Wales has added four masters events to the annual State Relays, to be held at Blacktown Olympic Park on November 21 and 22. The events are men's and women's shot put, women's 200+ 4 x 100m relay and men's 240+ 4 x 100m relay. Our monthly eWaratahs will offer more information about the Relays nearer to the event.

MY FAVOURITE WORKOUT

In each issue of *The Waratah*, we ask an athlete to share their favourite training session – or the one that they feel most helps them to achieve their goals. Here, W45 multi-eventer **WENDY HORD** tells how adding some triathlon-type training is improving her fitness.

I HAVE SEVERAL favourite workouts, but as I'm gearing up for the World Masters Games in October and the Pinkie Triathlon* (200m swim/6km ride/2km run) at the end of September, here is my current favourite workout:

I ride 3km to the pool – this is mainly downhill and flat. Adjacent to the pool are a large number of netball courts, all beautifully flat and smooth, so I have loads of fun getting the heart rate up and riding five or six fast laps around the exterior of the courts – taking great care to avoid all those goal posts, of course.

I then hit the pool and swim 12 to 14 laps (mainly freestyle) – two slow laps to warm up the arms and shoulders, then two faster ones, then two with the paddles, then two fast without paddles. Then I'll swim two laps of backstroke to change the way the muscles are working (I've decided that reversing mirrors on a swim cap would be a great invention for backstrokers, though they'd take all the fun out of crashing into other people). I do another two fast freestyle laps, then some warm-down laps.

I then walk six half-laps in the water with high knees to strengthen the lower back and to improve knee lift.

Out of the pool and onto the grass adjacent to the netball courts for a bit of running. I run four 400m laps at a steady pace with one-minute rests in between. The challenge is to maintain the same time and pace for all four laps.

Back onto the bike again for a few more fast laps around the netball courts (whoever said speed wasn't addictive?) and then back home. This is more work than riding to the pool, as it's uphill.

Should there be a bit of energy left in the tank when I reach home, 10 minutes with the punching bag, push-ups, squats and lunges leaves me with that all-round well-done feeling. Time then for 15 minutes of stretching to finish.

The beauty of this workout is that I can ramp it up or down depending on what else is happening that week. Individual segments can also be adjusted if particular muscle groups are making their presence felt at the time.

This workout provides the perfect balance to my other throws training sessions.



* Triathlon Pink raises money for breast cancer. For more information go to www.triathlonpink.com.au. Maybe we could have a NSW Masters team next year!

Left: Wendy Hord at the 2009 Springwood Throws Day.

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Lahti results

W35

4 x 100m relay

5. Australia 54.86

(Janet Naylor, Amanda Coombe, Donna Hiscox, Toni Phillips)

4 x 400m relay

4. Australia 4:16.72

(Toni Phillips, Donna Hiscox, Amanda Coombe, Suzy Cole)

W40

100m

2. Kylie Strong 12.61
4. Jackie Bezuidenhout 12.80
17. Janet Naylor 14.46

200m

4. Kylie Strong 26.01
6. Jackie Bezuidenhout 26.65
18. Janet Naylor 30.31

400m

16. Donna Hiscox 1:05.81

400m hurdles

8. Donna Hiscox 1:13.56

Long jump

4. Kylie Strong 5.11m
12. Janet Naylor 4.15m

4 x 100m relay

1. Australia 48.01 WR

(Gianna Mogentale, Julie Brims, Jackie Bezuidenhout, Kylie Strong)

4 x 400m relay

1. Australia 4:04.84

(Kylie Strong, Jackie Bezuidenhout, Gianna Mogentale, Julie Brims)

W45

100m

3. Gianna Mogentale 12.55

200m

3. Gianna Mogentale 26.36

400m

3. Gianna Mogentale 1:00.91

Marathon

33. Jan Richards 4:23.25

W50

100m

5. Robyn Suttor 14.04
13. Annette Mead 15.76

200m

6 Robyn Suttor 29.37

400m

7. Cris Penn 1:06.71
8. Robyn Suttor 1:07.74

800m

3. Cris Penn 2:26.62

1500m

4. Cris Penn 5:08.09

5000m

11. Karen Petley 20:52.71

8km cross-country

12. Karen Petley 35.13

Marathon

17. Gayle Lee 3:47.54

4 x 100m relay

4. Australia 1:00.90

(Annette Mead, Dawn Hartigan, Heather Carr, Robyn Suttor)

4 x 400m relay

4. Australia 5:01.12

(Robyn Suttor, Cris Penn, Heather Carr, Jean Hampson)

M40

100m

9. Krzysztof Wardecki 11.54

200m

14. Krzysztof Wardecki 23.63

M50

800m

28. Stuart Paterson 2:19.36

1500m

19. Stuart Paterson 4:47.91

4 x 400m relay

8. Australia 4:17.04

(Wayne Marriott, Roscoe McDonnell, Stuart Paterson, Bob Pearce)

M55

100m

12. Tony Morphis 13.04
13. Wayne Marriott 13.12

100m hurdles

10. Wayne Marriott 18.61

400m hurdles

11. Wayne Marriott 1:15.81

4 x 100m relay

5. Australia 52.10

(Bob Pearce, Stephen Baird, Wayne Marriott, Conrad Burge)

M65

100m

2. Neville McIntyre 12.73

200m

2. Neville McIntyre 26.54

400m

2. Neville McIntyre 1:00.75
6. Tony Ireland 1:04.68

800m

3. Don Mathewson 2:27.24
5. Tony Ireland 2:29.45

1500m

1. Don Mathewson 4:59.04
3. Australia 52.77

4 x 100m relay

(Roy Fearnall, Colin Buyers, Tony Ireland, Neville McIntyre)

4 x 400m relay

1. Australia 4:14.38

(Neville McIntyre, Tony Ireland, Roy Fearnall, Colin Buyers)

8km cross-country

7. Don Mathewson 32.23

Cross-country team event

1. Australia
(Peter Sandery, Bert Carse, Don Mathewson)

RESULTS

NSW HALF MARATHON TITLES, Bankstown, August 16 (NSWMA results)

M35

1 EJ Davie 1.38.14

M40

1 Wayne Bulloch 1.18.54
2 Stephen Hinwood 1.21.35
3 Neil Anderson 1.33.44

M45

1 Jamie Harrison 1.13.38
2 Garry Wolmsley 1.38.17

M50

1 Ian Rose 1.29.10

M55

1 Dennis Wylie 1.23.40

M60

1 Dennis Williams 1.44.05

W65

1 Dorothy Siepmann 2.04.47

NEW NSW RECORDS

W40

Mile Lisa Harrison 5:28.96
Illawong, August 29

W45

60m Gianna Mogentale 8.06 AR
Illawong, July 18

W60

Half-marathon Dorothy Siepmann 2:03.42
Sydney, May 17

M30

Half-marathon Dean Harris 1:30.58
Burnley (Vic), September 7, 2008

M35

Mile EJ Davie 5:53.14
Illawong, August 29

M40

Half-marathon Wayne Bulloch 1.18.54
Bankstown, August 16

M50

Mile Keith Bateman, 4:41.76
Illawong, August 29

Half-marathon Keith Bateman 1:12.13
Gold Coast, July 5

M55

Mile Dennis Wylie 5:16.95
Illawong, August 29

M60

Mile Noel Wright 5:45.62
August 29, Illawong

M65

1500m Don Mathewson 4:59.04
Lahti (Finland), August 6

Mile James Harrison 6:03.08
Illawong, August 29

M70

1500m John Warren 5:18.17
Illawong, August 22

Mile John Warren 5:39.38 AR
Illawong, August 29

M75

60m Richard Hughes 9.56
Illawong, July 25

Mile Frank Dearn 9.52.73
Illawong, August 29

2009 Lahti world championships



Donna Hiscox in the final of the W40 400m hurdles.



Jackie Bezuidenhout and **Gianna Mogentale** en route to a gold medal in the W40 4 x 400m relay.



Stuart Paterson (M50) contested the 800m, 1500m and 4 x 400m relay.



Wayne Marriott (M55) in his semi-final of the 400m hurdles.



Janet Naylor (W40) in the long jump final.



M65 200m medallists Nev McIntyre, Col Buyers and Hans Wolff of Germany.



Cris Penn (W50) with her 800m bronze.



Gianna Mogentale won bronze in the W45 100m.



Robyn Suttor (extreme right) in the W50 200m.



Tony Ireland (M65) in the 800m with countryman **Peter Sandery (SA)**.