



AUSTRALIAN MASTERS ATHLETICS

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



Congratulations



Lyn Ventris

W60 10k Road Walk Perth Gold medal presented by John Gilmour

After a long haul back to good form after injury Lyn also collect gold in the W60 5k Track Walk in World Record time 25:41.58 bettering Heather Carr's 2011 record of 26:10.22

Heather Lee

W90 10k Road Walk in World Record time of 1:25:28 bettering previous 2016 World Record of 1:33:21 held by Elena Pagu ROU. Heather was presented the gold medal by John Gilmour.

Heather also collected Gold in W90 5k Track Walk in World Record time of 41:04.87 bettering her 2017 World Record of 42:36.49



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LINKS

[World Masters Athletics Survey](#)

If you have ever competed in a WMA Championship or are going to compete in Malaga, then take 5 minutes to complete the survey. Your responses will assist WMA in future planning.

[AMA Track and Field Championships Perth 2019](#)

This result booklet contains all results from Perth

[Graeme Dahl's WA T & F Newsletter](#)

This newsletter provides a great coverage of the AMA Championships as well as lots of short stories by athletes who competed in them.

[Competing in Hot Environmental Conditions](#)

This article by Peter Sandery contains tips on competing hot conditions, good read ahead to prepare for Malaga Spain in September



FROM THE PRESIDENT

Who enters a National Championship?

The key word is a “participant”. This is the best chance for all age groups to participate against others who are in their own age group. This is the chance to see how you compare with others, to be motivated to improve a little, to discuss the ageing process on performances, compare aches and pains, the injuries and the slower recoveries. It can be a great way to pick up on coaching tips.

It is also a time to catch up with friends and to be reminded that you are not alone in your struggle to work your way through the age groups. It is also a time to redefine Darwin’s Theory of Survival of the Fittest. For masters it is whether than suspect hamstring will beat the person with the wonky knee or that person with the Achilles problem. It is time where the event becomes the challenge rather than the opponent.

Never giving up

I recently saw a photo of a group of M80 lined up to compete in the 1500m of their decathlon. The photo was a close up of their legs and there were very few legs that weren’t bandaged or taped. Yet, I found the photo inspiring as those men were determined not to let the event defeat them.

The AMA Championships in Perth had a positive carry over from the World Championships with entry numbers being the highest for a Masters Nationals in Perth. Next year the AMA Championships will be in Melbourne and the goal by the LOC is to have the largest entry numbers ever for an Australian Championships. Is this a realistic vision? I believe it is. Let’s use the excitement and challenge of participating to get the adrenalin pumping and produce one’s best performance for the season, for one’s age group or to go home having made several new friends or renewed others.

Sponsorship

If you are organising travel for Malaga, or anywhere else for that matter, then please support the AMA sponsorship and book through Flight Centre by ringing 1300 220 293 and speaking to Anna or Julie and mentioning that you are a master athlete.

The sponsorship works by having a small percentage of your booking coming back to AMA. By all means do your own price search before you contact Anna or Julie. This is AMA’s only sponsorship and it will only give benefit to AMA if our masters athletes make their bookings this way, regardless of where you are travelling.

WMA Marathon

This event is back on calendar. Previously the marathon had been part of the WMA Stadia Championships but the cost of road closures and setting up for 300-500 participants has been too expensive. From now on the WMA marathon will be incorporated into a bigger marathon. This year it will be in Toronto, Canada in October. Details are on the [AMA website](#). Next year’s marathon location will be announced within the next two months.

Best wishes

Wilma Perkins

Electronic Lap-scoring for Masters distance events on the track

The use of a mat, and either shoe or bib tabs, to time road or cross country races is commonplace. An athlete is assigned a numbered tag, and the system records the time each time he/she crosses the mat. As long as the time on the recorder box when the race starts is noted, then the time into the race each time an athlete crosses the mat is easily calculated.

We all know that lap-scoring masters track races is a nightmare. For a big field we might have to find 15 lap-scorers from somewhere who are sat strung out alongside the track. There is multiple shouting of laps, and almost always mistakes.

For the World Championships we had to find a better way. The mat and timing box knows when each athlete crosses the mat, so what is required is to feed that data into a computer and produce an output which gives athlete name and 'laps to go'. We commissioned a company 'The Timing guys' to produce the software, and to operate an electronic lap-scoring system for the Worlds. They did so and it worked very well.

MAWA decided it would really like this system for lap-scoring its own championships, and also our regular weekly track meets. We preferred shoe tags which could be re-used rather than throw-away bib tags.

Fortuitously we acquired the system late last year, so perfect timing for using it at the AMA Championships in Perth. It worked perfectly and everyone was rightly impressed.

It is very easy to use at our weekly meets because we have enough tags for everyone in MAWA who will ever compete in these races. So they just keep the tags, and all we need to do is to allocate temporary tags to the occasional visitors. Operating the system takes a bit of practice - we now have 3 club members who can do it.

At the end of the race all mat crossing times for each athlete are downloaded onto an excel spreadsheet. This can immediately be looked at if an athlete is disputing his laps, or can be printed and signed as support documentation for record claims.

The mat/timing box/tags came to around \$6000. The special software packages were \$500. Freight was \$500. The set-up and operation is a bit tricky so we paid for The Timing Guys to come to Perth to set it up, train us, and operate it at a real event. This was a further \$1000.

If a club already owned a mat and box, then extending its capability to lap-scoring could cost less than \$2000.

By Richard Blurton MAWA

CONGRATULATIONS

2018 AMA Hall of Fame – Inductee Profiles

Lavinia Petrie VIC Wilma Perkins QLD Stan Perkins QLD

LEGENDS FROM PAST, PRESENT AND FUTURE

Perth

Here we were back in Perth participating on the same venues two years after the successful World Masters Athletics (WMA) Championships. This was the 46th annual AMA Championships and the seventh conducted in the Western Australian capital. A record 573 athletes, including 31 from overseas most of whom were from New Zealand, participated in the championships and as WA had the largest contingent of 250 it meant about 320 enthusiastic athletes, family and friends crossed the Nullarbor. The four day carnival of Masters Athletics was held during the last week of April, rather than the more traditional time of Easter, so as not to clash with the 2018 Gold Coast Commonwealth Games.

The venues were the same as used for the WMA Championships. The road walks and cross-country courses were excellent but the main stadium, despite its reputation as one of the fastest sprint tracks in the nation, is uncomfortably hot for spectators in the afternoon as the grandstand faces west so there is very little shade. As is usually the case at our Nationals officials and volunteers in their blue polo and bright yellow T shirts were always hard working, efficient and courteous. Older competitors appreciated the officials' common sense interpretation of the rule "requiring athletes to compete honestly with bona fide effort" and their understanding that senior racewalkers may well have "dicky knees" but they are doing their best to walk correctly and are definitely not running. It was also pleasing the distance of the cross-country race has been reduced from 8 to 6km for men and women over 70. Some local officials/volunteers were also competitors having to juggle their administrative duties with their competitions. Barbara Blurton and Bob and Lynne Schickert were just three who seemed to be always very busy.

From 30's to 90's

A problem facing most Australian Masters Athletics clubs is the aging of our membership. Thus it was pleasing to note that 39 men and women in their thirties participated while at the other end of the age range 19 men and five women over 80 years-of-age demonstrated age is not a barrier to taking part in strenuous physical activity. Our two most successful octogenarians were Western Australian David Carr and Miriam Cudmore from South Australia who once again set world-class performances in the middle distances and steeplechase and in sprints and jumps respectively. Ninety-one year old Heather Lee (NSW) set a World Record in the 5000m race walk with the time of 41m 4.87s while the most senior male M93 Jim Sinclair (Vic) won both his 100 and 200m sprints.

Although just short of his 99th birthday John Gilmour OAM, legendary WA athlete and one of our inaugural Hall of Fame inductees, looked spritely. John was in attendance every day sitting at a table near the athlete's entry to the track promoting two books – *All in My Stride, John Gilmour's Story: Changi to World Champion* by Richard Harris (pub. 1999) and *Lasting the Distance, Memoirs of John Gilmour – World Champion Runner* by P.D. Collier (pub.2010). But John was more interested in chatting with athletes and spectators and when called upon to present medals many of the winning athletes were keen to include one of our sports all-time greatest in their photographs.

World Records

As always competition between runners, walkers, throwers and jumpers was fierce but friendly. Because it was a home championships the yellow, black and white competition uniform of MAWA was prominent in most events. Standards were high producing many Championship, Australian and even a couple of World Records. Both World Records were set in the first race on the second morning when W60 Lyn Ventris (WA), who had suffered a series of injuries over the last few years, smashed the existing WR held by Victorian Heather Carr since 2011 by almost half a minute. Lyn completed the 5000m walk in 25:41.58 (which is just over 5m 10s /km – how many can run at that pace?) while Heather Lee (NSW) set a new W90 Record WR.

Champions

Two special events – the *Champion of Champions Sprint and Throws Handicaps* always attract considerable interest. The ten best male and female sprinters, as determined by WMA age graded percentages, in the 100m finals are invited to participate in the Champion of Champions Sprint Handicap. Prior to the runners making their way down the track to their allocated starting positions each were introduced with a summary of their sprinting history. W50 Julie Brims (Qld) was a convincing winner in the women's race while M40 Ashley

McMahon (NSW) was the men's champion. The heavy weight was the implement used in this year's Champion of Champions Throws Handicap in which the winners of the weight throw in each age group are invited to participate and like the sprint each are given a handicap distance to add to the distance they throw the implement. Big Todd Davey M50 from Tasmania was the men's champion and W60 Dorn Jenkins (Vic) was female champion.

Two other special awards are presented for performances during the championships. The *Royce Foley Award* is for the best male and female score in the throws pentathlon. The winners were M45 Jo Peters (WA) and W60 Dorn Jenkins (Vic). The *Brian Foley* (no relation to Royce) *Award* is for the best male and female in the 800 and 1500m. This year's winner was W70 Victorian Lavinia Petrie.

Complete results are available online at www.mastersathleticswa.org/perth2018.

AMA Annual Awards

Every year since 1999 one of the highlights of our national championships is a special dinner where the annual *AMA Awards* are presented and induction of new members to the *AMA Hall of Fame*. State and territory Masters Athletics clubs are invited to nominate athletes who have had outstanding performances during the previous calendar year (in this case 2017) for each of the eleven categories.

Queenslander **Julie Brims was the winner of the *Sprint/Hurdles*** category having also been the winner in 2012. Julie was also named runner-up in this category for the WMA Best Master of the Year awards to cap off a wonderful season she also featured prominently on the cover of the *2018 Championships Programme*.

The ***Middle Distance/Steeple*** category was presented to **W70 Lavinia Petrie (Vic)** after having been the *Distance* champion in 2011 and 2017. Like Julie she too was runner-up in the *Long Distance* category in the WMA Best Master of the Year Awards. Later that evening Lavinia received an even more significant honour by becoming a member of the *AMA Hall of Fame*.

Dual Olympian M50 **Shaun Creighton (ACT)** was the recipient of the ***Distance*** category for his remarkable efforts late last year in the 3000, 5000 and 10,000m. In December he set two new Australian Records - first he ran 5000m in 15:34.71 lowering the record by 15 seconds then two weeks later ran the 10,000m in 32:19.11 setting a new AR by 35 seconds.

It was an easy decision to determine the recipient of the ***Throws*** category because **W70 Mary Thomas (NSW)** had already been announced as *WMA Thrower of the Year*. Mary had previously won this *AMA Award* in 2016.

Like Mary the choice of winner of the ***Walks*** category was a "no brainer" as **Hall of Famer W65 Victorian Heather Carr** had already been identified as *WMA Racewalker of the Year*. Heather also won this *AMA Award* in 2010 and 2016.

The ***Jumps*** category was won for the second occasion by **W35 Melissa Foster (WA)** having also been the winner in 2016. M40 Tasmanian Geoff Gibbons was the *Multi Event* category winner as well as being runner-up in the *Combined Events* category in the WMA Best Master of the Year Awards.

The ***Most Outstanding Male Athlete*** was awarded to **M85 David Carr**. David's involvement in the evolution of our sport nationally and especially within WA goes back to its very beginnings in the early seventies. David has previously won this award three times as well as being the recipient of a couple of other categories and is proud member of our *Hall of Fame*.

Having recently become a W80 meant **Miriam Cudmore (SA)** was in a favourable position to set about setting new standards in the sprints and jumps for her new age group. So it was no surprise when she was announced as *Most Outstanding Female Athlete*.

The ***Most Outstanding Individual Performance*** was won by middle distance champion **W65 Jeanette Flynn (Qld)**. Jeanette is a five times winner of the *Middle Distance* category - having won in 2004, 2006, 2014, 2015 and 2017.

Photos courtesy of Graeme Dahl WA

AMA AWARDS WINNERS

Announced at the Championships dinner in Perth



Sprints
Julie Brims (Qld)



Jumps
Melissa Foster



Middle Distance
Lavinia Petrie (Vic)



Distance
Shaun Creighton
(ACT)



Throws
Mary Thomas (NSW)



Walks
: Heather Carr (Vic)



Multi Events
Geoff Gibbons (Tas)



**Most Outstanding
Female Athlete**
Miriam Cudmore (SA)



**Most Outstanding
Individual
Performance**
Jenny Flynn (Qld)



**Most Outstanding
Male Athlete**
David Carr



Administrator of Year
Steve McGugan (NT)



Special Recognition
Bruce Graham (ACT)

Steve McGugan (NT) was the *Administrator/Official of the Year* for his outstanding contributions to the success of the 2017 nationals in Darwin last June.

Following the traditional eleven categories it was announced a ***Special Recognition Award would be given to M55 Bruce Graham because every year for more than a decade he was the ACT nomination for the Distance or Middle Distance and even Most Outstanding Male*** categories. Despite being one of the leading contenders on most occasions Bruce always missed out on the major prize. The selection panel felt they couldn't ignore Bruce's list of outstanding performances over many years so a special category was introduced to acknowledge his efforts.

Most of the above athletes not only enjoyed a wonderful 2017 but continued their good form and have performed excellently in these championships. This stands them in good stead to do well in the WMA Championships to be held in the Spanish tourist city of Malaga later in the year.

Hall of Fame

Perhaps the highest honour that can be bestowed upon an Aussie masters athlete is to be inducted into the *AMA Hall of Fame*. This year three more members were added to the fifteen who have already achieved this lofty recognition since its establishment in 2009. World champion and multi Australian and World Record holder in middle and long distance running events as well as being a successful coach, mentor and official Victorian W70 Lavinia Petrie OAM became the seventh women athlete to be inducted. Queenslanders Stan and Wilma Perkins qualify both as an influential couple within the wider athletics community but also as individuals. Stan has long been intimately involved as a competitor and administrator in all levels of our sport, ranging from Little Athletics, open and masters athletics locally, nationally and internationally for more than four decades. After serving in several capacities on the WMA Council Stan was elected president in 2009. Despite his effectiveness and popularity in this position he is constitutionally bound to stand down at the next General Assembly in Malaga. Wilma has also been a popular and progressive leader of Queensland, Australia and Oceania Masters Athletics as well as having a number of roles within our international association. Wilma is also a talented athlete having won numerous medals and set many records in sprints, jumps and throws as well as being a member of record breaking relay teams throughout her long athletics career.

Future Events

Many Aussie Masters athletes are currently preparing for the WMA Championships in Malaga in September. However, before setting off to Spain you can have a final hit-out at either the 20km Road Walk Championships in Adelaide August 5 or two weeks later at the AMA Half Marathon in Canberra August 19. Then in March next year the WMA Indoor Championships will be in Torun, Poland while many more of us will be looking forward to the AMA Championships in Melbourne in late April 2019 then it's off to the Oceania Championships in Mackay (Qld) 31 August – 7 September.

Bryan Thomas ACTMA

AMA Trust Board Update

Six further project proposals were received and considered at the September 2017 and April 2018 board meetings, from Tasmania, Victoria, New South Wales and WA. The Board judged all of them to be excellent projects, and they were all approved, five in full and one to approx 85% of the application value, leaving the balance for the State association to fund.

These approvals resulted in a further 22% of the fund being allocated, taking the total allocation to date to approx. 50%. Projects approved included mobile photo finish equipment, defibrillator, web-site development, distance measuring devices and an automatic roadside result system.

The next deadline for project proposals is 31st August, ahead of the Trust Board meeting to be held during the AMA AGM weekend in October.

Richard Blurton
AMA Trust Board President

W.M.A. Championships, Malaga, Spain 4-16 September 2018

Key Dates

July 11th 2018 - Entries close (earlier than first published!)

Sept 4th 2018 - Competition starts earlier than first published. Throws, multis and walks on this day.

Sept 16th 2018 - Competition ends

Event Website

<http://malaga2018.com/> - click on the English flag (top right) and then the menu item. You may need to click on the English flag for each new menu you read.

Program as at 8 May 2018

The program is on the 'Dates' menu and is now divided by venues. Any issues with event clashes/venues please email both Janet AND Donna ASAP. No guarantees or promises though the sooner we know, the sooner we might be able to have influence.

Entries

When you enter, AMA then receives a list of entries to then verify that each person is financial etc... Once this has happened you will show up as 'accepted' on the entry list. This happens progressively. Also when you enter, you will receive the first team newsletter.

Team Management

AMA has appointed Janet Naylor and Donna Hiscox as Team Managers. Additional managers maybe appointed depending on entry levels. Contact details and profiles in the first team newsletter, which you will receive upon entering the Championships.

Travel and Accommodation

Note - All travel and accommodation arrangements are the individual's responsibility.

To assist, **AMA** has appointed **Flight Centre Sports and Events** as its **Travel Partner**.

The arrangement with **Flight Centre Sports and Events** enables members and their families to book specially prepared group travel packages, pre and post championship tours and/or to make their own private arrangements. AMA will receive a **rebate on all bookings** (team-related and personal) and this additional revenue stream will assist in keeping levies and fees for members to a minimum.

The Flight Centre Sports and Events accommodation packages for Malaga are detailed on the website below. These can be booked as available.

- The selected hotels are located in the old town of Malaga in close proximity to the transport hub, restaurants, cultural activities and the water front/beach. Breakfast and wifi included. Rooms have mini-bar fridges.
- The apartments are also in the old town area and are brand new in refurbished buildings with 1 bedroom (queen bed), sofa bed in living area and kitchen.
- Day trips could include the Alhambra in Granada, Gibraltar, and any number of picturesque towns an hour or so from Malaga which feature Moorish, Roman and Spanish architecture. Ask the Flight Centre team.
- To **register your interest**, please see this page:
<http://fcsportsandevents.com.au/active/run/australian-masters-athletics/> We have also negotiated a deal with Qatar Airways (a Qantas partner) and this can be accessed via Flight Centre. They have several flights a week - Sydney-Doha-Malaga.

To make a booking through **Flight Centre Sports and Events** please **contact Anna Kearney or Julie Costa on 1300 220 293 (Brisbane time) and make sure you identify yourself as being from AMA**. The rebate is not available through Flight Centre shops or other avenues as they are different franchises so please **save these contact details**.

TUE (Therapeutic Use Exemption)

Note that WADA has updated its lists with changes in effect from 1 January 2018. All the information and relevant forms to apply for a TUE are at this link on the WMA website - <https://world-masters-athletics.com/category/documents/>

Please direct any questions in relation to the TUE and testing to Dr Roger Parrish. He is the designated Oceania Medical Officer with whom medical matters and TUE issues may be discussed.

Dr Roger Parrish Oceania Masters Athletics Medical officer
Telephone: 02 4228 6260 (h)
Email: roger@parag.com.au

Facebook

The team Facebook group is a closed group and is a useful forum for team members to share information ahead of the championships. It is also used as a team notice board during the competition and membership is restricted to those in the team. Request to join via this link **after** you have entered - https://www.facebook.com/groups/AUSteamWMAchamps/?ref=group_header

As we get to the event we do ask that posts are limited to important announcements that specifically relate to the championships. It would be awful for someone to miss something because of too much chatter. Please post personal messages of results, photos, etc on your own timeline or the AMA page.

[Preparing for World Champs](#) - Check out article by Janet Naylor & Stuart Paterson

AMA Uniforms

<http://www.australianmastersathletics.org.au/ama-merchandise/amauniformpurchases/>

If you are intending to compete at Malaga then consider buying an extra AMA singlet or two. This will give you the opportunity to swap your gear for other national uniforms! See the AMA website for sizes and prices. There are some discounted bundles available.

AMA SINGLETS & SHORTS AT A DISCOUNT



<https://shop.emlsports.com/ama/product-tag/bundle/>

Offer ends 30th June 2018

Purchase **extra** AMA shorts and singlets will be available at the following discounted prices:

- 2 x Singlets (ladies or mens) \$70 (normally \$40 for 1)**
- 2 x Shorts (ladies or mens) \$70 (normally \$40 for 1)**
- 1 x Singlet & Shorts (ladies or mens) \$70 (normally \$40 for 1 of each)**

WMA Indoor Championships Torun Poland

AMA Team Managers - Malaga

Janet Naylor and Donna Hiscox



24th – 30th March 2019

Donna Hiscox has also been appointed
Team Manager for Torun

A.M.A Events Calendar 2018 – 2019

AMA 20K Road Walk Championship 2018	Adelaide SA	August 5th
AMA Half Marathon Championships 2018	Canberra ACT	August 19 th
WMA T & F Championships 2018	Malaga Spain	Sept 4 th – 16 th
AMA Winter Throws Championships 2018	Wollongong NSW	Sept 30 th - Oct 2nd
Alice Springs Masters Games 2018	Alice Springs NT	13 th – 20 th October
WMA Marathon Championships 2018	Toronto Canada	October 21st
Pan Pacific Masters Games 2018	Gold Coast QLD	2 nd – 11 th November
WMA Indoor Championships 2019	Torun Poland	March 24 th – 30 th
OMA T & F Championships 2019	Mackay QLD	August 31st– Sept 7th

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<mailto:enews@australianmastersathletics.org.au>

[Australian Masters Athletics](#)

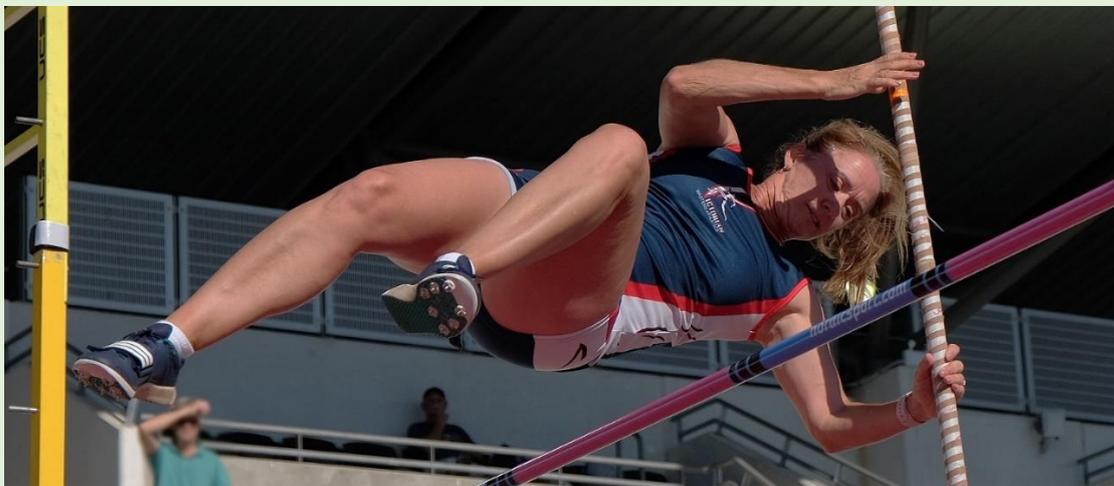


[Join the Australian Masters Athletics Facebook Group](#)

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All Women's 5k Track Competitors – Photo Jerrod Lim



Pole Vault - W50 Jacinta Burns VIC – Photo Jerrod Lim



Hammer – W45 Maria Cimino NSW – Photo Victor Yong