



Congratulations

WMA Best Masters Athlete - 2018



Winner - Lyn Ventris WA – Walks



Runner Up - David Carr WA – Middle Distance

[Complete WMA Winners List](#)



President's message

So now the focus for Masters Athletes turns to Torun. Indoor track and field was set up so northern hemisphere athletes could get some competition during their long cold winters. We don't actually need that in Australia, so I am hugely impressed that over 70 of our athletes will be competing in Poland next month. Barbara and I are going to Eastern Europe in May and took out a guidebook on Central Europe which also includes Germany, Austria and Hungary. That book lists Torun in 4th place in the 'must visit' list for the whole region. You will all have a great time there.

Our Team Manager Donna Hiscox has produced a first class newsletter, while Janet Naylor, after collecting many views from athletes, has produced a major revamp of the relay selection processes and procedures that is available to read on our website. This should give much greater transparency on what is happening, and ensure the Australian teams do not fall foul of the somewhat complicated rules.

I will be having a second meeting with Athletics Australia this month as we continue to work on our key agenda topics of Athlete Registration in the 'onesport' model, and greater visibility of Masters achievements on AA websites and newsletters. Janet Naylor is AA Board Member for this latter area, and is now in regular contact with the AA media team.

We have recently put out an EOI for an Australian Team Manager for Mackay. In recent years the same few people have taken this role, so I am keen to see some new people putting up their hand. Our process is that a new person would be an Assistant Team Manager at their first meet so as to learn the ropes. We do prefer non-competitors, or at least someone only doing one or two events. AMA do give reimbursement, and Mackay is a great learning opportunity. And around that time we will be looking for Team Managers for Toronto.

And finally Australia once again featured strongly in the WMA 'athlete of the year' awards. Congratulations from the Board to Lyn Ventris for her win in the walks category after her two World Records in 2018. After his stellar year in 2017, with four World Records, 2018 was more modest for David Carr. But it was still good enough to earn him the runner-up spot in the middle distance category.

Richard Blurton

Don't miss out!!

Entries close March 15th for AMA Nationals Melbourne 2019

More details see page 8

New Ideas Implemented for the QMA Combined Events

QMA introduced **three new concepts** at their State Combined Events Championships on the weekend 2nd and 3rd February.

Firstly the decathlon and heptathlon were opened up to **both** men and women. **Secondly** athletes had the option to compete in the decathlon and heptathlon but with lower hurdle heights.

Thirdly athletes could nominate for **individual events** in the decathlon or heptathlon and then be placed in a **team** that would compete in all the events between them. The decathlon teams could have two to four members and the heptathlon teams could have two to three members.

The Outcome?

One male athlete took up the option to compete in the heptathlon. One female participated in the team throws in the decathlon. Seven teams competed in the decathlon and two teams participated in the heptathlon.

Each team contained a range of age groups but each athlete scored points according to their own actual age group. Consequently team scores and totals had to be calculated manually.

Problems?

The usual one of not enough officials particularly on the second day. Officials were stretched thinly as individual events were also offered on the program so that non combined event athletes were catered for.

Would you believe rain? It had been so dry in Brisbane but rain arrived on the second day as the heptathlon 800m was about to commence and as the pole vault was getting under way.

Four athletes did not show up for their team. In all but one case the other team members were able to cover for this.

The Future?

Yes, there is future for the above initiatives. Next year a lot more notice will be given to athletes about the event to encourage more participation. Perhaps some of the interstate athletes would like to make teams and join the fun. In time teams could be made up of athletes from the same age group. Until then the highest team score wins.

Wilma Perkins

Queensland Masters Member

Congratulations - Lynne Schickert



On February 7th 2019 at the RAC WA Sports Awards Lynne Schickert was awarded the prestigious Roobix Service to Sport May Campbell medal jointly with Elaine Forward and Valerie Mayger which recognizes the long and outstanding service of an individual to their sport

As well as all her work for Masters Athletics WA all these years Lynne is an official for athletics WA and is currently president of Oceania Masters Athletics and Executive

Vice President of World Masters Athletics

We salute Lynne and applaud this recognition of all your amazing achievements and dedication to our sport



Congratulations Lisa Attenborough

The AMA Board has appointed Lisa as Team Manager for the [Oceania Championships](#) Mackay 2019

Lisa has experience as an athlete, coach and official from local to international level

Congratulations Lyn Ventris



Lyn Ventris was crowned winner of the 2018 AJ(Tood) Buswell South Western Times Sports Star of the year

From Left: Bevan Buswell, Wayne Vitali (SWT Editor), Jaysen Miguel(Bunbury Deputy Mayor)



Jim Langford - AMA Board member & Treasurer

I joined the AMA board for the 1917/18 year. I was elected Treasurer in 2018 for a two year appointment.

My athletic career started in 1962 after I left high school. I became a regular competitor in Cross Country, Road and Track events with Athletics Association of WA. At that time there were no Masters, Little Athletics, Marathon Clubs, Fun Runs or Park Runs. You competed in Athletics WA events or not at all. On the track there were separate Men's and Women's Associations, but we did compete in a joint program.

My first interstate experience was in 1963 when I competed in the Australian Cross Country Championships in Adelaide. This race was won by Ron Clarke and I finished in seventh place. The following year I travelled to Sydney (four days by train) to compete in the Australian Marathon Championship. I finished, but I also learnt that running a Marathon is hard work. In those days the Australian Cross Country and Marathon Championships were held on alternate years.

The Australian Cross Country Championship in 1965 was held in Perth. I won from Ron Clarke and Laurie Toogood. The course was partially difficult for the Eastern States runners. People from the west are called sand-gropers for a good reason!

Around this time I was influenced by friends to consider my education and future. After several years of working I enrolled in a science degree at the University of WA. My competitive running took a back seat, although I did run most days. In

1971 in my honours year I started to train seriously again. The 1974 Australian Cross Country Championship was won by my brother Fred in an exciting finish from John Farrington. I finished in fifth place and WA won the team's race.

In 1975 Australia sent its first team to the World Cross Country Championship held in Rabat, Morocco. I can't say we did very well, but it did let us know what was required at International Level. I also competed in the World Cross Country Championship in 1977 (Dusseldorf) and in 1979 (Limerick). In 1978 I won the Australian Marathon Championship held at Caboolture in Queensland.

In the seventies more running opportunities were developing. Perth had its version of the "City to Surf" fun run. The WA Marathon Club started and also Masters Athletics. Initially to be a Master's athlete you had to be 40 years old. You were allowed to run as a pre-master from 35 years of age. During the eighties and nineties my main interest was in the Marathon Club. I was on their committee for about 20 years and served as President for two terms.

Now my main interest is in Masters Athletics. I am also a great fan of Park running and take every opportunity to do a Park run when I am travelling. I have also been involved in [Rogaining](#) as a competitor and administrator for many years, but I have now reduced my involvement in that sport.

Jim Langford



ULTRA MULTI EVENTS - Icosathlon and Tetradeathlon

Tasmanian Masters Athletic announces that they will host a track and field Ultra Multi Event weekend on Saturday, 13 April and Sunday 14 April 2019. This exciting weekend of athletics will be conducted at the Domain Athletic Centre in Hobart.

It is believed that these Ultra Multi Events will be the first held in Australia since 2006 when hosted in Bendigo, Victoria. The ultra multi events known as an Icosathlon (double decathlon) and Tetradeathlon (double heptathlon) comprise 20 track & field events for the Icosathlon and 14 track and field events in the case of the Tetradeathlon.

The ICOSATHLON for men consists of 20 events held over 2 days:

DAY 1	DAY 2
100m	110m Hurdles
Long Jump	Discus
200m Hurdles	200m
Shot Put	Pole Vault
5000m	3000m
800m	400m Hurdles
High Jump	Javelin
400m	1500m
Hammer	Triple Jump
3000 Steeplechase	10000m

The TETRACDEATHLON for women consists of 14 events held over 2 days:

DAY 1	DAY 2
100m Hurdles	100m
High Jump	Long Jump
1500m	400m
400m Hurdles	Javelin
Shot Put	800m
200m	200m Hurdles
	Discus
	3000m

There is a link to the timetable for the two days of competition at the bottom of this article. The

World Ultra Multi Event Championships have been held every year since 1981. TMA's Geoff

Gibbons competed in the 2017 Championships in Turnhout, Belgium. Geoff won gold in the M40-44 age category, scoring the second highest points across all age categories. Geoff's point score of 11,947 was just under the M40-44 world record of 12,270 points. Geoff intends to have a serious attempt at the record in Hobart in April. Also making a record attempt will be TMA's Cathy McKeown in the W45-49 age category. **(cont page7)**

The current record is 8829 points. Cathy is recovering from injury but intends to give the record a “shake” given her strong performances over the years in AMA Championships in a broad range of events.

Athletes from all around Australia and overseas are invited to enter and compete. Entry is open to athletes 16 years or older who are registered with either an Athletics Australia affiliated club or a member of an Australian Masters Athletics association. The entry fee is \$50. Those who are not registered can pay an additional \$10 “trailing athlete” fee and complete a form on the first morning, prior to the first event for insurance purposes.

In conjunction with the Icosathlon and Tetradecathlon all individual events will also be open to athletes. This will particularly suit athletes who will be competing in the AMA National Championships in Melbourne 2 weeks later.

The majority of events have been sanctioned by Athletics Tasmania (with the exception of some hurdle events which do not conform to IAAF specifications). This means that events will count for records, rankings and qualifying. A fixed entry fee of \$20 in total is charged for as many events as an athlete wishes to compete in over the weekend. The “trailing athlete” provision also applies.

By the way, weather in Tasmania in April is usually perfect for track and field. Tasmania is currently the “flavour” of world tourism. In addition to the athletics why not visit and enjoy MONA, the food, the drink and natural environment. Accompanying persons will have plenty to do.

More detailed information on the event can be found on the Facebook event page:

<https://www.facebook.com/events/2239670456291325/>

[Timetable](#) [Entry Portal](#)

Further Information:

Cathy McKeown – Email: tasmastersstats@gmail.com; Phone: 0412 991 918

Mike Walker - TMA Secretary

AUSTRALIAN MASTERS ATHLETICS STRATEGY REVIEW 2018/19 TERMS OF REFERENCE

State committees have been requested to give feedback on the Terms of reference by 4th March 2019.

Should any individual still wish to give feedback please email [Steve](#) and [Lisa](#) by 12th March 2019.

AMA website link to [Terms of Reference](#)

Steve McGugan

AMA National Championships Melbourne 2019

Don't miss out as the **close date of March 15 is not far off** – the social functions are proving popular so don't leave it too late to get tickets for the **Athletes Dinner Party** at which the LOC is pleased to announce Ralph Doubell AM, Australia's last male track and field Olympic Gold medallist, as a special guest.

You can **add events to your entry**, order additional merchandise or purchase dinner tickets using the link on your confirmation email as follows: <https://reg.emlsports.com/meet/21/edit/3488>.

Melbourne Raw Videos

For those new to Melbourne or Lakeside check out our [helpful videos](#)

Topics include – Arriving in Melbourne – The Program – Lakeside Stadium – Athletes and Friends Dinner Party – with more to come.

Program and Venues

Major changes from recent years are:

Road walk is on Saturday (Day 2), 5000m track walk on Monday (Day 4).

All relays on Sunday afternoon (Day 3) to maximise your opportunity to participate and Awards Dinner on Saturday (Day 2).

All Field events will be located at Lakeside following support from Athletics Victoria and Melbourne Sports Hub.

Volunteers

Interstate visitors are welcome to help as volunteers or officials.

Officials please email secretary@vicmastersaths.org.au with all your details. **Volunteers** please complete the form on the website: <https://melbourne2019.com.au/volunteer>

Sponsorship

The LOC thanks Kings Sports Store, Victorian Race Walking Club and Athletics Victoria who have joined the Victorian Government as supporters

Registration

Registration will be available from 12:00 midday on April 25 – Anzac Day. Allow extra travelling time if arriving on Anzac Day particularly in the morning.

Interstate Seniors'

Public transport fares are discounted 50% for interstate seniors' card holders – but you must purchase and load a concession [Myki card](#) on arrival.

Social Program

As advertised on the 'Schedule' on the [Melbourne2019 website](#) the social program kicks off with a 'Meet and Greet' on Anzac Day with 'After Match' events on each competition day.

These are free (not ticketed) with the exception being the Athletes and Friends Dinner Saturday evening. For details and locations – [see website](#).

Phil Urquhart and Rob Mayston

WMA World Indoor Championships Torun Poland

24th – 30th March 2019



The 2019 World Masters Indoor Athletics Championships in Torun will see 4366 participants representing 89 countries participate, this is recordbreaking for a Masters World Indoor Championships.

Australia has a team of 68 athletes travelling to Poland to compete, covering every age group from 35 – 39 right through to 90 – 94. The competition which will run from 24 to 30 March, will live stream events for 10 hours every day.

This will enable family members, coaches and friends back home watch the championships as they happen. To find out what time Australian athletes compete you can look up the event schedule at this link: <https://wmaci2019.com/schedule/>

Team Manager

Donna Hiscox

Masters News in the Wider Athletics Community

AMA is working with Athletics Australia to get news of exceptional masters performances into the wider athletics community via the AA website and Facebook. Examples of content would be a world record or a national masters record in open competition.

As we are in the business end of the season we have potential opportunities. I am in contact with Athletics Australia each week and am relying on the masters community to feed me info. Deadline is Monday morning every week. In return, AMA encourages its members to sign up for the weekly AA email newsletter – <https://email.sportstg.com/h/i/F8D70881D17669C44>

I can be contacted at janetnaylor@australianmastersathletics.org.au

Janet Naylor



Update from AMA Uniform Co-ordinator

Thank you to Hazel McDonnell for all her many wonderful years of work since 1998 as Uniform Coordinator.

Please note that while uniforms are being relocated to Adelaide from beautiful Bribie Island I will be unable to dispatch orders until 15th March 2019.

I will be available at the AMA Championships in Melbourne with samples for sizing and a variety of items for sale at special prices for anyone who is considering entering the Oceania Championships in Mackay, 31st August to 7th September.

Please check the [AMA website](#) or see pictured below to confirm you have the correct uniform.

Lisa Attenborough

lisa@australianmastersathletics.org.au



AMA SINGLETS & SHORTS SPECIALS

[Online Shop](#)

Purchase extra AMA shorts and singlets are available until 30/06/2019 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)

A.M.A Events Calendar 2019

<u>WMA Indoor Championships 2019</u>	Torun Poland	Mar 24th – 30 th
<u>AMA T & F Championships 2019</u>	Melbourne Vic	April 26th – 29 th
<u>AMA Marathon Championships 2019</u>	Gold Coast QLD	July 6 th – 7th
<u>AMA 20k Road Walk Championships 2019</u>	Adelaide SA	August 11th
<u>OMA T & F Championships 2019</u>	Mackay QLD	Aug 31 st / Sept 7 th
<u>AMA Winter Throws Championships 2019</u>	Wollongong	Oct 5th – Oct 7th

FUTURE EVENTS

<u>WMA Outdoor Championships 2020</u>	Toronto Canada	July 20 th / Aug 1 st
<u>WMA Indoor Championships 2021</u>	Edmonton Canada	April 6 th – 13th
<u>WMA Outdoor Championships 2022</u>	Gothenburg Sweden	Aug 17 th / 27th

[OMA Championships Mackay 2019](#)

Registration link now open... New Info tabs added

[World Masters Rankings](#)



World Masters Rankings
Official Rankings for



<mailto:enews@australianmastersathletics.org.au>

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