

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-groppers 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.