

# The Waratah



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They were laughing now but unfortunately the drier wasn't working when they got back on board the Ark and all the towels were wet

## NSWMA Inaugural **Heavy Weight Pentathlon**

Kerryn McCann Athletics Centre, Beaton Park, Wollongong Saturday, February 23<sup>rd</sup>, 2013

What can only be described as an 'intrepid band of extreme throwers' convened at Kerryn McCann Athletics Centre in Wollongong on Saturday February 23<sup>rd</sup> for the inaugural NSWMA Heavy Weight Pentathlon.

For the uninitiated, the Heavy Weight Pentathlon gives throwers a chance to indulge their appetite for the Heavy Weight! Not only do they throw their

### By Stuart Gyngell

normal size Weight but also the two Weights that are immediately lighter and heavier than their normal weight, resulting in a veritable feast of Heavy Weight throwing.

But this was no ordinary event and this was no ordinary day. This was the first ever, the maiden, the inaugural NSWMA

Championships for the event ... and this was the day that over 2 inches of rain fell in Wollongong!

There were some who probably opened their sleepy eyes on that Saturday morning, saw the rain, turned over and went back to sleep. There were others who got the day wrong and thought it was on Sunday. But there were 13 who braved the elements - dedicated,

## HW Throws after HW Pent

### 56lb

Anatoly Kirievsky 6.01m

Rodney Watson 6.36m

Jamie Muscat 7.22m

Kellie Watson 3.78m

Jill Taylor 3.22m

Adriana van Bockel 2.20m

### 100lb

Anatoly Kirievsky 2.55m

Rodney Watson 2.98m

Jamie Muscat 3.73m

Kellie Watson 2.12m

Adriana van Bockel 0.84m

dangerous, undaunted by the deluge and the sodden grass that threatened to engulf their shoes and rip them straight from their feet.

There were several excellent performances to which the results below will attest but each and every one of these 13 - plus the 2 most dedicated officials on the planet (Phil Frkovic and Ron Bragg) - will forever bear the mark of being the **inaugural combatants!**

Special mention must go to some however.



The Watsons of Woolgoolga (Kellie and Rodney) not only made the trip, stayed the night on Friday, won some medals on Saturday but then could not return home till the next Thursday due to the floods up north – now that's dedication!

And then there was Wollongong's own Ron Simcock – 77 years young – whose performance of 5404

points smashed, nay obliterated the M75 Australian HWP record held by none other than the legend Tom Hancock whose record was a respectable 4290 points.

This was indeed a day that will long be remembered in the annals of NSWMA history. For those who were not there, you have our commiserations. You will have to be content to live vicariously through the inevitable stories that will be

**Phil Frkovic, Caped Crusader and former teen idol**

told in the months to come by the select few who were there ... those hardy souls, those "Band of Brothers" (and Sisters).

*"From this day to the ending of the world,  
But we in it shall be remember'd;  
We few, we happy few, we band of brothers;  
For he to-day that sheds his blood with me  
Shall be my brother"*

*(William Shakespeare, Henry V)*

## HEAVY WEIGHT PENTATHLON

Age Grp			Dist	Score	Dist	Score	Dist	Score	Dist	Score	Dist	Score	Total
<b>M30-M45</b>			<b>20lb</b>		<b>25lb</b>		<b>35lb</b>		<b>45lb</b>		<b>56lb</b>		
Anatoly Kirievsky		M30-34	13.16	409	10.87	400	9.28	412	7.68	468	5.90	452	<b>2141</b>
Warren Jones		M30-34	15.59	499	13.36	512	10.69	491	8.35	522	6.33	498	<b>2522</b>
Rodney Watson		M35-39	16.49	557	13.55	545	9.96	472	7.79	501	5.78	464	<b>2539</b>
Jamie Muscat		M35-39	15.61	523	15.19	624	12.05	594	8.98	601	7.56	666	<b>3008</b>
Competitor		M45-49	18.84	773	16.91	842	13.55	818	10.01	830	8.41	926	<b>4189</b>
<b>M50-M55</b>			<b>16lb</b>		<b>20lb</b>		<b>25lb</b>		<b>35lb</b>		<b>45lb (20kg)</b>		
Lajos Joni		M55-59	16.86	672	14.77	724	13.37	793	9.91	696	7.27	684	<b>3569</b>
<b>M60-M65</b>			<b>12lb</b>		<b>16lb</b>		<b>20lb</b>		<b>25lb</b>		<b>35lb</b>		
Dave Ross		M60-64	14.31	495	12.68	558	11.15	616	9.16	583	7.32	550	<b>2802</b>
Bob Jones		M60-64	7.27	218	6.70	255	5.75	267	4.78	247	3.73	211	<b>1198</b>
<b>M70-M75</b>			<b>8.8lb (4kg)</b>		<b>12lb</b>		<b>16lb</b>		<b>20lb</b>		<b>25lb</b>		
Ron Simcock		M75-79	20.75	1119	17.17	1093	14.14	1072	12.00	1075	9.73	1045	<b>5404</b>
<b>W30-W45</b>			<b>12lb</b>		<b>16lb</b>		<b>20lb</b>		<b>25lb</b>		<b>35lb</b>		
Kellie Watson		W35-39	12.95	551	10.32	564	9.45	635	6.72	500	4.56	385	<b>2635</b>
<b>W50-W59</b>			<b>8.8lb (4kg)</b>		<b>12lb</b>		<b>16lb</b>		<b>20lb</b>		<b>25lb</b>		
Jill Taylor		W55-59	14.87	683	12.75	764	10.57	789	9.22	843	6.87	726	<b>3805</b>
<b>W60-W75</b>			<b>6.6lb (3kg)</b>		<b>8.8lb (4kg)</b>		<b>12lb</b>		<b>16lb</b>		<b>20lb</b>		
Adriana van Bockel		W60-64	8.26	308	8.42	386	6.76	386	5.99	419	5.01	414	<b>1913</b>
Karen Jones		W60-64	8.16	303	7.04	309	6.49	366	5.65	387	4.81	390	<b>1755</b>

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## THE **Postal Relays** HEAD TO THE SHIRE

Saturday 2<sup>nd</sup> & 9<sup>th</sup> February, 2013 – Sylvania Waters Athletics Track.

This year's version of the Postal Relays was held in the heart of the Sutherland Shire at the Sylvania Waters Athletics Track. While the numbers weren't great, the members who did participate did the club proud and enjoyed themselves. On 2<sup>nd</sup> February, the 4 x 100m, 4 x 400m and Long Jump relays were held while on 9<sup>th</sup> February, the 4 x 800m Walk and the very popular 4 x 1500m relays were held. Unfortunately, there was not enough interest in the throwing events to hold those relays at this venue. At the time of writing, it was hoped that these events could be held at Rotary later in the month.

The Postal Relays were held in conjunction with the Sutherland All-Comers and some of our members also contested those events and enjoyed the opportunity of competing on a synthetic track before State and Nationals.

### 2<sup>nd</sup> February

The weather was wet and windy for most of the afternoon. The strong wind was blowing right up the straight into the faces of the athletes as they were finishing. This certainly had an effect on the times on the day.

The 4 x 100m relay featured two NSW Masters teams. Sutherland also supplied a junior girls team which was much appreciated. The M30 team consisted of Drew Percival, Dan Sprange, Don McArthur and Samuel Odede. They ran strongly throughout and finished in a time of 51 seconds. Our W30 team was made up of Ranell Hobson, Ellena Cubban, Belinda Westcott and Cathy Kermond and finished in a time of 56.1 seconds. The 4 x 400m relay featured one NSW Masters team. Sutherland provided two teams so they didn't have to run it alone. The M50 team of Nick Terranova, Don McArthur, Brian Mackie and John Thompson all ran well to finish in a great time of 4:45.9. Our W30 Long Jump team of Ranell Hobson (4.11m),

Belinda Westcott (3.53m) and Ellena Cubban (3.22m) had the worst conditions of the day but still jumped well for a total distance of 10.86m.

The following members also took part in the Sutherland All-Comers events: -

- Cathy Kermond** – 100m – 14sec – 2<sup>nd</sup> in open women's heat
- Ranell Hobson** – 100m – 14.2sec – 3<sup>rd</sup> in open women's heat
- Samuel Odede** – 100m – 12sec – 1<sup>st</sup> in open men's heat
- 400m – 57.2sec – 1<sup>st</sup>
- Dan Sprange** – 100m – 12.9sec – 4<sup>th</sup> in open men's heat
- Drew Percival** – 100m – 14.6sec – 1<sup>st</sup> in Masters men's heat
- Alan Carey** – 100m – 15.4sec – 2<sup>nd</sup> in Masters men's heat
- Long Jump – 3.54m – 3<sup>rd</sup>
- Justin Keane** – 400m – 1:00.2 – 2<sup>nd</sup>
- 1500m – 5:00 – 5<sup>th</sup>
- Chris Strickland** – 400m – 1:00.9 – 3<sup>rd</sup>
- Dennis Wylie** – 1500m – 5:03 – 6<sup>th</sup>
- Nick Terranova** – 1500m – 5:25 – 10<sup>th</sup>
- Garry Womsley** – 1500m – 5:51 – 12<sup>th</sup>
- Kevin Fisher** – Javelin – 36.12m – 2<sup>nd</sup>
- Ellena Cubban** – Javelin – 17.96m – 5<sup>th</sup>

### 9<sup>th</sup> February

The weather was much kinder to us today. It was sunny and warm with not a lot of wind to speak of. While we again did not get enough response to have any field Postal Relay teams, we were able to have 5 teams in the 4 x 1500m and 1 team in the 4 x 800m walk.

An M60 team of walkers contested the 4 x 800m and they had to do it all by themselves and they did it well. Their goal was to finish under 20 minutes and the team of **Bob Connors, Doug Barrett, Graham Allomes** and **Jim Seymon** almost achieved that in finishing in a great time of 20:01.20.

We had a fantastic response to the 4 x 1500m relay with 5 teams taking part. The M30 team of **EJ Davie** (5:23), **John Thompson** (5:37), **Justin Keane** (5:09) and **Michael Doggett** (4:23) were the first team across the line in a time of 20:32.0. They were closely followed by the M50 team of **Nick Terranova** (4:58), **Ian Rose** (5:13), **Brian Mackie** (5:41) and **Brad Sharpe** (4:59) who finished in a time of 20:51.2. The third team across the line was the M60 team of **Doug Barrett** (6:06), **Noel Wright** (5:46), **Ron Schwebel** (5:25) and **Dennis Wylie** (5:01) who finished in a time of 22:18.9. The W50 team of **Cris Penn** (5:31), **Karen Petley** (5:54), **Deborah Drennan** (5:52) and **Robyn Basman** (5:17) broke the state and Australian record in finishing in a time of 22:35.0. Those who were watching were in awe of our M70 team. They amazed that athletes of this age could run so fast. The team of **Ron Wills** (6:24), **John Spinney** (7:01), **Bob Wormall** (6:54) and **Geoff Francis** (6:40) finished in a time of 27:00.2.

The following members also took part in the Sutherland All-Comers events: -

**Samuel Odede** – 7.2sec – 60m – 1<sup>st</sup> in open men’s heat  
 - 22.9sec – 200m – 1<sup>st</sup> in heat 1  
**Alan Carey** – 8.4sec – 60m – 1<sup>st</sup> in Masters men’s heat  
 - 27.9sec – 200m – 1<sup>st</sup> in heat 2  
**Richard Hughes** – 9.7sec – 60m – 4<sup>th</sup> in Masters men’s heat  
 - 33.3sec – 200m – 5<sup>th</sup> in heat 2  
 - 3:45 – 800m – 14<sup>th</sup>  
**EJ Davie** – 28sec – 200m – 2<sup>nd</sup> in heat 2  
**Garry Womsley** – 2:48 – 800m – 7<sup>th</sup>  
**John Spinney** – 3:34 – 800m – 13<sup>th</sup>  
**Graham Allomes** – 7:37 – 1500m – 7<sup>th</sup>

Summary of Postal Relay Results: -

**4 x 100m: -**

M30: - **Drew Percival, Dan Sprange, Don McArthur, Samuel Odede** – 51sec

W30: - **Ranell Hobson, Ellena Cubban, Belinda Westcott, Cathy Kermond** – 56.1sec

**4 x 400m: -**

M50: - **Nick Terranova, Don McArthur, Brian Mackie, John Thompson** – 4:45.9

**Long Jump: -**

W30: - **Belinda Westcott** (3:53m), **Ellena Cubban** (3.22m), **Ranell Hobson** (4.11m) = 10.86m

**4 x 800m Walk: -**

M60: - **Bob Connors, Doug Barrett, Graham Allomes, Jim Seymon** – 20:01.2



Excited spectators ripped their shirts off when Robyn Basman, Karen Petley, Cris Penn and Deborah Drennan broke the Australian 4x1500 record.

**4 x 1500m: -**

M30: - **EJ Davie** (5:23), **John Thompson** (5:37), **Justin Keane** (5:09), **Michael Doggett** (4:23) – 20:32

M50: - **Nick Terranova** (4:58), **Ian Rose** (5:13), **Brian Mackie** (5:41), **Brad Sharpe** (4:59) – 20:51.2

M60: - **Doug Barrett** (6:06), **Noel Wright** (5:46), **Ron Schwebel** (5:25), **Dennis Wylie** (5:01) – 22:18.9

M70: - **Ron Wills** (6:24), **John Spinney** (7:01), **Bob Wormall** (6:54), **Geoff Francis** (6:40) – 27:00.2

W50: - **Cris Penn** (5:31), **Karen Petley** (5:54), **Deborah Drennan** (5:52), **Robyn Basman** (5:17) – 22:35.0

We would like to express many thanks to **Ron Cozijnsen** and the Sutherland Athletics Club who supplied volunteers and officials as well as the venue. We are open to ideas on how we can present the Postal Relays in a better way for our members. Our club has over 300 members but only a small percentage are participating in this event. If you have any ideas, please call Garry Womsley on 0459436660 or email him at the address shown elsewhere in this publication.

**By GARRY WOMSLEY**

*When interstate results are finalised we will publish them. Ed*

While the runners and jumpers were busy at Sylvania some of our throwers had a day out at Rotary Field, Chatswood to produce some efforts of high standard.

#### THROWS RESULTS FROM ROTARY FIELD

##### JAVELIN

<b>W 40-49 TOTAL</b>	<b>56.21</b>
GLENYS WHITEHEAD	23.00
NICOLE BLAIR	14.16
ELLENA CUBBAN	19.05
<b>W 50-59 TOTAL</b>	<b>35.09</b>
JILLIAN SENIOR	14.00
KAREN JONES	10.58
ROSLYN WOLFERS	10.51
<b>W 60-69 TOTAL</b>	<b>45.88</b>
ELLENA CUBBAN	18.42
KERRIE JONES	13.84
JILLIAN SENIOR	13.62

<b>M 40-49 TOTAL</b>	<b>118.92</b>
A ATKINSON-HOWATT	41.86
TIM McGRATH	36.70
MARTIN PITTMAN	40.36
<b>M 50-59 TOTAL</b>	<b>119.59</b>
A ATKINSON-HOWATT	42.04
R HANBURY-BROWN	38.81
TIM McGRATH	38.74
<b>M 70-79 TOTAL</b>	<b>57.32</b>
JACK STURZAKER	21.72
NICK BASTAS	18.01
JOHN WARREN	17.59

##### SHOT PUT

<b>W 50-59 TOTAL</b>	<b>21.61</b>
ELLENA CUBBAN	8.48
KERRIE JONES	6.83
JILLIAN SENIOR	6.30
<b>M 40-49 TOTAL</b>	<b>31.34</b>
ANDREW WATSON	11.43
ANDREW KOHLRUSCH	10.52
WARREN JONES	9.39

<b>M 50-59 TOTAL</b>	<b>33.20</b>
R HANBURY-BROWN	10.42
GAVIN MURRAY	11.96
TIM McGRATH	10.82

##### DISCUS

<b>W 50-59 TOTAL</b>	<b>50.08</b>
ELLENA CUBBAN	19.29
KERRIE JONES	17.82
JILLIAN SENIOR	12.97
<b>M 50-59 TOTAL</b>	<b>113.86</b>
R HANBURY-BROWN	36.96
GAVIN MURRAY	40.05
A ATKINSON-HOWATT	36.85
<b>M 70-79 TOTAL</b>	<b>71.70</b>
JACK STURZAKER	20.51
NICK BASTAS	16.91
BRETT SOWERBY	34.28

*Results ex Andrew Atkinson-Howatt*



## SEVEN OF OUR MEMBERS GET VALUABLE POST CHRISTMAS RACING

### Sutherland All-Comers & NSW Masters Meet

Saturday, 19<sup>th</sup> January, 2013 – Sylvania Waters Athletics Track

114 athletes of all ages attended this meet at Sylvania. While only seven NSW Masters members competed on the day, they got in some valuable post-Christmas racing against some spirited opposition. Sutherland and NSW Masters member Ron Cozijnsen was a prime mover in getting this event off the ground and it provided a good dress rehearsal for the Postal Relay meets on 2<sup>nd</sup> & 9<sup>th</sup> February which will be at the same venue.

Despite the record hot temperatures recently, today's event was held in cool and sometimes rainy conditions. While there was a strong wind blowing early, it did die down later in the meet. Geoff and Janie Carter travelled all the way from the Blue Mountains to compete today and as usual, they both performed strongly. Geoff competed in the 100m (12.4sec) and 200m (25.2sec), Greg Mather travelled from Sydney's golden

west to compete in both the 100m (14.1sec) and 200m (29.4sec). One of the highlights of the day was the battle down the straight between Greg and fellow NSW Masters member EJ Davie in the 200m with EJ just holding him off to win the heat in a time 29.3sec. EJ also did the 100m (15.0sec) and 800m (2:44.4).

The mixed 3000m race contained three of our members. Steeplechaser Garry Womsley placed 2<sup>nd</sup> overall in a time of 11:48.4 followed by Karen Petley (5<sup>th</sup> overall – 12:21.7) and John Thompson who was having his first start since being injured, placed 6<sup>th</sup> overall in a time of 13:24.

All of the organisers thought that this event was a great success and it is hoped that there will be more combined meets next summer. Full results as follows: -

#### 100m

GEOFF CARTER – 12.4sec  
GREG MATHER – 14.1sec  
JANIE CARTER – 14.5sec  
EJ DAVIE – 15.0sec

#### 200m

GEOFF CARTER – 25.2sec  
EJ DAVIE – 29.3sec  
GREG MATHER – 29.4sec

#### 800m

EJ DAVIE – 2:44.4

#### 3000m

GARRY WOMSLEY – 11:48.4  
KAREN PETLEY – 12:21.7  
JOHN THOMPSON – 13:24.0

#### Javelin

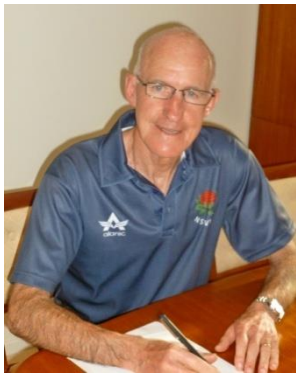
JANIE CARTER – 20.55m

#### GARRY WOMSLEY

Thanks to **Lynette Smith** for proof reading and **David Tarbotton, Julie Steele** and **Andrew Atkinson-Howatt** for photographs.

Please submit your stories by email and attach any pictures as jpg files to [editor@nswmastersathletics.org.au](mailto:editor@nswmastersathletics.org.au)

The **Waratah** is for the entertainment of members and NSW Masters Athletics accepts no responsibility for any offence caused by inclusions, or for errors or omissions.



# On the Record

Start recording by the Records Officer, **Don Mathewson**

Masters Athletes have been very busy breaking records since the last edition of the Waratah went to press. Our new Web Master and Communications Officer, Kirsty Curnow, has designed a terrific new NSWMA certificate which we hope all record breakers will enjoy.

**Andrew Atkinson-Howatt** M55, broke his own Javelin record with a throw of 45.42m in Dubbo in January. I am sure there are more to come in this age group yet Andrew.

In March 2005, **Kathleen Cook** W65 broke the 200m record with a time of 35:70 then went overseas for a while and only recently claimed her record which is now reflected in the record books. Better late than never.

**Ellena Cubban** W55 broke the Pentathlon record with a points score of 2456, bettering Kerrie Macey's previous record of 1750 points.

**Mary Sheehan** W60 has broken two records this year. Firstly the 800m in 2:47.97 breaking Paula Moorehouse's old record by almost 8 seconds, an impressive result. Then in the 3000m, Mary ran 12.08.57 wiping 1m55s off the old record set in 2002 by Judith Joyce. A terrific time Mary and we are looking for more records.

**John Lamb** M60, a relative newcomer to NSWMA, set a 300m Hurdles record of 47:86 this year. John is a well known Masters runner from the ACT and ran a faster time late last year but due to a misunderstanding was not a NSWMA member at the time.

**Conrad Burge** M60, broke his own 100m Hurdles record in 16:43 at Pan Pacs in November. It is good to see athletes breaking their own records.

M60 Pole Vaulter, **Phillip Carrero** broke his own record in March last year, but the record books were not updated with the new height of 3.40m

Jump athlete **John Searle** M65 broke 2 records at Pan Pacs with his High Jump of 1.52m, also breaking an Australian

record. John's Long Jump distance of 5.05m broke Fred O'Connor's long held record of 4.92 set in 1989. Well done John on both records.

Evergreen thrower **Ron Simcock** has broken his own state record with a Javelin throw of 34.09m. Ron continues to improve with age.

Roaring into the M60 age group, it was not long before **Dennis Wylie** broke Ron Schwebel's 3000m record in a time of 10.30.24 taking 15 seconds off the old time. We are just waiting for Dennis to break this again soon.

2.15m. Nick also broke his own Australian record of 2.10. Nick can compete against the best and this is a great result.

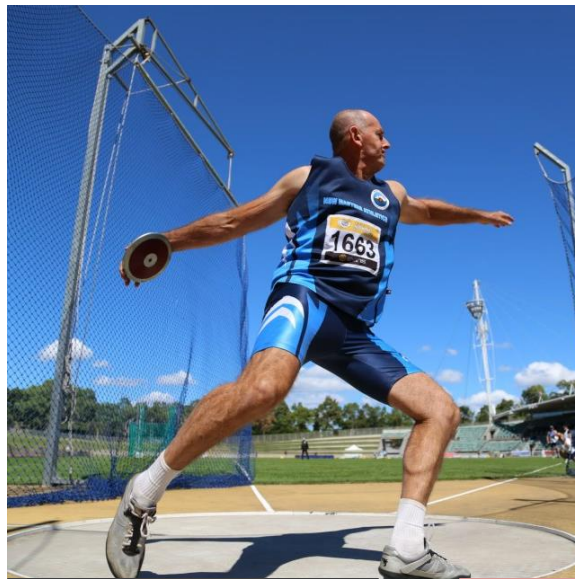
It is good to see some M30 representatives in the records. **Greg Eyears** broke the 60m in 7:24 equalling the impressive Jay Stone's record. Greg is obviously a quality athlete with hopefully more records to come.

Newcomer **Piyush Kumar** M30 broke the 100m in 10:87 at SOPAC in January breaking a 12 year old record. Keep up the good work Piyush and I am sure we will be seeing more of you in the records pages as well.

Another newcomer, **Brett Halls** M35, has stormed into the records with a great 800m 1:54.19. At the same meet, Brett broke the Australian and NSW 1500m record (last set by Gerard Ryan in 1996) in a time of 3:53.52. Brett will be showing up again in the books very soon. Well done.

**Julie Forster** W50, one of our well known and very successful sprinters, has broken both the NSW and Australian 60m record in a time of 8.49. Well done.

**Clay Tompkins** M60 emerges again with 2 records, with a 1.60m high jump and 11.65m triple jump. Clay



Wayne Martin winds up

**Wayne Martin** M55 threw the Discus 45.20m to break Keith James' 2000 record of 41.87m. This should sit in the records for a while, unless Wayne breaks it again soon.

High Jumper **Nick Moroney** broke Clay Tompkins 1993 record of 1.90m at SOPAC in December with a jump of

Clay Tompkins spends a lot of his free time reconsidering his position.



broke the Australian high jump record of 1.57m set in 2002. Great result

come, but they will be in the next edition of Waratah.

The W50 4 x 1500m relay team of **Cris Penn, Karen Petley, Deborah Drennan and Robyn Basman** has broken both the NSW and Australian record in a time of 22.34. Very well done.

M45 **Stuart Gyngell**, our amazing Masters thrower, continues to impress with 2 records in the 56lb weight in 9.83m and 100lb weight in 4.30m. There are more to

M35 **Jamie Muscat** broke his own 56lb weight throw in 7.98m and is keen to keep the records officer busy.



## OUR MEMBERS RUN WELL **In the Apple Isle**

### Australian Masters Half Marathon Championship – Hobart

Sunday, 13<sup>th</sup> January, 2013

This popular Half Marathon, also known as the Cadbury Half Marathon, is probably the only Half Marathon in the world that starts and finishes at a chocolate factory. Perhaps the thought of all that chocolate at the finish line is a great incentive for some to actually finish the race!

While this race is essentially open to runners of all ages, it also doubles as the Australian Masters Half Marathon Championship and 5 NSW members (2 females & 3 males) ventured south to take part. Hobart had been in the midst of record temperatures over the previous few days, but the temperature was a cool 11 degrees at the start of the race. So it was quite comfortable to run on the day.

As this championship is based in Hobart, a lot of the entrants were from Tasmania and as a result did well in the overall placings. However, our members more than held their own. Wendy Bock (W40-44) has done very well in distance events in recent years and she continued her great form in this race. She was the first Masters female across the line in a fantastic time of 1:25:54. She finished just 7 seconds in front of the 2<sup>nd</sup> placed female but a massive 3:34 in front of the next finisher in her age group. This gave her an age graded percentage of 82.96% which was the 4<sup>th</sup> best for all females.

John Peter (M45-49) ran a strong race to be our fastest competitor on the day. He finished in a phenomenal time of 1:21:20. He was the 5<sup>th</sup> male across the line and placed 1<sup>st</sup> in his age group and was a dominant 4:12 in front of the next finisher in his age group. This gave him an age graded percentage of 78.95% which was the 5<sup>th</sup> best for all males.

Ian Temblett (M45-49) was in the same age group as John. It proved to be a very competitive age group. He battled hard against the local athletes to finish in a very good time of 1:28:46. He placed 5<sup>th</sup> in his age group with an age graded percentage of 74.84%

Paul Sheringham (M50-54) has always been a strong distance runner but seems to be getting better and better over the longer distances of the

Marathon and Half Marathon. He again showed his consistency to finish in a good time of 1:29:28. He finished 4<sup>th</sup> in his age group which was a great result in one of the most competitive age categories in the race.

Melanie Zeppel (W40-44) was also in a very strong age category but was more than competitive on the day. She ran a strong race to finish in a time of 1:35:06. This placed her 4<sup>th</sup> in her age category with an age graded percentage of 72.18% which was 6<sup>th</sup> best for all females.

Enthusiastic member EJ Davie (M40-44) made his usual fast start and was right up with the leaders over the first kilometre but found the going tough over the concluding stages to finish in a time of 1:51:51. He placed 9<sup>th</sup> in his age category.

Next year due to the Oceania Championships being held in Bendigo (5<sup>th</sup>-11<sup>th</sup> January, 2014), the AMA Half Marathon Championship will be held there. It is expected to be quite hot in Bendigo at that time of year. Something to look forward to!

#### AMA HALF MARATHON CHAMPIONSHIPS

Age grp	Name	Age	Time	Age Grade %
W40	Wendy Bock	44	1:25:54	82.96
	Melanie Zeppel	40	1:35:06	72.18
M40	E J Davie	41	1:51:51	55.59
M45	John Peter	45	1:21:20	78.95
	Ian Temblett	49	1:28:46	74.84
M50	Paul Sheringham	50	1:29:28	74.84

John Peter found the route well sign posted.



#### AGE GRADED PERFORMANCE

Wendy Bock	4 <sup>th</sup>
John Peter	5 <sup>th</sup>

#### BEST FINISHING TIMES f/m

Wendy Bock	1f
Melanie Zeppel	6f
John Peter	5m

*NB: Held at the same place, on the same day, Cathy Freeman ran 4:31.29 for her first full Marathon. Ed*

**Welcome** to the following 51 new NSWMA members, who have joined us since January 1st:

Name	Group
Jodie Sundstrom	W30
Viola Dilo	W30
Nicole Robinson	W35
Michelle Cull	W35
Melanie Zeppel	W40
Kylie Brown	W40
Janelle Delaney	W40
Richelle Ingram	W40
Belinda Liston	W40
Wendy Regeling	W45
Linda Weatherill	W45
Philippa Wight	W45
Megan Geddes	W45
Angela Carpini	W50
Gina Jessop	W55
Louise Smallwood	W60
Jacqueline Calandra	W70
Scott Richardson	M30
Shaun Fletcher	M30
Brett Halls	M35
Andrew Heil	M35
Andrew Pritchard	M35
Peter McGrory	M35
Cain Sarah	M35
Ricard Meiring	M35
Ed White	M35
Stuart Sutton	M40
Peter Costello	M40
Andrew Watson	M40
Danny Burgess	M40
Michael Pickering	M40
David Murphy	M40
Mark Geddes	M40
Rod Rushton	M40
Robert Ballard	M45
Brett Scott	M45
Anthony Vella	M45
Mathew Kaley	M45
Martin Pittman	M45
Craig Gambrill	M45
Andy West	M45
Stephen Williams	M50
Paul Huxley	M50

**Jill Taylor**



Above is the new records certificate designed by **Kirsty Curnow** (how lucky we are to have her on the committee). The true size is A4 (the size of this page). Unfortunately it can't be seen in colour in the print version of the Waratah but if we can get it loaded onto the website you can see it there. It is a beautiful and modern design that should meet our needs well into the future.



## You heard it here first...

There is so much choice for sport that we suffer a kind of relevancy deprivation syndrome in athletics and so there is talk of a few changes being made to our competitions in order to popularize them along the lines of TV reality shows. Instead of winners being decided by the defeating of other contestants outright, spectators may be asked to vote off the contestants they don't like. This will encourage audience participation and the participants will have to try harder to please the crowds by wild antics or mad costumes. There should also be more novelty added to events and steeplechase is expected to become the premier event when, to add more excitement, contestants will be aided by trampolines placed in front of the steeples for better bounce and the water jump is to be made much bigger with the Steeplechasers having to dodge a giant boxing glove when they try to make it onto the steeple.



# Decathlon and Heptathlon BENDIGO 5<sup>th</sup>-6<sup>th</sup> January

By Tim McGrath

**I completed my last decathlon in 1994. On turning 50 in September 2012, I decided to enter the Australian Masters Decathlon in Bendigo and get the benefit of the lighter implements, and the lower and shorter hurdles, to try to beat my 1986 PB of 5860 points.**

This would also be a good warm up for the next Oceania Masters Championships which will also be held in Bendigo, in January 2014.

Training was going well until 5 weeks out when my left Achilles tendonitis returned. With not enough time to get over it I decided to back off on the training and just try to get through it.

As the date approached I watched the Bendigo weather, with temperatures increasing by the day. Due to the need to travel with pole vaulting poles I decided to drive. I left on Friday morning with a forecast of 40 deg for Bendigo. The Hume Highway has improved a lot since I last drove south. Only the town of Holbrook (of submarine fame) has not been bypassed. I observed the Google maps route following the Hume Highway to Seymour then turning west to Bendigo. It took 9.5hrs driving time from Avalon to Bendigo, about the same time as a trip to Melbourne.

Bendigo is about 1.5 hrs from Melbourne airport. It's a large regional centre with good facilities and plenty of accommodation.

On arrival I checked into the motel and went for a swim in the pool to cool down and loosen up. In the morning I went for a short drive to the track to have a look around. The track is part of the La Trobe University campus and is an excellent facility. As the first event did not start until 2pm I went for a quick drive around Bendigo and returned at 12pm to check in.

Three women checked in for the heptathlon and nine men in the decathlon in various age groups. There were two from NSW, one from QLD and the rest from Victoria. A clash with the NSW masters pentathlon may have affected



numbers. The weather was hot with a forecast max of 39 deg and a headwind for the 100m. Fortunately the athletes had the use of an air conditioned room to escape the heat. At the same time the Victorian under 16, 18 and 20 heptathlon and decathlon were also being held.

The first event was the 100m into a headwind. (There are apparently nearly always headwinds and cross winds in Bendigo). Experiencing soreness in the warm up I decided to play it safe and use a standing start. I didn't have much pain in the race and was happy with my time of 13.35sec into a -1.3m/s headwind. The Achilles was very sore afterwards and I could only walk with a limp.

We went straight from the 100m to the long jump and this time we had a good tailwind. Getting a run up was difficult as the Achilles was very sore until I got up to speed. I had two practice run ups then saved myself for the competition. On my first jump I took off well behind the board but still jumped 4.80m. I moved my run up forward but still could not hit the board on my second attempt and only jumped 4.68m. On my third attempt I moved my run up forward again, and

got closer to the board and jumped 4.89m with a +0.4m/s tailwind.

After a short break in the air conditioned room we headed to the shot put. I started with a throw of 10.85m. The second throw was much better, 11.45m which was close to my PB. I went for it on the last throw and fouled out the front. After 3 events I was on track for 5860 pts, but this was about to change.

There was only one pool for the high jump, operating for all the junior and masters events, and it was running very late. We eventually started at 7.30pm. The highlight of the high jump was the straddle technique of Greg Mamalis which was poetry in motion. The wait did not do my Achilles any good and jumping was difficult. I started at 1.21m and cleared it easily, but running in was painful and difficult. I passed 1.24 and jumped at 1.27m and cleared first time. I passed 1.30 and then cleared 1.33 on my first attempt. I then passed 1.36 and went to 1.39m. After missing the first 2 attempts at 1.39m, I was

regretting my decision to pass 1.36m. I had a good jump on my 3<sup>rd</sup> attempt and cleared it easily. I was now jumping on my own. I missed all three attempts at 1.42m but the last one

I now had a difficult decision, try again on this pole or go back to the softer pole. I decided to stick with the stiffer pole...

was very close and I only just touched it with my heels. We eventually finished at 8.10pm.

The 400m started soon afterwards in very windy conditions. With a very sore Achilles and a feeling that I was not going to make it to the start of day 2, I was not very motivated for the 400m. I started slowly (as I could not get up on my toes on my left foot) but gradually picked up speed. My first 200m was way too slow, when we came into the straight and were hit by a very strong headwind, I knew my 400m time was going to be a disaster. I eventually finished, running 71.6sec which was 8sec worse than the 63.27 I'd run 3 weeks prior and only about 300pts. With this time I would struggle to reach 5000 pts. On completion I found some ice and commenced the recovery phase.

After icing my Achilles, it felt a bit better and a Day 2 start was now possible. I headed back to the motel for a quick swim and shower before stretching and further icing. I even iced at 3am when I woke up in the middle of the night.

I woke the next morning very stiff and sore but with a chance of making it through the hurdles at the 10am start. I warmed up for the hurdles, but with a strong headwind the hope of three strides between hurdles went out the window. The Achilles was sore but no worse than the day before. I regretted not icing more during the previous day (at the time I was worried about the Achilles stiffening up with frequent icing). I decided on three strides to the first hurdle then five strides after that. I ran 19.5 sec into a 3.4m/s headwind. I was hoping for 17.5sec if I could get three strides all the way.

The discus started on time. My discus warm up was not good with a couple of throws into the cage. My first throw was a safe 31m. I went for it on my second and just clipped the edge of the cage for a foul. For my third I went for a safe throw and improved to 32.6m which was below the 35m I was hoping for.

As we finished the discus, pool 1 of the pole vault, with 14 competitors, was just starting so we were in for another long wait. Pool 1 ended up taking 3.5 hours with a junior athlete jumping 4.40m and a 35 year Masters athlete jumping 4.50m.

For the pole vault I was in the 50+ 2<sup>nd</sup> pool. During the warm up my Achilles was sore but bearable. I started after all the others were finished at 2.70m. I cleared first time using my light pole (4.25m 73kg) holding 3.60m. My next jump was at 3.00m using a stiffer pole (4.40m 73kg) holding 3.70m. Next I cleared 3.20m first time using the same pole. My next jump was at 3.30m using the same pole. The pole felt a bit soft and I went through too quickly and missed. For my next attempt I went to a stiffer pole (4.40m 75kg) holding 3.80m, but didn't penetrate (ie the pole did not reach the vertical). I now had a difficult decision, try again on this pole or go back to the softer pole. I decided to stick with the stiffer pole but didn't penetrate and missed. (With poles, every 30cm you hold below the top of the pole increases the stiffness by about 9kg so the 4.40m, 75kg pole, holding 3.80m, is the equivalent stiffness of 93kg).

As we were running late and one athlete needed to catch a plane we went straight to the javelin. The javelin was difficult with a very strong cross wind. My first throw was

OK but got caught by the crosswind and went out of sector. My second throw was safe but only went 33m. My third throw was much better but landed flat and was a foul.

From the javelin we went straight to the 1500m. After watching a junior athlete collapse in their 1500m in the hot weather it was not the time to push the 1500m too hard. I didn't check my points so had no idea what I needed to run to get to 5000pts.

We started the 1500m in a pack of 3 at 7min pace with John leading the first lap and taking the headwind in the straight, Greg went to the lead for the second lap then I took the lead and held it to the finish. My first ever win over 1500m in just under 7 minutes, and I even managed to lap one athlete.

Disappointment was to come when I realised I had missed 5000pts by only 3 points. After the presentations at 6pm and a long hot day I jumped in the car heading for Wangaratta for the night (where it had been 41.5 deg that day).

Except for the unforeseen program overruns the event was very well conducted.

There were a number of good performances with four athletes over 5000pts.

Although tough, decathlons are addictive with a strong bond forming between the competitors. So I think I will be back to do another one.

Results can be found on the Athletics Victoria website. [www.vicmastersaths.org.au](http://www.vicmastersaths.org.au).

*PS: It was 37.4deg on Saturday and 34.4deg on Sunday but the 21% humidity made the heat bearable.*

Events don't run themselves. It can take up to 200 officials to organise an event. Sometimes these stalwart volunteers are short-handed. You can help. If asked, give a little time. It's easy. And thank them when you can. *Ed*

#### What's ahead?

16-17 Mar	NSW Masters State Championships	SOPAC
24-Mar	NSW Mountain Running Champs	Orange
24-Mar	SMC race series 5k,10k,half	Greystanes
29 Mar- 1 Apr	AMA Championships	Canberra
20-Apr	NSW Novice Cross Country Champs	Ramsgate
21-Apr	SMC Race series 5k,10k,half, 30k	Greystanes
28-Apr	Dunbar Series Throws Pentathlon	Marsfield
4-May	Sydney 10k	Homebush
19-May	SMH Half Marathon	Sydney
26-May	NSW Team Walks Champs	Penrith
26-May	Dunbar Series Throws Pentathlon	Marsfield
1-Jun	NSW Cross Country Relays	Miranda
2-Jun	SMC race series 5k,10k, half full m/thon	Greystanes
14-Jun	City Mile Dash	Sydney
16-Jun	NSW Short Walks Champs	Narellan
22-Jun	NSW Long Course Cross Country Champs	Nowra
30-Jun	Dunbar Series Throws Pentathlon	Marsfield

## MASTERS MEMBERS OUT IN FORCE AT STATE 5000m

# Belinda Martin again the Star

Saturday, 16<sup>th</sup> February, 2013 – Homebush

**Fifteen of our members (12 male & 3 female) contested the State Open 5000m Championships. This event has increased in popularity in recent years. So much so, that there were 5 races (Male A, B, C & D plus one female race) this year. It wasn't so long ago that there were only 2 races.**

As was the case in the 3000m Championships held earlier this season, Belinda Martin was again the star of the show with another state title to add to her name. However, the rest of our members gave it their all and they showed a great example to the younger athletes that they can still compete no matter what age they are.

The weather was kind to the competitors this year. It was quite cool with a hint of drizzle. There was very little wind to speak of so it was ideal for distance running. Ten of our male members contested the "D" race. There were a total of 20 competitors in this race but it didn't take long for the pack to spread out.

The ever youthful Dennis Wylie seems to be getting faster as he gets older. He ran strongly throughout and was our first member across the line in a great time of 17:52. Remarkably he finished 6<sup>th</sup> overall and beat many competitors considerably younger than him. Bob Harrison has come back strongly from injury and was our next member to finish in a time of 18:25 and 10<sup>th</sup> overall. Peter Byrne said he struggled but still did well to finish 12<sup>th</sup> overall in a time of 18:27. The very consistent trio of Brad Sharpe (18:49), Ian Rose (18:56) and Paul Sheringham (19:04) had a good battle and were next home in 13<sup>th</sup>, 14<sup>th</sup> and 15<sup>th</sup> respectively.

Garry Womsley (20:35) was happy with his race despite running most of it by himself to finish 16<sup>th</sup>. New member Robert Connolley was next to finish in a time of 20:48 and 17<sup>th</sup> overall. EJ Davie (20:53) ran a 400m race not long before the 5000m but still ran strongly to finish 18<sup>th</sup>. He certainly is a running machine. Soccer referee James Barnes broke a Blue Mountains club record in finishing 19<sup>th</sup> in a time of 21:02.

Jason McIntosh has proven over the years that he is competitive at all distances and this race was no exception. He was our only representative in the "C" race and placed 14<sup>th</sup> in a fantastic time of 17:32 against much younger athletes. The fastest performance of the night was put in by Peter Costello who placed equal 6<sup>th</sup> in the "B" race in an excellent time of 15:24. He was the oldest athlete in the race and really showed the youngsters how it's done.

Belinda Martin who just turned 39 years of age put in a dominant performance in the women's race to take the state title in a time of 16:48. Belinda; who also took out state open titles in the Half Marathon and 3000m in recent months, finished more than 100m in front of the second placed runner. The most remarkable achievement of all was that she defeated



A small tear in the space/time continuum had opened up and Belinda suddenly found herself on an Earth-like, M-class planet. The running track had gone but there was open space. She could run forever...

Image:  
St George DAC

athletes more than half her age in an open event. We congratulate Belinda on her fine performances this summer and hope her great form continues.

Robyn Basman has made a strong return recently from injury and did well in a very competitive race to finish 15<sup>th</sup> overall in a great time of 18:48. She will only improve as she does further races. Angela Carpini was right behind her and never gave up. She has shown great improvement recently and finished in a very good time of 19:05.

Full results as follows: -

### Men: -

- 1) PETER COSTELLO – 15:24 – equal 6<sup>th</sup> overall in "B" race
- 2) JASON McINTOSH – 17:32 – 14<sup>th</sup> overall in "C" race
- 3) DENNIS WYLIE – 17:52 – 6<sup>th</sup> overall in "D" race
- 4) BOB HARRISON – 18:25 – 10<sup>th</sup> overall in "D" race
- 5) PETER BYRNE – 18:27 – 12<sup>th</sup> overall in "D" race
- 6) BRAD SHARPE – 18:49 – 13<sup>th</sup> overall in "D" race
- 7) IAN ROSE – 18:56 – 14<sup>th</sup> overall in "D" race
- 8) PAUL SHERINGHAM – 19:04 – 15<sup>th</sup> overall in "D" race
- 9) GARRY WOMSLEY – 20:35 – 16<sup>th</sup> overall in "D" race
- 10) ROBERT CONNOLLEY – 20:48 – 17<sup>th</sup> overall in "D" race
- 11) EJ DAVIE – 20:53 – 18<sup>th</sup> overall in "D" race
- 12) JAMES BARNES – 21:02 – 19<sup>th</sup> overall in "D" race

### Women: -

- 1) BELINDA MARTIN – 16:48 – 1<sup>st</sup> overall
- 2) ROBYN BASMAN – 18:48 – 15<sup>th</sup> overall
- 3) ANGELA CARPINI – 19:05 – 16<sup>th</sup> overall

**GARRY WOMSLEY**

# Brendan Davies

## 2012 AUSTRALIAN MALE ULTRA RUNNER OF THE YEAR

Distance runner Brendan Davies has only been running competitively for 7 years but he has covered a lot of kilometres in that time. He started doing suburban fun runs and worked his way up to Marathons in 2007. He then dabbled in trail and ultra running but didn't really focus on it until 2010 when he was selected on the Australian team for the World Mountain Running Championships. He is primarily a trail and ultra racer these days and this decision has been enhanced by his move to the Blue Mountains in 2011. "I really miss the fun run days", he said, "But I still enjoy all types of running including track".

Brendan who is a 4 time Australian Representative (2 x 100k road, 1 each Trail Ultra & Mountain Running), showed promising form throughout 2010-2011:-

**2010:-**

**Melbourne Marathon – 2:33:45 –  
Marathon PB & NSWMA 30-34 Record**

**2011:-**

**1<sup>st</sup> Place – Great North Walk 100km –  
New Course Record**

**4<sup>th</sup> Place – Commonwealth Ultra Trail  
Championships, Wales**

**5<sup>th</sup> Place – The North Face 100km – 2<sup>nd</sup>  
Australian – Debut Trail 100km**

**2<sup>nd</sup> Place – 6 Foot Track Marathon 45km**

2012 was a golden year for Brendan. "I ran for NSWMA at the NSW Police Games and happily set a new 10000m PB there in 33:19. I've also managed to break some NSW M35-39 records in 2012 in the Half and full Marathon", but this was just the beginning. His huge list of achievements in 2012 reads as follows:-

**1<sup>st</sup> Place – Great North Walk 100 miles – New Course Record**

**1<sup>st</sup> Place – Kanangra Trail Ultra 50km – Set Course Record**

**1<sup>st</sup> Place – Great Ocean Walk 100km – New Course Record**

**2<sup>nd</sup> Place – Centennial Park Ultra 50km**

**2<sup>nd</sup> Place – Inov-8 Coastal Classic**

**1<sup>st</sup> Place – Macleay River Marathon – NSWMA 35-39 Record**

**4<sup>th</sup> Place – The North Face 100km (2<sup>nd</sup> Australian)**



**Brendan laughed off the American's desperate tactics of trying to squirt him from a water bottle**

**11<sup>th</sup> Place – World 100k  
Championship, Italy, 6h 55m, 5<sup>th</sup>  
fastest Australian ever**

These outstanding results culminated in Brendan being named the AURA (Australian Ultra Runners Association) Distance Runner of the Year. This was a great achievement but he says that he really admires and is inspired by all Masters athletes. "As the years pass, I can see my involvement with NSWMA increasing!" That is great news for us as Brendan is not only an inspirational athlete but also very friendly and approachable.

We all know athletes who we admire and inspire us to try and do better by their achievements and Brendan is no different. "One guy who has and continues to inspire me is fellow NSWMA athlete Ron Schwebel. He was an Australian 24hr representative in his late 50's and just broke the over 60's record on his way to a top 10 finish in Australia's longest ultra, the 240km Coast to Kosciuszko and races everything from track to this!"

Brendan has been fortunate that he has never had a major injury which is quite unusual for a distance runner especially for an athlete who covers so many

kilometres. "This was definitely the reason for my good run of results in 2012."

While you would forgive Brendan for wanting to put his feet up for a while, that certainly won't be happening any time soon. In fact, 2013 promises to be an exciting year for him. "I'm part of the Inov-8 International Trail Running team and part of that will mean lots of racing in Europe in June, including the Mt Blanc Marathon. Before that, there is the Tarawera 100k Trail Ultra in New Zealand, which is the most competitive distance running event in NZ in decades. Some of the world's best Ultra Runners will be present. Later in the year, I will again target the World 100k (on the road) where I will be aiming for a podium finish.

Who said Masters Athletes can't be competitive in the Open categories? Well done Brendan. Keep up the good work!

**By GARRY WOMSLEY**

## OUR MEMBERS GRAB TWO TITLES AT THE STATE OPEN

# Belinda Martin & Stuart Gyngell **show** the youngsters

Friday, Saturday and Sunday, 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> March, 2013.

A massive 29 of our members contested the NSW State Open Championships. Once again they showed that they can still mix it with the youngsters. It was another great example that athletics does not have to end once you turn 30. The first two days in particular were marred by a cold wind and constant showers of rain which were torrential at times. Day three was a little warmer and a lot drier.

Belinda Martin (10000m) and Stuart Gyngell (Shot Put) were the stars of the meet after they both secured State Open Titles. Belinda has had a remarkable six months with State Open Titles in Half Marathon, 3000m, 5000m and now 10000m. It was a truly dominant performance in shocking conditions. The 39 year old crossed the line in an impressive time of 35:19. The margin between 1<sup>st</sup> place and 2<sup>nd</sup> place was a massive 1:05. In his 50<sup>th</sup> year, Stuart has continued to compete at open level with distinction. This meet was no exception. While two of his first three throws were fouls, he successfully shot a good distance of 15.33m to take an early lead. He finally secured the championship with his fifth throw with 15.71m. He did all this while troubled by a shoulder injury.

In the men's 100m, two of our members progressed through to the final of the blue ribbon event. Former Indian Champion Piyush Kumar recorded the second fastest time in the heats (11.01sec) and again recorded the second fastest time in the semi finals (10.94sec). In the final he placed 4<sup>th</sup> in another great time of 10.99sec. Scott Richardson from Nowra also automatically qualified for the semi finals with a time of 11.29sec. He then qualified for the final with a time of 10.98sec. In the final, he placed 6<sup>th</sup> in a good time of 11.10sec. Other members who competed in this event were Ashley McMahon who failed to make the semi finals by just 0.03sec (29<sup>th</sup> in 11.65sec) and Samuel Odede (35<sup>th</sup> in 11.92).

Sprinter Jay Stone travelled from Armidale to compete in the 200m and 400m. In the 200m, he qualified 6<sup>th</sup> for the final with a time of 22.28sec. Unfortunately, he did not finish the final. In the 400m he missed out on the final by one place finishing 10<sup>th</sup> in a great time of 49.89sec.

In the 800m, Michael Doggett (21<sup>st</sup> in 2:00.74), Stephen Archer (22<sup>nd</sup> in 2:01.59) and Andrew Heil (26<sup>th</sup> in 2:07.06) got a good hit out for the upcoming State Masters. Lisa Harrison placed 18<sup>th</sup> in the women's 800m in a time of 2:31.62.

Brett Halls ran a solid 1500m heat to qualify 11<sup>th</sup> for the final in a time of 4:00.54. In the final, he went almost 8 seconds faster



Giant amongst men, Stuart practises by tossing small planets.

to finish 7<sup>th</sup> in an outstanding time of 3:52.68. Other members to compete in the 1500m were Michael Doggett (23<sup>rd</sup> in 4:08.23) and Stephen Archer (28<sup>th</sup> in 4:15.67).

The 10000m events also doubled as the State Masters Championships. There are really only two opportunities to run a 10000m on the track each season. This is one and the AMA Nationals is the other. Unfortunately, it has a cloaked existence despite being partly a Masters event, as it is always held with the Open event. It was held in probably the worst weather of the weekend. The

cold wind was blowing from the south and the torrential rain was almost horizontal. These guys certainly deserved a medal for running 25 laps in such horrendous conditions.

With a total of 30 athletes, there were "A" and "B" races organized. In the "A" race, Peter Costello continued his good form from the recent 5000m Championships to finish 7<sup>th</sup> in a good time of 31:49.12. Remarkably, he was only just over a minute behind the overall winner. He also placed 1<sup>st</sup> in the 40-44 age category.



Jason McIntosh, without kilt.

In the "B" race, we had 7 representatives. Dennis Wylie ran strongly throughout to place 7<sup>th</sup> in a time of 37:12.88. He also won the 60-64 age category. Not far behind was Jason McIntosh who finished 8<sup>th</sup> in a time of 37:20.90. He placed 2<sup>nd</sup> in the 40-44 age category. Ian Rose (39:01.26) and Peter Byrne (39:17.91) are never far away from each other and finished 10<sup>th</sup> and 11<sup>th</sup> respectively. Peter probably should have been closer but had to do his shoe lace up with quite a few laps to go. Ian placed 1<sup>st</sup> in the 55-59 age category while

Peter placed 1<sup>st</sup> in the 50-54 age category.

Ron Schwebel (39:50.90) ran his usual honest race to finish 12<sup>th</sup> and 2<sup>nd</sup> in the 60-64 age category. Coffs Harbour resident Paul Sheringham (40:19.17) was ill after finishing but still ran a decent race to place 13<sup>th</sup> and 2<sup>nd</sup> in the 50-54 age category. EJ Davie who led for the first lap as he usually does, found the going a bit tough towards the end but never gave up to finish 14<sup>th</sup> in 43:43.83 and placed 4<sup>th</sup> in the 40-44 age category.

In the 3000m Steeplechase, Garry Womsley felt like a grandfather! In his 50<sup>th</sup> year, he raced against 5 teenagers and 4 twenty-somethings but still placed 9<sup>th</sup> of ten in a season best time of 12:47.10. Walks legend Robert Osborne took on the youngsters in the 5000m Walk and was not disgraced in finishing 6<sup>th</sup> in a time of 28:11.42.

Our jumpers and throwers were also out in force over the weekend. Nick Moroney placed 4<sup>th</sup> in the high jump with a best height of 2.06m. He actually tied for 2<sup>nd</sup> but was relegated to 4<sup>th</sup> on a countback. Shaun Fletcher placed 2<sup>nd</sup> in the Long Jump with a mighty leap of 7.41m. He led for most of the competition but got pipped by just 2cm on the 5<sup>th</sup> jump. Eddy Van der Jagt placed 12<sup>th</sup> with a best of 5.82m.

Jamie Muscatt and Warren Jones participated in the Discus, Hammer and Javelin. Jamie placed 5<sup>th</sup> in the Discus (39.29m), 5<sup>th</sup> in the Hammer (40.97m) and 10<sup>th</sup> in the Javelin (32.83m) while Warren placed 8<sup>th</sup> in the Discus (28.48m), 8<sup>th</sup> in the Hammer (37.79m) and 11<sup>th</sup> in the Javelin (27.90m). Lajos Joni and Matt Stenning took on the Hammer with Lajos placing 7<sup>th</sup> (38.06m) and Matt placing 9<sup>th</sup> (33.86m).

## By Garry Womsley & Dennis Wylie

## STATE OPEN CHAMPS (and Masters 10000m)

	Event	Heat	Semi	Final	Place
Lisa Harrison	800m			2.31.62	18th
Belinda Martin	10000m			35.19.24	1st
Piyush Kumar	100m	11.01	10.94	10.99	4th
Scott Richardson	100m	11.29	10.98	11.10	6th
Ashley McMahon	100m	11.65			
Samuel Odede	100m	11.92			
Jay Stone	200m	22.28		DNF	
	400m	49.89			
Michael Doggett	800m	2.00.74			21st
	1500m	4.08.23			23rd
Stephen Archer	800m	2.01.59			22nd
	1500m	4.15.67			28th
Andrew Heil	800m	2.07.06			26th
Brett Halls	1500m	4.00.54		3.52.68	7th
Dennis Wylie	10000m			37.12.28	1st, 60-64
Jason McIntosh	10000m			37.20.90	2nd, 40-44
Ian Rose	10000m			39.01.26	1st, 55-59
Peter Byrne	10000m			39.17.91	1st, 50-54
Ron Schwebel	10000m			39.50.90	2nd, 60-64
Paul Sheringham	10000m			40.19.17	2nd, 50-54
E J Davie	10000m			43.43.83	4th, 40-44
Peter Costello	10000m			31.49.12	1st, 40-44
Garry Womsley	3000m	Steeplechase		12.47.10	9th
Nick Moroney	High Jump			2.06m	4th
Shaun Fletcher	Long Jump			7.41m	2nd
Eddy Van der Jagt	Long Jump			5.82m	12th
	Shot				
Stuart Gyngell	Put			15.71m	1st
Jamie Muscatt	Discus			39.29m	5th
	Hammer			40.97m	5th
	Javelin			32.83m	10th
Warren Jones	Discus			28.48m	8th
	Hammer			37.79m	8th
	Javelin			27.90m	11th
Lajos Joni	Hammer			38.06m	7th
Matt Stenning	Hammer			33.86m	9th



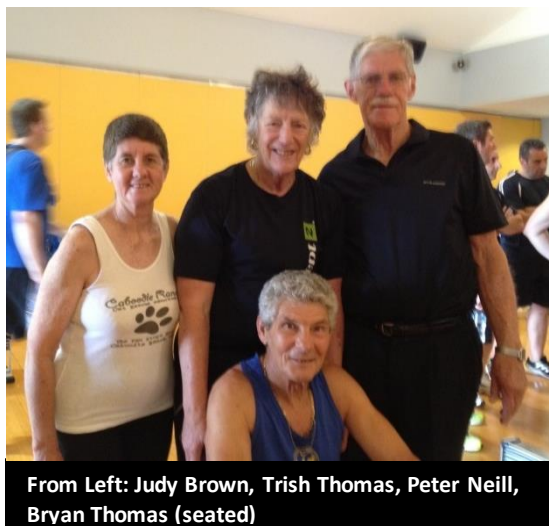
At left is Master's athlete Craig James from CommSec appearing on the Sunrise show (morning TV). After first announcing on the programme that he would be competing at the State Masters' (a full report on it will appear in the next Issue) he then came back on Monday to tell the audience how he'd done. Here he is holding up one of our T-shirts. Thanks for the plug, Craig! Craig didn't medal this time but there's always next year.

# Judy places first again *but in another sport!*

Long time member Judy Brown is very versatile. She is not only a champion race walker, she is also an accomplished distance runner who can usually be found most Sundays competing in a fun run somewhere in Sydney or on the Central coast.

Normally a State Relay regular, Judy was absent this year for a very good reason. No, she was not at a fun run this time. In fact, she was competing in a different sport altogether: - Indoor Rowing.

The NSW Indoor Rowing State Championship was held at the Blacktown Leisure Centre at Stanhope Gardens and Judy placed 1<sup>st</sup> in her age group in all of the three events that were contested. The first event was a 4 minute event which is like a time trial.



From Left: Judy Brown, Trish Thomas, Peter Neill, Bryan Thomas (seated)

Basically, the competitors row for four minutes and strive to cover as many metres as possible. In Judy's case, she covered 825m in the allotted time.

The next event was a 500m event. This time Judy covered the distance in a time of 2min 16sec. She then backed up in the 2km event and got the trifecta with a time of 10min 30sec.

Judy was not the only athlete to compete in these championships. Trish and Bryan Thomas and Peter Neill of the ACT Veterans also competed and won their age groups in all three events.

Our members are a talented lot. It would be great to hear from other members who excel in other sports as we are not only promoting masters athletics but sport and healthy lifestyles for mature aged Australians.

By GARRY WOMSLEY



## *Two of our members compete at the* **Sydney Track Classic** *Saturday, 9<sup>th</sup> March, 2013 – Homebush*

The Sydney Track Classic has been around for a few years now. It has gradually grown each year. It is now regarded as a good hit out for not only our elite athletes but a number of overseas athletes who travel here to experience our warmer conditions before the Northern Hemisphere track season starts. The programme is now streamlined and runs fairly close to time. It is now also user friendly for both athletes and officials alike.

After a lot of wet Saturdays so far this year, the fine weather was welcomed by all. It was warm with not a cloud in the sky. While a breeze sprung up later, it was not strong enough to affect the performances of the athletes. In fact, three athletes achieved "A" qualifiers for the World Championships and there was also a Paralympic world record achieved on the night. Two of our members competed on the night which again shows that age is no barrier.

Former Indian Champion Piyush Kumar, who placed 4<sup>th</sup> in the 100m final at the recent State Championships, contested the 100m "B" race. In a very competitive race, Piyush placed 5<sup>th</sup> in a fantastic time of 10.85sec. Remarkably, there was only 0.07sec between 2<sup>nd</sup> and 5<sup>th</sup> and 0.03sec between 3<sup>rd</sup> and 5<sup>th</sup> in what was a real blanket finish. His time was also 0.09sec faster than his best at the State Open which was a great effort.

Despite being hampered by a shoulder injury recently, Stuart Gynnell competed in the Shot Put. While the injury is affecting the distance that Stuart can currently achieve, he still took out the State title in the event the week before. In his 50<sup>th</sup> year, Stuart is still mixing it with the youngsters and continues to be

competitive against them. On this occasion, he placed 4<sup>th</sup> with a best distance of 15.86m. That was 0.15m further than he threw to take the State title.

Well done Piyush and Stuart we are very proud of you both!

Full Results as follows:-

**PIYUSH KUMAR**  
100m "B" race  
10.85sec  
5<sup>th</sup>

**STUART GYNGELL**  
Shot Put  
15.86m  
4<sup>th</sup>

By GARRY WOMSLEY

Piyush Kumar runs like a man with a stick of gelignite.



## Do you need to carbohydrate load?

If you are a runner who eats a big plate of pasta before a race in the belief that it will power you to a better performance, well you're almost right, but not quite. As far back as the 1960's carbohydrate loading was known to increase storage of glycogen in the muscles, and top athletes used to engage a high-carbohydrate diet in the days leading up to a race.

Then a Swedish Doctor named Gunvor Ahlberg discovered that the body could be tricked into storing extra glycogen in the muscles and liver if the carb loading was preceded by carb depletion.

His method:

- A week before race day have an exhaustive workout.
- For 3 days eat a diet containing 10% carbohydrate/train lightly.
- For 3-4 days eat a diet containing 90% carbohydrate/train lightly.

This enabled athletes to nearly double their glycogen stores. Although still popular, many athletes found the depletion phase unpleasant, so with

experiment, it was found that almost as good a result could be obtained if the depletion phase was not so drastic and so the 'no depletion' method was devised in the 1980's:

- A week before race day have a hard but not exhaustive workout.
- For 3-4 days eat a diet containing 55-60% carbohydrate/reduce training gradually.
- For 3 days eat a diet containing 70% carbohydrate/reduce training gradually.

Another method invented in Australia in 2002 was radically different after it was discovered that glycogen storage was intensified after a vigorous work out and therefore you could store glycogen the day before a race:

- Eat normally and train lightly for a week before a race.
- Reduce training with 4 days to go
- The day before, perform a high intensity but very brief workout/carb load (12g per kilo of body mass)

Whichever method you use the problem with carb loading is you will experience weight gain (maybe 2kg) and possibly bloating. This is because it takes 3-5 times as much water as carbohydrate to store glycogen in the body. You will lose the water again as you use up the glycogen. Another point is that it takes about 90 minutes to deplete your glycogen stores, so this is only for long races. When carb loading the day before a race, it is best not to use high fibre carb foods as the fibre could give stomach problems when exercising vigorously. Processed foods and drinks are better. Fat should be avoided as it will interfere with absorption and storage of carbs as glycogen and may be stored as fat! Also carb loading is not really necessary if you consume gels or sports drinks during your race. However, it could help.

Sources: *The Evolving Art of Carbo Loading* by Matt Fitzgerald of *Active.com*, *Australian Sports Commission*, *Runners World*, *Wikipedia*.



## Sports Bra App

Having trouble finding a comfortable bra to wear when you exercise? Julie Steele, along with her fellow researchers at Breast Research Australia (BRA), has launched a Sports Bra app. It is the only app in the world with evidence-based information to help women choose a well fitted, supportive sports bra that is the right size and, most importantly, is comfortable.

Based in the Biomechanics Research Laboratory at University of Wollongong, Breast Research Australia is committed to providing innovative research and evidence-based educational services to decrease breast-related discomfort and injury so all women can participate comfortably in activities of daily living, work and recreation. You can follow BRA's activities on Facebook: <http://www.facebook.com/BreastResearchAustralia>

The app uses step-by-step instructions combined with clearly labeled photographs and movies, to help you select the sports bra that is best for you when you are out shopping. The steps include: (1) choosing your bra, (2) putting on your bra, (3) fitting your bra correctly, and (4) checking that your bra is supportive enough.

The Sports Bra app costs 99 cents, with all profits going back into breast health research. It can be downloaded from iTunes and here's the link:

<https://itunes.apple.com/us/app/sports-bra/id584698076?mt=8>



## My Injury

### My knee injury kept me out of running for over twenty years.

During 1985, I noticed increasing knee pain during training. However I didn't act on it as, despite the pain, I'd been confident of running more regularly under two minutes for 800m and getting my 1500m time closer to 4 minutes.

During the summer of 1986, my knee got more painful. My biomechanical deficiencies were catching up with me! I ran my last race at Sydney Interclub in early 1986 in a personal worst of 2:12. I stepped from Sydney Athletic field in pain, disgusted with my performance, and didn't return to the track until 2012.

I saw sports doctors who couldn't help, and eventually had an arthroscopy in late 1986. My surgeon told me I would run again, my physio, who aggravated the knee, said I'd never run any more marathons. I gave up on it to concentrate on study. Running, something I took for granted, seemed to have left my life forever.

### The battle of the maltracking patella.

In 2006 my knee cap went right off track, walking became painful, my foot felt like it was on fire and I needed painkillers. There was a horrible sensation I'd get when the knee cap went off the rails, so close to dislocating. My life was diminished by knee pain. Even kicking in the swimming pool hurt my knee and walking around the shops was hard. I convinced myself I needed reconstructive surgery, or a knee replacement by 50.

After having no luck with local physios and doctors, I sought medical advice in Sydney without much hope, but desperate to find

some answers for my knee pain. Dr Ken Crichton referred me to Brad Macintosh at McConnell's in Mosman. Following this up was the best decision I have ever made. Brad told me that I had the worst VMO:VL ratio he'd ever seen. My outer quad (VL) was ten times stronger than my inner quad (VMO). No wonder my knee cap was off track. He taped my knee, and for the first time in months there was no knee pain. That made me sit up and listen! He said I might run up to 5km if I rebuilt my quads, but it would take twelve months to do so. I didn't believe him, I only wanted to walk without pain.

In the end it took me nearly three years to rebuild my quads. I became so obsessed with quad and glute strengthening, and VMO activations, that I'd often continue exercises as I fell asleep in bed. The injury had more than a physical impact. The goal was only to walk without pain, never to run. I kept fighting, never gave up and I am proud of that.

I took a risk and ran for the first time in June 2008 with knee tape, patella tendon/ITB straps and orthotics, expecting my knee to break down, but it didn't. I count those days of my return to running as some of the best of my life. I was so inspired and happy and I am thankful for that time. I ran the Sydney Bridge Run, my first fun run in 23 years, and my dreams of running races at last came true. Since then I have run over twenty half marathons, I've won medals at NSW and Australian Masters and had so many wonderful running adventures. I ran my first marathon this year at age 50 years and 3 days. How's that for exceeding expectations?

## Running dreams come true

Throughout all those long years of injury, at night I had running dreams. Often they were of running the City to Surf again, or going on endless long runs in the forested hills around Coffs. This must be a dream, I'd think. I can't run, my knees won't let me and I would wake disappointed once again. Running was such a big part of me that it flickered in my mind as a dream that would not die.

My return to running feels like the stuff of dreams and miracles. I have to pinch myself to make sure it is all true. I keep all my medals close, and sometimes have to hold them as evidence that this is a dream that I will not wake from. Until four years ago all this seemed impossible, but that running dream that flickered on in my sleep, somehow came to life. Sometimes I wish I could return to the 1980s and continue my unfinished athletics career to see what was possible. However, the present is not too bad, and I have enjoyed running more than ever. It has returned to my life when I needed it.

By Paul Sheringham

## What's Happening This Winter?

**A number of matters were decided at the ANSW WINTER HARRIERS MEETING in November last year. Garry Womsley Attended.**

### State Road Relays (Ourimbah)

Last year, in order to incorporate a fun run, older age groups ran 4x2k instead of the usual but this year there will be a reversal and rather than the conjunctive fun run there may be a fun relay event instead.

### The Sydney 10 at Olympic Park

Will revert to Saturday in 2013. (4<sup>th</sup> May).

### Fernleigh 15

Will become a State Championship slated for 20<sup>th</sup> October, 2013.

A new event, first run in 2012, the Fernleigh 15 attracted 900 competitors. It is a traffic free course run on land once used for a railway line.

### Mountain Running Championships

Will be held in Orange on Sunday, 24<sup>th</sup> March.

### HOLD THESE DATES:

**NSWMA Awards Lunch**  
Sunday 16 June 12 for 12.30pm Ryde Eastwood Leagues Club

**NSWMA AGM**  
Sunday 30 June 2pm Ryde Eastwood Leagues Club

Don't throw away running shoes that don't fit! Even if they are used, as long as they still have some tread on them you can recycle them. **Shoes for Planet Earth** is one organisation that collects these shoes and sends them to countries where people are too poor to afford them. Let someone else make use of them if you don't need them. Look up **Shoes for planet Earth** on the web. Drop the shoes off where they suggest, when you can. First, put the shoes through your washing machine and dry them by hanging them up for a couple of days.



# From the Presidential Desk

Mar 2013

As we quickly approach the end of our summer season locally, 218 NSWMA athletes are about to head to Canberra for our 2013 National Championships. I'm very proud to tell you that we are the largest team competing at this event this year, and I wish each and every one of you the success you have worked so hard for – **GO TEAM NSW!**

The 2013 State Championships were held at SOPAC last weekend, in beautiful weather. Congratulations to the organisers and officials on a very well-run event, and to all athletes on their efforts. A full roundup and photos will be in our next waratah issue. I managed to grab Craig James from the Sunrise show at the finish of his 100m race, and he graciously showed off the t-shirt presented to him, on the show the next Monday morning (photo on page 14)...what a nice bloke!

The presidential bus (aka my i30) took to the road at the end of January to Glendale, on a weekend visit to support our Club members who were competing in the Country Championships. As a city chick I've never actually been to the Country Champs before, and (apart from suffering from withdrawal symptoms from not actually being able to compete), it was a great experience and a good networking opportunity. And lovely to meet some of our country members who don't get down to the big smoke for competitions, but with whom I've chatted on the phone.

Officials Workshop and Exam: NSWMA and ANSW recently held a workshop and exam session at Ryde-Eastwood Leagues Club, specifically for master's athletes to complete a C grade accreditation in track, throws, jumps or admin/technical. Many thanks to Mary Fien and Janet Naylor for organising and running the session...a great success, and we look forward to having more held on the future!

National Uniform design: we are still plugging away with AMA to put forward our concepts for a new national uniform. Julie Steele has made contact with a company who has prepared a great submission, which has been sent to AMA hopefully for consideration at their next meeting, to be held in Canberra during Nationals.

**O**ur registration numbers: As we go to press we are sitting at the 390 mark, already surpassing last season's total of 362 after only 6 months! This is a great result, and a testament to the hard work the Committee has been putting in this season with marketing and communications....and a big welcome to the 51 new members who have joined since January 1st!

As we come to the end of our summer season, it will be a rest period for most, until October and the new summer season roll around again. Some of us will still be hard at work though, preparing for either World Masters Games in Torino Italy in August, or World Championships in Porto Alegre in Brazil in October. I've made the crazy decision to have a shot at both of these this year, and I'm looking forward to competing there, and also to report back on my experiences at both events. As well as improving my Italian and Portuguese language skills, hopefully!

I wish you all good health and good performances over the next few months, and this issue I'd like to leave you with a couple of famous quotes:

*An athlete cannot run with money in their pocket. They must run with hope in his heart and dreams in his head - Emil Zatopek*

*Age is no barrier. It's a limitation you put on your mind - Jackie Joyner-Kersey*

## Jill Taylor

### AWARDS NOMINATIONS we sent to AMA

Sprint/Hurdles  
**Richard Hughes**

Middle Distance/Steeplechase  
**Cris Penn**

Distance  
**Belinda Martin**

Walks  
**Heather Lee**

Jumps  
**Nick Moroney**

Throws  
**Stuart Gyngell**

Multi Events/Relays  
**Lynette Smith**

Admin/Official  
**Jill Taylor**

Most Outstanding Male Athlete  
**Richard Hughes** (*for all his performances from 60m to 800m & his relay World Record*)

Most Outstanding Female Athlete  
**Belinda Martin** (*see below*)

Most Outstanding Individual Performance  
**Belinda Martin**  
*Since September she has won State Open Championships in Half Marathon, 3000m and State 5000m. (At the age of 38, twice the age of some of her competitors).*

## What the...?

By now everyone has heard about barefoot running. Interest may have begun earlier but the concept became mainstream after the publishing of that great read from 2009, "Born to Run", a book that examined how South American Indians were purportedly able to run all day in leather sandals. They ran on the balls of their feet and the author believed it was the best way to run and questioned the design of running shoes.

Subsequent research into a tribe of Kenyan runners supported the notion that you would run naturally, without all the padding of and raised heels of running shoes. That meant landing on the ball of your foot with the heel not touching the ground at all. <http://barefootrunning.fas.harvard.edu/>

Sales of shoes that emulate running barefoot now represent 10% of the market.

However, more recently, another study of a different tribe of Kenyans appears to blow all that theory out of the water. These people land on their heels! [http://www.eurekalert.org/pub\\_releases/2013-01/gwu-grf010913.php](http://www.eurekalert.org/pub_releases/2013-01/gwu-grf010913.php)

## WHAT CAN WE DO ABOUT **slowing with age?**

Unfortunately, the older we get the less muscle mass we have. As we age we produce less growth hormone which renders us less effective at synthesizing protein (muscle making). There is a 10% reduction in muscle mass between the ages of 25 and 50 but another 45% by the age of 80! We also lose Creatine Phosphate which is an ingredient in the quick release of energy.

The bad news for most of us is the kind of muscles you need for dynamic strength, the *fast twitch fibres*, are lost at a greater rate than the *slow twitch fibres* required by endurance athletes (and that's good news for them!). Aerobic capacity doesn't begin to decline until our late 50's which also favours endurance athletes beyond those years.

While we lose our fast twitch fibres it remains possible to increase our slow twitch fibres with the right training. However other factors still slow us down. Stride length shortens, our joints stiffen and we lose flexibility. But can we do anything about it? Yes, we can!

Some people we see: guys like Richard Hughes, John Van Stappen and Peter Crombie clearly haven't slowed appreciably in comparison to their contemporaries. So what's the secret?

It's in the training. Years of it. Peter Crombie says he spends more time in the gym and hardly does any running at all in training. Of course, when he does, it's only in short bursts, up to 400 metres. That's interesting compared to distance runners who don't really do much else other than run. Each week the average distance runner does about 5 hours of running which may take them 60k. Marathoners and Ultra runners will do more, 80-120k a week. But as already explained the distance runners are mainly using those slow twitch muscle fibres, the ones you keep. So let's just worry about those fast twitch fibres.

Although stride *rate* stays the same, stride *length* shortens in older runners. Also, ground contact time increases. But

you can preserve stride length by sprinting up hills as this strengthens the lower leg and ankle. This is critical to getting better dorsiflexion (being up further on the toes). Hill sprints also encourage a higher leg lift which also assists in speed on the flat. Older runners tend to not lift the leg as quickly into the next stride. Remember when you were a kid how you kicked your bum when you ran? Keith Bateman actually practices doing that (even though he isn't a sprinter) to maintain a dynamic running style. Bounding and hopping are other useful exercises.

Muscle fibre loss that occurs with age can't be overcome but you can maintain the fibres you do have with weight training. Your reps should be at 75% of your maximum single lift. Weight training can also prevent injury.

Now, those two other ingredients in the speed recipe, Growth Hormone and Creatine Phosphate are released by exercise and the more intense the session, the more they are released! This means you can counter a progressive loss in these by intensifying your training! Creatine is also available as a supplement and its effects are proven to increase speed.

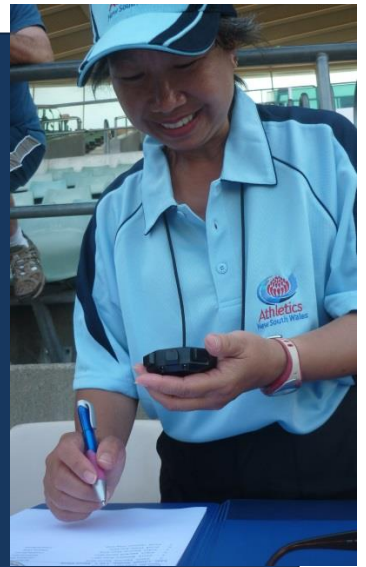
Obviously an older person can't train harder than a young person if the young person is training their hardest but it is possible to stay ahead of those who don't train optimally at whatever age. You can make the most of what you have speed-wise by offsetting the effects of aging, not by the amount but by the intensity of what you do. But a word of warning: don't *overdo* it and any increase in training, however you do it, should be advised by the marathoners maxim, "never increase training by more than 10% a week!"

*This article is mainly a short rewrite of a longer article by John Shepherd, Peak Performance Website:*

[http://www.pponline.co.uk/search/apachesolr\\_search/speed+and+age](http://www.pponline.co.uk/search/apachesolr_search/speed+and+age)

### Vale Jessica Clark

Our deepest condolences go out to Steve Clark (Girraween), his daughter Amelia and family, on the recent loss of his wife Jessica, aged just 33. Our thoughts are with you all at this sad time.



Top Left: Andrew Atkinson-Howatt, Voitek Klimiuk and Robert Hanbury-Brown, warriors of the Fkarwe tribe.  
 Top middle: Kellie Watson breaks into a smile, later.  
 Top Right: Nancy Lloyd, our treasurer, officiating for ANSW sees some numbers she likes.  
 Above: Brett Kingston sent this picture of Pete Murray warming up.  
 Right: Adriana Van Bockel dispatches the heavy weight.  
 Far right: Stuart Paterson enjoys his hip number for about two and a half minutes.  
 Below: Garry Womsley is nimble over the Steeples.  
 Below Middle: Kate Clarke strains to hold the pose while an artist quickly sketches her.  
 Right: You could put a bicycle under Natalie Heywood before she landed.

