

The Official Newsletter of the Australian Masters Athletics Association



**The new look
Masters
Athletics across
Australia:
united, and
working
together**

Contents:

- Page 2: President's message
Page 4: AMA AGM report
Page 5: AMA Standards have been revised
Page 6: AMA Championships contracts for 2022-2024
Page 7-8: Update 2022 AMA National Champs in Brisbane
Page 9: Update on 2022 World Championships in Finland:
Take our survey
Page 10: State/Territory update
Page 11-12: Articles
Page 13: Upcoming competitions



A WORD FROM OUR PRESIDENT

At last we seem to be emerging from most of the constraints on our lives and activities brought about by the Covid pandemic. We are told that some precautions will be desirable - masks in certain circumstances, limits on numbers gathering indoors and booster vaccinations over the coming months but I am optimistic that we can conduct most future events with minimal impact.

We didn't quite reach this point in time for our Annual General Meeting and Council Meeting in August/September, but we were able to successfully complete both via video conference. You will find a report on the AGM on page 7. At the AGM we farewelled Donna Hiscox after four years as Secretary. Many thanks to Donna for her work, in particular her support after I was elected president last year. Judy Farrell (VIC) was elected to the position of AMA Secretary, and Jill Taylor (NSW) rejoins the board, this time with responsibility for Marketing and the promotion of Masters Athletics.

An update on preparations for the 2022 AMA Track and Field Championships by Local Organising Committee convener Stan Perkins is included in this newsletter (on page 5).

This event is eagerly awaited by all members following cancellation of the last two Nationals. Watch for the release of the draft program over coming weeks.

Since the AGM the board has set up a working party chaired by John Clark, AMA Treasurer and New South Wales Masters Secretary to oversee our path to OneAthletics. All state and territory masters' associations are represented. The working party is soon to meet to further advance discussions with Kate Palmer, chair of OneAthletics. At present input on concerns and questions is being sought from each of our state associations.

Over the years each of our state and territory associations has actively promoted masters' athletics and the opportunities we offer to athletes of all levels of ability. Some ideas were shared at Council meetings but each state tended to operate independently in this area. Since joining the board Jill Taylor's role is to work with each state to develop a more uniform and consistent image in promotional activities and to facilitate sharing of ideas and occasions through social media, newsletters and media releases.

Each day we hear more about the opening up of international travel which provides the tantalising prospect of attendance at the upcoming World Masters Athletics Championships planned for Tampere, Finland from June 29 to July 10, 2022.

I encourage all members to complete the survey on page 9, and start planning for your trip now.

Phil Urquhart



follow all our new member instagram accounts!

AMA is now on Instagram

AMA: [australianmastersathletics](#)
ACT: [mastersathleticsact](#)
NSW: [mastersathleticsnsw](#)
SA: [mastersathleticssa](#)
QLD: [mastersathleticsqld](#)
WA: [masters.athleticswa](#)
VIC: [mastersathleticvic](#)
TAS: [mastersathleticstas](#) (coming)
NT: [mastersathleticstas](#) (coming)

2021/2022 AMA BOARD MEMBERS



President Phil Urquhart

Vice President Steve McGugan



Secretary Judy Farrell

Treasurer - John Clark



Director Competition - Jayne Hardy

Director - Stan Perkins



Director - Lisa Attenborough

Director - Jill Taylor



Registrar/Int'l Entries: Barbara Blurton

Hall of Fame Chair: Peter Lydon

Public Officer: Jan Banens

Records/Stastician: Clyde Riddoch

LATEST AUS RECORDS REPORT: *from* CLYDE RIDDOCH

Age	Event	Athlete	Association	Result	%	Date	Location
W75	56lb Throw	Jeanette Williamson	ACT	2.94m		27/03/2021	Turner
M45	4 x 200m Relay	Mark Harper	VIC	01:39.9		27/03/2021	Albert Park
		Brett Maurer	VIC				
		Mark Giglio	VIC				
		Kristian Lakusa	VIC				
W30	20k Walk	Melissa Lewis	WA	1:48.46	78.50%	25/08/2021	Perth
W50	56lb Throw	Althea Mackie	QLD	4.66m		29/08/2021	QSAC Nathan
W50	100lb Throw	Althea Mackie	QLD	2.15m		29/08/2021	QSAC Nathan
M65	Super Weight	Lajos Joni	QLD	8.68m		29/08/2021	QSAC Nathan

AMA ANNUAL GENERAL MEETING REPORT

Sunday 29 August 2021 (Held on Zoom)

Report by John Clark, AMA Treasurer

Phil Urquhart's President's Report noted:

- His thanks to all State Associations and their members for the exemplary way they have dealt with the challenges brought on by the Covid-19 pandemic. This has enabled our members to train and compete physically as opportunities arose and virtually during lockdowns.
- It was disappointing that in the face of uncertainty due to lockdowns and travel restrictions ACT Masters Athletics made the correct decision to cancel the 2021 National Championships. It was, however, pleasing that in 2021 all State Championships, along with the Multis, the 20 km walk, and the Winter Throws were completed, while the Half Marathon is in progress as a virtual event.
- It was exciting to see the assault on world records particularly by our female athletes over the past year. Their dedication during a difficult time should inspire all of us to maintain training routines through this year leading up to the long-awaited return to national competition in Brisbane in 2022.
- The Finance Report shows that the AMA financial position is strong.
- All AMA members would have followed the ongoing discussions between Athletics Australia and Australian Masters Athletics over recent years. It is now some time since a Memorandum of Understanding was agreed but for a number of reasons progress has been intermittent, perhaps due in part to changes in senior positions in both organisations. Members would also have seen the appointment of Kate Palmer to the position of CEO OneAthletics at Athletics Australia, initially to focus on completion of the merger between Little Athletics and Athletics Australia which no doubt will require a significant effort. Individual Athletics State Associations and Masters State Associations are at differing stages on the path to OneAthletics and those that are well advanced are to be congratulated.
- He had recently met with Kate Palmer to discuss a resumption of progress for Australian Masters Athletics on the journey to OneAthletics at the national level and to work through the issues some states are dealing with along this path. As usual with this sort of endeavour there are a range of views in Masters as to the position Masters will take in OneAthletics. It is important therefore that we take time to consider these views as OneAthletics can only strengthen athletics in Australia. This will be a major focus for the Board over the coming twelve months.
- The pandemic intervened again to cause Athletics Australia to postpone the 2021 National Cross-Country Championship which was to be the first significant event involving competitors from all levels of athletics in Australia, and to throw doubt on the World Cross Country Championships scheduled to be held at Bathurst over the weekend of February 19 and 20 2022.
- Board initiatives over the past year included:
 - A review of the audit was undertaken as agreed at the 2020 AGM resulting in the appointment of a new auditor - SDJA Audit Pty Ltd.
 - Review of the Service Merit Award and Annual Administrator Award to clarify and give additional guidance on criteria.
 - Review of AMA standards to remove anomalies.
 - Digitisation of AMA/AAVAC newsletters.
 - Introduction of policies covering Board Code of Conduct; Travel and Accommodation; email use and etiquette.
 - Continuing the previous board's initiative to fund access to Masters Rankings for all AMA members.
 - A challenge to all members is to develop a uniform approach to promotion of Masters Athletics not only to build AMA membership but also to increase our appeal to potential funding and sponsor partners.
- Thanks to all board members for their hard work and support over the past twelve months.

AMA Board Elections: The following persons were elected to the Board:

Vice President Steve McGugan (NT)

Secretary Judy Farrell (VIC)

Directors Jill Taylor (NSW) and Jayne Hardy (ACT)

OUR AMA STANDARDS HAVE BEEN UPDATED:

The AMA Standards are a way to recognise the performances of Australian Masters athletes. Many athletes may put in good performances but not at the venue where they may be rewarded by an AMA Championship Medal. The AMA Standards Certificate becomes permanent recognition of such performances, achieved anywhere in an AMA approved competition.

The levels of achievement attained are set at 1, 2 and 3, where obviously Level 1 is the highest level and the most difficult to achieve. All levels have been set on a comparable basis with regard to World standards. This means that where Australian athletes are among the best in the World, Level 1 performances will be met by a greater proportion of our athletes, compared to disciplines where our performances don't rank as highly.

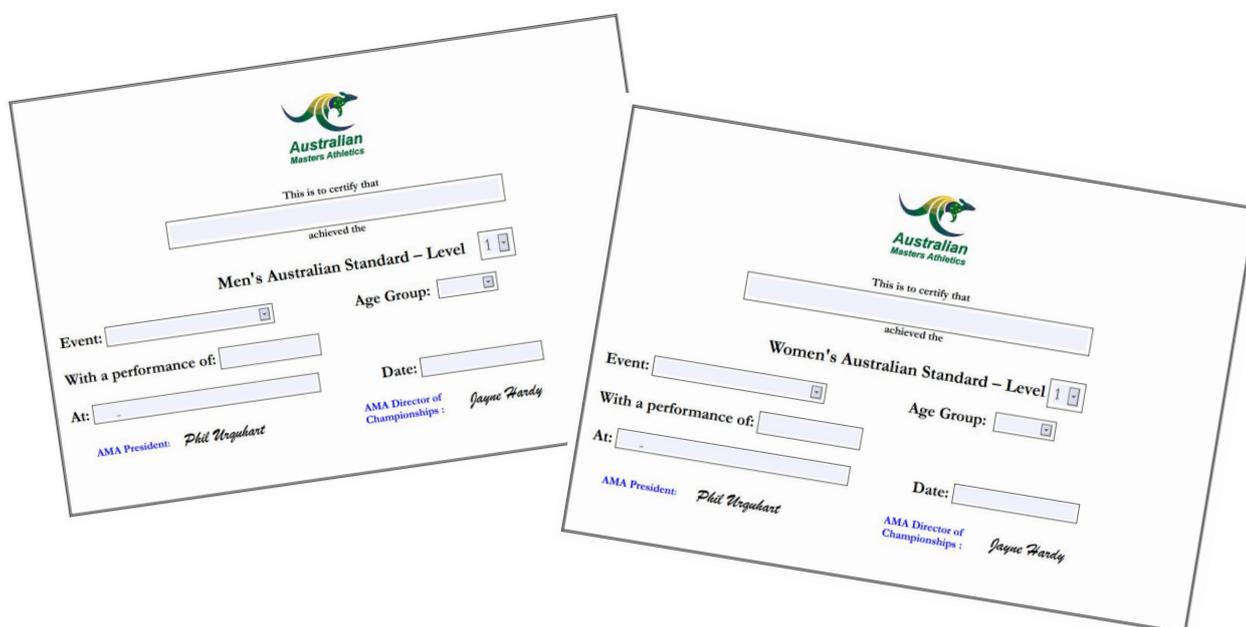
The process for producing an athlete's certificate is simple, and on an honour system.

To enter AMA standard achieved information and print your certificate:-

- Verify AMA standard level achieved via the AMA standard charts
- Download the certificate from the AMA website to computer
- Use drop down boxes to select the achieved standard information ..
- (i.e AMA Level achieved, Event covered by AMA standards and Age Group)
- Use the blank boxes to enter (performance achieved, place and date).
- Print the certificate

The Australian standards are located at:

<https://www.australianmastersathletics.org.au/awards/ama-standards/>



World Masters Rankings

<https://mastersrankings.com/>

And don't forget our membership to the World Masters Rankings site is still available **until Dec 31st**. Now we are getting back to our competitions, check how your results are stacking up against other competitors across the world

AMA 2022 -2024 AMA CHAMPIONSHIP CONTRACTS have now been announced:

AMA Multi-Event Championships:

These Championships are for the decathlon and heptathlon. They are conducted over two days on a weekend. Athletics North Queensland (ANQ) will host these Championship events for 2022 and 2024 in Townsville. Bendigo Athletics will host the 2023 Championships.

AMA Marathon Championship:

The event was awarded to the Gold Coast Events Organisation for the triennium 2022 – 2024. The event is conducted as part of the Gold Coast Marathon.

AMA Half-Marathon Championship:

The Half-Marathon Championship is now a postal event. The coordinator of this event for 2022-2024 will be Masters Athletics Western Australia (MAWA).

AMA 20 km Road Walk Championship:

South Australian Masters Athletics (SAMA) will host the 20 km Road Walk Championship for the triennium 2022-2024 in Adelaide.

AMA Winter Throws Championship:

These Championships cover the full range of throwing events plus a Throws Pentathlon and a Heavy Weight Pentathlon. The Championships have been awarded to Queensland Masters Athletic (QMA) for the triennium 2022-2024 and will be held in Brisbane. More information to follow.

OUR AMA UNIFORM STORE IS OPEN FOR BUSINESS

HUGE DISCOUNTS ON UNIFORMS AND TEAM WEAR!

**A GREAT OPPORTUNITY TO GRAB SOME FOR
SPARES AND TO USE FOR TRAINING**

www.australianmastersathletics.org.au/ama-merchandise/



Our Team Wear range is not compulsory, but has been designed to complement our AMA competition uniform.



UPDATE ON PLANNING FOR THE 2022 AUSTRALIAN MASTERS ATHLETICS TRACK AND FIELD, CROSS COUNTRY & ROAD RACE WALKING CHAMPIONSHIPS, BRISBANE QLD

The 2020 AMA National Championships had been scheduled to be held in Brisbane, Queensland from 10 to 13 April, over the Easter Holiday weekend. Unfortunately the arrival within Australia of the Covid 19 pandemic impacted almost every aspect of the lives of Australians from February 2020, and eventually the championships were cancelled. In 2021, Canberra had been scheduled to host the 2021 National Championships but again the continued impact of Covid 19 again saw our championship event again cancelled.

Both the Queensland and ACT Masters Athletics organisations were bitterly disappointed that these cancellations had been made, and many Masters athletes from across all of Australia and several other countries were left wondering if they would ever get another chance to compete and share friendships both old and new, the hallmarks of the AMA Nationals over many years.

When the opportunity came again for Queensland to consider hosting the 2022 Championships we gladly accepted.

Every member of the 2020 Local Organising Committee (LOC) was convinced that we were heading into a very successful competition - one that would have certainly set a new record for participation in Brisbane, and at the same time seen the introduction of a new approach to presenting some aspects of the Championship. All the planning had been done, entries were near to closing and we were ready to go, but it wasn't to be. For some LOC members the disappointment was too much, and they chose not to be involved the second time around. For others, the desire to finish the job has been ignited, and many of the original team have returned. We are going to take advantage of the work done for 2020, and utilise the majority of that planning for 2022. Naturally there will be some changes, primarily because in 2022 the Championship will take place over two working days and a weekend. This has necessitated some programming changes to avoid heavy workday traffic on the Friday and Monday, as well as reduced numbers of competition officials on those days. The competition programme is near to completion, and will be released once approved by the AMA Board.

We are going to take advantage of the work done for 2020, and utilise the majority of that planning for 2022. Naturally there will be some changes, primarily because in 2022 the Championship will take place over two working days and a weekend. This has necessitated some programming changes to avoid heavy workday traffic on the Friday and Monday, as well as reduced numbers of competition officials on those days. The competition programme is near to completion, and will be released once approved by the AMA Board.

Venues

The main venue will be the Queensland Sports and Athletics Centre (QSAC) in Nathan, Brisbane. This venue has two synthetic running tracks and associated field events facilities, providing the opportunity for warmups and competition to take place. The primary venue will be the area now known as SAF (State Athletic Facility), but previously called the 'warm up track'.

The Cross Country events will take place at Minnippi Parklands, Tingalpa, approximately 15km from QSAC. A 2km loop option will probably be utilized, and again the LOC will be seeking to appoint the Thompson Estate Athletics Club to conduct this event on our behalf.

The Road Race Walk venue is still under consideration and a decision will be announced soon. It may be the course proposed to be used in 2020, or another option located near to the cross country venue.

Technical Matters

QMA were very fortunate to have received a Queensland Gambling Fund grant for the 2020 Championship, and delighted when the Fund Managers agreed to let us retain the funding for the 2022 event. All required equipment for the conduct of the championships has been purchased and is on hand.

Officials and Volunteers

The primary source of officials will be the Queensland Athletics Officials, supported by other out-of-State officials and Masters officials. Volunteers will again be sourced locally, with support from Volunteering Queensland as well as through expressions of interest from within master's ranks.

Entries and Registration

As a result of the cancellation of the championships in 2020, an entry fee refund system had been initiated and whilst unavoidable, a small retainer was kept by the LOC to cover some expenses, but this caused distress to some athletes. To alleviate that again, the entry period will be significantly shortened, with entries not opening until the start of 2022. It is our intention to avoid any loss of money by athletes if there is a late cancellation. Registration check in will open at QSAC on Thursday 31 March.

Medals

The medals purchased for 2020 will be presented in 2022. We have followed the lead of the Tokyo Olympic Games where the same situation with the Championships took place. The LOC is looking is considering a special surprise addition to the medals to mark the significance and impact of the cancellation on the 2020 championships.

Marketing and Sponsorship

The impacts upon the business community over the past two years will impact our potential to reach targets in this area, but we are delighted that Team Elite have again come on board as sponsors of our volunteer and officials clothing for the Championship, and will be handling our merchandising services, including an online shop and an at-venue outlet during the championship.

Some other 2020 sponsors have also shown interest, so whilst this area is challenging, we hope we can offset some of our organising costs with sponsors and supporters.

Athletes and Coaches Forums

Both of these important activities for the athletes will be held within the QSAC building on dates to be announced.

Athletes Awards and Social Evening

This will take place at QSAC and be held early evening. As would have happened in 2020, the plan is to allow a relaxed opportunity to honour the Award winners and at the same time spend some time with friends old and new. Currently there are major construction activities taking place within the administration areas at QSAC, but we have been assured that these will enhance the venue even more for our activities next year. We hope you will enjoy this function which will be different to past years, and allow everyone to move around freely in a more casual atmosphere.

FINALLY.....

Our website for the Championship is now LIVE!
<https://www.brisbane2022nationals.com.au>

We also have the Facebook page and regular updates will be provided to AMA. We hope to see you in 2022 but in the meantime stay safe, train well and enjoy life.

Stan Perkins
LOC Convenor



**2022 AUSTRALIAN MASTERS ATHLETICS TRACK AND FIELD,
CROSS COUNTRY AND ROAD RACE WALKING CHAMPIONSHIPS
APRIL 1ST - 4TH
QUEENSLAND SPORT AND ATHLETICS CENTRE (QSAC),
CNR MAINS AND KESSELS ROADS, BRISBANE QLD**

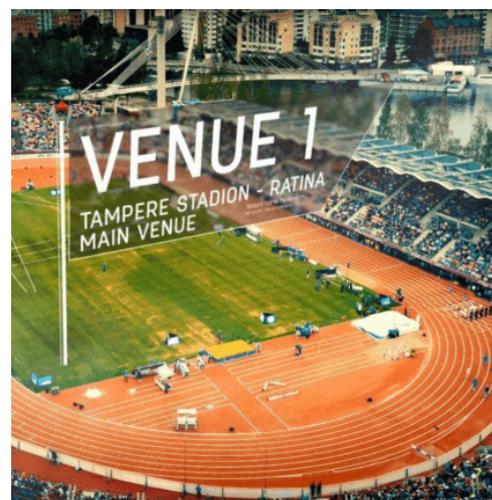
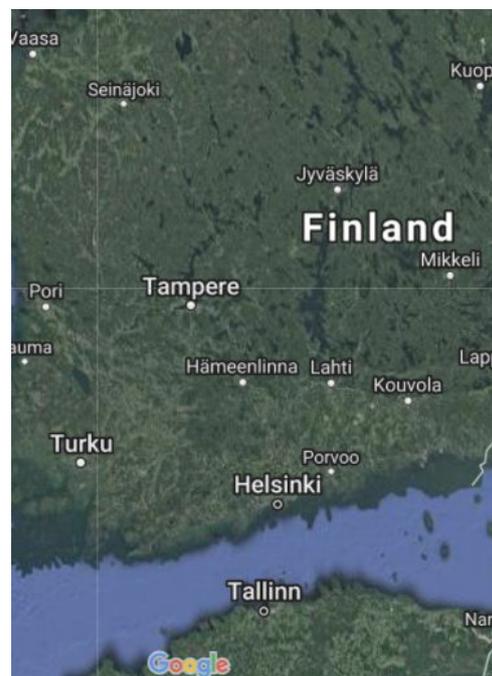
how to get there: <https://qsac.com.au/getting-here.aspx>

2022 WMA CHAMPIONSHIPS TAMPERE, FINLAND

The 2022 WMA World Outdoor Championships will be held in Tampere, Finland, from **29 June – 10 July**.

Tampere is a compact and thus walking-friendly city, the third most-populous individual municipality in Finland (around 330,000 inhabitants), after the cities of Helsinki and Espoo, and is located around 160kms north of the capital Helsinki.

Possibly the most touristy thing to do in Tampere is to go for a doughnut, whether it is to the original Pynnikki observation tower café, or their addition at the old Market Hall. If you want to amp up your experience, don't stay at the café to finish your delicacy – go to the woods! From the observation tower terrace, follow a wide forest path towards Pispala and enjoy your coffee and doughnut on a lookout rock. Is there a more romantic thing to do than sipping coffee with a view to lake Pyhäjärvi opening up in front of you? In summertime this is also a fine spot for having some wine or locally brewed beer. Locals love a trek and the walking route around lake Suolijärvi in Hervanta! Get off the bus at Teekkarinkatu street and you're right next to the beach, from where you can follow a trail around the lake and forget about the rest of the world.



WE NEED YOUR INPUT ON FINLAND:

Are you thinking of competing in Finland for the World Masters Outdoor Championships in 2022?

To help us make sure that our Team AUSTRALIA organisation will adequately cover all the athletes who are going, please click here to do our [WMA2022 Feedback Survey](#).

Our Survey will be open for the month of November. Thanks in advance!

WHAT'S HAPPENING AROUND AUSTRALIA:



ACT had its first competitions since the end of July on 30 & 31 October, our monthly throwing handicap event on Saturday where we held Shot Put, Discus, 100lb heavy weight and the Weight for Distance event at Masson St, Turner. ACT records tumbled in the newly introduced Weight for Distance event and our M80 & W80 throwers broke some records too. The Run/Walk handicap had two distances available - 3.5km & 7km. We have amended our throwing calendar to have some additional events in November and December. Our Track and Field season launches itself at the start of November and will hopefully continue through to the end of March. We are having our state Track and Field Championships mid-February as a combined event with the U14-U18 State Championships. The long throws, Triple Jump, High Jump and the 5000m & 10,000m walks and runs will be held during our weekly Thursday night meets. We've also had a Chat via Zoom for our members when the Covid lockdown was in Canberra. We now have Instagram as well our website and the club Facebook page - look us up!



NSW has held seminars and information sessions online the past few months during lockdowns for our members, with great feedback from all attendees. Recently were a Nutrition session with a dietician from the NSW Institute of Sport, and a "Getting back on track after lockdown" with Amanda Coombe Personal Training business owner. Excited about competition starting again, with our first Throws Opentathlon of the season this Sunday, and holding our Indoor Throws State Championship on November 28 at Gosford. - **your members are welcome to enter, see Page 13 for entry details.**



NT Masters athletes attended the Athletics NT monthly interclub T&F meet 9 held on Sun 3 Oct. This assisted entry in the World Masters Virtual Challenge. While there was only a small group of Masters in attendance from Mature Athletes Darwin (MAD Frogs), Rural Athletics and the Darwin Runners and Walkers Clubs, the short program was hotly contested. Highlight of the evening was new Masters member Mario Vicente setting an NT Masters record in the M35 - 3,000m Walk of 15:37. NT Masters along with other club representatives were invited to attend the Athletics NT strategic planning day held on 31 Oct. The meeting was well attended with Kate Palmer from AA also advising on the ALAC/AA unification and the importance of Athletics NT's two votes.



Our first batch of rear window car stickers have been purchased and ready to be distributed to QMA members:- (LIVE LONGER AND HEALTHIER WITH qldmastersathletics.org.au) On the 20th of November QMA members will be competing in Queensland Athletics State Relay Championships in 10 year age groups 30+. An ideal time and place to set up a marketing and promotion stall for recruitment into masters.



In SA this week is our third meet for the summer season. Already new state records have been set by two athletes. Peter Sandery M80 has set records in 400m, 800m and 3000m. Kim Mottrom M35 is a walker; his records are in 3000m and 5000m. The previous 3000m walk record had stood for over 40 years, so this was an exciting achievement on Kim's part.



TMA's Season Launch was held on 29 September with special guest and former Olympian, Rob Ballard being very well received. Come and Try events in the north and south of the state have been conducted with good results. Numbers for track and field competition in Hobart and Launceston have been most pleasing. We are now busy organising our Track and Field Pentathlon and Throws Pentathlon Championship events to be held on 21 November and 5 December respectively.



Victoria joined with the other state and territories with the opening of its new Instagram account this week, with our first post advertising our Doncaster Centre 'Run free on Monday nights' promotion flyer.



Currently in WA we have 600 members at the start of our membership year. Our signature Patron's Trophy and Handicap Trophy events are now well under way with strong entries. We look forward to welcoming athletes to the Australian Masters Games in Perth in late April.

HOW WE STARTED AND BUILT HORNSBY MASTERS:

A TEMPLATE FOR DEVELOPING A MASTERS GROUP WITHIN YOUR CLUB

Report by Madeline Smith, NSW

Hornsby Masters was established in May 2020. Vice President Alice Clayton and myself both grew up in the UK where athletic clubs cater mainly from age 9 years upwards, with competition available from U11 right up to Masters. We had always discussed adding a 'senior' section, so when the perfect opportunity came, we took it!

Hornsby Masters was planned and started during the return to sport phase of the initial covid outbreak of 2020. Over the course of the 20/21 athletic season, we grew as a club entering teams at the NSW Masters Championships, Australian record attempts and the State Relay Cross Country Championships. But how did we do it?

Covid presented us with an opportunity to capitalise with lots of people now working from home and having time to exercise or be with their kids more freely. This is where we took the opportunity to launch the next part of the club. We started with a running group that we opened up to all adults by doing the following:

- Our main junior squad trained at 4:30pm, so this was the time that we decided upon for the group to meet
- Initially we approached the parents of the Little Athletic club using our Facebook platform
- We then put notices in the local community Facebook groups, to attract those who had no connection to the club
- We used **Strava** to see local runners who appeared on Segment Leader boards, and contacted them inviting them to come down
- Our own personal contacts, many of whom run for fitness but are not associated with a club
- Local sports teams who want pre-season training
- We encouraged people to be Community Members of the club.

Our initial sessions focused on correct warm up and introducing running drills for form. Our sessions would focus on using reps based on time rather than distance. We found this worked best for a group of different abilities, and it also meant that people could go at their own pace. As community sport increased, we organised 'Friendly Fridays'. This was used as a lead into the new summer season for both the adults and the kids. We had events that were fun, such as a boundary run, shot put which you could pick your own weight, and standing long jump.

Training now was regularly occurring on a Monday night, and as the season kicked off we added a Thursday night session at a later time, which attracted a new set of people who couldn't make the Monday sessions.

We reached out to NSW Masters and Athletics NSW to help with support and promote the club. With the support of NSW Masters, we planned a monthly Thursday night competition, which we invited other clubs to attend. What we found is that the kids of the parents wanted to be involved in the competition nights, so they became our officials, cheer squads, and canteen helpers.

The 2020/21 season was the 50th year of Hornsby Little Athletic Centre, and to celebrate we held an event at Sydney Olympic Park Athletic Centre. This was open to the kids as well as our adults, and we found that several parents who had not even come to the running sessions were entering and taking part.

The social aspect is also important - we created a senior club t-shirt, a Masters Facebook page, and held gatherings at the Pennant Hills Hotel. If we are going for runs or at meets, we are identifiable with our 'uniform' of the white and fluoro orange t-shirt.

First and foremost, we are all about having fun. We have become an integrated club whereby the adults know the kids, and the kids now know the adults. We have managed to pass on and reignite that drive and passion to those who did the sport as youngsters and drifted away, or to those who want to improve their health and fitness. We hope that with our second year as a One Sport Club we will continue to grow.

Don't be afraid to try new things, all you need is one person to support what you are trying to do, and it will soon grow and take off.



"3 OF THE BEST; DEFYING AGE TO PERFORM MASTERLY"



A 2021 DOCUMENTARY FILM BY CAROLINE LAYT, NSW

Two athletes who qualified were NSW Masters hammer thrower **Maria Cimino** and WA's triple jumper **Melissa Foster**. Cimino has a fascinating story, as she only started competing Masters athletics a decade ago when she switched from softball to track and field. Cimino, who also holds a black belt in martial arts, started out as a sprinter, but her major focus over the last few years has become hammer and she hasn't looked back this season, throwing over 40 metres on several occasions and a few months before Nationals she reached the magical 42 metre mark.

Queensland and Australian Masters sprinter **Julie Brims** experienced a wonderful 2020-21 Track and Field season when she was successful in competing against Australia's best open-age sprinters across three different states. During this time, the 55-year-old Brims broke the existing women's 55-59 years 100 and 200 and 400 metre world records with times of 12.24, 25.07 and 59.36 seconds respectively. Her personal best times stand at 12.10, 24.87 [both are Australian records and were only bettered by the great Olympic sprinter in Merlene Ottey as World record holder] and 58.55 in the 400m, which she attained before her 55th birthday. During her purple patch of form Brims managed to qualify for the Queensland open-age 100 metre final, as well as the semi-finals in the same event at the ACT Championships. Through her personal best times, Brims also managed to qualify for Athletics Australia's Open and Under 20 championships in both the 100 and 200 metres and although her times at the championships were down on what she achieved earlier in the season due to a quad strain, she still gave a good account of herself.

Foster, the Women's 35 and 40 years Australian record holder, who has also medalled at several Western Australian open-age competitions over the years in long and triple jump, has attained the qualifying standard over nine consecutive years and she explains in the documentary, she was always overseas competing in Masters competitions and invariably she'd be on the podium in her favoured events of long and triple jump. Combined with travelling to World and National Masters athletics competitions from Perth, she always felt it was always too difficult to travel to open-age national competitions, due to the cost and also the time away from home. Foster explains in the film when she moved to Victoria from WA, it made it far more affordable for her to travel to Nationals on the east coast of Australia, but also when Masters events were cancelled both nationally and internationally, it was the perfect time for her to compete at Athletics Australia's open-age championships in Sydney earlier this year for the first time.

I first became aware of Brims' 2020/21 ground-breaking achievements when I saw a well researched article - Chat with a Champion - written by fellow masters athlete Janet Naylor about the Queensland sprinting icon re-setting the record books. It piqued my interest as a freelance journalist, documentary film-maker and masters athlete and is why I wanted to document her story. Both Naylor and I have competed against Brims in masters sprint races in a very competitive age group both in Australia and abroad and we felt if we combined our skills we could tell Brims' story well in the documentary. It's an age group which includes multiple World Masters Athletic sprint champions in Brims, Gianna Mogentale, Jackie Bezuidenhout and Kylie Strong among its number. Combining a strong work ethic with her natural talent to run fast, the former basketball star explains in my documentary - 3 Of The Best; Defying Age To Perform Masterly - her times really started to improve when she joined Andrew Lulham's squad at Queensland's Academy of Sport, as she began to realise she needed to train and eat smarter. Brims also implemented a gym program for the very first time. This program designed by her coaches improved her overall body and core strength. With no COVID-19 cases in New South Wales for the first six months of 2021, most Australian athletes were able to compete domestically, but all National and World Masters athletic competitions had been cancelled, so it made sense for Brims and other Masters athletes to compete at a national level if they had attained qualifying performances during the 2020/21 season.

All of the above and more is featured in my documentary: "3 Of The Best; Defying Age To Perform Masterly".

Another interview has been conducted with multiple World Masters Throws Pentathlon champion in Gabi Watts and her husband Dave, who was in charge of setting up the infrastructure and systems which brought us the Tokyo Olympics and Paralympics in his important position at Channel 7. Dave and Gabi flew to Tokyo in August, and tell us about their time spent in Tokyo and how well organised the games were under the most difficult of circumstances.

Those video pieces are now in the works and will be available later in the year, so keep a look out for them on my Mushroom Head Productions channel on YouTube.

In the meantime, enjoy the documentary about our three champion masters athletes by clicking here:

<https://www.youtube.com/watch?v=TRASmexYTNU>

UPCOMING COMPETITION INFORMATION



2021 NSW MASTERS INDOOR THROWS STATE CHAMPIONSHIP

Sunday Nov 28 2021
Il Cadore Equestrian Centre
Konda Rd, Somersby

* Shot Put * Weight Throw
* Super Weight

Online registrations now open, to Nov 23 at:
<https://www.trybooking.com/BVAVZ>
or use the QR code below

Open to all masters athletes
registered with:

*NSWMA \$25
*Other States \$30
*ANSW Clubs \$30



IMPLEMENT SPECIFICATIONS

	Shot Put (kg)	Weight Throw (lb/kg)	Super Weight (lb)
WOMEN			
30-49	4	9.080 (20lb)	35lb
50-59	3	7.260 (16lb)	25lb
60-74	3	5.450 (12lb)	20lb
75+	2	4.000 (8.8lb)	16lb
MEN			
30-49	7.26	13.880 (30lb)	56lb
50-59	6	11.340 (25lb)	56lb
60-69	5	9.080 (20lb)	44lb
70-79	4	7.260 (16lb)	35lb
80+	3	5.450 (12lb)	25lb

Your members are all welcome to compete:

Enter via the **QR code** or at <https://www.trybooking.com/BVAVZ>



Watch for an upcoming news release on ANQ's partnership with AMA to hold the 2022 AMA Multis Championships in Townsville Apr 29-May 1



Oceania Athletics is pleased to announce 2021 Oceania Athletics Virtual Championships. The inclusive Virtual Championships, see athletes of all ages and abilities, compete, albeit virtually for Medals and to be crowned Oceania Virtual Champion. With the Championships held in partnership with Oceania Masters Athletics Association, this will see champions crowned and medals awarded across multiple age groups, from under 14 to 80 years of age.

To register:

1. Follow this [link](#) to register and pay the entry fee (\$10 Per event):
2. Compete in your event between the 15th of October and 20th of December.
3. Upload your results.