



# e-NEWS

## AMA Quarterly Update

January 2020



## National Championships - Brisbane - 10-13 April

Entries are now open via the website <http://www.brisbane2020nationals.com.au/>

**Normal entries close 12 March (extended entries close 26 March)**

Request to join the Facebook group - AMA National Championships - 2020 BRISBANE <https://www.facebook.com/groups/2267512063510535/>

Progress report from the LOC on page 6

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## President's Message

First of all, on behalf of the AMA Board, I would like to wish all of our athletes an injury-free and successful 2020.

We all strive to improve our performance, but it can sometimes be difficult to identify which yardstick to use and what targets to set. A good option is to look at your world ranking and try and move up the list – whether you are number 2 looking for the top slot, or number 200 looking to get into the 190's. The World Masters Rankings

website is a superb wealth of information and for the trial period of 2020, AMA has agreed to pay a lump sum so that all athletes registered to State Masters Clubs will get full access. The success of this trial will be assessed in August at the AGM, but if we decide to continue then athletes will have to contribute through an increase in capitation fee.

Of course Australian athletes get a false sense of glory from these rankings as they start on January 1st, and we occupy most of the top slots ahead of the Northern Hemisphere season getting started. I well recall a quite mediocre MAWA 100m runner being excited about his number 1 ranking, achieved in an early Jan meeting.

The Board continues to focus on some important issues, not least around our Championships. We are looking to define more precisely what must be provided to deliver a consistently high standard, and this will be included in a revised Championship Manual planned to be issued in the Autumn. We are also preparing a new 'best practise' 4-day programme to reflect both the work of a programme sub-committee and the results of the post-Melbourne survey. While we know it won't be perfect for each State, we will be asking each LOC to have a dialogue with AMA Championship Director, (currently Jayne Hardy), on any proposed variations.

Toronto entries are about to open and Barbara Blurton has taken over from Judy Cooper on entry validations. Please make Barbara's work as easy as possible by making sure your registration with your State Masters Club is in order well before you enter. You will receive an information form from Barbara – it is essential you complete this accurately so that our Team Managers, (Donna Hiscox and Stuart Paterson), can do their job effectively in Toronto.

I am delighted to announce that AMA have appointed Nikki Ellis as our Team Massage Therapist in Toronto. She is highly qualified and experienced and will provide us with a great service. Rules governing how we book for a massage will be issued at a later date.

***Richard Blurton***



At the time of writing this there are 191 days until the Toronto WMA Championships start on 20 July 2020.

The LOC have advised they are hopeful entries will open the week commencing 13 January 2020.

So keep an eye out on the team Facebook page for the announcement!

## UNIFORMS

If you do not have a current uniform please make contact with Lisa Attenborough ASAP to ensure you get a uniform in plenty of time for Toronto. Uniform details can be found on the AMA website at [AMA Online Shop](#).

If you need to purchase a uniform contact: Lisa Attenborough on 0404 120 813, or [lisaa@australianmastersathletics.org.au](mailto:lisaa@australianmastersathletics.org.au)

## TEAM WEAR

AMA is currently working with a new supplier to provide a wider range of team wear for Toronto. I know you will all be happy with this supplier's product, as it is made specifically for athletes.

Lisa Attenborough posted the following on the Australian Masters Athletics Facebook Page on the 16 December 2019, this post was also copied to the Toronto Team Facebook Page:

*"As you would be aware we have very few items left in stock of the Teamwear pieces. If athletes could please let me know what they might be ordering and which size.*

*Items will be sourced from a new supplier so look and cut will be slightly different to current items.*

*Items on offer are Tracksuit top and pants, t-shirt, polo, walk shorts and long compression tights.*

*If there is another team wear item you would like please let me know.*

*Lisa Attenborough - AMA Uniforms"*

Lisa got very little response to her request, so if you wish to contribute to what items of team wear you would like for the Australian Team, please make contact with Lisa as soon as possible.

# TEAM COMMUNICATION

Team Managers will be communicating primarily through the team Facebook group. If you are going to Toronto and are not already a member of this closed group [request to join](#) via this link:

[www.facebook.com/groups/AUSteamWMAchamps/](http://www.facebook.com/groups/AUSteamWMAchamps/)

## NEWSLETTER

The first team newsletter will be emailed to you once you enter, it will also be posted to the team Facebook group. Please make sure you read it thoroughly as it contains a great deal of important information pertaining to the Championships.

We hope your training is progressing well and injury free.

*Donna Hiscox and Stuart Paterson*

## Toronto Social Links and #Hashtags

**Follow the Championships** at handle @WMATO2020 on Facebook, Twitter and Instagram and be a part of the conversation.

Twitter: <https://twitter.com/wmato2020>

Instagram: <https://www.instagram.com/wmato2020/>

Facebook: <https://www.facebook.com/WMATO2020/>

#WMATO2020 #NoLimits

The event website has some images which are available for download and use via the digital tool kit: <https://wmatoronto2020.com/digital-toolkit/>

WMA invites athletes to share their build up to Toronto using #road2wma20





## Board Member Profile - Lisa Attenborough

My involvement in athletics began at a young age when I tagged along with my older sisters, early days of digging in the sand pit while waiting for them.

Over the years this has led to me being involved with the sport at a club, state and national level as an athlete, coach, official and employee.

I dabbled with Little Athletics but didn't enjoy having to go in the events that I disliked – throws, walks and distance events.

When my sisters started competing at the Sydney Sports Ground I would tag along, and this is where I was first exposed to the officiating side of the sport. In those days there was no electronic timing and you had timekeepers and place judges either side of the finish line. I was given the task of collecting the results from both groups and taking them to the recorders.

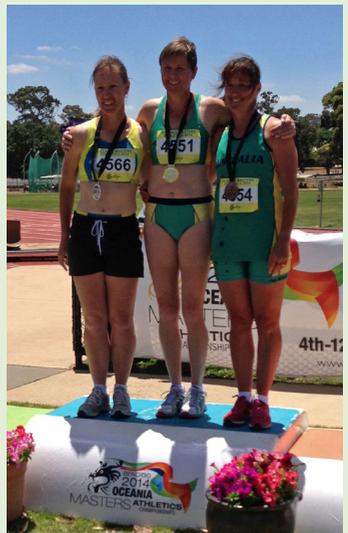
Once I reached high school, I decided to join my sisters and brother at athletics, much more exciting than helping with the results. I have always preferred the sprints so concentrated on the 200m and 400m.

As a junior athlete I represented New South Wales and South Australia at Australian National Championships. As a masters athlete I have competed and medalled at a few National Championships and managed to get a Gold and Silver at the 2014 Oceania Championships.

Over the years I have had a few breaks from competing due to injury or family reasons. During these times I would often officiate or act as an assistant coach as I still wanted to be involved with the sport. In 2014 I decided to formalise my coaching skills as I thought there may come a day when I was no longer able to compete. I must have jinxed myself because in the lead up to the Perth World Championships I had to accept that I was no longer able to compete and had to hang up the spikes. I am currently completing my Level 3 Sprints accreditation with Athletics Australia.



*Fighting it out with Jenny Walker (right) at a NSW State Champs*



*Gold at Oceania 2014*

On the officiating side of things, I currently help conduct the weekly SA Masters competitions and regularly assist with Athletics SA competitions. I have also officiated at Athletics Australia National Championships when they are held in Adelaide.

I think I have been very fortunate to also have a work career linked to my sport. This started in 1987 when I was first employed by Athletics SA, which was very handy as I could just finish work and walk out onto the track for training. I continued here until 1992 when I resigned to have a family. In 2004 I was drawn back to the administration side of the sport and for 16 months was the Executive Officer. Since 2019 I have been employed on a part time basis as the Coaching and Officials Coordinator.

From reading this you can see athletics is a big part of my life, my kids say athletics is my life not just a part. Maybe they're right. I've tried other sports and activities, but this is the one that I get the most enjoyment from.



*Sydney 1986 All Schools 4 x 400m. Any familiar faces here and are they still involved in athletics? If you know, email the [editor](#).*

## Record Breakers

Congratulations to the following Australians on their world records:

**Sinead Diver** (VIC) W40 10,000m, 31:25.49, Doha, QAT

**Heather Lee** (NSW) W90 3000m Race Walk, 24:52.25, Adelaide, AUS

**Heather Carr** (VIC) W70 3000m Race Walk, 17:58.1, Melbourne, AUS

**Colin Heywood** (NT) M65 50km Race Walk, 5:05.34, Melbourne, AUS

**Heather Carr** (VIC) W70 3000m Race Walk, 17:50.6, Melbourne, AUS

**Kelly Ruddick** (VIC) W45 3000m Race Walk 13:11.6, Ballarat, AUS

For a full list of AUS and World Records please see the AMA website > [Results/Records](#) with thanks to Clyde Riddoch.



## AMA 2020 TRACK AND FIELD CHAMPIONSHIPS, BRISBANE

Queensland Masters Athletics preparations are now ramping up as planning for the 2020

Championships this coming Easter (10 to 13 April) enters its final stages. All venues are booked, competition programmes determined and recruitment of officials, volunteers and engagement of support services are well advanced. As for the things we cannot control we just have to hope for the best – no cyclones, no floods, no fires, no airline strikes, no heat waves!

However there are some things we can control that are features of our championships that will be a little different in Brisbane. The coaching forum will be held on the afternoon before competition commences, the women's and men's pentathlons will held on separate days from each other, no 400m heats will be conducted and additional relays will be held for athletes to put together teams to challenge Australian and World records over the 4 x 100m, 4 x 400m or 4 x 800m. The tradition of the championships athletes' dinner will continue but in a different format. This function has traditionally been an opportunity for athletes, their partners and friends to enjoy a dinner, some entertainment or dancing, the occasional guest speaker, the AMA athlete awards and Hall of Fame inductions. Unfortunately inclusions restricted the opportunity for attendees to socialise and therefore Brisbane, with the approval of AMA have changed the format of this function.

The focus in Brisbane will be two-fold. The AMA Awards will be the formal part of the late afternoon function with the rest of the time devoted to giving attendees the opportunity to mingle and socialise. There will be no set table seating but plenty of cocktail style seating clusters throughout the room and bar tables and bar stools randomly placed so that everyone can choose to move around as they wish. There will be no entertainment nor guest speakers to interrupt you, whilst a full bar will be available for drink purchases and eight varieties (including vegan choices) of canapés will be supplied by tray service and a charcuterie, cheese and antipasto station will be in place.

The venue for the function is the Track and Field Room at QSAC, the athlete's registration room. Parking is plentiful and free and there is full venue security. Athletes competing late that afternoon can shower and change 'onsite' in the QSAC facilities.

So we invite you to come and join us at the Athletes' Awards Function – enjoy the presentations that reward the success and achievements of your fellow Masters and have a good time socialising with other masters athletes – good company, good food.

**Stan Perkins**

# Congratulations to the Nominees in the WMA Athlete of the Year Awards

## 2019 WMA BEST MASTERS NOMINATIONS

### WOMEN

#### OVERALL

Soumaya Bousaid	W35	TUN
Dedeh Erawati	W40	INA
Neringa Jakstiene	W55	USA
Karla Del Grande	W65	CAN
Ana Giuffra	W65	URU
Heather Carr	W70	AUS
Evaun B. Williams	W80	GBR

#### JUMPS

Mariette Botha	W35	RSA
Somayehsadat Shamsgolpayegani	W37	IRI
Lenore Lambert	W45	AUS
Petra Bajeat	W50	FRA
Neringa Jakstiene	W55	USA
Conceição Aparecida Geremias	W60	BRA
Rietje Dijkman	W80	NED

#### SPRINTS

Charity Wandia	W40	KEN
Dedeh Erawati	W40	INA
Karla Del Grande	W65	CAN
Sheryl Gower	W70	NZL
Riet Jonkers-slegers	W75	NED
Sumiko Yamakawa Imoto	W 80	BRA

#### THROWS

Rebecca Kerubo	W35	KEN
Wang Dan	W37	CHN
Cristine Neher	W50	BRA
June Lowe	W60	AUS
Myrle Mensey	W70	USA
Evaun B. Williams	W80	GBR

#### MIDDLE DISTANCE

Soumaya Bousaid	W35	TUN
Anne Gilshinan	W55	IRL
Clare Elms	W55	GBR
Lyubov Komkova	W56	KAZ
Margaret Saunders	W65	AUS
Ana Giuffra	W65	URU
Sabra Harvey	W70	USA

#### COMBINED EVENTS

Neringa Jakstiene	W55	USA
Vicki Townsend	W55	AUS
Rosa Escribano	W60	ESP
Sumiko Yamakawa	W80	BRA

#### LONG DISTANCE

Clare Elms	W55	GBR
Anamaria Del Pilar Solis Esca	W55	PER
Najet Slimane	W60	TUN
Liz Schad	W60	CAN
Christine Adamson	W60	NZL
Mariko Yugeta	W61	JPN

#### RACE WALKS

Esmeralda Rocha De Souza Bagur Tria	W50	BRA
Kris Kozell	W65	CAN
Mary Schippers	W70	RSA
Noel Blatchford	W70	GBR
Heather Carr	W70	AUS

## 2019 WMA BEST ATHLETES NOMINEES

### MEN

#### OVERALL

Adel Hfaiedh	M35	TUN
Ian Richards	M70	GBR
Allan Mayfield	M70	AUS
Takumi Matsushima	M85	BRA
Earl Fee	M90	CAN
Sawang Janpram	M99	THA

#### JUMPS

Marcus Vinicius Medina	M45	BRA
Antonio Palacios	M50	USA
Anouar Ouslati	M60	TUN
Stephen Burden	M60	NZL
Wolfgang Ritte	M65	GER

#### SPRINTS

Vincent Mumo	M35	KEN
Sadegh Mazaheri	M36	IRI
Andrew Wilcox	M50	AUS
Donald Brown	M55	GBR
Charles Allie	M70	USA
Yoshiyuki Shimizu	M90	BRA

#### THROWS

Pondo Joshua	M55	KEN
Quenton Torbert	M65	USA
Phillip Rowlands	M70	AUS
George Mathews	M75	USA
Carmelo Rado	M85	ITA
Lu Keqiang	M86	CHN
Francisco Grandon	M90	CHI

#### MIDDLE DISTANCE

Adel Hfaiedh	M35	TUN
Paul Osland	M55	CAN
Sergey Polikarpov	M61	KAZ
Joe Gough	M65	IRL
Omar Clok	M65	URU
Allan Mayfield	M70	AUS

#### COMBINED EVENTS

Andrew Millerd	M55	AUS
Rolf Geese	M75	GER
William Jankovich	M85	USA
Takumi Matsushima	M85	BRA

#### LONG DISTANCE

Bouzid Lotfi	M50	TUN
Said Boudalia	M50	ITA
Jerry Kooymans	M60	CAN
Trevor Scott	M60	AUS
Rolando Carabajal	M60	ARG
Sergey Polikarpov	M61	KAZ

#### RACE WALKS

Boudhiba Karim	M40	TUN
Jerry Edson Da Costa	M50	BRA
Jose Luis Lopez Camarena	M65	MEX
Peter Fox	M65	NZL
Ian Richards	M70	GBR

**Good luck to the Aussies - Heather Carr, Lenore Lambert, June Lowe, Margaret Saunders, Vicki Townsend, Allan Mayfield, Andrew Wilcox, Phillip Rowlands, Andrew Millerd and Trevor Scott**

# Around Australia

**Athletics NSW State Masters Championships** are on at Sydney Olympic Park on 7-9 February. You need a National Member ID. Event info on the [ANSW website > Events > Calendar](#).

**QMA Decathlon and Heptathlon Championships** on 22-23 February. You can choose to do either the decathlon or heptathlon as an individual, or alternatively be part of a team and do some of the events with a maximum of four people in the decathlon team or a maximum of three in the heptathlon team. Team members can come from different age groups.

Decathlon: 100m, Long Jump, Shot Put, High Jump, 400m, Sprint hurdles, Discus, Pole Vault, Javelin , 1500m

Heptathlon: Sprint Hurdles, High Jump, Shot Put, 200m Long Jump, Javelin, 800m

Email [Wilma Perkins](#) by 15 February if you plan to compete in the individual decathlon or heptathlon or are willing to be part of a team.

**Tasmanian Masters T&F Championships** are on 28 February to 1 March at the Domain Athletic Centre, Hobart. Info on the [TMA website](#).

**Victorian Masters State Championships** are happening in Bendigo on 14-15 March. Event info on the [VMA website > Events](#).

**SA Summer Championships** are at the SA Athletics Stadium on Wednesday evenings in March. See the [SAMA website](#) for details.

**WA State Championships** are being held on various dates in March at ECAC. See the [WAMA website](#) for info.

The **AMA Half Marathon Championship** is going postal between 1 April and 31 October. Read how it works on the [AMA website](#) and check out the events available in your state/territory.

# Calendar

## 2020

**AMA Multi-Event Championships:** 4-5 January, Bendigo, Victoria

**[New Zealand Masters Games:](#)** 1-9 February, Dunedin, NZ

**[AMA Half Marathon Championships:](#)** 1 April - 31 October, POSTAL EVENT

**[AMA National Championships:](#)** 10-13 April, Brisbane, Queensland

**[AMA Marathon Championships:](#)** 5 July, Gold Coast, Queensland

**[WMA World Championships:](#)** 20 July to 1 August, Toronto, Canada

**AMA 20km Road Walk Championships:** TBA, Adelaide, South Australia

**[AMA Winter Throws:](#)** 3-5 October, Wollongong, New South Wales

## 2021

**AMA Multi-Event Championships:** TBA, Bendigo, Victoria

**[Oceania Masters Championships:](#)** 17-23 January, Norfolk Island

**AMA National Championships:** 5-8 March, Canberra, ACT

**[WMA World Championships Indoor:](#)** 6-13 April, Edmonton, Canada

**[AMA Marathon Championships:](#)** TBA, Gold Coast, Queensland

**AMA 20km Road Walk Championships:** TBA, Adelaide, South Australia

**[AMA Winter Throws:](#)** TBA, Wollongong, New South Wales

## AMA Competition Survey

The results of the 2019 AMA Competition Survey are available on the AMA website for members to read - [click here](#).

## AMA Board - click on the director's name to email

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