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Medal-winning kinesiology researcher inspired by senior athletes

Sean Horton travelled all the way to Australia in October to learn more about what inspires senior athletes to compete at an elite level.

Winning a gold medal in squash at the World Masters Games was an extra that helped grease the wheels a little and earn the kinesiology professor some added esteem in the eyes of the more than 50 athletes he interviewed.

"It wasn't the main reason I was there, but it was definitely a bonus," said Horton, who competed in the 40-44 age group and beat a player from the Netherlands in the gold medal match after defeating two challengers from Australia and another from Canada. "I really didn't have any expectations going in. But it definitely earned some credibility with the people I was interviewing. I was one of them."

The games drew more than 30,000 athletes ranging in age from 24 to 101, in 28 sports from more than 90 countries—far more than the Olympics, Horton said. He went there to conduct research on what motivates older athletes to train and compete, as well as how socializing with fellow athletes keeps them inspired. With collaborators from York University and Charles Sturt University in Bathurst, Australia, he hopes to publish his findings soon.

Horton said he was particularly inspired by Australian swimmers Margaret Davey, 82 and Hilde Lindfield, 91, who both won gold medals, as well as swimmer Max Lewis, who had some very philosophical explanations when asked about why he competes.

"He said part of the reason he does this is to show his kids and his grandchildren that they don't have to be afraid of getting old," Horton said. "He also said it also helped to remind him about what we put our kids through when they compete. He said he still gets very nervous."

Marilyn Douglas, head coach of the Lancer women's volleyball team, also competed in beach volleyball and placed ninth with partner Jana Neufeld, a former teammate from the University of Regina. Tecumseh chiropractor and UWindsor alumnus Matt Butler brought home a gold, silver, and bronze medal in three backstroke swimming events.



World Masters Games gold medalists: 91-year-old Hilde Lindfield and 82-year-old Margaret Davey flank UWindsor kinesiology professor Sean Horton.

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Ambassador Fitz at the Games

Sarah Fitz-Gerald reflects on the World Masters Games



About a year ago I was asked to be a **Games Ambassador for squash** which was a great opportunity to get some publicity for our sport in a massive multi sport event ... the Masters Games has the largest participation and entry than any other event.

The opening ceremony was a real spectacle staged at **Sydney Olympic Park** with over **28,000 athletes** of all sports and ages...it was a real celebration with fireworks, dancing, singing and the chance of showing off some of Australia's talent, culture and traditions. All athletes entered the arena under the banner of their sport, rather than their country.

Bert Armstrong from Melbourne, owner of the largest squash racket collection in the world, and who has attended ALL Masters Games, was given the honour of speaking in front of the athletes and crowd to deliver the Athletes Ode (pledge).

The squash tournament had entries from Australia wide, NZ, New Caledonia, Canada, USA, South Africa, Malawi, England, Scotland, Ireland, France, Netherlands, Germany, Sweden, Argentina, Uruguay, Japan, Singapore, Malaysia and United Arab Emirates.

The individual event was held over 7 days due to enormity of the entry list and categories, then was immediately followed by a 3 day team event. In true squash style, the parties and socialising of the masters certainly lived up to its reputation with the fantastic gathering of friends, return of former players and familiar faces.

During my time as Games Ambassador, I had the opportunity to rub shoulders with Australian sporting greats **Murray Rose, Ken Rosewall, Phil Kearns, Russell Mark, Jenny Halliday, Debbie Watson, Daniel Kowalski, Simon Fairweather**, and given the opportunity to spread the good word that sport truly is for all ages we attended functions at the spectacular Sydney Government House, Black Tie Gala Dinner with honoured guest **Prince Frederique** of Denmark as well as our own **Tunku Peter Imran**.



Exchange student goes the distance at World Masters Games - School of Journalism and Communications - The University of Queensland, Australia - Mozilla Firefox


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Exchange student goes the distance at World Masters Games

As told by Master of Journalism student, Kimberly Smith, on exchange from Canada.

The Game's media centre motto shouts out "everyone has a story to tell". It sums up the busy workload and the many interesting stories of 28,000 competitors at the Sydney 2009 World Masters Games.

Interning at the Games was an opportunity to work as a sports reporter at a large international competition. During my ten days in Sydney, I reported on the swimming and diving events and wrote between three to five stories each day.

I spoke to prominent athletes including Australian Olympic gold medallists Christopher Fydler and Adam Pine. I also interviewed the oldest swimming competitor, Margo Bates, 99, and the youngest, Facundo Chernikoff, 24.

His Royal Highness Crown Prince Frederik of Denmark made a brief appearance at the Aquatic Centre to give encouragement to fellow Danish swimmers.

In interviewing the competitors I had to ask questions that drew interesting and unique personal stories. My favourite story was discovered by chance and was about a Japanese mother, 90, and daughter, 62, who had each claimed three gold medals competing in the 50m, 200m, and 100m breaststroke events in their respective age groups.

As the mother did not speak English, the daughter explained that they competed for her late father, who had won gold at the 1936 Berlin Olympics for the 200m breaststroke. The daughter said she sees her father cheering her on every time she swims.

And then there was the 80-year-old plastic surgeon who won numerous gold medals at the Games, and a 74-year-old sheep farmer from Walcha in NSW who returned to diving after a fifty year spell from the sport.

Being a reporter sometimes means you have to quickly think on your feet without much information. During the 10km road race, one of the volunteers yelled to me, "Here's Simon" and pushed him towards me. Not knowing who Simon was, I asked a few really general questions of him. Later, I discovered he was in fact an Olympic archery gold medallist and one of the Game's major investors.

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Blog for Toni Clubb

Toni Clubb USA Volleyball

Wins at World Masters Games ...

World Masters Games Gold Medal for the USA

by Toni Clubb / October 14, 2009

Wednesday, Oct. 14, 2009

There is nothing that parallels the emotions of a gold medal match. And we were definitely feeling the familiar mix of anxiety, excitement and anticipation. We played the Brazil Mixed team which had given us so much trouble in the second day of pool play. As we started warm ups it became apparent that the Brazil supporters outnumbered our friends and families by 4 to 1, and we new they would be a very vocal and passionate crowd. Our strategy was simple...come out strong early and take control of the net play.



Although our strategy was sound we started the match off tentatively and Brazil jumped out to an early 7-4 lead. Their defensive coverage of our blocks was solid, and they controlled the pace of the game, which was painfully slow with substitutions, lineup checks, and timeouts. The score would stay close the entire set, with one team making a surge and then the other team responding with a surge of their own. The entire crowd was cheering and yelling in a deafening roar which only attracted more spectators. We called our last time out at 23-22 and were able to close out the match 25-23....still a little to close for comfort.

With the boost of confidence of a win under our belt we came out swinging in the second set. Connecting well in the middle was our setter/captain Shawn Hoover and middle blocker Ursula Geiger. Defensive efforts from Therese Butler and Reba Spooner were instrumental in keeping the momentum in our favor. We won the second set 25-9. However this match was best of 5 so we still had our work cut out for us.

The third set was our best game of the tournament. Our outside hitters Karin Thomsen and Jana Landel kept mixing up their line & cross court shots, while sprinkling in effective tips when the Brazilians were dug in looking for another power shot. Linda Wilson played a strong right side and had several solid blocks which completely shut down their big hitter. One of the most memorable plays involved the serving of Linda Mclellan which was a wicked spinning curve ball serve. Ultimately, the total team effort resulted in a rewarding final set score of 25-11.....giving us the Gold Medal.

We sincerely appreciate everyone that has been following our efforts here down under, and to Bill Kauffman at USAV for publishing this blog. So for now, this is Toni Clubb #12 player/coach signing off from the 2009 World Masters in the Olympic Park Sydney, Australia.

[Go back to Blog for Toni Clubb](#)

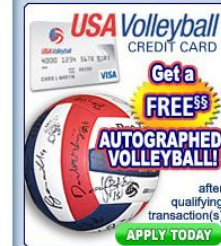
Blog Description

Toni Clubb is a member of B.A.D., a 50-plus age division women's volleyball team from the United States competing at the 2009 World Masters Games in Sydney, Australia.

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Maxine Keller

By Becky
LeTendre

Keller wins gold medal at 2009 World Masters Games in Sydney, Australia

November 12, 2009

She epitomizes the definition. It may be the official motto of the 2009 World Masters Games in Sydney, Australia, but "Fit, Fun & Forever Young" is exactly what local maven Maxine Keller aspires to every day of her life.

Recently returned from an astonishing trip to Australia where she competed in the seventh World Masters Games held there. Keller did herself and her country proud, bringing home a shiny gold medal. First place in a world class competition. "It was just a lot of fun," Keller says, adding, "who would ever think that I would go to the World Games!"

But she did just that. And competing in front of daughters, Linda and Pam, as well as other family and friends, in the beautiful Olympic Stadium there, she placed first in her division of the 1,500 meter walk. Attending the World Master Games, let alone take part in them, was just not something that Keller had planned to do. Until she got the call from Pam, a resident of Sydney, who had been asked to join the Perth volleyball team for the Games, suggesting that she come to Australia and take part as well. After some time she acquiesced, and found herself planning and training for the spectacular trip to Sydney, accompanied by daughter Linda, who lives in Sioux Falls.

Training, actually, was nothing more than a continuation of the daily 2 mile jaunt that Keller has been making every day for the last 25 years. "I walk two miles every day, so I thought I could do alright," she laughs. Oh, she did make a trip to the sporting

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Training, actually, was nothing more than a continuation of the daily 2 mile jaunt that Keller has been making every day for the last 25 years. "I walk two miles every day, so I thought I could do alright," she laughs. Oh, she did make a trip to the sporting goods store with Linda to purchase a new pair of athletic shoes and special socks, but other than that, Keller just worked on preparing herself mentally as well as physically for the world class competition. "I wasn't nervous," she recalls. "Some wanted to win but it was all fun."

Hearing her cheering section calling out, "Go Max, Go!" spurred her on and around the track in an impressive twelve minutes. And that was fast enough to best the rest of the women in her group, aged 85 to 89, and on to the gold medal. At first, she admits, she was not very excited about winning. But then at the awards ceremony, hearing the announcer say, 'Maxine Keller from America', she says, "I thought oh my!!! I am so glad that i did it." Click on the button to the right to subscribe to our on-line paper and view the rest of this story.

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SUPER WOMAN

Nov 10th 2009 By Lauren Fritsky

Super Woman

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Getty Images

Our nanas knit, bake pies and tell us to eat all our veggies. Great-grandmother Ruth Frith can't be bothered with that. The 100-year-old is too busy lifting weights and hurling shot puts.

Frith, of Brisbane, Australia, is the oldest competitor at the [World Masters Games](#), which is like the Olympic Games except that it's open to people of all abilities. Earlier this month, Frith set an age-group record with a shot put throw of 13 feet, 4 inches.

Why We Love Her: Frith first started competing in the Masters when she was 74. To stay in top shape, she trains five days a week and bench presses 77-lb. weights. She also participates in hammer and javelin throwing.

Despite being so healthy and fit, Frith is a bit of a nutrition rebel -- she hates veggies.

"Don't eat vegetables, because I never eat vegetables. I know people that like diets that will scream at me, [but] don't eat vegetables. I never have," she [said](#).

Frith holds the record for the 100-and-over shot putter category, but she's also the only competitor in that age group. Still, we hope that when we're old and gray, we'll be able to remember where we put our false teeth, let alone be able to launch a 9-lb. ball in the air.

Quote: Frith plans to compete in the next Masters Games in 2013 and says age ain't nothin' but a number: "I just think each year is another year. You just enjoy each day, and let the years go by."

Watch a clip of Frith competing [here](#).

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Merle Jordan (left) shares a moment with Centenarian Ruth Frith.



Merle Jordan – dedicated ambassador for Barbados

11/29/2009

BARBADOS boasts of a very dedicated ambassador in senior athlete, Merle Jordan, who was the lone representative for her country at the Seventh World Masters Games which were held in October in Sydney, Australia.

Jordan was one of 35 000 athletes from 100 countries and 5 000 volunteers who participated at the games which were held in the stadia where the 2000 games were held.

Among the dignitaries attending the games was His Royal Highness Crown Prince Frederick of Denmark, while among the oldest athletes who participated were Reg Trevin, 101 years, and centenarian Ruth Frith who are both Australian.

Jordan may not have won gold in any of the events she contested but cherished the many friendships she developed while promoting Barbados as the island paradise, and agrees that the games are ... "not only about winning medals but creating friendships with persons from all walks of Life".

Competing in the 45 - 49 years age group, Jordan returned her best finish in the 4 x 100 relay in which she teamed up with three Australians to finish fifth, she also recorded a fifth place finish in the 4 x 400 relay teaming up with athletes from Brazil, returning a time of 4 minutes 25 seconds.

Jordan took a seventh place finish in the 400 metres clocking 1 minute 18 seconds, while she took a fifth place in the 200 metres heats, but failed to qualify for the final.

During her stay she took the opportunity to visit Sydney Opera House, Sydney Harbour and Manly Beach.

Jordan said that to be a part of the games was an awesome opportunity for her and especially being an ambassador for he country and expressed gratitude to the Honourable Justice William Gillard and his wife, Polly, for their warm welcome and hospitality in Melbourne.

She is also grateful to all persons who donated money to make her trip to Australia a reality, as well as those persons who offered words of encouragement and to all persons who supported her by purchasing the fishcakes she sold. A special thanks also goes out to Live Sound Entertainment, Sheraton Centre Mall, Marian Ellis (UK), Friends of USA including Jeffrey Thorne, Experteck, and Shirley's Place.

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Palmason masterful at World Games

Published: November 06, 2009 6:00 PM
Updated: November 06, 2009 12:46 PM

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A three-medal performance at the World Masters Games in Sydney, Australia solidified some top 2009 rankings for runner Diane Palmason of Courtenay.

Palmason said the Oct. 10-18 Games were a huge event, with more than 28,000 athletes from all over the world participating in 26 different sports. "One of the largest registrations was for track and field. The meet was spread over eight days, with competition for men and women in five-year age groups from 30-34 years up to 100+.

"Interestingly there weren't many in the two youngest age groups, probably because most people don't consider themselves to be masters until 40+," Palmason said.


"There were big numbers in the age groups from 45+ up to 70+. After that the numbers do diminish, but there was one woman in 100+, Australia's Ruth Frith. She competed alongside her 90+ friend, Olga Kotelko of West Vancouver. These two, both of whom won lots of gold medals, were great favourites with the media covering the Games."

And Palmason said there was a lot for the media to cover: "There were so many events! With races for each age group (up to 12) for both men and women, that meant, for example, 24 400m events – not counting when it was necessary to hold heats and even semifinals in the M50 400m."

Palmason ran three races, winning the W70 200m in 35.17 and the 400m in 1:20.11 while finishing second in the 800m in 3:18.67. "Running the 400m was particularly exciting for me because, for the first time in a number of years, there was a complete field of nine women racing in my 70-74 category – two Americans, two Australians, two Canadians, a New Zealander, a Brazilian and a Japanese woman.

"The Sydney Olympic Park track has nine lanes all the way around, so we were able to run together in a final. My times were somewhat slower than I had run earlier in the season, a fact that I ascribe partly to the fact that the Aussie springtime temperatures were quite cool, and the winds very strong and gusty. But we were all pushed around by the wind to the same extent, so the placings weren't affected," Palmason said.

Despite her strong showing in Sydney, Palmason said it was her performances earlier in the season that earned her the following World Masters rankings for W70 for 2009: first in 400m with 1:17.14; second in 200m with 33.74; and third in 800m with 3:12.07.



It was a gold medal finish for Diane Palmason in the 400m, one of her two race victories at the World Masters Games.

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Mireau claims gold at World Masters Games

Published: November 12, 2009 8:00 AM

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Williams Lake basketball player Gord Mireau, mixed up with a team filled with some old Abbotsford high school pals, recently returned from Sydney, Australia, sporting a gold medal around his neck.

Mireau and his basketball team went a perfect 7-0 at the World Masters Games from Oct. 9-19, defeating another B.C. team, Prince George, in the final of the 60-65 age division.

"It was a fabulous experience," Mireau says. "Sydney hosted the Olympics a few years back, so all of those venues — the opening ceremonies, things like that — were used in the same manner as the original Olympics."

The World Masters Games are a multi-sport attraction, and athletes from around the world participate.

"I was the only one from Williams Lake [on the team]," he says. "I was invited because of these fellas that I graduated with at Abbotsford senior [secondary], and I've played with them in tournaments in the past ... so that got me in the door with those guys."

The team, named Legends and Liars, played seven games in nine days at the Games.

Mireau, who plays centre, says the team prepared for the tournament by playing some exhibition games throughout the summer against some Abbotsford teams.


And at the Games, Mireau says, the basketball venue his team played at was equipped with four courts.

"The nucleus of the competition [at the Games] was from Australia," he says. "In basketball, there were 60 or so teams, and they vary in their categories."

A basketball banquet held during the event was attended by some 2,600 athletes, he says.

"It was just a real neat kind of thing that could be on a basketball player's bucket list," he says.

"There's no regrets whatsoever. That was just a fabulous experience."



Williams Lake resident and local basketball player Gord Mireau shows off his gold medal from the 2009 World Masters Games. The Games were held in Sydney, Australia, from Oct. 9 to 19 and Mireau won his gold playing alongside former Abbotsford high school basketball teammates at the event.

Photo submitted

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Geoff Stoker won four gold medals and broke some cycling records. PICTURE: JOHN APPLEBYARD

no one is faster," the Parramatta resident said.

``These were really nice, being at home and having friends and family watch you."

Stoker won gold in the individual and team sprint events at the Masters and world championships, both held at the Dunc Gray Velodrome, Bass Hill.

His record times were 47.8secs in the team sprint (750m), 11.111secs in individual sprint qualifying (200m) and 11.3secs for best time in competition, individual sprint.

Backed by a crew of six, who helped with everything from bicycle mechanics to analysing computer data, Stoker raced at an average of 65km/h in the sprints.

Although he is 48, Stoker said he is not alone in his need for speed.

``Everyone takes it seriously, not just me," he said. ``It's not as though I'm a nutcase."

While others his age might have given up sport long ago, Stoker cannot imagine life without it.

``I think it keeps us young."

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

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Lyn's hockey dream comes true

SHELLIE BRENNAN
20 Nov, 2009 08:43 AM

LYN Dockrill set a goal at the start of this year - to make the Australian Veterans Hockey team.

She did not think she would achieve her objective – she has never been selected in a national team – but she worked hard to make her dream a reality.

Needless to say Dockrill was thrilled when the Australian team was announced at the national championships presentation – and her name was called out.

"I didn't think I would attain that goal, but it didn't stop me from trying my best," she said.

"It was pretty exciting and I am honoured."

The past couple of months have been non-stop for the school principal of Kempsey West Public School.

She travelled with the NSW Veterans Hockey team to compete in the National Championships in Hobart during September.

Dockrill's team came home with the silver medal, with arch rivals Queensland getting the better of them in the final.

The Australian team was announced with five NSW players including Dockrill. The national team will play in the Trans Tasman Cup against New Zealand next year.

The cup will be contested in May.

The Aussie team will meet a week before the event to train and prepare for the games.

After the national championships, Dockrill flew straight to Sydney to compete in the World Masters Games, where she played with Brisbane.

The side was undefeated through- out the games, and no goals were scored against them.

The team were worthy winners of the gold medal.

As a striker, Dockrill has an important role on the field – to score goals. She has had a stellar year in that department.


At the World Masters she scored more than 20 goals during the games.

In a four week period Dockrill only had two days off from hockey and then came straight back to work after the games.


So it was no wonder Lyn gave her-self a month off from training – but she is now back to her gruelling training regime.

"Fitness is very important. I run, do weights and ball skill work.

"I want to keep my fitness level high and increase my skills."

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St Marys netballers get bronze reward

SPORT > NETBALL 11 NOV 09 @ 11:24AM | BY LAUREN MURADA



The Penrith Aaztecs who won bronze at last month's 2009 Sydney World Masters Games. Picture: DAVID MARSHALL

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A TEAM of local netballers decided to take on the world at the World Masters Games last month and walked away with a unique type of "necklace" slung around their neck.

The Aaztecs - comprising women from St Marys, St Clair and Penrith - finished third in the 35B division.

The team beat Canberra's DeBeers 27-20 in the minor final to take the bronze medal.

Goal shooter Carolyn Morley said it was a good effort for a group of women who had never played together.

"We had absolutely no idea that we would do any good and thought we would be beaten in all the games," the 42-year-old from Colyton said.

"But with determination and team building, we surprised ourselves."

The team played in 17 games at the Anne Clark Netball Centre, Lidcombe, from October 10 to 18 as part of the World Masters Games.

The Aaztecs played teams from New Zealand, Papua New Guinea and other states.

Morley said the final was one of their toughest in the tournament.

"We put up a good fight - we were not going to settle for fourth," she said.

"We were down by three in the first quarter then up by five (at) half-time.

"We eventually kept the lead until the end of the game."

Team captain Colleen Mitchell, who played goal-keeper, said the Aaztecs were challenged by the international teams but were able to keep up.

"Half the games I would say, were of a high standard," the St Clair resident said.

"Playing against overseas teams that had different styles, we'd never played like that before."

Mitchell said centre Karen Atherton had to be congratulated for her stamina throughout all 17 games - and Morley as well.

The team of 11 is now looking at playing in the Alice Springs Masters Games in March next year.

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Masters Games organisers praise Castle Hill RSL

NEWS > BUSINESS 25 NOV 09 @ 02:51PM



World Masters Games partnerships manager Graham Hepworth with Castle Hill RSL president Warren Glenney.

Many friendships were made at the 2009 World Masters Games, just ask the folks at Castle Hill RSL.

The club was a bronze partner of the Games and the World Masters Games committee thanked everyone concerned at a special reception there last week.

"Castle Hill RSL Club played an important part in the Sydney 2009 World Masters Games," people were told.

"The club participated in bringing the Games to the Castle Hill Community by hosting a Games recruitment roadshow targeting Games competitors and volunteers in the lead up to the Games.

"Also the Club became the social hub for the sports of football (soccer) and squash during the Games."

Football had the largest number of participants of all of the 28 sports associated with the Games with more than 2700 participants.


More than 1500 footballers were hosted at the club for their social function.

International Masters Games Association president Kai Holm said: "They have been absolutely the best Games ever".

"On behalf of the Games organising committee, I would like to express their thanks to Castle Hill RSL Club for their contribution to the success of the Games."

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Portagers competed down under

Posted By Eric MacKenzie, The Daily Graphic

Updated 1 month ago



Submitted photo...Portage la Prairie's Bea Mozden and Noelle Cunningham, fourth and fifth from right in the back row, respectively, joined up with Edmonton's Shaleburn to compete in softball at last month's World Masters Games in Sydney, Australia. The multi-sport event is the largest of its kind on the planet, with more than 28,000 competitors for this year's Games.

A pair of Portage la Prairie softball players got some international playing experience last month while travelling to the land down under.

Bea Mozden and Noelle Cunningham were teammates and competitors at the 2009 World Masters Games in Sydney, Australia, competing in women's 35+ B softball Oct. 10-18.

The World Masters Games, which run every four years and generally in a city that has previously hosted an Olympic Games, is the world's largest participatory multi-sport event in the world, featuring 28 sports for athletes aged 25 or older. This year, more than 28,000 athletes aged 25 to 101 from 95 countries around the globe took part in the Games.

"I've always wanted to go," said Mozden. "It was a great experience, and I would definitely go back."

The duo were recruited by Shaleburn, a team that plays out of Edmonton, for the Games when the club was looking for a couple of extra players to take along.

Mozden and Cunningham found out about the opening while competing at the Western Canadian Championships last year, and only met up with their Shaleburn teammates upon arriving in Australia.

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Poplar Point fares well at Oakville craft sale
By Rae Warburton, Poplar Point Correspondent...Well we did get a bit of snow this week. It is still in corners but off the roads and that is very good. I want to thank the ladies of the community who donated things to our table at the Oakville Craft Sale last Saturday. I was

Seniors gather for their meeting; potluck planned
By Bernice Evenson, Plumas correspondent...Mrs. Fred Saunders took Mrs. Mary McDonald to Winnipeg on Nov. 28 to take the plane to British Columbia, to visit her son Henry Gillrik. While in the city, Leanne visited her daughter Dianne and other relatives. A cheery hello and get well!

Sidney 4-H Club gets down to business
By Kylee Calvert, Sidney 4-H Beef Club correspondent...The Sidney 4-H Beef Club held its re-organization meeting in October. The club consists of 13 previous 4-H members as well as five new members. We would like to welcome Heather Bewitherick, Dustin, Kaley, and Riana McMillan

Santa parade starts off season
By Evelyn Alderson MacGregor Correspondent...Here we are into December, with only 19 more shopping days left till Christmas. On Nov. 28 our weather held perfectly for the Santa Claus parade, with about 12 floats all decked out in all their beautiful lights. And on Nov. 28, I don'ts

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Mates' master stroke

NEWS > HEALTH23 NOV 09 @ 07:00AM | BY JESSICA CLEMENT



Senior swimmers Marge Davey and Hilda Lindfield. Picture: PETER KELLY

CHAMPION swimmers and "great mates" Hilda Lindfield, 90, and Margaret Davey, 82, are living proof seniors can stay active.

These two World Masters Games gold medallists have become watersport advocates.

"When you get old it's important to still get out," Mrs Davey told the Advocate.

"We're trying to encourage older people to get in the pool, not just for their health, but for their social wellbeing too."

At last month's World Masters Games, Mrs Davey, of Hornsby, pocketed one medal of each colour.

Mrs Lindfield, of Turramurra, collected two gold, two silver and two bronze medals.

But the pair say you don't have to be a champion to enjoy the pool - it's never too late to wet your toes.

Mrs Davey took up swimming seriously in her 60s while Mrs Lindfield has been a lifelong waterbaby - never once considering hanging up her costume.

"I haven't ever stopped swimming because I don't want to stop; I love it," Mrs Lindfield said.

But she has tweaked her training regime to accommodate her age.

"I prefer the backstroke these days because I can breathe a bit better that way," she laughed.

Both women train twice a week at Galston pool and compete every fortnight.

"We'd like to see more people become involved - swimmers are a friendly bunch," Mrs Davey said.

The shire has two masters swimming clubs - Hornsby Masters and Hills Aussi Masters based at Galston. Details: Aussie Masters Swimming NSW, call 8116 9716.

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Going the distance

Published: November 24, 2009 6:00 PM
Updated: November 25, 2009 12:58 PM

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Dave and Berniece Saunders recently returned from Australia, where they saw competing in the World Masters Games as a great excuse to visit friends there. Berniece had lived in Australia for two years between 1975 and 1977, but this was Dave's first trip.

Dave and Berniece joined the Masters swim club in Salmon Arm just after the indoor pool was opened. Neither of them were competitive swimmers as kids. They learned to swim with the Red Cross and Royal Life Saving Society, but that wasn't competitive swimming. They say Masters helped them to stay fit, was a time of social interaction and inspired them to become more efficient swimmers. Their daughter, Ashleigh, joined the Sockeyes when she was eight.

"Why sit and watch the Ashleigh swim, when we could be in there with her?" Dave says. So they started to swim with the Sockeyes, as well.

Their first big competition was the 1994 World Masters Swim Championship in Montreal. They swam in the 2005 Edmonton World Masters Games, and Turino, Italy, is looking good for 2013.

Swimming has become a way of life for them. They swim twice a week with Mike and Jenn Effray (Shuswap Swimming).

"They understand our adult needs, and are helping us to become efficient swimmers," says Dave.

At the Olympic Aquatic Centre in Sydney, they sat in the stands with many of the Canadian team. There were 154 Canadians, the second largest group at the pool. They say they were impressed by some of the Canadian swimmers. An 85-year-old woman from Grand Forks won two golds, a silver and bronze.

Olga Kotenko won 11 medals in track and field. Dave says he asked her in what age group she competed. He guessed 70. He was off a little. She was 90.

Dave did the longer swims. He says he likes 200, 400 and 800m free. He also does the 200 and 400m IM. He says he was beaten by a 78-year-old Australian, in the 800m, and this has inspired him to work smarter and harder.

He did get a fourth place in the 400 IM, and was happy with his 200m free time. He was satisfied to be the first Canadian in four swims and second in another.

Berniece enjoyed all of her swims. She says she likes the shorter races in freestyle and backstroke. She was surprised at how much she improved. She was on a 4x50m mixed medley relay. This Canadian team just missed out on a bronze medal.

Berniece swam in a very competitive age group (60-64). Despite this, she was the first Canadian in her 200m free, second Canadian in 50m and 200m back; and third Canadian in 100m back and freestyle.



Swimming around the world: Dave and Berniece Saunders travelled Down Under to compete in the World Masters Games.

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B*N*S*N2

Navy swimmers scoop 48 medals

A TRAINING AND ADVENTURE NEWS ARTICLE

26 Nov 09

Royal Navy swimmers have recently torpedoed through the water, battling against competitors from 92 different countries, to bring home a haul of 48 medals from the World Masters Games in Sydney.



Portsmouth-based members of the Royal Navy Swimming Club who between them won 48 medals at the Sydney World Masters Games - from left: Sarah Buchan, James Warwick, Gary Thomas, Stuart Mantle, Andy Grundy and Steve Berry
[Picture: LA(Phot) Pete Smith, Crown Copyright/MOD 2009]

The 28-strong Navy swimming team from the Royal Navy Swimming Club won 16 gold, 19 silver and 13 bronze medals, rounding off a phenomenal year of success in which they also scooped four Inter-Service titles competing against the RAF and the Army.

Assistant Sports Officer for Navy Swimming, Gary Thomas, said:

"This year has been an exceptional year for us. Before we went out to Sydney we set 30 medals as the target so we were well in excess of that - it is fantastic and a great boost for the team.

"In our five-year plan we target this as one of our major events and, as far as possible and deployment-depending, we ramp up our efforts to gain the maximum achievement possible.

"In fact, if the 3k [kilometre] open water race hadn't been cancelled I believe we would have come back with 50 medals."

The World Masters Games are an international competition similar to the Olympics, but instead are open to athletes over the age of 25 who compete at a world class level in their sport.

This year more than 28,000 people competed in 28 different categories ranging from swimming to cycling to running.

Leading Physical Training Instructor Stuart Mantle of HMS Nelson, Portsmouth Naval Base, came away with one of the largest haul of medals - three gold and three silver. These were in the 200-metre freestyle, two relay events and three backstroke categories. He said:

"I'm over the moon. I've been swimming all my life - I started as a kid and then when I joined the Navy at 18 I just continued with it. I really enjoy it and work hard at my training, so to win so many medals at once is a great feeling. Everyone did well out there though, it was a team effort."

The Royal Navy Swimming Club is open to both serving and ex-serving personnel and has 60 members based at Poole, Plymouth, Portsmouth and Faslane. It consists of both swimmers and water polo players. (MoD [here](#))

POSTED BY AUNTYBRAT AT 11/27/2009 09:06:00 AM

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Published: Wednesday, 18th November, 2009 2:00pm

George's Masters Record

INVERCLYDE Ironmasters lifter George Byng competed in the UK Masters Olympic Championships at Kilwinning recently and pulled out a record-breaking performance in the 77kg class which he won.

Weighing in at 76.73kg, he exceeded his personal best and Scottish record of 53kg in the two hands snatch, the fastest of the two Olympic lifts, by making 55kg (121lb) on his third attempt in perfect style.

This was the weight he failed with at the World Masters Games in Sydney last month, so it was a satisfying conclusion to his 2009 competitive year. On the clean and jerk he made a 60kg opening lift in good style, cleaned 66kg (145lb) for his second attempt, which was above his own Scottish record of 65kg, but missed the jerk. His third attempt was also cleaned successfully but again failed on the jerk part of the lift.



ACTION MAN: George Byng shows his lifting technique.

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Masters Games organisers praise Castle Hill RSL

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"Also the Club became the social hub for the sports of football (soccer) and squash during the Games."

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More than 1500 footballers were hosted at the club for their social function.

International Masters Games Association president Kai Holm said: "They have been absolutely the best Games ever".

"On behalf of the Games organising committee, I would like to express their thanks to Castle Hill RSL Club for their contribution to the success of the Games."

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Athlete shows a big heart

SPORT > ATHLETICS 07 DEC 09 @ 05:49PM | BY MEGAN HUSTWAITE



Boronia's Barry Murley claimed gold at the World Masters Games. LAWRENCE PINDER. S24KV90

NOT even a stint in hospital could stop Barry Murley from competing in the World Masters Games in Sydney.

The Boronia resident recovered from heart surgery earlier this year to claim gold in the steeplechase event for 70 to 74-year-olds.

He also competed in the 800m, 1500m and long jump.

"I had a pacemaker fitted back in February so I missed out on the Masters Games in Geelong, so that's why I entered to go up and compete in Sydney," Murley said.

Murley dominated the 2000m event, which featured 18 jumps and five water jumps.

His preparation was short but sharp.

"I'd run with the masters club at Croydon," he said.

"And, I take my granddaughter down to athletics training at Doncaster and, one night, they had a few steeplechases out, so I jumped over a few times and thought, from there, I'd be right."

Murley has always led an active life - running, playing golf and umpiring VFA matches for 16 years.

He said he was honoured to represent his country.

"I felt very pleased and quite proud. When you get up on the podium they don't say you are from Boronia or Victoria, they say you're from Australia."

Murley will now turn his attention to competing in the Box Hill Masters in March.

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Brother power at the Sydney 2009 World Masters Games - Age is just a number for the Lee brothers of Singapore
Friday, December 04, 2009

New Zealand pair (left) against Philip Choo and Kama Lee (right) Photo courtesy of Victor Sim

Two Singaporean brothers, Kamaluddin and Baharrudin Lee, proved that age is just a number as they emerged champions of the Badminton Doubles event for the 50-54 years age group at the recent Sydney 2009 World Masters Games.

A multi-sport event that has developed into the largest of its kind over the years, the World Masters Games upholds the belief that sports is for people of all ages, regardless of race, social class, gender or economic circumstances. With a focus on fostering a sporting spirit and camaraderie between competitors, the World Masters Games has gained worldwide popularity over time; the Melbourne 2002 World Masters Games had attracted a record 24,886 competitors, more than double that of the Sydney 2000 Olympic Games.

True to its motto – Fun, Fit and Forever Young – the Sydney 2009 World Masters Games had been an eye opener and a rewarding experience for the Lee brothers. To add icing to the cake, the two players, who were part of an eight-person badminton team that took part in the World Masters Games, clinched the coveted gold medal in the doubles category. For Kamaluddin and Baharrudin, badminton is not just a sport but a passion.

In an exclusive interview with SingaporeSports.sg, the two brothers shared that they had first picked up the sport in their late primary school days and have been actively playing the sport since.

Said 59 year-old Kamaluddin, "I had a passion for most sports in my youth, but badminton has been my favourite sport for the past 47 years. From not knowing how to play the game, I have gone on to challenge myself to compete at every opportunity, be it in local tournaments or overseas invitations."

And as for younger brother, 51 year-old Baharrudin, his brother had played an important role in influencing him to play badminton. "My brother, Kamaluddin, has always been a strong motivation. I have even gone on to having different coaches

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New Zealand pair (left) against Philip Choo and Kama Lee (right) Photo courtesy of Victor Sim

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And as for younger brother, 51 year-old Baharrudin, his brother had played an important role in influencing him to play badminton. "My brother, Kamaluddin, has always been a strong motivation. I have even gone on to having different coaches such as Wee Choon Seng and Koh Kum Seng to help me improve my game."

Apart from badminton, Kamaluddin also enjoys playing hockey, football and carrom. An enthusiastic jogger, the elder brother likes an occasional game of tennis as well. Baharrudin, on the other hand, chooses to keep fit having his brisk walks and jogs with his wife. He is also no newcomer to athletic meets, having competed in some.

These two sports extraordinaires are quick to dismiss age as a limiting factor in sports. Baharrudin stressed that one can continue to play sports even into the golden years. And the two Lee brothers are living proof that even older folks can enjoy sports or even participate competitively.

"Know your body's limit; play to your own standard and age becomes no barrier," said the feisty Kamaluddin.

By: Muhammad Danial

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Age nothing but a number for pair

Thursday December 3 2009

By Chris Halliday



Former Orangeville District Secondary School basketball players Sandy Perryman (left) and Linda Russell (right) recently returned from Australia after winning a gold medal at the World Masters Games in late October.

In their graduating years at ODSS, Russell and Perryman played vital roles for the Bears senior girls' basketball team in defeating rival Sir John F. Ross Collegiate 47-41 in the district final.

"That was a highlight ... to actually make it to the next level (CWOSSA) and beating the arch-rival ... John F. Ross," Perryman said. "They were always our challenge, so it was fun to beat them in our final year."

For their athletic achievements at ODSS, Russell and Perryman's names can both be found on the high school's recently unveiled Wall of Fame.

"Truthfully, it doesn't feel that long ago," Russell admits. "We don't feel like we are 19 years old anymore, but I can tell you, we probably feel like we're 30."

The two have dreams of another gold performance at the Masters Games, Perryman said, eyeing 2013 when the games are held in Italy as their chance to repeat.

"That is certainly on our agenda," Perryman said. "We are going to keep playing as long as everybody is healthy and injury free."

The Orangeville-raised duo and their teammates collectively hoisted Orangeville District Secondary School's (ODSS) first district basketball championship trophy back in 1977.

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Today, more than 30 years removed from their high school hoops playing days, Linda Russell and Sandy Perryman are still chalking up titles. Except in this case, the 50-year-olds did it on the international stage.

Embarking on a eight-day stay in Sydney, Australia, Russell and Perryman's team from London, Ont. captured gold at the World Masters Games basketball championships in late October.

There was a bit of redemption involved, as the team held a bronze position at the last World Masters in Edmonton, Alta. four years ago.

"The older you get, it seems to mean more," Perryman said. "It means a lot to win a tournament when it is a World Masters where there are other countries and teams involved."

The ladies team controlled nearly all its games, winning six of its seven matches, capping it off with a 40-34 victory versus the Auz Squad from Australia in the final.

"We were ahead most of the game. Unfortunately, they tied it in the fourth quarter and we went ahead to win," Russell said, referring to the team's full-court zone press as a deciding factor late. "Us old girls, we like to press."

Both women now live in London. Perryman is head of physical education at Montcalm Secondary School, while Russell is a partner for OES, an electronic supplier of scoreboards to professional sports team, among other services. Yet, their age and careers haven't slowed them down on the court. The two play regularly against 20-year-olds in recreational leagues and end up beating younger squads quite often, Russell said.

"Once you get to 40, if you are still playing, you're in pretty good shape," she said. "The 20-year-olds might have those good three-point shots, but by the end of the game, we are the ones smiling and they are the ones taking substitutions."

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Gold medal for Steve

BY EMMA BROWN

11 Dec, 2009 05:19 PM

Steve Hutchen, a former Terry Hie Hie resident, won a gold medal in the double kayak with partner Rod Osborne at the World Masters Games.

The rowers entered in the 50 to 55-year-old age bracket with no expectations of winning.

They entered the event on Wednesday, October 21, a week before the Hawkesbury classic as part of their fitness training.

"We did not have expectations of doing very well, we took part in the World Masters Games event to get more training for the Hawkesbury classic," Hutchen said.

Hutchen's outlined his winning strategy for the race.

"We were keeping up with the leaders of the race but couldn't get past them, so we planned a strategy to sprint the last kilometre of the race, we won at the finish line by half a boat," Hutchen said.

The winning duo's time was one hour and 19 mins over the 14 km course, which was a personal best time for the pair.

"We got more than we expected to give it our best shot.

"If we came close to the winners we thought it would be a good effort, to win was a total surprise and overwhelming, well above our expectations," Hutchen said.

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Steve Hutchen with rowing partner Rod Osborne won a gold medal in the double kayak at the World Masters Games.

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Lifesaver Judy Silom at Chelsea beach after success at the World Masters Games in Sydney. Picture: CHRIS EASTMAN. N22MC302

A DEDICATED Chelsea Heights lifesaver has bid farewell to competition in style, winning two gold medals at the World Masters Games.

Judy Silom, 62, took out gold in the women's 60-64 beach sprint and 60-64 beach flags at the Sydney event, hosted by the International Masters Games Association, last month.

"I was really motivated," Silom said. "That was my goal; that would be my retirement."

The Chelsea Longbeach Surf Life Saving Club stalwart, made a Life Saving Victoria life member in July for her contribution to the movement, also earned bronze in the women's 60-64 1km run.

She juggled her lifesaving competition with a place in the Peninsula Power 55+A hockey side that defeated

the PNG Golden Eagles 45A 6-2 to win gold. The talented sportswoman almost didn't make the final after the team van caught fire en route.

"What was going through my head was: 'I hope they let us play if we are late'," Silom said.

The event came just over a week after Silom played in the runner-up Victorian 60+ team at the National Veterans Hockey Championships in Hobart.

She said she was delighted to leave lifesaving competition on a high.

"I sort of felt relieved that I had gone out on top," she said.

But the lure of World Life Saving Championships may be hard to resist. "In another two years' time it is in Glenelg in South Australia so you never know I might come out of retirement," Silom said.

Judy Silom is this week's Leader Senior Sports Star nominee.

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Stokoe 'masters' competition at World Games in Australia

Tuesday December 29 2009

By FRANK JUZENAS



Brampton's Cecil Stokoe (left) and Pat Farrel proudly show the Brampton flag as they march into the Opening Ceremonies at the World Masters Games in Sydney Australia. Both competed in tennis with Stokoe earning three medals and Farrel finishing fourth in mixed doubles.

Competition and medals were never the main focus of Cecil Stokoe's trip to the World Masters Games in Sydney, Australia.

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So the fact that he returned home with three medals made the trip even sweeter.

The 73-year old, who plays out of the Brampton Tennis Club (BTC) considers it the trip of a lifetime. He has returned from 33 days of touring, with his wife Kathleen, which included not only Australia and 10 days of the Games, but also visiting New Zealand. He competed at the World Masters but most importantly he had an emotional reunion with many of his relatives, including six first cousins who he had not seen in 50 years.

"There were three miracles on this trip," said Stokoe who noted he and his wife were healthy, he was able to have a reunion with his family and he won medals in three

categories. That despite a rotator cuff injury suffered before the tournament and which he received treatment for.

Stokoe competed in the recreational 70 to 74 tennis competition. The tournament opened with the men's singles where he won bronze. He lost in the semifinals to Samir Faria of Brazil, the gold medalist, 6-2, 6-1. Stokoe then won the bronze by defeating Phil Powers from the USA 6-1, 6-2.

Following the singles the competitors were able to match themselves with doubles partners. In Stokoe's case he played with partners he had never met before.

Stokoe met up with Les Hodson from Australia and the two won the silver in the men's doubles. Faria and Bruce Mann from Canada were the gold medalists. Stokoe and Hodson beat the bronze-medal team of David Eastwood and Owen Passau from New Zealand 4-6, 7-5, 10-5 and defeated the fourth-place finishers Anthony Baylis and Peter Timmins of Australia 3-6, 7-6, 10-5. They lost to the gold medalists 4-6, 2-6.

Then in mixed doubles Stokoe and Naomi Crowder from England took the silver medal. Pat Farrel of Brampton also competed and along with Jaw-Sin Su of Taiwan finished in fourth. Stokoe and his partner downed bronze medalists David and Jenny Eastwood of New Zealand 6-2, 6-1 and beat Farrel and her partner 6-4, 6-1 but lost to the gold medalists Owen Passau of New Zealand and Rosemary Stately from England 2-6, 3-6.

During the Opening Ceremony Stokoe and Farrel marched in with a City of Brampton flag. For the World Masters, athletes paraded under the banner of their respective sports rather than under national flags.

Tennis had 652 competitors among the 28,000 athletes taking part in 28 sports, making the event the largest multi-sport event ever, breaking the mark of 21,000 set at the previous World Masters in Edmonton in 2005. The participants included 18,000 from Australia and 10,000 from other nations.

Athletes ranged in age from 25 in swimming to one of 101 in lawn bowling.

Many of the venues used were the same as those used for the Sydney Olympics. For tennis Stokoe said play was conducted on an artificial turf surface which was much different than the clay courts at the Brampton Tennis Club, a surface which allows older players to play without the strain on their knees.

Among the highlights for the tennis competitors in Australia was the Legends of Tennis Exhibition match and barbecue hosted by Ken Roswell, the winner of eight singles grand slam titles. Stokoe said he made sure his picture was taken with the Australian tennis legend.

Stokoe said he appreciates the support he received from his friends at the BTC and from his wife, which has allowed him to compete in seniors tennis locally, provincially, nationally and at the international level.

The next World Masters will be held in 2013 in Torino, Italy. Stokoe will be 77 then and does not know if he will be able to compete. However, he has three daughters (and seven grandchildren), all of whom have played tennis at BTC and he is hoping that maybe there will be another Masters medal from his family in four years.

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