

Veteran of sprint goes into print

MASTER ATHLETE PENS BOOK

AGE is no deterrent to remaining active and competitive for champion masters athlete Mike Hall from Cranbourne.

Mr Hall, 77, is a great advocate of health and fitness and has celebrated the achievements of 30 top Australian veteran/masters athletes in his book *Age Shall Prove No Barrier in the Pursuit of Excellence*.

He won three gold medals in the Victorian Masters Track and Field Championships in March and four silver medals for sprints in the 75-79 age group at the nationals in Sydney at Easter.

"I want people to know that as long as you think seriously about your own general health and fitness and wellbeing, you can stay active to some great age and enjoy the latter years of your life," Mr Hall said.

Mr Hall arrived in Australia from England in 1966 to play professional football with Port Melbourne Slavia. After two or three seasons, he became player/coach at Dandenong City.

Since discovering veterans athletics in his 40s, he has set three national and seven state masters records as well as won eight national, 24 state and five Oceania titles. Mr Hall has also won three bronze medals at World Masters Athletics Championships.

He and wife Penny, 75, a world champion race walker, are gearing up for the Perth 2016 World Masters Athletics Championships.

Mr Hall is this week's *Cranbourne Leader* Senior Sports Star. To nominate a sports star, presented by Sportsmart, visit leadernews.com.au/sportsstar



Senior Sports Star Mike Hall, 77, of Cranbourne.

Picture: DERRICK DEN HOLLANDER