



Men's Champion of Champions Sprint Finalists - Photo Graeme Dahl

From Left: Simon Jackson, James Nightingale NZ, Ernie Leseberg NSW, Darren Hughes NSW, Bob Wishart VIC, Rob Mayston VIC, Greg Hilson NSW, David Isackson NSW, Graham Scully QLD

Winner – Bob Wishart VIC



Congratulations

Lavinia Petrie VIC (R) with Caroline Campbell ACT

Lavinia sets new WR - W75 5k Track 23:30.93 beating the previous world mark 24:03.90 set 2013 by Yoko Nakan JPN

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President's message

When your new Board met for the first time last October we agreed that some key issues were facing our organisation and that it would be appropriate to set up a Strategy Review.

We published the Terms of Reference for the review and asked Steve and Lisa to carry it out. They consulted widely with State Clubs and individuals. The Strategic Plan document was approved by the Board in April and has been placed on the [AMA Website](#).

The Plan identifies 3 key areas that we have to address as an organisation.

Reach a 'One Sport' agreement with Athletics Australia.

This has been on AMA's agenda for a long time, but in the past 6 months a number of discussions with AA have led to a draft agreement which the Board believes is very good for Masters Athletics in Australia. The main clauses will see:

- all masters athletes registered,
- masters age athletes belonging to open clubs not being forced to join one of the state masters clubs to be eligible to enter national and international championships
- AMA having influence on AA policy and decision making where Masters Athletics is impacted
- Masters Athletics news and events being carried on AA media outlets.
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There is no desire or intention, either from AA or AMA, to change the way State Masters Clubs are run, and there will be no change to the way AMA manages the sport. No changes to the AMA constitution are required and the vast majority of athletes will see no change as most State Masters Clubs already register all of their athletes.

Review our programme of National Championships in light of large increases in participating athletes.

With numbers approaching 1000, our current programme is leading to sub-optimal event schedules for many athletes. To better understand this we carried out a survey of Melbourne entrants, which was answered by an extraordinarily high 43% of competitors.

We have appointed a sub-committee of Viddy Jermicans, Jayne Hardy, Barbara Blurton and Stuart Paterson to review our programme.

Effectively utilise the approximately \$200,000 of accumulated AMA funds.

The AMA Trust Fund has been very successful in allowing States to pursue capital projects that give benefit to their members. Most of the fund is now used. The Board has approved continuing with the fund process, using a top-up of \$100,000 from the AMA reserve.

To ensure that we have full support from the organisation to implement these 3 key strategy recommendations, the Board has formulated 3 Motions that will be put to Council at the AGM.

Richard Blurton

DONNA HISCOX – AMA SECRETARY

My athletics career started in 1972, when I was 7 and my family moved to Canberra. My uncle suggested my parents take my older brother and me to Belconnen Little Athletics with my cousins. That was the start of my love affair with running!!

In 1975 my family moved to Dubbo where I joined the Little Athletics Club. It is here my natural ability for running was realised. The photo to the right is me being presented a trophy in Dubbo by legendary master's athlete Ruth Frith (deceased) and her daughter, Australian Representative and masters athlete Helen Searle. I have to say the fashion was spectacular in the 70's!!!



In 1978 my family moved to Coffs Harbour, where I first met Stan and Wilma Perkins. They had started the Coffs Harbour Little Athletics Club for their children, I had turned 12, so was too old for Little A's. With advice from Stan, my dad started the Bananacoast Athletics Club, which had its inaugural season in 1979. The Club celebrates 40 years this year. Sadly dad is no longer with us, so won't get to celebrate this milestone.



We moved to Wollongong in 1981, where as a teenager, I was privileged to run against and team up with Australian Marathon legend Kerryn McCann (nee Hindmarsh), who sadly passed away way too early in 2008, aged 41.

I won numerous State and National medals in Cross Country and Track over the many years I competed as a little athlete, junior, senior and school athlete. I still hold Combined High Schools records from 1979 and 1980, in the 400m and 800m, of which I am very proud.

I represented NSW in both Cross Country and Track Teams every year from the time I was 12 to the year prior to joining the NSW Police Force, winning several individual and team medals in various events.

The photo to the left is the 1980 National Championships – 14 years 800m. Susie Hartgers finishing 2nd and me in 3rd. Susie was from NSW but now lives in WA.

I joined the NSW Police Force in 1990, which resulted in my competitive running taking a back seat as seven day a week shift work made things difficult. I continued to run, taking part in police charity runs, fun runs and the like. I was as a Police Officer for 22 years finishing my career as a Detective Sergeant in the Fraud Squad.

I travelled as a spectator to the 2007 WMA Championships in Riccione, which whet my appetite to start running competitively again. I competed at my first

WMA Championships in Lahti 2009, followed by Sacramento 2011, Lyon 2015, Perth 2016, and WMA Indoor Championships Kamloops 2010, and Daegu 2017. I have been a member of a number of Australian medal winning relay teams. I also won a gold medal in the 400m hurdles at the World Masters Games in Sydney 2009.

I also played hockey from the age of seven and 'retired' at the tender age of 40. During these years I played (indoor and outdoor) representative level as a junior, senior and masters. I went 'out on a high' when as a member of the Division One Sutherland Women's Team, won both the Indoor and Outdoor State Championships.

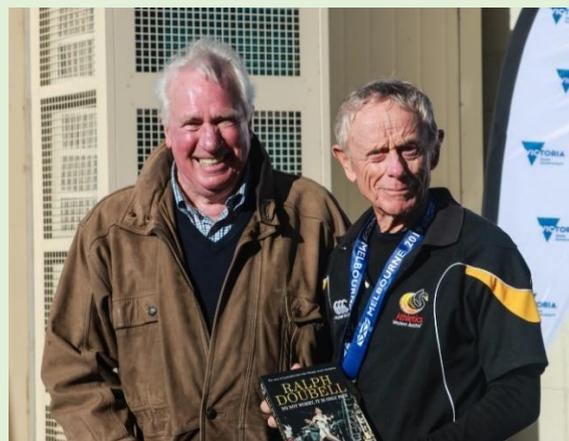
In 2015, I suffered a severe illness at the WMA Championships in Lyon. I'd also been suffering problems with my knee for many years, which resulted in a total knee replacement in 2017. My competing days were over, but my passion for athletics was not. As a result, I found ways I could remain an integral part of athletics.



I applied for Team Manager Positions and was lucky to be selected as an Australian Manager for the WMA Championships in Perth 2016, Malaga 2018, Assistant Manager for the WMA Indoor Championships in Daegu 2017 and Manager in Torun 2019. I was NSWMA Team Manager for the 2017 AMA Championships. I was also selected as an ANSW Team Manager for the Australian All-Schools in 2017 and 2018.

I was elected AMA Secretary in 2017, after Hazel McDonnell had reached her maximum term. My first year got off to a slow start with unexpected complications after knee replacement surgery left me in hospital for an extended time. My second year has run smoothly and I have introduced a number of changes which have been beneficial to AMA. I really enjoy the position it is challenging, but also very rewarding.

AMA Championships Melbourne 2019



[Ralph Doubell 800m Gold Medallist](#)

1968 Olympics Mexico City special guest for the Melbourne 2019 Championships

With M85 800m Gold Medallist David Carr WA

Oceania Championships Mackay 2019



Mackay's new athletics facility officially opened to the public mid-March and local athletics clubs, schools and fitness groups are taking advantage of the fantastic facilities now available in our region.

Stage one of the Mackay Aquatic & Recreation Complex includes the Athletic Centre and an Aquatic Centre which has a 15m learn to swim pool, 25m 6 lane competition pool and 10 lane 50m FINA pool. All pools are heated and the 15m and 25m pools are under cover.

The Mackay Athletics Club recently held its annual track & field carnival as a prelude to the Oceania Masters event with 250 athletes of all ages participating over the 2 day carnival. It was a great success and events ran smoothly with the assistance of the North Queensland regions officials.

Representatives from Athletics North Queensland, the host of the 2019 Oceania Masters Athletics Championships, and Oceania Athletics Association, were on hand to oversee the carnival in preparation for the August/September event. The local organising committee is gearing up its preparations for the event and the team look forward to assisting in such a great event in our region.

The event website has now been updated with a lot more information about the competition venues, competition information, visitor and travel information and the registration link. Registrations are open and have been trickling in and will close on Sunday July 21st 2019.

Jos Grech Chairperson – LOC

[2019 Oceania Masters Athletics Championships](#)

AMA AWARD WINNERS



Sprints/Hurdles

Julie Brims



**Middle Distance/
Steeplechase**

Gillian Young



Distance

Louisa Abram



Walks

Heather Lee



Jumps

Margaret Taylor



Throws

Janice Banens



Multi Events/Relays

Geoff Shaw



**Most Outstanding
Male Athlete**

David Carr



**Most Outstanding
Female Athlete**

Lyn Ventris



**Most Outstanding
Individual Performance**

George White



Administration Award

Barbara Blurton



**Special recognition
Award**

Wilma Perkins

Graeme Dahl Photography



EOI'S FOR AUSTRALIAN TEAM MANAGER

2020 WORLD MASTERS CHAMPIONSHIPS, TORONTO, CANADA

AMA is seeking Expressions of Interest from those wishing to be considered for selection as Australian Team Manager for the 2020 World Masters Championships. The Championships will be held from the 20 July to the 1 August, 2020 in Toronto, Canada.

All EOI's must address the essential and desirable roles and responsibilities listed below and be forwarded to:

STEVE MCGUGAN

AMA VICE PRESIDENT via email: vicepresident@australianmastersathletics.org.au

EOI'S must be received by: 21 JUNE, 2019.

AMA TEAM MANAGER ROLES AND RESPONSIBILITIES:

Essential

- Strong interpersonal skills including the ability to effectively liaise with athletes, officials and administrators;
- Strong organisational skills;
- Strong communication skills (oral and written);
- Familiarity with required software programs, applications and possession of suitable devices;
- Knowledge of IAAF and WMA competition rules (including differences), as well as Local Organising Committee competition requirements;
- Knowledge of AMA relay and team selection procedures and other relevant Constitutional articles and By Laws;
- Knowledge of relevant AMA policies including:
 - Anti-Harassment Discrimination Policy;
 - Privacy Policy; and Code of Conduct.

Desirable

- Previous experience in Team Management;
- Current involvement/membership of masters Athletics in Australia.

World Masters Indoor Athletics Championships Toruń

By Donna Hiscox – Team Manager

The 2019 World Masters Indoor Athletics Championships in Toruń saw 4366 participants representing 89 countries participate, this was record-breaking for a Masters World Indoor Championships. Australia had a team of 68 athletes travel to Poland, covering every age group from 35 – 39 right through to 90 – 94.

The championships were live streamed for 10 hours every day, which enabled family, friends and coaches back home to watch events as they happened.

The results system was one of the best I have seen, there was no down time and results were available at near live time.

Wilma Perkins was selected as the Australian Flag Bearer, and proved to be a very popular choice.

Her reaction when told by AMA President, Richard Blurton was, "I didn't expect that!" Wilma Pictured right (photo Donna Hiscox)



The city of Toruń was founded on 28 December 1233 and on the 4 December 1997, the Old Town was Heritage listed. Toruń has been famous for centuries for its gingerbread.



The spicy cookies in various shapes and varieties have been baked in Toruń since the 14th century.

For hundreds of years, gingerbread has been the best gift from Toruń.

The majority of the Australian Team stayed within the Old Town and enjoyed the large variety of restaurants within that area each night.

Pictured left are some of the old buildings in the Old Town (Photo Donna Hiscox)

Amongst tough competition Australians performed exceptionally well, returning home with 25 medals – six gold, five silver and 14 bronze to place 20th on the medal tally.

To see Donna's full report and results go to

[AMA Website](#)

Oceania T & F Championships Mackay 2019

Event Website:

<http://www.athleticsnorthqld.org.au/Oceania-Masters-Athletics-Championships-2019>

Registration Link:

Event Registration will close July 21st 2019 23:59 AEST

Competition Uniform:

All athletes must wear the current AMA uniform as shown in the pictures below. **Old versions of the uniform are no longer acceptable.**

If you need to purchase a uniform, please order through the [AMA online shop](#).

Team Wear

All team wear is optional. In addition to the products that can be ordered through the [AMA online shop](#) we now have hoodies, long sleeve t-shirts and jackets.

The new products are ordered direct from the supplier – [Sub 4](#). These items have an **order deadline of July 4th**. <https://www.sub4.com.au/category/australian-masters-athletics/>



We also have the option of a speed suit which can be ordered directly from the supplier – [Sub 4](#) – **order deadline July 4th**.

<https://www.sub4.com.au/category/australian-masters-athletics/>

Lisa Attenborough Team Manager

Email: lisa@australianmastersathletics.org.au

New Optional Items available

AMA Uniform & AMA Team Wear

AMA have engaged Sub4 to provide some new items to our range. These items are available to order direct from the supplier. The cut-off date for current orders is July 4th to allow time for orders to be processed in advance of the Oceania Championships in August.

Link to Sub4:

<https://www.sub4.com.au/category/australian-masters-athletics/>

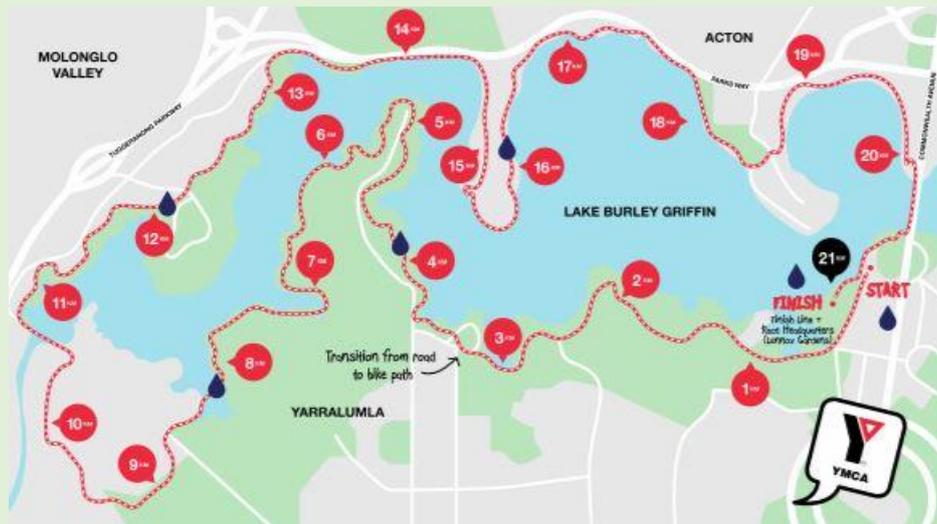


Remember if you are going to Oceania Championships all athletes must wear the current AMA uniform as shown in the pictures below. **Old versions of the uniform are no longer acceptable.**

If you need to purchase a uniform, please order through the [AMA online shop](#) or [Sub4](#) if you want a sprint or speed suit.



AMA Half Marathon Championships 2019 – Canberra ACT



The ACT Masters Athletics club hosted the 2019 Australian Masters Athletics Half Marathon Championships for the second year.

Organisation - The event was held in conjunction with the YMCA Canberra Runners Club 50th half marathon on Sunday 26 May 2019 – a long weekend in the ACT.

The ACTMA event management team included Race Director, Shane Hutchison (and Club President) and Race Secretary Suzie Gaynor, Treasurer Ken Smith. The ACTMA team partnered closely with the YMCA Organising Committee, led by Gemma Ruddick. The electronic timing services were again delivered by Dr Martin Fryer.

Course The loop course was the west Lake Burley Griffin loop regularly used by the YMCA.

The popular half marathon course traces the shore of Lake Burley Griffin in the heart of Canberra. The start/finish area is an open grassed area at Lennox Gardens.

The beautiful and scenic run was in a clockwise loop around the western basin of the lake, at times shaded. The fast course starts for the first 4km of the race on closed roads. The rest of the run is on public bike paths with some concrete on the bridges and underpasses.

All entries were electronic through the Register NOW, the system used by the YMCA. Registrations were checked and confirmed with club registrars. There were 55 registrations with 3 withdrawals, 2 DNS and 5 ineligible or entered in error. 41 AMA athletes started with one disqualified due to not being a financial member, 40 athletes crossed the finish line.

Go to [AMA Website to view full report, results and photos](#)

by Shane Hutchison and Suzie Gaynor

Attention 800m Runners

800m Runners Exciting News

Record? Australian Relay Record? World Relay Record?

This could be YOU.

A little known fact is that last year in Malaga at the WMA Records Committee meeting it was agreed that 4 x 800m world records could be established for each five year age group. Up until now the 4 x 800m records were only in 10 year age groups such as M40-49, M50-59, M60-69.

So our Australian 800m runners need to communicate, team up and plan to set some 4 x 800m records in these new age groups. AMA will give you the opportunity to do this at the Australian Masters Athletics Championships in Brisbane 2020.

This is your chance to set some possible 4 x 800m World Records in the 45, 55, 65, 75, 85 age groups or Australian Records in the alternate age groups.

Most countries have not realised this opportunity now exists so this is your chance to get in on the ground floor and establish those world records. If you want to skip the communication and planning then use the fastest four runners competing in Brisbane.

Some of the age groups ending with a 5 may find it beneficial to check out the runners in the next age group up if that would strengthen your team.

Don't waste this opportunity for a potential World or Australian Relay Record.

Wilma Perkins

Brisbane LOC

www.brisbane2020nationals.com.au

AMA Marathon Championships 2019

Gold Coast QLD July 6th – 7th 2019

[Registrations - Close Saturday 6th July 2019 \(5pm AEST\)](#)

[Course Maps](#)

[Start Line](#)



AMA T & F Championships Brisbane April 10th – 13th 2020

Congratulations to the Melbourne LOC who put on a great AMA Championships. They are certainly to be congratulated on the initiatives they undertook to provide athletes with a well run competition and social events.

Brisbane's 2020 LOC are gradually putting things in place for the next year's Championships. The QSAC track has been booked, the non stadia locations are being finalised and warmer weather than Melbourne provided is on the books.

At this stage it does not appear that live streaming can be offered although results on the internet will be prompt.

As with all AMA Championships there is a need for volunteers and officials, from local to interstate. These will be called for later in the year so keep this in mind on your calendar.

Toni Ferguson, who chairs the LOC, spent the Championships in Melbourne looking at all facets of the competition, from the registration centre from before it even opened to the athletes call room, officials and equipment organisation, photo finish, non stadia and supplementary services including massage, medal presentations and merchandise.

Toni also spent time gaining direct feedback from athletes. The information gained will be valuable to each of the sub committees that are in place.

Queensland Masters Athletics and the Local Organising Committee look forward to welcoming you to the Brisbane Championships.

Further information can be obtained through

Lorraine:

secretary@qldmastersathletics.org.au

Or

Toni: toni@qldmastersathletics.org.au

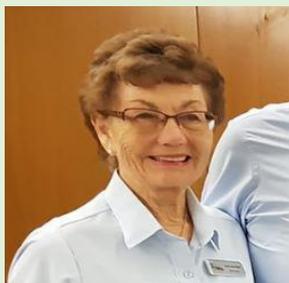
Wilma Perkins

Brisbane LOC

www.brisbane2020nationals.com.au

Australian Masters Athletics – Hall of Fame Inductees 2019

Congratulations



Lynne Schickert - Administrator

[Lynne's Biography & Achievements](#)

Mary Thomas - Athlete

[Mary's Biography](#)

[Stats](#)



AMA National Championship Trophy Awards

Brian Foley Award - David Carr WA

Royce Foley Award – (M) Jo Peters WA/ (W) Jayne Hardy ACT

Throws Championship – (M) Greg Carstairs VMA /(W) Mary Thomas NSW

Sprint Championship – (M) Bob Wishart VMA /(W) Julie Brims QLD

AMA Championships Best Age Graded Performances

Sprints/Hurdles - Bob Wishart M70 VIC 60M 98.97%

Middle Distance/Steeplechase - David Carr M85 WA 1500M 95.69%

Distance - Lavinia Petrie W75 VIC 5000M 99.49%

Walks - Alison Thompson W65 VIC 5000MW 89.09%

Throws - Dorn Jenkins W60 VIC Weight Throw 84.76%

Jumps - Miriam Cudmore W80 SA Triple Jump 96.83%

AMA T & F Championships Melbourne 2019



The AMA National Championships were held in Melbourne in April 2019. Most people will remember the first day as being really cold!!!

With a record 959 competitors there were grave fears that the program would run way behind schedule. Thankfully this did not happen. We put out a survey to all participants to give feedback on the championships specifically and also to consider some wider issues. The survey has now closed.

I, along with the competition sub-committee of Barbara Blurton, Viddy Jermacans and Jayne Hardy, will look at the survey results and determine what changes may be needed.

Overall the championships seemed to go well and most people appeared happy with most things most of the time.

Stuart Paterson
AMA Competition Manager

- [AMA T & F Championships All Results](#)

Including Award Results

- Streaming Videos from Championships

[AMA Youtube Channel](#)

- Ron Davis Photos [Album 1](#) [Album 2](#)

Medal Presentations

- [Rob Mayston Albums](#)

Including Award Presentations & Red Carpet

- [Graeme Dahl Photography](#)

Indoor Throwing Comes to Australia



NSW Masters Athletics created history on Sunday May 12th by hosting an indoor throws meet at the Il Cadore Equestrian Centre at Somersby, on the NSW Central Coast. This test event was only made possible by the dedication, hard work and visionaries on the NSW Masters Committee.

As it was the first attempt to host an indoor event, it was open to NSW Masters members only, and an enthusiastic group of 20 throwers attended and participated in shot put, weight throw and super weight throw.

For the majority it was the first time throwing on an indoor circle, so some adjustments had to be made and some good distances were eventually achieved. ([Full results](#) can be found on NSW website under the results folder) It was great to see some new faces in attendance.

We welcome Kate Adams, Luke Campbell and Morgan Clifford to NSW Masters and hope to see them at more events. We hope this event will become a regular occurrence on our throwing calendar.

The committee is keen to run future indoor meets and open it up to all members of Australian masters' athletics, and are hoping that other states will follow our lead and set up indoor events for their members.

It will also be a great opportunity for Australian throwers to set indoor records, without having to travel overseas. We would like to thank Mark Johnston for arranging for the circle to be made and transporting it to Somersby.

Thanks to Gavin Murray for surveying the venue and providing the EDM for measuring. Big thanks to Audrey and Jamie Muscat for all their hard work setting up.

Thanks too to all the participants who help immensely with running the event.

Gabi Watts

NSW Masters

[AMA Winter Throws Championships](#)

Saturday October 5th – Monday 7th 2019
Kerryn McCann Athletic Centre Wollongong NSW

Online Entries Open 1st July 2019

A.M.A Events Calendar 2019

AMA Marathon Championships 2019	Gold Coast QLD	July 6 th – 7 th
AMA 20k Road Walk Championships 2019	Adelaide SA	August 11 th
OMA T & F Championships 2019	Mackay QLD	Aug 31 st / Sept 7 th
AMA Winter Throws Championships 2019	Wollongong NSW	Oct 5 th /7 th

FUTURE EVENTS

AMA T & F Championships 2020	Brisbane QLD	April 10 th /13 th
WMA Outdoor Championships 2020	Toronto Canada	July 20 th / Aug 1 st
WMA Indoor Championships 2021	Edmonton Canada	April 6 th /12 th
OMA T & F Championships 2021	Norfolk Island	Jan 17 th /23 rd
WMA Outdoor Championships 2022	Gothenburg Sweden	Aug 17 th / 27 th

World Masters Rankings



World Masters Rankings
Official Rankings for



Australian Masters Athletics

Join the AMA Facebook Group



AMA Youtube Channel

AMA Photo Albums



enews@australianmastersathletics.org.au

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