# AUSTRALIAN MASTERS ATHLETICS

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

**2016 WMA MALE MASTERS ATHLETE OF YEAR.**

**Congratulations to Andrew Jamieson of Australia.**

Andrew previously won this award for 2007 and he was also nominated by Oceania Masters Athletics for 2009 and 2012

**Andrew Jamieson Profile**

**By Tim Erickson VRWC**

**Photo Ken Farrell**

## Message from the President

### Facts for the Month

**1.** The entry numbers for the World Indoor Championships Daegu in March are the largest since the event commenced in 2004

**2.** Andrew Jamieson, M70 has been named the WMA 2016 Male Athlete of the Year for his triple gold success in the race walking events in Perth along with the two world records that he set during the year

**3.** Irene Obera W80 from the USA was named the WMA 2016 Female Athlete of the Year for her gold success in Perth and five world records

**4.** Photos are still available online for purchase from the Perth event. All one has to do is enter your chest number, including the W or M and all your photos will appear on screen. The site is: baseimagery.smugmug.com

**5.** The WMA rankings list is proving very popular. A certain amount of ranking information is available to all for free and for a small fee you can access the latest information. The fee is to help cover some of the cost in maintaining this website which has created a lot of interest. It is rather fun to find out where you are ranked and to then challenge yourself to climb another spot higher in the rankings. Check out: mastersrankings.com

### Serious Administration Stuff

At the last AMA AGM held in September 2016, a number of changes were made to the AMA Constitution. Most were common sense updates on practicalities.

However, there were several that will impact the direction our sport is heading. For example, how we work together with Athletics Australia and a practical application is the handling of a positive doping test when an athlete challenges the results and penalty.

There are also changes to how long a person can be on the Australian Masters Athletics Board. Previously there were no limits on the number of years a person could hold a position. This has now changed. Now a person can only be on the Board for a maximum of 16 years and a person cannot hold a specific executive position for more than 8 years. The non executive Board has also been reduced from six to four people and that will come into effect at this year's AGM in September. Finally, instead of every position being up for election every year, now only half the positions will be contested each year (two executive and the two non executive Board positions.

There are currently nine people on the Board so this will reduce to eight.

What does this Mean to You?

The reality is that throughout the member states and territories, more time has to be given to succession planning at both state and national level. More athletes need to be willing to step up and gain some experience in administration. More athletes under the age of 40, 50 and 60 need to put themselves forward so that the older administrators can be gradually replaced with younger people with a fresh approach and innovative idea.

Best wishes for your continued success in athletics at whatever level you are competing. For those heading to Daegu, enjoy your experience.

**Wilma Perkins**
**AMA President**

# Daegu 19th – 25th March 2017
## World Masters Indoor Track and Field Championships

The WMA Indoor Championships started in 2004 in Sindelfingen, Germany. Australia has been represented at each championship and this year in Daegu with 84 competitors we will have our largest team yet.

In 2008, our men's and women's relay teams set inaugural Athletics Australia open records for the 4x200m - this was brushed over by AA as a rarely run college and masters event. Needless to say it was pretty cool for our teams to be in the mainstream AA record book.

This year we have 84 team members - 42 women, 42 men; the first time we have had an even split. There are 44 team members who will be experiencing their first world masters indoor competition.

The events we contest are 60, 200, 400, 800, 1500, 3000, 3000 walk, 4x200, LJ, HJ, PV, SP, WT (all indoors) and cross country, half marathon, 10k walk, DT, JT, HT (all outdoors).

Competing indoors is very different and you can read past stories of Australia's participation at this link - http://www.australianmastersathletics.org.au/aus-teams-at-wma-indoors/

Team members will be posting comments and stories on the AMA Group Facebook page.

Keen? Mark 2019, Torun (Poland) in your diaries for the next one.

**Janet Naylon**
**AMA Team Manager Daegu**

**Memorable moment**

Perth 2016 WMA Championships

Irene Davey QMA President
with
Australian Masters Hall Of Fame athlete
John Gilmour from WA

Photo by Jenny Stevenson (Tas)

# DARWIN 2017 - Australian Championships Updates

With just over 3 months to go, the LOC tempo is quickening as more and more requires attention.

We have now launched our merchandise and it can be viewed on line and purchased via the registration portal. If you are not competing fill in the registration details and untick “I will be competing at this meet”. To guarantee availability, it’s desirable to order merchandise prior to May I, the registration closing date.

Our Awards night is still a work in progress. What we can confirm is it will take place in the courtyard of Club Tropical Resort Darwin, it will have a festival themed cocktail dinner with a cash bar, live music and will be a memorable NT experience. Full detail and purchase process will be confirmed within the next two weeks.

Virgin Airlines are offering 10% discount on flights and this will automatically be deducted if booking through the portal on the championship website.

Thrifty have also come on board and offering discount rates. Visit www.thrifty.com.au/car-hire/northern-territory.aspx and enter the promotional code: NTMASTERS.

Club Tropical Resort Darwin, one of our major sponsors, is offering the best competitive pricing for accommodation and when making reservations are asking for flight details and if needing a transfer. A mini bus will also run from the resort to the track.

We are hearing that some are saying it’s off season and it’s a long way to travel! Well NT athletes do this every year! So come on, it’s our first time ever to host this championship and we want you all to be here. Come in Thursday (or Wednesday evening) and spend that evening at the iconic Mindel Beach Markets watching the sun set over the Arafura sea. Enjoy the excellent athletic facilities of Darwin and if you can stay on, have a holiday relaxing in the warmth of the dry season amongst unique country, culture and history.

With just over 3 months to go there is enough time to start your training if you are recovering from injury or making a comeback! If you are not a competitor and would just simply like to come and escape the southern winter, consider helping as a volunteer and check out the downloads link at http://ntmastersathletics.com.au/the-nt-masters-athletics-championship-event-2017/

Our website is http://ntmastersathletics.com.au/ and registrations close May 1.

**Steve McGugan**
**Chairperson LOC**

“If you never have a go then you’ll never ever know.”

Article by Peter Sandery SA

Tips for Competing In Hot Environmental Conditions

Go to the AMA website – About Us TAB – Resources Page

# A.M.A Events Calendar 2017 – 2018

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| WMA World Indoor Championships 2017 | Daegu City South Korea - March 19th – 25th |
| (World Masters Games 2017) | Auckland New Zealand – April 21st – 30th |
| AMA Track & Field Championships 2017 | Darwin NT – June 9th – 12th |
| (16th Australian Masters Games 2017) | Tasmania's North West 21st-28th October |
| Oceania Masters Championships 2018 | Dunedin New Zealand – Jan 20th – 27th |
| AMA Track & Field Championships 2018 | Perth WA April 26th – 29th |
| WMA Championships 2018 | Malaga Spain – Sept 5th – 16th |

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