

Biography of the Nominee (including both sporting and personal history)

- Jan was born on 20 October 1941.
- Jan started jogging with her two sons in the early 1980s
- She became an accredited Fitness Leader and started fitness training older groups of women in 1986.
- Jan began her throwing career in 1987 because she wanted to compete in the World Veteran Athletics Championships in Melbourne with her friends but felt she was not really a distance runner.
- Under the watchful eye of Roy Foley Jan tried the various throwing disciplines at Glenhuntly Athletics Club. Roy felt she showed some potential in the hammer.
- Roy became her hammer coach and Jan rapidly improved her skills and performances, and competed in the W45 Hammer at the Melbourne World Veterans Athletics Championships - her first competition – where she came 5th.
- In the following year in 1988 Jan won her first gold medal in the W45 Hammer at the Victorian Veterans Athletics Championships. It was the first of many Victorian, ACT, Australian, Oceania and World Masters athletics titles, mainly in the hammer, but also the weight throw, the throws pentathlon and on occasions also in the other throwing disciplines.
- In 2000 Jan, formerly known as Jan Davies, moved to Canberra and married Bob Banens in the Cook Islands during the 2004 Oceania Masters Athletics Championships.
- Jan mainly focused on the hammer and weight throw, but has also expanded into the other throwing disciplines including the throws pentathlon.
- Jan has set **7 World Records** in the hammer throw; **41 Australia Records**; **16 Victorian records** and **102 ACT records**. She has also set various championship records and records at Masters Games
- In Canberra she became a member of the ACTVAC/ACTMA Committee, then Vice President for 3 years, and then President for 3 years.
- Jan was the driving force behind the highly successful 2013 AMA Championships held in Canberra.
- She is the writer of amusing stories of her Championship travels for *Vetranner* and the Oceania Masters Athletics and Oceania Athletics websites.
- Jan was a finalist in AMA Thrower of the Year on several occasions and winner 2011, 2018 and 2021.
- She was the AMA Administrator of the Year 2013.
- Jan was the ACT Masters Sport Star of the Year in 2005 and 2011.
- She qualified for and competed in the hammer at the Olympic trials/Australian Athletics Championships for the Sydney 2000 Olympics at the age of 59!
- Winner of the AMA Royce Foley Award for best throws pentathlon at AMA Championships in 2007, 2012 and 2017.
- Won **10 gold, 8 silver and 4 bronze in 14 WMA Championships** – note weight throw and throws pentathlon were not introduced until later (6 gold, 5 silver and 1 bronze in the hammer).
- Won **3 gold, 4 silver and 2 bronze at two WMA Indoor Championships** (1 gold and 1 silver in the hammer).
- Won **6 gold 2 silver and 6 bronze at four World Masters Games** competitions (3 gold and 1 silver in the hammer).
- Won **21 gold, 16 silver and 8 bronze at 8 Oceania Masters Athletics Championships** (5 gold, 2 silver & 1 bronze in hammer)
- Won 12 gold and 7 silver in hammer throw at 19 AMA Championships since Perth in 1996.
- Won 8 gold, 8 silver and 1 bronze in the weight throw at 17 AMA Championships.
- Won 5 gold, 8 silver and 4 bronze in the throws pentathlon at 17 AMA Championships.
- Won 4 gold, 6 silver and 7 bronze in the shot put at 17 AMA Championships.
- Won 3 gold, nine silver and 4 bronze in the javelin at 17 AMA Championships.
- Won 2 gold, 4 silver and 7 bronze in the discus at 17 AMA Championships.
- Jan competed in an exceptionally competitive group of throwers that included Marja-Leena Parviainen, Mary Thomas and Helen Searle.
- Her hammer and weight distances often scored well over 1000pts and over 100%.
- Won the ACTVAC/ACTMA Fristad Award for top Track & Field athlete five times, -2006, 2007, 2008, 2012 and 2022.
- Winner of female thrower of the meet at two AMA Winter Throws Championships 1998 and 2012.
- Her best age group performances are usually ranked 1st, 2nd or 3rd at the world level in hammer and weight in the **Annual World rankings**. Jan's **All-Time Worlds ranking** in these events in the various age groups are always in the top ten, and are provided elsewhere in the application.

Still holds the Victorian W50 Hammer and Weight, and W55 Hammer, Weight and Throws Pentathlon records. *Please continue on copy of this page as appropriate*