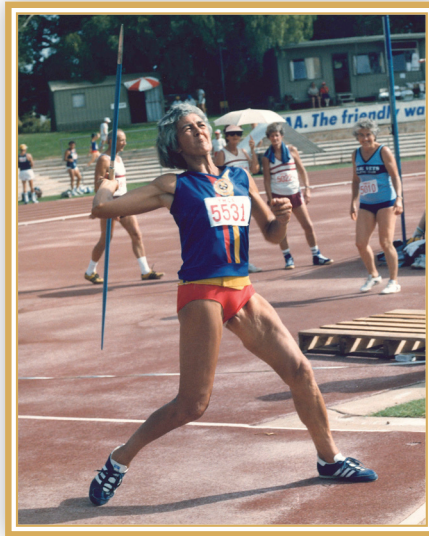




South Australian Masters Athletics

# HALL OF FAME



# Sylvia White

Founding Member of SAVAAC



## Inductee No 3: Sylvia White



# BIOGRAPHY

## PRE MASTERS

Sylvia White came to SA in the 1950's from New Zealand. Between 1959 and 1975 she was a dominant force in South Australian field athletics with many open state records and championships, also becoming a manager for SA State teams. During this time, she was also a top basketballer representing both South Australia (1957 to the early 60's) and Australia (1960 and 1964). In 1971 she won the **Halls Award** for fairest and best player.

She was also prominent in South Australia in softball and Electric Light cricket. A member of Adelaide Harriers, she was successful in long jump and hurdles early in her athletic career, but it was high jump, shot put, discus and javelin at which she later excelled.

In total she won 17 Open State titles as follows:

High Jump	1962
Javelin	1961
Shot Put	1959, 1960, 1961, 1962, 1964, 1965, 1971, 1972
Discus	1960, 1962, 1963, 1964, 1968, 1969, 1975

All of these were won at Masters age W30 to W45 (Sylvia was born in 1929 so her shot put title of 1959 may have been below the age of 30). Throughout the whole time she assisted as an official and a coach.

At time of her death in 1986 she was still ranked in the top five for open throwers in SA

## MASTERS ACHIEVEMENTS

Between 1978 and 1986 Sylvia won an amazing 30 National Veteran's titles, mainly in the throws but also, in high jump and long jump. Her first World Masters Championships was in her hometown, Christchurch, New Zealand in 1981 where she won 3 medals. After bronze for shot and silver for discus she won convincingly in her W55 javelin with a world record that exceeded the previous mark by several metres. By March 1982 she had improved that javelin world record by over three metres, as well as smashing the National shot-put record.

In the 1985 Rome World Championships, Sylvia won three gold medals in W55 javelin, discus and shot put which resulted in her being a monthly winner of the News/Caltex Sporting Award and a finalist in the Sports Star of the Year.

At National level, through the age groups of W45, W50 and W55, Sylvia was unsurpassed in breaking Australian records, doing so once in long jump, six times in high jump, twelve times in discus, twelve times in shot put and an amazing fifteen times in javelin. Four out of the 10 State records Sylvia still holds have stood for over 30 years.

## MASTERS ATHLETICS ADMINISTRATION

In 1976 Sylvia was involved in the first meeting to form the South Australian Veterans Amateur Athletic Club (SAVWAAC) which later amalgamated with the men's club. She was one of the founding members.

In 1985/86 she was on the committee for the 1986 National Championships in Adelaide.



# Inductee No 3: Sylvia White



## RECORDS SET (World, Australian, State)

Record level	Event	Age Group	Performance	Date	Location
World	Javelin	W50	32.22	12/1/81	Christchurch
World	Javelin	W50	33.22	14/2/81	OSF
Australian	High Jump	W45	1.28m	16/1/77	SA
Australian	High Jump	W50	1.13	19/4/81	Brisbane
Australian	High Jump	W50	1.25	18/3/84	Salisbury
Australian	High Jump	W50	1.26	22/4/84	Canberra
Australian	High Jump	W55	1.20	17.2/85	OSF
Australian	High Jump	W55	1.24	7/5/85	Hobart
Australian	Long Jump	W45	3.22	25/3/78	Melbourne
Australian	Shot Put	W45	10.08	25/3/78	Melbourne
Australian	Shot Put	W45	10.40	4/3/79	SA
Australian	Shot Put	W45	10.53	???	SA
Australian	Shot Put	W50	11.16	16/2/80	SA
Australian	Shot Put	W50	11.40	5/12/81	OSF
Australian	Shot Put	W50	11.62	6/1/82	OSF
Australian	Shot Put	W50	11.68	13/2/82	OSF
Australian	Shot Put	W50	11.71	6/3/82	OSF
Australian	Shot Put	W50	12.08	27/11/82	OSF
Australian	Shot Put	W50	12.12	25/2/84	OSF
Australian	Shot Put	W55	10.66	10/11/84	OSF
Australian	Shot Put	W55	11.50	24/11/84	OSF
Australian	Discus	W45	33.39	26./3/78	Melbourne
Australian	Discus	W50	30.32	17/2/80	SA
Australian	Discus	W50	30.60	8/3/80	SA
Australian	Discus	W50	32.10	20/12/80	SA
Australian	Discus	W50	33.56	14/11/81	OSF
Australian	Discus	W50	33.76	11/4/82	Perth
Australian	Discus	W50	33.84	18/3/84	Salisbury
Australian	Discus	W50	33.92	22/4/84	Canberra
Australian	Discus	W55	29.50	10/11/84	SA
Australian	Discus	W55	33.64	17/11/84	OSF
Australian	Discus	W55	34.48	23/2/85	OSF
Australian	Discus	W55	34.56	2/3/85	OSF
Australian	Javelin	W45	30.88	25/3/78	Melbourne



# Inductee No 3: Sylvia White



## RECORDS SET (World, Australian, State) *continued*

Record level	Event	Age Group	Performance	Date	Location
Australian	Javelin	W50	27.84	16/2/80	SA
Australian	Javelin	W50	29.24	8/3/80	SA
Australian	Javelin	W50	29.96	15/3/80	SA
Australian	Javelin	W50	30.66	5/4/80	Adelaide
Australian	Javelin	W50	32.20	15/11/80	SA
Australian	Javelin	W50	32.22	12/1/81	Christchurch
Australian	Javelin	W50	33.22	14/2/81	OSF
Australian	Javelin	W50	34.12	6/2/82	OSF
Australian	Javelin	W50	34.42	13/2/82	OSF
Australian	Javelin	W50	35.58	6/3/82	OSF
Australian	Javelin	W55	29.50	10/11/84	OSF
Australian	Javelin	W55	33.38	24/11/84	OSF
Australian	Javelin	W55	34.16	8/12/84	OSF
Australian	Javelin	W55	34.82	9/2/85	OSF
SAMA	High Jump	W50	Broken 3 times		
SAMA	High Jump	W55	Broken 2 times		
SAMA	Long Jump	W45	Broken 2 times		
SAMA	Javelin	W45	30.88 - current	25/3/78	Melbourne
SAMA	Javelin	W50	Broken 10 times		
SAMA	Javelin	W50	35.58 - current	6/3/82	OSF
SAMA	Javelin	W55	Broken 4 times		
SAMA	Javelin	W55	34.82 - current	9/2/85	OSF
SAMA	Discus	W45	Broken 2 times		
SAMA	Discus	W45	33.48 - current	23/9/77	OSF
SAMA	Discus	W50	Broken 8 times		
SAMA	Discus	W55	Broken 4 times		
SAMA	Discus	W55	34.56 - current	2/3/85	OSF
SAMA	Shot Put	W45	10.53 - current	23/1/77	OSF
SAMA	Shot Put	W50	Broken 7 times		
SAMA	Shot Put	W50	12.12 - current	25/2/84	OSF
SAMA	Shot Put	W55	Broken 2 times		
SAMA	Shot Put	W55	11.50 - current	24/11/84	OSF



## Inductee No 3: Sylvia White



### MEDAL PLACINGS

World Masters Athletics Champs (WMA), Oceania Championships (OMA),  
Australian Masters Athletics (AMA)

Competition	Event	Age Group	Placing	Performance	Date	Location
World Champs	Shot Put	W50	Bronze	10.48	1981	Christchurch
World Champs	Discus	W50	Silver	31.44	1981	Christchurch
World Champs	Javelin	W50	Gold	32.22	1981	Christchurch
World Champs	Shot Put	W55	Gold	11.48	1985	Rome
World Champs	Discus	W55	Gold	34.20	1985	Rome
World Champs	Javelin	W55	Gold	33.46	1985	Rome
OMA Champs	Shot Put	W50	Gold	11.52	1982	Fiji
OMA Champs	Discus	W50	Gold	32.94	1982	Fiji
OMA Champs	Javelin	W50	Gold	33.51	1982	Fiji
OMA Champs	High Jump	W50	Gold	1.26	1984	Canberra
OMA Champs	Shot Put	W50	Gold	11.64	1984	Canberra
OMA Champs	Discus	W50	Gold	33.92	1984	Canberra
OMA Champs	Javelin	W50	Silver	31.38	1984	Canberra
AMA Champs	Shot Put	W45	Gold	10.08	1978	Melbourne
AMA Champs	Javelin	W45	Gold	30.88	1978	Melbourne
AMA Champs	Discus	W45	Gold	33.39	1978	Melbourne
AMA Champs	100m	W45	Silver	15.10	1979	Sydney
AMA Champs	Long Jump	W45	Gold	4.06	1979	Sydney
AMA Champs	Shot Put	W45	Silver	10.0	1979	Sydney
AMA Champs	Javelin	W45	Silver	30.72	1979	Sydney
AMA Champs	Shot	W50	Gold	10.87	1980	Adelaide
AMA Champs	Discus	W50	Gold	30.52	1980	Adelaide
AMA Champs	Javelin	W50	Gold	30.66	1980	Adelaide
AMA Champs	Shot Put	W50	Gold	10.71	1981	Brisbane
AMA Champs	Discus	W50	Gold	30.34	1981	Brisbane
AMA Champs	Javelin	W50	Gold	32.62	1981	Brisbane
AMA Champs	High Jump	W50	Gold	1.19	1981	Brisbane
AMA Champs	High Jump	W50	Silver	1.20	1982	Perth
AMA Champs	Shot Put	W50	Gold	11.04	1982	Perth
AMA Champs	Discus	W50	Gold	33.75	1982	Perth
AMA Champs	Javelin	W50	Gold	34.16	1982	Perth
AMA Champs	High Jump	W50	Gold	1.22	1983	Melbourne



## Inductee No 3: Sylvia White



### **MEDAL PLACINGS *Continued***

World Masters Athletics Champs (WMA), Oceania Championships (OMA),  
Australian Masters Athletics (AMA)

Competition	Event	Age Group	Placing	Performance	Date	Location
AMA Champs	Shot Put	W50	Gold	11.54	1983	Melbourne
AMA Champs	Discus	W50	Gold	33.02	1983	Melbourne
AMA Champs	Javelin	W50	Gold	31.10	1983	Melbourne
AMA Champs	High Jump	W50	Gold	1.26	1984	Canberra
AMA Champs	Shot Put	W50	Gold	11.64	1984	Canberra
AMA Champs	Discus	W50	Gold	33.92	1984	Canberra
AMA Champs	Javelin	W50	Silver	31.38	1984	Canberra
AMA Champs	Discus	W55	Gold	32.58	1985	Hobart
AMA Champs	Javelin	W55	Gold	31.92	1985	Hobart
AMA Champs	High Jump	W55	Gold	1.24	1985	Hobart
AMA Champs	Shot Put	W55	Gold	?	1985	Hobart
AMA Champs	High Jump	W55	Gold	1.20	1986	Adelaide
AMA Champs	Shot Put	W55	Gold	11.12	1986	Adelaide
AMA Champs	Javelin	W55	Gold	33.34	1986	Adelaide
AMA Champs	Discus	W55	Gold	33.54	1986	Adelaide
AMA Champs	High Jump	W55	Gold	1.20	1986	Adelaide





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### PERSONAL QUALITIES OF THE NOMINEE

Sylvia achieved practically all the goals any athlete could wish for. For her athletic achievements, she was granted Life Member status with both Adelaide Harriers and Athletics SA in 1977.

Glynn Boyce and Brenda Pearl remember well how much Sylvia helped her fellow throwers. The Officials Club in particular, valued her contribution and the unselfish way she would help officiate before her own competition. Sylvia was famous for her carrot cake which the officials loved and she was well known for her love of iron tablets!

Sylvia suffered with arthritis but always said it was no more painful when she competed than when she didn't - so why not compete?

At 56 on June 1st 1986, Sylvia died from a sudden heart attack, while training for the Samoa Oceania Masters Championships at the Adelaide Harriers track. At the time of her death - not only was she a top ranked Master, but she was also still ranked in the top 5 open athletes in SA. Dave Mallett - President at the time said he thought she was indestructible but she died doing what she loved best - training for athletics.

For the whole period of her athletics career between 1956 and 1986 - just about all female throwers would have benefited from Sylvia's assistance.

A great athlete and an inspiration for throwers of all ages, Sylvia was taken too soon but is a worthy inductee into the SAMA Hall of Fame.







Inductee No 3:  
**Sylvia White**

