

The Official Newsletter of the Australian Masters Athletics Association



**Masters Athletics
across Australia:
united, and working
together to promote
competition and
encourage participation**

**2022 Australian
Masters Athletics
National
Championships
April 1-4
QSAC Stadium
Nathan Brisbane
hosted by QMA**

Our website is now LIVE!
<https://www.brisbane2022nationals.com.au>
Registrations are now open



- ***WORLD MASTERS RANKINGS membership extended for 2022 ...page 3***
- ***Update on 2022 AMA NATIONALS in Brisbane ...page 5-6***
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FROM OUR PRESIDENT PHIL URQUHART

I hope all AMA members enjoyed the festive season and are well prepared for another year of uncertainty. It seems that we are now expected take personal responsibility for our covid related precautions rather than have our lives proscribed by Government regulation. To me this is a better approach as after two years of constraints we should all know the basics and be comfortable observing them.

Exciting times are approaching as we look forward to the forthcoming National Championships, after two years without the opportunity to meet - entries are open and I encourage all to waste no time in signing up. Judging by the continuing flow of record certificates I sign this should be a great meet with strong competition. See further details in this newsletter on pages 5-6.

The AMA board have negotiated a further twelve month extension of Masters Rankings membership for all current members, so enjoy the year keeping up to date with our rankings around the world.

In other news it is unfortunate that, after a concentrated effort the attempted merger of Athletics Australia and Little Athletics did not proceed as the Little Athletics State and Territory votes fell short of the required level.

AMA: [australianmastersathletics](http://australianmastersathletics.org.au)

ACT: [mastersathleticsact](http://mastersathleticsact.org.au)

NSW: [mastersathleticsnsw](http://mastersathleticsnsw.org.au)

SA: [mastersathleticssa](http://mastersathleticssa.org.au)

QLD: [mastersathleticsqld](http://mastersathleticsqld.org.au)

WA: [masters.athleticswa](http://masters.athleticswa.org.au)

VIC: [mastersathleticvic](http://mastersathleticvic.org.au)

TAS: [mastersathleticstas](http://mastersathleticstas.org.au)

NT: [mastersathleticsnt](http://mastersathleticsnt.org.au)
(coming soon)

During this process AMA set up a Working Party chaired by John Clark with representation from all State and Territory Masters Associations. Recently the AMA board decided to continue the Working Party, as initial discussions with Athletics Australia indicated a willingness to explore opportunities for a closer relationship between AA and AMA.

Finally, I am often approached by members concerned about falling Masters membership, and what the AMA board is doing about it. At a high level our approach is to work with Athletics Australia and Government departments to capitalise on the widely promoted mental and physical health benefits of physical exercise and show that Masters Athletics can make a positive contribution in this area. We also are seeking partnerships with organisations who may see benefits in aligning themselves with AMA and consequently provide funding in return.

Our success or otherwise in these initiatives can be enhanced considerably by the efforts of individual members in using social media to show what Masters Athletics is, and to present a positive image of the benefits of membership. There already exists a small but growing band of members who are adept at using social media to this end. I encourage all members to follow the AMA Facebook and Instagram sites as well as the respective State and Territory sites, and post their own experiences and "like" the postings of other members – this all adds to the visibility

Masters needs to be a successful and growing sporting organisation. We all like to see the exploits of our elite members posted, but it is just as important that the training and competition efforts of all members is acknowledged and celebrated.

Any member who would like assistance or training on these media areas should email our Media and Marketing Director Jill Taylor (jilltaylor@australianmastersathletics.org.au). If there is sufficient interest, we can conduct some online workshops to those interested.



Follow all our new
member instagram
accounts!

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



WORLD MASTERS RANKINGS MEMBERSHIP EXTENDED FOR 2022

Australian Masters Athletics has again negotiated and funded membership to the World Masters Rankings site for all our members for 2022.

*Check out where you rank at
<https://mastersrankings.com/rankings/>*

LATEST AUS RECORDS REPORT:

from CLYDE RIDDOCH

There's been a lot of action in the records department at both State/Territory and National levels, as we all start getting back into a regular rhythm of competition.

Two recently set World records bode well for more to tumble at Nationals in Brisbane, and for those who are travelling to Tampere for Worlds later in the year!

World Records:							
M65	4 x 800m Relay	Robert Gunningham	QLD	10:44:06	-	8/01/2022	SAF Nathan
		Mark McLean	QLD				
		Peter Reeves	QLD				
		Ian Cameron	QLD				
W45	5k Walk	Kelly Ruddick	VIC	23:14.5	94.3%	29/01/2022	Bendigo
Australian Records:							
W70	4 x 200m Relay	Cory Collins	ACT	2:50.19	-	4/02/2021	Woden
		Jill Brown	ACT				
		Maureen Rossiter	ACT				
		Margaret Taylor	ACT				
M55	200m	Michael Roden	ACT	23.80s	98.2%	6/11/2021	Woden
M95	200m	Mervyn Collins	ACT	65.04s	78.4%	11/11/2021	Woden
M35	5000m	Aidan Hobbs	Qld	14:15.34	90.4%	13/11/2021	SAF Nathan
W80	Super Weight Throw	Jan Banens	ACT	6.04m	-	13/11/2021	Turner
W80	Heavy Wt Pentathlon	Jan Banens	ACT	3496pts	-	14/11/2021	Turner
W80	Weight Throw	Jan Banens	ACT	9.98m	95.9%	27/11/2021	Turner
W80	Hammer	Jan Banens	ACT	28.57m	-	11/12/2021	Turner
M55	400m	Michael Roden	ACT	53.62s	96.1%	18/12/2021	Woden
M55	Shot Put	Todd Davey	WA	14.97m	82.5%	30/12/2021	Cannington
M40	4 x 800m Relay	Shane Mathewson	QLD	8:42:23	-	8/01/2022	SAF Nathan
		Wayne Adams	QLD				
		Andrew Willey	QLD				
		Daniel Mellish	QLD				
M35	3000m	Aidan Hobbs	QLD	8:26.82	88.7%	8/01/2022	SAF Nathan
W50	Pentathlon	Lee-Anne Nelson	QLD	3656pts	-	22/01/2022	SAF Nathan
M75	Pole Vault	George Schillinger	VIC	2.95m	95.1%	22/01/2022	Murrumbeena
W65	Super Weight Throw	Dorn Jenkins	VIC	10.70m	-	23/01/2022	Murrumbeena
M45	100lb Throw	Simon Van Baalen	VIC	4.61m (=)	-	23/01/2022	Murrumbeena

Our National and World Records for Indoor and Outdoors competitions can be found at:

<https://www.australianmastersathletics.org.au/results/records/>



UPDATE

2022 AUSTRALIAN MASTERS ATHLETICS TRACK AND FIELD, CROSS COUNTRY AND ROAD RACE WALKING CHAMPIONSHIPS BRISBANE APRIL 1-4

The previous AMA Nationals held in Melbourne back in 2019 are now a distant memory, but the three years since that marvelous championship has been a period of time that will be etched in the minds of all our athletes, and indeed history, for the rest of our lives. In 2020 the Queenslanders almost made it to the start line with the championship. but then the lockdowns started when there was only three weeks to go. The championship was cancelled and thoughts moved to 2021 in Canberra but again the Covid Pandemic proved too big a barrier. and again the 'cancelled' sign went up.

The AMA Board was determined to hold a championship in 2022, and Queensland again came took on the challenge. The LOC reformed (minus some members who had worked hard for no return in 2020) and quickly got the support of the facility management at the Queensland Sport and Athletics Centre (QSAC). The work done in 2019 and 2020 was re-visited, and the decision was taken to use the same planning wherever possible.

The major change was to move the competition away from the Easter Holiday period, to also avoid major school holiday periods across the States and Territories. It was considered that this would provide better value travel and accommodation options. Indications are that this was the right decision, even though we know some athletes may have to juggle work arrangements to attend, but generally the dates have been well accepted. In competition planning the fact that the Friday and Monday were not public holidays but rather normal working days created some changes to what would be considered the 'normal' flow of events, but to date there has been an appreciation of the reasons behind the changes by the athletes - a fact appreciated by the competition team.

The other major difficulty we have encountered was the uncertainty about the timing of the AA Nationals that were scheduled for Perth. The continued closure of the WA borders meant that a change of venue for that competition was necessary and an eventual date and location has seen a clash of dates for the AA and AMA National Championships, and at one stage an attempt was actually made to have AMA give up its dates in Brisbane. Planning was too far advanced for any such consideration, but we realise we will lose the services of some officials and some athletes will be unable to attend, either competing in Sydney or having other involvements.

But, we are still good to go! So what has Brisbane got to offer? We have access to two international standard tracks, a just completed update to the ground floor area of the main grandstand that will host our registration area, the call room area, massage services, the athlete and coaching Forums and the AMA Awards presentation function. There is ample free on-site parking, there is an excellent bus service from the city and environs that has a stop outside the venue, and there is a new catering company that is a major contractor in the sporting venues world and provides quality food and coffee (true). Accommodation is plentiful both near the venue and in the City with the central bus terminal being right in the heart of the city.

2022 AUSTRALIAN MASTERS ATHLETICS TRACK AND FIELD, CROSS COUNTRY AND ROAD RACE WALKING CHAMPIONSHIPSCONTINUED



The cross country course is a good quality venue and whilst car access is preferable there is also a bus service to this facility from the City. The Road Race Walking is a 'walk' from the City area with easy access. There is parking in the area for cars but you need to be aware of any applicable parking restrictions. In addition to the usual championship events, track athletes are also being given the opportunity to form teams and have a crack at setting new records. The athletes can form teams from anyone in the age group and to date, the interest is very high. Recently the concept was trialed at a Brisbane meet and resulted in one world record and several Australian and Queensland records, so with the best from around the country involved, hopes are high for some big outcomes.

So now all that is left to do is to get YOU to come and participate. It is time to break out of home detention, ignore those State and Territory border barriers, make your way to Brisbane and ENJOY yourself in competition and friendship with your peers. Get along to the AMA Awards and honour the achievers, renew friendships and socialise in a relaxed environment. You are welcome!

Event website is now live:

<https://www.brisbane2022nationals.com.au/>

[Register Here! Early Bird Registration Closes](#)
[21st February 2022](#)

COVID 19 Update: As per the most recent announcement from Queensland Health regarding the mask mandate, face masks need to be worn at all times at QSAC, except in the following situations:

- When outdoors, unless 1.5m can't be maintained
- When doing strenuous exercise or when a mask needs to be removed to clearly communicate
- When eating or drinking
- When not safe to do so (medical exemption)

This means that masks need to be worn at all other times when indoors, including in the Whitehouse and control room. . For more information, please visit the QH website - <https://www.qld.gov.au/health/conditions/health-alerts/coronavirus-covid-19/current-status/public-health-directions/mandatory-masks>

CONGRATULATIONS TO ALL THE NOMINEES FOR OUR AMA ANNUAL AWARDS FOR 2021 SEASON

SPRINTS & HURDLES

Julie Brims
Kylie Strong
Michael Roden
Sharee Maksimovic
Sue Turner
Barbara Blurton

MIDDLE DISTANCE & STEEPLECHASE

Aidan Hobbs
Rosemary Roediger
Bruce Graham
Anna Smee
Allan Mayfield
Chris Gould

DISTANCE

Aidan Hobbs
Jason Keane
Bruce Graham
Michael Eury
Jill Wilkie
Nick Earl
Peter Sandery
Roberto Busi

THROWS

Lajos Joni
Maria Cimino
Janice Banens
Nigel Skurrie
Cathy McKeown
Ann Jefferies
Todd Davey

WALKS

Ignacio Jimenez
Val Chesterton
Andrew Jamieson
Kim Mottrom
Andrew Duncan

JUMPS

Howard Arbuthnot
David Kennedy
Margaret Taylor
George Schillinger
Geoff Gibbons
Miriam Cudmore
Ruth Johnson

MULTI EVENTS / RELAYS

Carol Davis
Gabi Watts
W70 4 x 200m Relay
W45 4 x 800m Relay
M50 4 x 200m Relay
Geoff Gibbons
Mark Jeffery

OUTSTANDING FEMALE PERFORMANCE

*Julie Brims
Rosemary Roediger
Margaret Taylor
Anna Smee
Sue Turner
Ruth Johnson*

OUTSTANDING MALE PERFORMANCE

*Lajos Joni
Ernie Leseberg
Michael Roden
Geoff Gibbons
Peter Sandery
Todd Davey*

OUTSTANDING INDIVIDUAL PERFORMANCE

*Carol Davis
Jason Keane
Janice Banens
Sharee Maksimovic
Colin Brooks
Barbara Blurton*

ADMINISTRATOR OF THE YEAR

*Heather Doherty
Jill Taylor
Nigel England
Phil Hand
Leanne Chin*

OFFICIAL OF THE YEAR

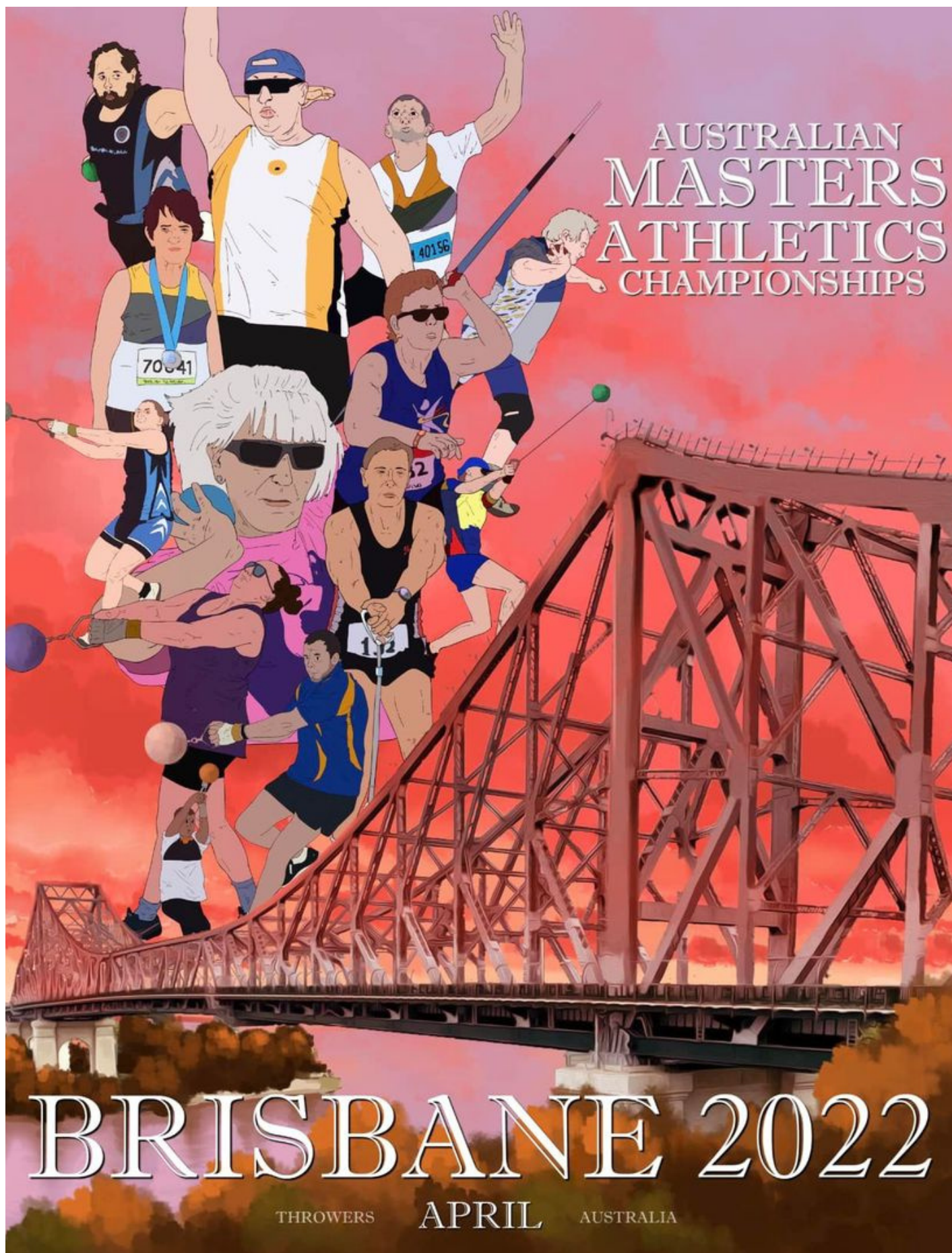
*Colin Buyers
Jayne Hardy
Leanne Chin*

COACH OF THE YEAR

*Peter Reeves
John Clark
Peter Lyden
Donna Hiscox*



**Watch the Award NOMINEE
announcement video
on our AMA youtube channel
<https://youtu.be/VuGAAtg3jeQ>**



Poster supplied by the team at AUS Throwers, who are dedicated to promoting throwing across all areas of Open, Masters and Para athletes. Check them out at: <https://www.instagram.com/austhrowers/>

2022 WORLD MASTERS CHAMPIONSHIPS TAMPERE, FINLAND



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

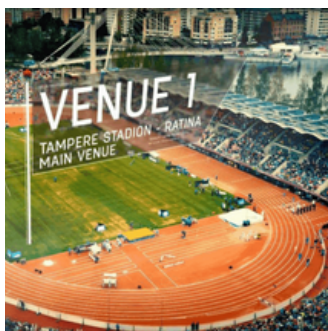
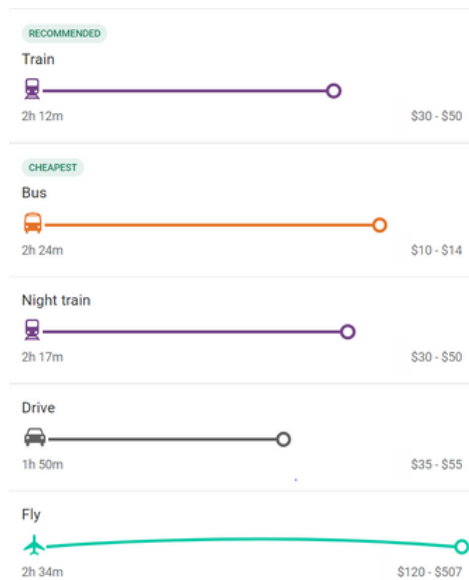
The event website is now live:
<https://wmatampere2022.com/>

WMA 2022 COMPETITION - WOMEN													
Number indicate the event date 29-30 June, 1-10 July 2022)													
EVENT	ROUND	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80	W85	W90
100m	Heats	29	29	29	29	29	29	29	29	29	29	29	29
	Semi-finals	30	30	30	30	30	30	30	30	30	30	30	30
	Finals	30	30	30	30	30	30	30	30	30	30	30	30
200m	Heats	2	2	2	2	2	2	2	2	2	2	2	2
	Semi-Finals	3	3	3	3	3	3	3	3	3	3	3	3
	Finals	3	3	3	3	3	3	3	3	3	3	3	3
400m	Heats	5	5	5	5	5	5	5	5	5	5	5	5
	Semi-Finals	6	6	6	6	6	6	6	6	6	6	6	6
	Finals	8	8	8	8	8	8	8	8	8	8	8	8
800m	Heats	29	29	29	29	29	29	29	29	29	29	29	29
	Semi-finals	30	30	30	30	30	30	30	30	30	30	30	30
	Finals	1	1	1	1	1	1	1	1	1	1	1	1
1,500m	Heats	5	5	5	5	5	5	5	5	5	5	5	5
	Finals	7	7	7	7	7	7	7	7	7	7	7	7
5,000m	Timed-Finals	3	3	3	3	3	3	3	3	3	3	3	3
	Heats	6	6	6	6	6	6	6	6	6	6	6	6
Short Hurdles (80m/100m/110m)	Semi-finals	8	8	8	8	8	8	8	8	8	8	8	8
	Finals	9	9	9	9	9	9	9	9	9	9	9	9
Long Hurdles (200m/300m/400m)	Heats	1	1	1	1	1	1	1	1	1	1	1	1
	Semi-Finals	1	1	1	1	1	1	1	1	1	1	1	1
	Finals	5	5	5	5	5	5	5	5	5	5	5	5
Steeplechase	Timed-Finals	8	8	8	8	8	8	8	8	8	8	8	8
4x100m Relay	Timed-Finals	9	9	9	9	9	9	9	9	9	9	9	9
4x400m Relay	Timed-Finals	10	10	10	10	10	10	10	10	10	10	10	10
5,000m Race Walk	Timed-Finals	29	29	29	29	29	29	29	29	29	29	29	29
High Jump	Finals	6	6	6	6	6	6	6	7	7	7	7	7
Pole Vault	Finals	3	3	3	3	3	3	3	3	3	3	3	3
Long Jump	Finals	5	5	5	5	5	5	5	5	5	5	5	5
Triple Jump	Finals	8	8	8	9	9	9	9	9	9	9	9	9
Shot Put	Finals	2	2	2	2	30	30	30	30	30	30	30	30
Discus	Finals	5	5	5	5	5	5	5	5	5	5	5	5
Javelin	Finals	3	3	3	3	3	3	3	3	3	3	3	3
Hammer	Finals	29	29	29	29	29	29	29	29	29	29	29	29
Weight Throw	Finals	1	1	1	1	1	1	1	1	1	1	1	1
Heptathlon	Finals	29/30/30/29/30/29/30	1/2	1/2	1/2	1/2	1/2	1/2	1/2	1/2	1/2	1/2	1/2
Throws Pentathlon	Finals	6	6	6	6	6	6	6	8	8	8	8	8
10km Road Run	Finals	8	8	8	8	8	8	8	8	8	8	8	8
Half Marathon	Finals	10	10	10	10	10	10	10	10	10	10	10	10
10km Road Walk	Finals	3	3	3	3	3	3	3	3	3	3	3	3
20km Road Walk	Finals	6	6	6	6	6	6	6	6	6	6	6	6
Cross Country	Finals	30	30	30	30	30	30	30	30	30	30	30	30

Tampere is a compact 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

<https://visittampere.fi/en/city-culture/attractions-tours/>
<https://visittampere.fi/en/>

There are 5 ways to get from Tampere to Helsinki by train, bus, night train, car or plane:



WMA 2022 COMPETITION - MEN															
Number indicate the event date 29-30 June, 1-10 July 2022)															
EVENT	ROUND	M3S	M4O	M4S	M5O	M5S	M6O	M6S	M7O	M7S	M8O	M8S	M9O	M9S	M10O
100m	Heats	29	29	29	29	29	29	29	29	29	29	29	29	29	29
	Semi-final	30	30	30	30	30	30	30	30	30	30	30	30	30	30
	Finals	30	30	30	30	30	30	30	30	30	30	30	30	30	30
200m	Heats	2	2	2	2	2	2	2	2	2	2	2	2	2	2
	Semi-final	3	3	3	3	3	3	3	3	3	3	3	3	3	3
	Finals	3	3	3	3	3	3	3	3	3	3	3	3	3	3
400m	Heats	5	5	5	5	5	5	5	5	5	5	5	5	5	5
	Semi-final	6	6	6	6	6	6	6	6	6	6	6	6	6	6
	Finals	8	8	8	8	8	8	8	8	8	8	8	8	8	8
800m	Heats	29	29	29	29	29	29	29	29	29	29	29	29	29	29
	Semi-final	30	30	30	30	30	30	30	30	30	30	30	30	30	30
	Finals	1	1	1	1	1	1	1	1	1	1	1	1	1	1
1,500m	Heats	5	5	5	5	5	5	5	5	5	5	5	5	5	5
	Finals	7	7	7	7	7	7	7	7	7	7	7	7	7	7
5,000m	Timed-Finals	2	2	2	2	2	2	2	2	2	2	2	2	2	2
Short Hurdles (80m / 100m / 110m)	Heats	6	6	6	6	6	6	6	6	6	6	6	6	6	6
	Semi-Finals	8	8	8	8	8	8	8	8	8	8	8	8	8	8
	Finals	9	9	9	9	9	9	9	9	9	9	9	9	9	9
Long Hurdles (200m / 300m / 400m)	Heats	1	1	1	1	1	1	1	1	1	1	1	1	1	1
	Semi-Finals	1	1	1	1	1	1	1	1	1	1	1	1	1	1
	Finals	5	5	5	5	5	5	5	5	5	5	5	5	5	5
Steeplechase	Timed-Finals	9	9	9	9	9	9	9	9	9	9	9	9	9	9
4x100m Relay	Timed-Finals	9	9	9	9	9	9	9	9	9	9	9	9	9	9
4x400m Relay	Timed-Finals	10	10	10	10	10	10	10	10	10	10	10	10	10	10
5,000m Race Walk	Timed-Finals	30	30	30	30	30	30	30	30	30	30	30	30	30	30
High Jump	Finals	3	3	3	3	3	3	3	3	3	3	3	3	3	3
Pole Vault	Finals	5	5	5	5	5	5	5	5	5	5	5	5	5	5
Long Jump	Finals	6	6	6	6	6	6	6	6	6	6	6	6	6	6
Triple Jump	Finals	8	8	8	8	8	8	8	8	8	8	8	8	8	8
Shot Put	Finals	29	29	29	29	29	29	29	29	29	29	29	29	29	29
Discus	Finals	3	3	3	3	3	3	3	3	3	3	3	3	3	3
Javelin	Finals	5	5	5	5	5	5	5	5	5	5	5	5	5	5
Hammer	Finals	30	30	30	30	30	30	30	30	30	30	30	30	30	30
Weight Throw	Finals	2	2	2	2	2	2	2	2	2	2	2	2	2	2
Decathlon	Finals	1/2	1/2	1/2	1/2	1/2	1/2	29/30	29/30	29/30	29/30	29/30	29/30	29/30	29/30
Throws Pentathlon	Finals	7	7	7	7	7	7	7	7	7	7	7	7	7	7
10km Road Run	Finals	8	8	8	8	8	8	8	8	8	8	8	8	8	8
Half Marathon	Finals	10	10	10	10	10	10	10	10	10	10	10	10	10	10
10km Road Walk	Finals	3	3	3	3	3	3	3	3	3	3	3	3	3	3
20km Road Walk	Finals	6	6	6	6	6	6	6	6	6	6	6	6	6	6
Cross Country	Finals	30	30	30	30	30	30	30	30	30	30	30	30	30	30

WHAT'S HAPPENING AROUND AUSTRALIA:



ACTMA has had a very testing time since we tried to start our 2021/2022 athletic track and field season in October 2021. With all competition halted from mid-July through to the end of October, we were really looking forward to getting back out there. So, we started back at the track in November, only to have quite a few of our meets either cancelled or disrupted with heavy rain. Frustrating for our officials as well as our members who are really keen to get out there, particularly with the nationals coming up in early April 2022. The water issue was even worse at Masson Street, Turner where we hold a majority of our throwing competitions – waterlogged sectors, underwater circles and the feeling it would be better to learn how to throw in gumboots! On a happier note, one of our regular world class female throwers, Jan Banens turned 80 in October and has been busy breaking ACT and Australian records in the Hammer Throw, the Weight Throw and the Heavy Weight Pentathlon. Our oldest male athlete – Merv Collins M95 has had a sterling start to his sprinting in 2021 with ACT records in the 100m and the 200m while Michael Roden M55 has been flying on the track and breaking ACT and Australian records in the 60m, 100m, 200m & 400m.

Since October 2021, we have records being broken in the Pole Vault, 80m Hurdles and the 45lb Super Weight Throw. The One Athletics merger between Little Athletics ACT and Athletics ACT is still going ahead, even though the National merger did not get up. ACT Masters Athletics have decided to wait for the ACT merger to occur before making any more decisions on the future of One Athletics in the ACT. Our ACT Masters Championships will not be going ahead on 18-20 February due to the increasing numbers of positive cases, as well as the possibility of large numbers at the combined meet. We will however still hold our Championships events, as we have for the last few years on our weekly Thursday nights. So we are putting our best spikes and throwing shoes forward in an attempt to ensure our athletes get as much competition in before the 2022 National Championships in Brisbane.



NSW Masters State titles are being held on 11-13 March, at the SOPAC warm up track (tbc). Our NSWMA State Championships for Heavy Weight and Throws Pentathlon events are being held on February 26th and March 26th respectively, and off the back of these events, we are running a **VIRTUAL Trans Tasman Throws Challenge** for these 2 events, which will run during the months of February and March, details on that are on page 10. Any masters athlete is welcome to enter this event, and we hope to get a lot of entries from outside groups. We've set another date for our 50th Anniversary celebration event - Sunday Sept 11 2022. Details will be up on our website soon, along with some special merchandise to commemorate the occasion, and anyone interested in attending the event, or purchasing items, are most welcome to do so.



There have been just two weeks of competition for us in January, with seven new state records set and two championship events held. One of championship events was the 2000m Steeplechase. Numbers were low (just 6 competitors) but it is a delight to watch. Allan Mayfield holds the Australian M70 record in this event, and it is so good to see his style and enthusiasm. The other championship event was the women's Track and Field Pentathlon, also with six competitors. One of the things that was trialled and has proved to be popular is holding the 3000m and 5000m walk and run events at the same time. It is a lift to everyone's spirits and performance to have a big number of athletes on the track at the same time.



The 2022 TMA Combined Event Championships were held at the Northern Athletics Centre in Launceston on 15 and 16 January. Our 10,000m track running championship is being held on 5 February 2022 in Hobart. TMA Combined Events Championships to be held at the Northern Athletics Centre, St Leonards on 15 and 16 January 2022. Our Track & Field Championships are being held in conjunction with the Athletics Tasmania Open and Age Championships from 18-20 February 2022. This year our Championships will be held in Hobart at the Domain Athletic Centre after being held in Launceston last year. Our track and field competition in Hobart and Launceston on Wednesday evenings continue to be very well attended. Please come along if you are in town. Our Statistician, Cathy McKeown has been exceptionally busy with a flood of new records being broken which is wonderful!



Victorian Doncaster Venue conducted a very successful inter venue track challenge in early December with 140 participants from 13 venues participating. 2022 is our 50th year with a 50th Anniversary BBQ and 4 trophy events being held on 6th March. A 50th celebration Polo shirt listing all life members, service award members and members registering prior to 1/1/22 will be distributed at the BBQ with nearly 400 members so far ordering. The Vic Masters Track and Field Pentathlon Championship is on the morning of the 6th March with the state Masters Championship to be held on the weekend of 19-20 March. This is quickly followed by the Vic Masters Throws Pentathlon Championships on Sunday 27th March. Victorian athletes heading to Brisbane will certainly be competition fit. All 15 venues are now back competing weekly. Two venues specialise one in throws and the other focusing on middle and distance training. All other venues have a range of events for all standards with "age graded" and "estimated time" events being the norm.



NEW AUSTRALIA COMPETITION CALENDAR

AMA: States and Territory Events Calendar

Date	AMA/State Links	Event	Venue
FEBRUARY 2022			
2nd February	SA	SAMA Men's T&F Pentathlon State Champs	Athletics Stadium Mile end
5th February	TAS	TMA 10000m Championships	Domain Athletic Centre Hobart
13th February	SA	SAMA throws pentathlon State Champs	Athletics Stadium Mile end
12th/13th Feb	QLD	QMA Multi Events Championships 2022	State Athletics Facility
18th/20th Feb	TAS	TMA T & F Championships	Domain Athletic Centre Hobart
19th February	QLD	3000m Run and 3000m Walk	State Athletics Facility
20th February	SA	SAMA 10km State Champs (in conjunction with ASA)	Athletics Stadium Mile end
26th February	NSW	NSWMA Heavy Weight Pentathlon State Championship	Kerryn McCann Track, Wollongong
27th February	WA	MAWA State Champs Pentathlon, 5000m & High Jump	Ern Clark Athletics Centre
Month of February & March	NSW	NSWMA: TRANS TASMAN VIRTUAL THROWS CHALLENGE 2022	Virtual event - open to all
MARCH 2022			
6th March	VIC	VMA Pentathlon Championships 2022	Duncan Mckinnon
6th March	VIC	VMA 50th Anniversary Celebrations	Duncan Mckinnon 12 Noon to 4PM
6th March	ACT	ACTMA Postal Half Marathon	
9th March	SA	Day 1 - SAMA T & F Championships	Athletics Stadium Mile End
11th-13th March	NSW	NSW Masters Championships 2022	SOPAC Warm up track (tbc)
13th March	ACT	ACTMA Throws Pentathlon Championships	Masson St, Turner
12/13 March	WA	MAWA State T & F Championships 2022	Ern Clark Athletics Centre
16th March	SA	Day 2 - SAMA T & F Championships	Athletics Stadium Mile End
19th March	QLD	Gold Coast T&F Championships	
19th/20th March	VIC	VMA T & F Championships 2022	Lakeside AP.. TBC
Month of Feb & March	NSW	TRANS TASMAN VIRTUAL THROWS CHALLENGE 2022	Virtual event - open to all
26th March	NSW	NSWMA Throws Pentathlon State Championships	tbc
APRIL 2022			
1st/4th April	AMA	AMA T & F Championships 2022	QSAC Nathan QLD
10th April	ACT	ACTMA Heavy Weight Pentathlon Championships	Masson St, Turner
10th April	ACT	Canberra Times Half Marathon	
29/30th April	AMA	AMA Multi Events Championships 2022	ANQ Townsville QLD
MAY 2022			
tbc	NSW	NSWMA Indoor Throws event	Il Cadore Equestrian Somersby

This event calendar is constantly updated, and will be located on the home page of our AMA website, at <https://www.australianmastersathletics.org.au/>

JOIN OUR VIRTUAL COMPETITION

NSWMA: TRANS TASMAN VIRTUAL THROWS CHALLENGE 2022



NSW Masters Throwing Group



VIRTUAL EVENT - for athletes to compete in either a 1. THROWS PENTATHLON EVENT or 2. HEAVY WEIGHT PENTATHLON EVENT

TIMEFRAME: Events need to take place between February 1 and March 31, 2022

LOCATION: At any official competition

ENTRY FEE: AU\$10 per event (AU\$20 for both)

UNIFORM: Wearing of State or National uniform is encouraged (if the competition organisers permit) and please send photos!

Enter, compete, send us a copy of the results sheet and photos.

Downloadable certificates & results book

Tuesday 1 February 2022 9:00 AM - Thursday 31 March 2022 6:00 PM (UTC+11)

LOCATION

Online event access details will be provided by the event organiser

2022 WORLD MASTERS CHAMPIONSHIPS

Make sure you get your Australian uniform for Finland:

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AMA BOARD PROFILE:

JILL TAYLOR

Compared to my fellow athletes, I'm very much a latecomer to the party, only taking up the sport as my children were finishing up in Little A's at Cherrybrook Athletics Club, and winning my first medal at age 47. Prior to that I'd played soccer for around 20 years, enjoying most playing forward and slotting away goals. I've been with Cherrybrook Club ever since 2002, now celebrating 20 years with them as their first ever competing Masters Athlete.

My first few years at events were much more social than serious, I used to joke that State Champs were my training for Nationals, and I didn't train for anything else. It was definitely a fun time, but I had an epiphany one day that my performances might actually improve if I put some effort into training. My breakthrough moment was attending my first Oceania Championships in Townsville in 2008. I had trained to improve my throws distances for that, and after winning Bronze medals in Hammer and Weight Throw, I decided to take my throwing more seriously, returned home and located a coach (John Clark). Since joining forces, we've had quite a few successes, quite a few medals and achieving high placings in several events in the World Rankings lists each year.

In 2011, I went to my first WMA Outdoor Championship in Sacramento, and surprised myself with 5th places in Hammer and Weight. During the following four World Outdoors Championships I managed more top 8 placings, and an excruciatingly close 4th place in Perth in 2016. I had much better luck the following year, when I competed at my 3rd World Indoor Championship in Daegu South Korea, winning Gold in Hammer and Bronze in Weight. Stepping up on the dias with the Australian flag raised and our national anthem being played for me was mind blowing, and a highlight of my athletics career, and life. Locally, my highlight so far has been winning the AMA Champion of Champions Throws (Hammer) in 2011. Hopefully once COVID has cleared up enough to let us travel again, we can resume our competitions, both here and abroad.

I was persuaded to join NSW Masters Committee back in 2009, and spent 3 years as Registrar before being elected as their first female President, from 2012 to 2014. I decided to take on the extra challenge to head up the Local Organising Committee for the 2015 AMA National Championships, moving to the role of Vice President whilst running the nationals campaign to its successful completion. I've also held the roles of NSWMA Secretary, Distance Rep and Newsletter Editor, so have had a well-rounded education in the workings of NSW Masters.

From 2014 to 2016 I served my first stint on the AMA Board of Directors, and have returned for a second time in 2021, as Director, Media and Marketing.

In 2015 NSW made the bid to host the AMA Winter Throws Championship, to continue the excellent job ACT had done for the previous 20 years. I had joined the initial organising Committee for the 2016-2018 events, then headed up that LOC for 2019-2021. The challenges of the global pandemic in 2019 afforded us the opportunity to pivot and I'm proud of the terrific virtual event we ran in tandem with the onsite Championships, uniting competitors around Australia during lockdown.

Since 2020 I've been back as NSWMA President, and once again am leading the Local Organising Committee for NSW's next hosting of the 2023 AMA National Championships (I must be mad!)

Recognition awards have included:

- Athletics NSW Administrator of the Year in 2012
- NSWMA President's Award, in 2011 and 2016
- Awarded NSWMA Life Membership in 2019

Outside of sporting commitments, I'm an Executive Assistant, working the last 20 years mainly in the IT space, working in global companies such as Microsoft, Cisco, Telstra and Wrigleys. The organisational and project management skills learnt certainly cross over well into my roles on the NSW Committee and AMA Board.

Athletics is a huge part of my life these days, and I love the opportunities it has given me. I enjoy the competition and working to be the best that I can personally be, as well as the great social interaction at our events. I'm blessed to be able to travel overseas to compete, and have so far competed in 7 Oceania Championships, 5 World Outdoor Championships, 3 World Indoor Championships and 3 World Master Games. I've also had the great honour of running in the Queens Baton Relay for the Melbourne Commonwealth Games in 2006.

The other major part for me is being able to contribute to the running of our Masters organisation in Australia, at both State and National level, and I feel I've been able to make some positive impact in those areas. I've served on committees continuously since 1984, across school, community and sporting groups. My father was also a committed committee member: co-founder of the Gemmological Association of Australia in 1948, and founder of the Australian Lapidary Club in 1957, spending many years helping to run those organisations, as well as travelling around Australia lecturing and prospecting. I like to think that particular DNA force is strong in this one.

When I do have any spare time, I enjoy photography, home and garden renovations, and am currently obsessed with family history research.



NUTRITION: MIX & MATCH TO BUILD YOUR OWN TRAINING SNACK



Smaller snacks:

CARBOHYDRATE = 15G		PROTEIN = 10G	
	½ cup sliced mixed fruit		2 eggs
	4 Vita wheat		2 slice squares light cheese
	½ cup cooked quinoa		170-200g yoghurt
	½ cup or 1 medium potato		55g turkey

Bigger snacks:

CARBOHYDRATE – HIGH FIBRE OR WHOLEGRAIN = 30G		PROTEIN – PREFERABLY LEAN OR LOWER FAT = 20G	
	50g = Heaped ½ cup oats		70g steak
	220g tin Baked beans		70g chicken
	2 slice toast/bread		500ml reduced fat milk
	2 thin slice raisin or fruit bread		125g cottage cheese
	¾ cup cooked pasta or ½ cup rice		85g tuna
	1 English muffin		110g ham

Balanced snacks are important for athletes to fuel their training and provide energy for recovery, and knowing what to eat shouldn't be a difficult task.

To make deciding what to eat at snack time a little easier and to know if its right to prepare and recovery from training you just need to break it down to the sum of its parts to ensure you have a contribution of a predominately carbohydrate food and a predominately protein food.

This will vary depending on taste and preference, but the formula will be the same. Use the images and portions below to mix and match your carb and protein options and find out if you snack is balanced for training.

Note: If heading into training you might need to double the carb serve of the bigger snack



Importance of hydration for recovery

Water, sports drinks and even low fat milk are the best choices for rehydration directly after activity as juice and soft drink can be too sweet or acidic, this can slow the absorption of fluid which slows down rehydration and can delay recovery. Read more on the importance of hydration. If large amounts of fluid, sodium and electrolytes are lost during activity it can lead to dehydration which has an impact on performance and concentration and can make you feel dizzy, tired and fatigued, then the more dehydrated you are, the less you will feel like drinking. Drink fluids regularly over the day and use urine colour as a guide; lighter/clear = good hydration; dark yellow = need more fluid.

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