

HALLETT COVE

# A weight off her shoulders

Jessica Brown

ANN Jefferies only started competing in hammer and weight throwing a year ago, but that has not stopped her from breaking multiple SA Masters records.

The Hallett Cove athlete turned to the disciplines after an achilles injury forced her to stop running.

"I've actually found that I'm quite good at it," Jefferies, 53, says.

The hammer is 3kg and has a 1m-long handle while the weight is 7.26kg with a 50cm handle.

"I've managed to break the hammer record four times," Jefferies says.

Her current record for hammer is 32.40m and her weight throw record, which she has also broken four times, is 10.88m.

Jefferies will compete in both sports as well as javelin, shot put, discus and long and triple jump – which she has been competing in for years – at the Australian Masters Athletics Championships from April 16-19.

Up to 600 athletes are ex-



**Ann Jefferies is training hard for this year's Masters Athletics Championships in Adelaide.**

Picture: CAMPBELL BRODIE

pected to compete in this year's event, which is being held in Adelaide.

Jefferies has won multiple medals for her athletics performance at Masters events over the years.

She encourages people aged 30 and over to get involved.

"The Masters championships are six weeks away, but there's still plenty of time to apply and the more people the better."

Visit [samastersathletics.org.au/nationals2016](http://samastersathletics.org.au/nationals2016) for more information.