

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 NSW 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.