

Biography Mary Thomas

Mary Franett Thomas was born in New Zealand in 1944, the middle child of five. The Thomas family came to live in Australia in 1947 when Mary was 3, and she began competing in Athletics in 1958 aged 14. Still competing at age 74, she is a long-time member of the *Illawarra Blue Stars Athletics Club* in her home town of Wollongong, and of the *New South Wales Masters Athletics Association*.

Mary was one of the first women to throw the javelin with the over the shoulder method in 1960, and one of the first to use the rotary shotput method in 1968.

She has competed in nearly 40 **NSW Open Championships**, winning 9 Javelin titles and a placegetter in over 30 of them. She retired from competing in the Open State championships in 2002, aged 58.

Mary competed in 18 **Australian Open** Javelin Titles, winning in 1969 with a wooden javelin and a throw of 169'7" (51.69 metres). Over the years she also won other minor placings, finishing up in 1986 aged 42.

Mary started competing in NSW Veterans athletics around 1976, one of 4 women to do so. She went on to compete in over 40 **NSW State Championship** events, winning every Javelin event in those competitions.

Mary started competing at **Australian Masters Athletics Championships** in 1979, and has competed in over 30 of those events, winning every Javelin and Shotput event in her age groups, and place getting in most of her events, winning over 100 medals.

Of the 18 **Oceania Masters Championships** held, she has attended 17, competed in 15, officiating at the other 2 because of injuries. 74 medals won in total – 60 first place, 11 second place and 3 third place, winning every one of the Javelin events.

Mary has never been beaten in the Javelin event at either an Australian or an Oceania Masters Championships in 42 years of competition.

Mary has been to 18 **World Masters Athletics Championships**, winning 16 medals in Javelin alone – 6 first place, 7 second place and 3 third place. She has won 41 medals across her 6 throwing events (Javelin, Hammer, Shotput, Discus, Weight, Throws Pentathlon) – 16 first place, 15 second place and 10 third place. She has only missed out on getting medals at two out of all the World Masters Championships she has attended.

She has also attended the past two **World Masters Indoor Championships**, in Budapest and Daegu, and has won 5 gold and 1 bronze medals at those.

Mary has also has held/currently holds the following records:

World – 1

Oceania - 10

AMA – 26

AMA Indoors - 3

NSWMA – 57

NSWMA Indoors - 3