



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



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

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.