

Ready, set, go!



ON THEIR MARKS – Miriam Cudmore, 78, Stan Miller, 72, Ann Jefferies, 53, John Hore, 67, and George White, 70, are in training for the Australian Masters Athletics Championships to be held in Adelaide in April.

South Australian masters athletes prepare to take on the world

by MARY-ANN CAME

UP TO 600 athletes from around the world will head to Adelaide next month for the Australian Masters Athletics Championships.

The games are open to athletes aged 30 and over, with events held in five-year age groups.

The events are sprint, long run, relay, walks, steeplechase, hurdles, long jump, high jump, triple jump, hammer, discus, shot, weight, javelin and pole vault.

The championships are focused on participation and cater for entrants of all abilities. The only stipulation is that participants be members of a masters athletics club.

The South Australian Masters Athletics (SAMA) club holds competitions every Wednesday night during summer.

Club member George White, 70, will compete in the 1500, 5000 and 10,000 metre walking events.

"I'm 70 and feel 35, so my exercise has got to contribute to that. I feel as fit as a fiddle," he said.

George was a long-distance runner who turned to walking in 1979.

He has competed in Australian championships and held SA records.

George was one of 19 SA club members who took part in the World Masters Athletics Championships in France in August last year.

He is also president of SAMA.

"People think we are an elite club but we're not," he said.

"When we get new people joining us who maybe haven't done athletics for many years, the hardest part is getting them to take it slowly.

"It's very rare for someone who is still active to come out and not be able to hold their own.

"We have athletes aged 30 to 87 so no one should feel lost."

The championships will be staged from April 16-19. Registration is open until March 11.

More details at www.samastersathletics.org.au