

## **Stop press: Finland - Lahti**

### **UTS Norths medal tally 6 gold 2 WR and a very happy Bezuidenhout**

**UTS North's' Marie Kay** took out the women's 45+ 400m hurdles as her medals spree continued at the **World Masters Track and Field Championships** in Lahti Finland.

Kay's 400m hurdles was her second gold of the championships, having earlier won the heptathlon. Marie broke her own world record. A delighted and "special" Kay, who was contesting the 400m hurdles for the first time at a World Championship, was well in control of the race after the first 200m and won in 1m.05.16s. Marie also won the long jump and 400 m flat run

NSW's athletes **Kylie Strong (Illawong)**, **Gianna Mogentale (Illawarra Blue Stars)** and **Jackie Bezuidenhout (UTS Norths)** combined with Queenslander Julie Brims to win the women's 40+ 4x100m in world record time on Saturday.

The Australian quartet, who on paper were very, very hot favourites, sizzled around the track in 48.01s, leaving the northern hemisphere Russians (51.98) and Finnish (52.19) talking in incomprehensible foreign languages

To show it was no fluke the same girls in the same order on the same Saturday then backed up to take the 4x400m gold medal. In a Herculean struggle with the French team our Australians won in 4:04.84. The French who won silver in 4:05.07.

“I'm so stoked, over the moon. Two gold medals, a world record and 3 PBs - not bad!” said a **very happy Bezuidenhout** who also finished fourth in the 100m in a lifetime personal best time of 12.80s and sixth in the 200m.

Earlier in the carnival **Jackie Bezuidenhout** suggested that she visit a Helsinki clinic for surgical enhancements but Coach Ron Bendall dissuaded her saying “Jackie God's work needs no improvement”

**UTS Norths' Robyn Sutton** finished fifth in the 50+ women's 100m in 14.04s while Sutton also qualified for the final of the 200m, finishing fourth in her heat in 29.09s.

**UTS Norths' Janet Naylor**, who has been battling a back injury, finished fifth in her heat of the 40+ 200m in 30.31. Janet has shown what sheer tenacity can achieve.

“My 200m while slow was a much better run than 100m,” Naylor said.

“I had a good start and bend and just hung for dear life.”

**UTS Norths' Stuart Paterson**, who has been battling a on a diet of smoked herrings and Nordic beer finished sixth in his heat of the 50+ 800m in 2 m 19second and from his face book pictures appeared to have a great deal of social success.

MEDAL TABLE in Finland / After August 7

	<b>Gold</b>	<b>Silver</b>	<b>Bronze</b>	<b>Total</b>
<b>Germany</b>	<b>83</b>	<b>81</b>	<b>81</b>	<b>245</b>
<b>Finland</b>	<b>75</b>	<b>91</b>	<b>84</b>	<b>250</b>
<b>Australia</b>	<b>35</b>	<b>18</b>	<b>23</b>	<b>77</b>
<b>UTS Norths Suburbs</b>	<b>6</b>	<b>0</b>	<b>0</b>	<b>6 2 World Records</b>

To all the fine athletes who have represented us in Finland. We see you going through the off season training. You have trained yourselves silly getting personal best after personal best. Your club, your parents, your friends, your colleagues your children, your grandchildren cheer your collective achievements. Congratulations. You have finally become role models.

Now the rest of us please dust off your running, jumping and throwing shoes and get ready for a fleet-of-foot summer season – It starts mid September 2009