



AUSTRALIAN MASTERS ATHLETICS

*Promoting active healthy athletics competition
through our network of state and territory associations*



From the President

The World Masters Athletics Championships has attracted over 1400 athletes from Australia and another 2600 from 89 other countries. This will be the biggest athletics meet in Australia since the WMA Championships were held in Brisbane in 2001 and Melbourne in 1987.

At this stage we have identified at least 30 people who competed in 1987 and are now about to compete in Perth. If you are not on that special list and should be then let us know.

This newsletter contains articles about two people who have had a great input into and influence on our sport over the years. Enjoy their stories and learn a little about our sport's history through them.

Best wishes to all athletes competing in the WMA Championships and a big thank you to those who are attending as an official or volunteer.

Enjoy your summer season of athletics.

Wilma Perkins - AMA President

Our new A.M.A Board for 2016 - 2017



Men From left –

Steve McGugan, Mike Walker, Peter Lyden, John Kay, Bob Banens, Stuart Paterson

Ladies from left –

Hazel McDonnell, Wilma Perkins, Judy Farrell

Important Information



The day by day competition schedule of times for events will be on the Perth website within the week. Go to www.perth2016.com There will be live streaming of the event over the full 12 days of competition.

Securing AMA Uniforms for Perth 2016 - Don't Worry !!

As long as Uniform and Team Wear was ordered by the 26th August 2016 deadline, you will receive it in time for Perth2016

OOPS – I forgot to pack my uniform

There will be a pool of older version AUS uniform items available to borrow so And if by chance you have an 'older version' AMA Uniform yourself at home, please bring it along just in case, to add to the collection. And please name it if you want it returned.

WMA Championships Perth 2016 Merchandise

You can [Purchase online here](#)

Note - some popular items may run out, so to secure the merchandise you want, order online now before you leave home, and you can collect it at West Australian Stadium when you pick up your competitor pack – **and remember that ID is required to collect your competitors pack.**

WMA Website issue

Due to circumstances beyond the control of WMA their website is currently down. All efforts are being taken to get it back online soon, and we will post on the AMA website and fb pages when they are back up and running.

Seeking 1987 World Championship Participants!

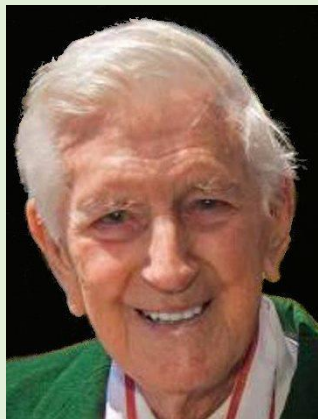
Should your name appear here too??

Marge Allison, David Carr, Lorraine Birtwell, David Clive, Heather Carr, Peter Crombie
Irene Davey, Russ Dickenson, Heather Doherty, Bob Gardiner, Judy Farrell, John Gilmour
Penny Hall, Mike Hall, Noreen Parrish, Barrie Kernaghan, Wilma Perkins, Neville McIntyre
Lavinia Petrie, Peter Sandery, Joan Purcell, Bob Schickert, Chris Schultz, Jim Seymon
Margaret Taylor, Brian Sharpe, Mary Thomas, Mick Stevenson, George White

If your name should be here please contact us asap
<mailto:enews@australianmastersathletics.org.au>

WARTIME HERO BECOMES WORLD CHAMPION

By Mike Hall



If there is such a category in Australian Masters Athletics as a legend, who's sheer determination, amazing human spirit and inspiration to us all, then arguably it has to belong to ninety-seven-year-old West Australian distance runner **JOHN GILMOUR**.

John's family migrated to Australia in 1923 and endured immense hardship as settlers during the great depression years. However, despite enduring the atrocious conditions the family experienced at the time, John showed extreme promise as an athlete, particularly in his teenage years, however this came to an abrupt end at the declaration of World War 2, when he and brother Jim enlisted in the Army and were immediately drafted to the 2/4th Machine Gun Battalion.

Leaving Darwin and arriving in Singapore early in 1942, it was just a matter of weeks before the Imperial Japanese Army took control of Malaya and John was incarcerated, as a prisoner of war in the infamous Changi Prison and endured torturous beatings, frightful living conditions and near starvation. 263 members of his battalion died during the period of captivity. Staying alive under the atrocious conditions at the time became purely a matter of the will to live.

After enduring almost three and a half years as a prisoner of war in Singapore and Japan, he was a physical and mental wreck on his return to Perth after the war in 1945. At this point, his weight had diminished to about 40kgs and was classified as legally blind. However, despite this after a long period of convalescence his general health began to improve, though his sight was still extremely poor, and has remained that way ever since.

John's innate passion for running once again came to fruition late in 1946, when he won the annual West Australian 10-mile Championship event in 61.30, just four seconds outside the then State record.

This was just the added incentive he had been waiting and praying for during the lengthy period of wartime incarceration in Japan. He was finally back doing what he loved, convinced now he would only improve with age. And what an understatement, as his 15-mile time of 1:28:36 that year, at the age of twenty-seven, improved by almost five minutes, an amazing thirty years later!!

After many years of coaching a range of elite athletes John eventually reignited his passion for competition at age fifty-two, in 1971, when together with likeminded colleagues Cliff Bould, Wally Shepherd and Jack Pennington he began to travel overseas, associating with others, eagerly trying to promote competitive track and field athletics for the Veteran age, on a world scale.

As a direct result of their diligence and persistence the formation of the inaugural Australian Association of Veteran Athletics clubs was established in 1974. John's lengthy contribution to the sport was subsequently acknowledged by becoming a foundation member of the Masters/ Veterans Athletics, West Australia, and at ninety-seven years of age, is still MAWA club patron, and will again compete in this year's World Masters Championships in Perth.

Among other awards over a lifetime of athletics, which have understandably been extensive, culminated in an ORDER OF AUSTRALIA, in 1978, for services to sport.

From 1972 to 1991 John set a remarkable one hundred and fourteen world age records, remained virtually unbeaten, and currently still holds four world and eighteen national marks, many of which

remain unbeaten, even after thirty five years! His total domination in an amazing eight distance events ranging from 800/ 1500metres 1mile /3000/5000/10000metres 1 hour / Half Marathon and Marathon will in fact remain a feat, less likely to ever be equalled.

Among his endless list of achievements also include, the distinction of competing in a continuous ten World Championships from the inaugural games in 1975 in Toronto [Canada] to Miyazaki [Japan] in 1993. His combined medal total over almost two decades amounted to a staggering thirty-five, of which twenty-five were gold!

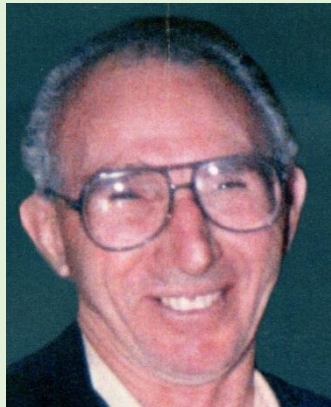
One of John's greatest admirers, the legendary Olympic Champion Herb Elliott, was quoted as saying, "John accepted responsibility for his own destiny always, without complaint, and he understood that every situation regardless, can be treated as a positive with the right frame of mind, which of course are the hallmarks of a champion."

In December 1975, the Western Australian Associated Sporting Organisation announced John as West Australian Sportsman of the Year. Their citation summed up admirably the unique qualities of this remarkable man for his lifetime commitment to athletics, his involvement in administration, coaching and extraordinary example to others, which illustrates a dedication found in very few people.

A role model for all of us involved in the sport of Masters Athletics, and a thoroughly deserved inductee into the Masters Hall of Fame.

[Go here to obtain Mike's book on Australian Masters Greatest Athletes](#)

Remembering Ray Callaghan by Russ Dickenson



Ray Callaghan was a "10 Pound Pom" coming to Australia from Liverpool in 1955 and meeting Anne, his wife to be, on the ship. What a great deal that turned out to be for them and us.

When 'Little Aths' started in Croydon in 1969, Ray and Anne got involved and became Team Managers eventually recruiting 240 children for the club. Ray developed a Results Recording system that encouraged all children to compete against their own Personal Best regardless of their standard.

Anne saw an article on the evolving Veteran Athletics movement and joined in 1974. One thing led to another and Anne became a pioneer in Women's marathon running and Ray became a good competitor but a giant in the formation and administration of Veterans athletics.

He developed computer systems for programming, results, handicapping etc. and was the logical man to run the 1987 World Veterans Athletics Championships in Melbourne. As Competition Director, Ray included events that women hadn't previously been allowed to do, like the steeplechase. The Melbourne Games were the most successful yet and Ray did such a great job that the following World Championships, held in Eugene, Oregon, used his programs as an acknowledgement of his skills.

After Melbourne 1987, Ray was invited by the World Committee to apply for the position of World Competition Director but he preferred to focus on local events. In 1977 Ray had formed the Croydon Masters Venue in Melbourne's East starting out with the hope of getting 20 runners to run on a track lit by Tilley's lamps and using an equipment shed as clubrooms. The Venue became a roaring

success and it was common to have 100 runners on Tuesday nights lining up for a 10k. Ray ran the club like a military unit, behaving gruffly and shouting orders but everyone loved him and there was always that magical smile reminding everyone how much he loved what he was doing. Ray passed away on 11th June 2016.

AMA Standards

AMA Standards are a way to recognise the performances of Australian Masters athletes. Many athletes may put in good performances but not at the venue where they may be rewarded by an AMA Championship Medal. The AMA Standards Certificate becomes permanent recognition of such performances achieved anywhere in an AMA approved competition.

The levels of achievement attained are set at 1, 2 and 3 where obviously Level 1 is the highest level and the most difficult to achieve. All levels have been set on a comparable basis with regard to World standards. This means that where Australian athletes are among the best in the World, Level 1 performances will BE met by a greater proportion of our athletes compared to disciplines where our performances don't rank as highly.

The process for producing an athlete's certificate is simple and on an honour system. This eliminates the need for administration AND ensuing fees. IT enables the recognition of your many great performances to be free of charge. Instructions on how to Print Off Certificates are on the [AMA Website Awards Tab](#)

A.M.A Events Calendar 2016 – 2017

AMA Winter Throws Championships 2016	Wollongong NSW – October 1 st - 3 rd
WMA Athletic Championships 2016	Perth WA - October 23 rd - November 6 th
AMA Multi Events Championships 2017	Bendigo VIC – Jan 7 th & 8 th
AMA Half Marathon Championships 2017 (New Zealand Masters Games 2017)	Hobart TAS - January 15 th
WMA World Indoor Championships 2017 (World Masters Games 2017)	Wanganui, New Zealand – February 4 th & 5 th
	Daegu City South Korea - March 19 th – 25 th
	Auckland New Zealand – April 21 st – 30 th
AMA Track & Field Championships 2017	Darwin NT – June 9 th – 12 th

The NT 2017 Nationals website will go live online in the next week, so check [AMA website](#)



Want to contact us, or change how you receive these 'E News' emails?

<mailto:enews@australianmastersathletics.org.au>

[Australian Masters Athletics Website](#)



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