

## Biography

Marie Kay was a dominant force on the International, Oceania and National masters athletic scene from 1994 to 2016. Marie's natural ability forged with her tenacious attitude to competition proved to be an effective combination, but after more than 45 years of elite level participation and training in several sports her body said enough in 2016.

The legacy of Marie Kay can only be described as one of the best in world masters athletics and when she retired, that legacy included:

- 14 World Records;
- 32 Oceania Records;
- 49 Australian Records;
- 1 Open Australian Record;
- 47 World Titles;
- 61 Oceania Titles;
- 81 Australian Titles;
- Countless NSW Masters and Queensland Masters State Titles; ·  
39 WMG and AMG Titles.

Marie received numerous prestigious awards over the years, but being named the 2010 'World Masters Athletics Best Female Athlete of the Year' topped the list. This award meant she joined an elite group of masters athletes who had been voted the best in the world, a tremendous honour.

### Where did the Legacy of Marie Kay start?

According to a 1971 news article, Illawarra's 'mighty midget' of athletics, 11-year-old Marie Riley, turned in an amazing performance to win the Open 1500 metres at the South Coast titles. In doing so she defeated 17-year-old Leonie Doyle, who had qualified to compete in the Australian Championships.

In a follow-up article Marie, who journalists now called 'The Warilla Wonder', wrote of how she was robbed of the Australian under 12 800m record, because officials did not time the race using the required three stopwatches.

Adding to the interest in her story was the emergence at the time of Little Athletics a track and field competition where the focus was on children's sporting development. There was no local Illawarra club, so Marie would make a 3-hour public transport trek to her Little Athletics Club RandwickBotany - before rushing back home in time for more competition in Wollongong in the afternoon. Her dedication paid off with selection in the very first NSW Little Athletics team to contest the National Championships.

Marie was a member of the now-defunct Port Kembla Amateur Athletic Club, before switching to Wollongong Southern Flame. She continued to smash long-standing South Coast junior records and officials at the time, were said to rate her a potential world class athlete of the future. She was predominately a middle distance runner, but also excelled in high jump and cross country.

At the age of 15, with school commitments taking up more of her time, she was encouraged by her parents to choose just one of the many sports she excelled in. She chose gymnastics, possibly - she says - because she thought her father really wanted her to stick with athletics! Marie became a champion in gymnastics, later taking up coaching. From then on, Marie Riley was lost to the sport of track and field.

*It was a different story for Marie KAY.*

Marie married John Kay and they had three children. In 1994 Marie and John signed their three kids Rebecca, Amanda and John Junior up for athletics with Illawarra Blue Stars. This meant the kids could all compete at the same venue, at the same time on a Sunday afternoon, which for a family running their own busy business was a godsend. Marie's children encouraged her to join in as well and, though it had been nearly 20 years since she last competed, Marie certainly still had the talent.

In the intervening decades 'veterans' athletic competition had taken off. Mary Thomas and Valmai Loomes encouraged Marie to compete in the State Veterans Championships. With virtually no training she won three gold and one silver medal. That old competitive fire had been well and truly lit and before her next target she got serious, engaging coaches for throwing and sprinting, and also starting a weights program to build up her strength.

That next target was the 1994 Oceania Veterans Games in Fiji. Marie certainly got serious as she won seven gold medals and set two new Oceania records - including one in the 400m Hurdles, an event she had never contested before! Marie also won the pentathlon and this was the beginning of a long period of success she would find in the multi-events.

Marie went to her first World Veterans Athletics Championships (now World Masters Athletics Championships – WMAC) in Buffalo, USA in 1995 and certainly got the taste for international competition. She came away from those championships with a gold medal in the W35 4 x 400m relay. Apart from the medal, Marie came away with a great deal of experience but most of all she had made lifelong friends from around the world.

Marie returned to Australia with her sights set higher than the fifth place she had achieved in the heptathlon in Buffalo. She trained harder and got stronger. She travelled to the World Championships in Gateshead, England in 1999, with one goal - to win the heptathlon. She was beaten by the excruciatingly small margin of 46 points.

By the time the next World Championships rolled around in Brisbane two years later, Marie was on a mission, she had been training twice a day, seven days a week. This time there was no beating her, she not only won the W40 heptathlon she broke the World Record, winning all but two of the individual events and finishing second and third in the other two.

This began Marie's unprecedented and incredible run of heptathlon victories. Spanning 15 years, four continents and nine World Championships (Stadia), Marie finished on top of the dais each time, with five of the nine wins also being world records.

Her last victory in Perth, 2016 was the gutsiest of all, while warming up for the first event, the 80m hurdles, she tore her hamstring off the bone. Somehow she not only managed to complete the twoday event, she managed to finish first. That performance alone showed the calibre and sheer determination of the athlete Marie Kay.

After dominating at the WMAC for several years, Marie started competing at the World Masters Indoor Championships (WMACi). Her first attempt was at the first ever WMACi held in Sindelfingen,

Germany in 2004. Marie was the only Australian woman who competed. Marie placed 4th in the W40 400m and 5th in the Pentathlon. It was very much a learning experience dealing with the

indoor environment and very different racing conditions on an indoor, banked 200m track. What Marie learnt held her in good stead for future competitions and she also shared this information as she encouraged more Australian women to take up the challenge.

At the next WMACi held in Linz, Austria 2006, Marie won three gold medals in the pentathlon, 400m and Long Jump. She broke the Pentathlon and 400m World records and set seven Australian records.

Marie's next WMACi domination was in Clermont-Ferrand, France in 2008 where she won three gold medals and one silver, setting three W45 World and Australian records in the 200m twice, and the 400m, and one Australian Open record with the W40 4 x 200m relay which is also a W40 record. She ran an incredible time of 56.99 in the 400m to break the world record and this record still stands close to 14 years later. It was at this competition where Marie had finally convinced some other Australian women to join her at world indoors and this was the start of Australia's success at the indoor 4x200m relay event.

2010 was Marie's most successful year, culminating in her being awarded the IAAF World's Best Female Masters Athlete, after being runner up in 2006, 2008 and 2009. Marie was rightfully recognised as 'THE BEST', for her outstanding achievements and results at the WMACi, Kamloops, Canada, Oceania Championships, Tahiti and AMA Championships, Perth. Marie was honoured at the International Athletic Federation Gala in Monte Carlo in November 2010 where she accepted her award.

Most multi-eventers could be considered a jack-of-all-trades, master of none. That certainly wasn't the case for Marie, who was extremely competitive in any event she entered. This was evident by the number of world records she set in individual events and the individual World, Oceania and National championship medals she won over her career, which covered a wide array of events in most disciplines.

Marie was honoured with many awards, outside the arena of specific athletics awards, she was a three-time winner of the NSW Sports Federation Award for Masters Athlete of the Year, awarded the Confederation of Australia Sports Award for Masters Athlete of the Year and Masters Team of the Year. She was selected by the Australia Day Council to be one of their ambassadors, she was also selected to run a leg in the Queen's Baton Relay, ahead of the 2018 Gold Coast Commonwealth Games.

Marie would be first to profess that her success had been a team effort. Her children were enormously supportive, ever since they first encouraged her to run again. Her husband John was there encouraging her every step of the way. Noreen Parrish was Marie's long-time coach, training partner and teammate at tracks all around the world. Together they formed one of the most successful partnerships in masters athletics.

**RECORDS SET (World, Australian, State/Territory)**

RECORD LEVEL	EVENT	AGE GROUP	PERFORMANCE	DATE	PLACE
<b>WORLD MASTERS RECORDS – 14</b>					
World	Heptathlon Still held	W55	6682	4 - 5/08/15	WMAC Lyon, France
World	Heptathlon	W50	6202	July 2011	WMAC Sacramento, USA
World	Heptathlon	W45	6185	September 2009	WMAC Lahti, Finland
World	Heptathlon	W45	6094	August 2005	WMAC San Sebastian, Spain
World	Heptathlon	W40	5995	2001	WMAC Brisbane, Australia

World	4 x 400m relay	W40	3:57.18	2001	WMAC Brisbane, Australia
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World	Long Jump	W55	5.01m	21/02/16	Athletics NSW State Masters Championships, Sydney
World	Long Jump	W50	5.41m	April 2010	AMA Champs Perth, WA
World	Pentathlon	W50	4096	March 2010	WMACi Kamloops, Canada
World	200m	W45	25.99	March 2008	WMACi Clermont-Ferrand, France
World	200m	W45	25.85	March 2008	WMACi Clermont-Ferrand, France
World	400m (Still held)	W45	56.99	March 2008	WMACi Clermont-Ferrand, France
World	Pentathlon	W45	4358	March 2006	WMACi Linz, Austria
World	400m	W45	59.16	March 2006	WMACi Linz, Austria

### OCEANIA MASTERS RECORDS – 32

Oceania	60m	W50	8.59	5/2/12 – 12/2/12	OMAC Tauranga, NZ
Oceania	200m	W50	27.59		
Oceania	80m Hurdles	W50	13.14		
Oceania	300m Hurdles	W50	50.75		
Oceania	Long Jump	W50	5.23m		
Oceania	High Jump	W50	1.45m		
Oceania	Heptathlon	W50	5832	2010	OMAC Papeete, Tahiti
Oceania	200m	W50	28.37		
Oceania	80m Hurdles	W50	13.29		
Oceania	High Jump	W50	1.48m		
Oceania	60m	W45	8.41	28/7/08 – 30/8/08	OMAC Townsville, QLD
Oceania	80m Hurdles	W45	12.34		
Oceania	100m	W45	13.16	14/1/06 – 21/1/06	OMAC Christchurch, NZ
Oceania	200m	W45	26.55		
Oceania	400m	W45	59.27		
Oceania	80m Hurdles	W45	12.51		
Oceania	400m Hurdles	W45	64.70		
Oceania	Long Jump	W45	5.31m		
Oceania	Triple Jump	W45	10.68m		
Oceania	High Jump	W45	1.68m		
Oceania	80m Hurdles	W40	13.10	21/10/04 – 27/10/04	OMAC Rarotonga, NZ

Oceania	Long Jump	W40	5.32m		
Oceania	Triple Jump	W40	10.53m		
Oceania	High Jump	W40	1.48m		
Oceania	Triple Jump	W35	10.85m	1998	OMAC Hastings, NZ
Oceania	High Jump	W35	1.50m		
Oceania	Pentathlon	W30	2682	1/7/94 – 9/7/94	OMAC Suva, Fiji
Oceania	100m Hurdles	W30	19.1		
Oceania	400m Hurdles	W30	76.8		

Oceania	Long Jump	W30	5.19m		
Oceania	Triple Jump	W30	10.73m		
Oceania	High Jump	W30	1.40m		

**AUSTRALIAN OPEN INDOOR, MASTERS AND MASTERS INDOOR RECORDS – 50**

Australian	60m	W55	8.62	20/2/16 – 21/2/16	Athletics NSW State Masters Championships
Australian	100m	W55	13.87		
Australian	Long Jump	W55	5.01m		
Australian	High Jump	W55	1.40m		
Australian	Heptathlon	W55	6682	4 & 5/8/2015	WMAC Lyon, France
Australian	100m	W55	13.59		
Australian	200m	W55	27.30		
Australian Indoor	60m	W50	8.33	3/4/12 – 8/4/12	WMACi Jyvaskyla, Finland
Australian Indoor	200m	W50	27.21		
Australian Indoor	60m Hurdles	W50	9.62		
Australian	Heptathlon	W50	6202	6 & 7/7/2011	WMAC Sacramento, USA
Australian	60m	W50	8.54	21/4/11	AMA Champs Brisbane, QLD
Australian	Heptathlon	W50	5832	2010	OMAC Papeete, Tahiti
Australian	High Jump	W50	1.48m		
Australian	Long Jump	W50	5.41m	April 2010	AMA Champs Perth, WA
Australian	High Jump	W50	1.45m		
Australian Indoor	Pentathlon	W50	4906	1/3/10 – 6/3/10	WMACi Kamloops, Canada
Australian Indoor	200m	W50	27.33		
Australian Indoor	400m	W50	62.96		

Australian Indoor	Long Jump	W50	5.19m		
Australian Indoor	High Jump	W50	1.50m		
Australian	4 x 800m	W35 (160+ team)	10:20.74	21/11/2009	Athletics NSW Relay Championships
Australian	Heptathlon	W45	6185	28 & 29/7/2009	WMAC Lahti, Finland
Australian	60m	W45	8.41	28/7/08 – 3/8/08	OMAC Townsville, QLD
Australian	80m Hurdles	W45	12.34		
Athletics Australia Open Indoor	4 x 200m	Open	1:49.98	2008	WMACi Clermont-Ferrand, France
Australian Indoor	200m	W45	25.86		
Australian Indoor	400m	W45	56.99		
Australian Indoor	Long Jump	W45	5.57m		
Australian Indoor	4 x 200m	W40	1:49.98		
Australian	Long Jump	W45	5.52m	8 & 9/3/2008	QMA State Championships
Australian Indoor	Pentathlon	W45	4358	15/3/06 – 20/3/06	WMACi Linz, Austria
Australian Indoor	60m Hurdles	W45	9.43		
Australian Indoor	High Jump	W45	1.51m		
Australian Indoor	Shot	W45	10.02m		
Australian Indoor	Long Jump	W45	5.41m		
Australian Indoor	800m	W45	2.39.79		
Australian Indoor	400m	W45	59.16		
Australian	High Jump	W45	1.35m	7/10/2005	AMG Adelaide
Australian	Heptathlon	W45	6094	2005	WMAC San Sebastian, Spain
Australian	Long Jump	W45	5.33m		
Australian	4 x 100m	W30	50.20	11/4/2004	AMA Champs, Melbourne
Australian	Heptathon	W40	5989	2/7/03 – 13/07/03	WMAC Carolina, Puerto Rico

Australian	200m	W40	26.09		
Australian	400m	W40	56.18		
Australian	Heptathlon	W40	5995	4/7//01 – 14/7/01	WMAc Brisbane, QLD
Australian	W40 4 x 100m	W40	3.57.28		
Australian	W40 4x 400m	W40	49.27		
Australian	Heptathlon	W35	5134	29 & 30/8/99	WMAc Gateshead, England
Australian	High Jump	W35	1.56m	1996	AMA Champs, Perth

**MEDAL PLACINGS** - World Masters Athletics Champs (WMA), World Masters Games (WMAc), Australian Masters Athletics (AMA), Oceania Championships (OAMA), Australian Masters Games (AMG)

COMPETITION	EVENT	AGE	PLACING	PERFORMANCE	DATE	PLACE
<b>WORLD MASTERS STADIA CHAMPIONSHIPS MEDALS – 43</b>						
<b>WMA Champs</b>	Heptathlon	W55	1 <sup>st</sup>	5717	2016	<b>Perth, WA</b>
	Long Jump	“	2 <sup>nd</sup>	4.62m		
<b>WMA Champs</b>	Heptathlon	W55	1 <sup>st</sup>	6682	4-5/8/2015	<b>Lyon, France</b>
	Long Jump	“	1 <sup>st</sup>	4.82m		
	80m Hurdles	“	1 <sup>st</sup>	13.02		
	100m		2 <sup>nd</sup>	13.59		
	200m		2 <sup>nd</sup>	27.30		
	4 x 400m	W50	2 <sup>nd</sup>	4.51.28		
<b>WMA Champs</b>	Heptathlon	W50	1 <sup>st</sup>	5500	2013	<b>Porto-Alegre, Brazil</b>
	200m	“	1 <sup>st</sup>	26.41		
	Long Jump	“	1 <sup>st</sup>	5.13m		

	100m	“	2 <sup>nd</sup>	13.36		
	300m Hurdles	“	2 <sup>nd</sup>	49.48		
<b>WMA Champs</b>	Heptathlon	W50	1 <sup>st</sup>	6202	6-17/7/11	<b>Sacramento, USA</b>
	300m Hurdles	“	1 <sup>st</sup>	46.07		
	Long Jump	“	1 <sup>st</sup>	5.24m		
	4 x 400m relay	W45	1 <sup>st</sup>	4.08.32		
<b>WMA Champs</b>	Heptathlon	W45	1 <sup>st</sup>	6185	28/7/09 – 9/8/09	<b>Lahti, Finland</b>
	400m	“	1 <sup>st</sup>	59.44		
	400m Hurdles	“	1 <sup>st</sup>	65.16		
	Long Jump	“	1 <sup>st</sup>	5.23		
<b>WMA Champs</b>	Heptathlon	W45	1 <sup>st</sup>	5680	Sep 2009	<b>Riccione, Italy</b>
	400m	“	1 <sup>st</sup>	59.18		
	4 x 400m relay	W40	1 <sup>st</sup>	4.04.05		



	4 x 100m relay	"	2 <sup>nd</sup>	52.70		
<b>WMA Champs</b>	Heptathlon	W45	1 <sup>st</sup>	6094	2005	<b>San Sebastian, Spain</b>
	Long Jump	"	1 <sup>st</sup>	5.33m		
	400m	"	2 <sup>nd</sup>	60.11		
	4 x 100m relay	W35	2 <sup>nd</sup>	49.62		
	4 x 400m relay	W40	2 <sup>nd</sup>	4.16.98		
<b>WMA Champs</b>	Heptathlon	W40	1 <sup>st</sup>	5989	2-13/7/03	<b>Carolina, Puerto Rico</b>
	200m	"	1 <sup>st</sup>	26.09		
	400m	"	1 <sup>st</sup>	56.18		
	4 x 100m relay	W35	1 <sup>st</sup>	52.98		
	4 x 400m relay	W40	3 <sup>rd</sup>	4.18.13		
<b>WMA Champs</b>	Heptathlon	"	1 <sup>st</sup>	5995	4-14/7//01	<b>Brisbane, QLD</b>
	4 x 100m relay	"	1 <sup>st</sup>	49.21		
	4 x 400m relay	"	1 <sup>st</sup>	3.57.28		
	200m	"	2 <sup>nd</sup>	26.25		
<b>WMA Champs</b>	Heptathlon	W35	2 <sup>nd</sup>	5134	30/7/99 – 8/8/99	<b>Gateshead, England</b>
	4 x 100m relay	"	2 <sup>nd</sup>	51.79		
	4 x 400m relay	"	2 <sup>nd</sup>	4.12.06		
<b>WMA Champs</b>	4 x 400m relay	W35	1 <sup>st</sup>	4.05.40	13-23/7/95	<b>Buffalo, USA</b>
<b>WORLD MASTERS INDOOR CHAMPIONSHIPS MEDALS – 20</b>						
<b>WMACi Champs</b>	60m	W50	1 <sup>st</sup>	8.33	3-8/4/12	<b>Jyvaskyla, Finland</b>
	200m	"	1 <sup>st</sup>	27.21		
	60m Hurdles	"	1 <sup>st</sup>	9.62		
	Long Jump	"	2 <sup>nd</sup>	5.20m		
	Shot	"	2 <sup>nd</sup>	12.14m		
	High Jump	"	3 <sup>rd</sup>	1.48m		
	4 x 200m Relay	W40	3 <sup>rd</sup>	2:09.05		
<b>WMACi Champs</b>	Pentathlon	W50	1 <sup>st</sup>	4906	1-6/3/10	<b>Kamloops, Canada</b>
	200m	"	1 <sup>st</sup>	27.33		
	400m	"	1 <sup>st</sup>	62.96		
	Long Jump	"	1 <sup>st</sup>	5.19m		
	High Jump	"	1 <sup>st</sup>	1.50m		
	4 x 200m	W40	2 <sup>nd</sup>	1.52.32		
<b>WMACi Champs</b>	200m	W45	1 <sup>st</sup>	25.85	2008	<b>Clermont-Ferrand, France</b>
	400m	"	1 <sup>st</sup>	56.99	22/03/08	
	Long Jump	"	1 <sup>st</sup>	5.57m	2008	
	4 x 200m relay	W40	2 <sup>nd</sup>	1.49.98		
<b>WMACi</b>	Pentathlon	W45	1 <sup>st</sup>	4358	15-20/3/06	<b>Linz, Austria</b>

<b>Champs</b>	400m	"	1 <sup>st</sup>	59.16		
	Long Jump	"	1 <sup>st</sup>	5.41m		
<b>OCEANIA MASTERS CHAMPIONSHIPS MEDALS – 58</b>						
<b>OMA Champs</b>	Shot	W50	1 <sup>st</sup>	11.48m	4-12/1/14	<b>Bendigo, Vic</b>
	Long Jump	"	1 <sup>st</sup>	4.27m		
<b>OMA Champs</b>	200m	W50	1 <sup>st</sup>	27.59	5-12/2/2012	<b>Tauranga, NZ</b>
	60m Hurdles	"	1 <sup>st</sup>	8.59		
	300m Hurdles	"	1 <sup>st</sup>	50.75		
	Long Jump	"	1 <sup>st</sup>	5.23m		
	High Jump	"	1 <sup>st</sup>	1.45m		
<b>OMA Champs</b>	Heptathlon	W50	1 <sup>st</sup>	5832	2010	<b>Papeete, Tahiti</b>
	100m	"	1 <sup>st</sup>	14.10		
	200m	"	1 <sup>st</sup>	28.37		
	400m	"	1 <sup>st</sup>	65.50		
	80m Hurdles	"	1 <sup>st</sup>	13.29		
	Long Jump	"	1 <sup>st</sup>	4.59m		
	4 x100m relay	150 - 179	1 <sup>st</sup>	57.29		
<b>OMA Champs</b>	60m	W45	1 <sup>st</sup>	8.41	28/7/08 – 3/8/08	<b>Townsville, QLD</b>
	100m	"	1 <sup>st</sup>	13.21		
	200m	"	1 <sup>st</sup>	26.67		
	400m	"	1 <sup>st</sup>	60.65		
	80m Hurdles	"	1 <sup>st</sup>	12.34		
	400m Hurdles	"	1 <sup>st</sup>	64.72		
	4 x 100m relay	"	1 <sup>st</sup>	54.77		
	4 x medley relay	"	1 <sup>st</sup>	4.43.43		
<b>OMA Champs</b>	100m	W45	1 <sup>st</sup>	13.16	14-21/1/06	<b>Christchurch, NZ</b>
	200m	"	1 <sup>st</sup>	26.55		
	400m	"	1 <sup>st</sup>	59.27		
	80m Hurdles	"	1 <sup>st</sup>	12.51		
	400m Hurdles	"	1 <sup>st</sup>	64.70		
	Long Jump	"	1 <sup>st</sup>	5.31m		
	Triple Jump	"	1 <sup>st</sup>	10.68m		
	High Jump	"	1 <sup>st</sup>	1.48m		
	4 x 100m relay	150 - 179	1 <sup>st</sup>	52.43		
	4 x medley relay	180 - 209	1 <sup>st</sup>	4.39.67		
<b>OMA Champs</b>	80m Hurdles	W40	1 <sup>st</sup>	13.10	21-27/10/04	<b>Rarotonga, NZ</b>
	400m Hurdles	"	1 <sup>st</sup>	74.45		
	Long Jump	"	1 <sup>st</sup>	5.32m		

	Triple Jump	"	1 <sup>st</sup>	10.53m		
	High Jump	"	1 <sup>st</sup>	1.48m		
	4 x 100m relay			52.78		
	4 x medley relay	"	1 <sup>st</sup>	4.53.67		
	400m	W40	2 <sup>nd</sup>	64.85		

	100m	"	3 <sup>rd</sup>	13.75		
	200m	"	3 <sup>rd</sup>	28.12		

<b>OMA Champs</b>	100m	W35	1 <sup>st</sup>	13.11	1998	<b>Hastings, NZ</b>
	200m	"	1 <sup>st</sup>	26.30		
	400m	"	1 <sup>st</sup>	59.77		
	High Jump	"	1 <sup>st</sup>	1.50m		
	Triple Jump	"	1 <sup>st</sup>	10.85m		
	Shot	"	1 <sup>st</sup>	10.21m		
	Javelin	"	1 <sup>st</sup>	31.18m		
	4 x 100m relay	"	1 <sup>st</sup>	53.44		
	4 x medley relay	"	1 <sup>st</sup>	4.45.24		

<b>OMA Champs</b>	Pentathlon	W30	1 <sup>st</sup>	2682	1 -19/7/94	<b>Suva, Fiji</b>
	400m	"	1 <sup>st</sup>	64.7		
	100m Hurdles	"	1 <sup>st</sup>	19.1		
	400m Hurdles	"	1 <sup>st</sup>	74.8		
	High Jump	"	1 <sup>st</sup>	1.40m		
	Long Jump	"	1 <sup>st</sup>	5.19m		
	Triple Jump	"	1 <sup>st</sup>	10.73m		

#### AUSTRALIAN MASTERS ATHLETICS CHAMPIONSHIPS MEDALS – 69

<b>AMA Champs</b>	High Jump	W50	1 <sup>st</sup>	1.50m	2011	<b>Brisbane, QLD</b>
	Long Jump	"	1 <sup>st</sup>	4.98m		
	Shot	"	1 <sup>st</sup>	10.61m		
	Javelin	"	1 <sup>st</sup>	30.18m		
	80m Hurdles	"	2 <sup>nd</sup>	12.96		

<b>AMA Champs</b>	60m	W50	1 <sup>st</sup>	8.29	2010	<b>Perth, WA</b>
	100m	"	1 <sup>st</sup>	13.37		
	200m	"	1 <sup>st</sup>	27.62		
	80m Hurdles	"	1 <sup>st</sup>	12.60		
	Long Jump	"	1 <sup>st</sup>	5.41m		
	High Jump	"	1 <sup>st</sup>	1.45m		
	Shot	"	1 <sup>st</sup>	12.03m		
	Javelin	"	2 <sup>nd</sup>	31.56m		

	Discus	"	2 <sup>nd</sup>	26.97m		
<b>AMA Champs</b>	400m	W45	1 <sup>st</sup>	60.33	2007	<b>Hobart, Tas</b>
	80m Hurdles	"	"	12.72		
	Long Jump	"	"	5.08m		
	High Jump	"	"	1.42m		
	Shot	"	"	9.82m		
	Javelin	"	"	30.38m		
	4 x 100m relay		"	??		
	200m	"	2 <sup>nd</sup>	26.75		
<b>AMA Champs</b>	200m	W45	1 <sup>st</sup>	26.98	2006	<b>Canberra, ACT</b>
	80m Hurdles	"	1 <sup>st</sup>	12.38		
	400m Hurdles	"	1 <sup>st</sup>	68.21		
	Long Jump	"	1 <sup>st</sup>	5.21m		
<b>AMA Champs</b>	Pentathlon	W40	1 <sup>st</sup>	3038	2004	<b>Melbourne, Vic</b>
	400m hurdles	"	1 <sup>st</sup>	68.24		
	Long Jump	"	1 <sup>st</sup>	5.30m		

	4 x 100m relay	W30	1 <sup>st</sup>	50.20		
<b>AMA Champs</b>	100m	W40	1 <sup>st</sup>	13.66	2002	<b>Adelaide, SA</b>
	200m	"	1 <sup>st</sup>	27.00		
	80m Hurdles	"	1 <sup>st</sup>	13.31		
	400m Hurdles	"	1 <sup>st</sup>	69.35		
	Long Jump	"	1 <sup>st</sup>	5.24m		
	400m	"	2 <sup>nd</sup>	61.57		
<b>AMA Champs</b>	100m	W40	1 <sup>st</sup>	12.92	2001	<b>Sydney, NSW</b>
	200m	"	1 <sup>st</sup>	26.55		
	400m	"	1 <sup>st</sup>	60.51		
	80m Hurdles	"	1 <sup>st</sup>	12.81		
	Long Jump	"	1 <sup>st</sup>	5.36m		
	High Jump	"	1 <sup>st</sup>	1.44m		
	Shot	"	1 <sup>st</sup>	10.22m		
	Javelin	"	1 <sup>st</sup>	31.39m		
	4 x 100m relay		1 <sup>st</sup>	51.39		
<b>AMA Champs</b>	100m	W35	1 <sup>st</sup>	13.07	1999	<b>Canberra, ACT</b>
	200m	"	1 <sup>st</sup>	25.73		
	400m	"	1 <sup>st</sup>	57.41		
	100m Hurdles	"	1 <sup>st</sup>	15.56		
	Long Jump	"	1 <sup>st</sup>	5.58m		
	Shot	"	1 <sup>st</sup>	10.67m		
	4 x 400m relay		1 <sup>st</sup>	4.18.64		

	4 x 100m relay		2 <sup>nd</sup>	52.12		
<b>AMA Champs</b>	100m	W35	1 <sup>st</sup>	13.02	1998	<b>Brisbane, QLD</b>
	200m	"	1 <sup>st</sup>	26.51		
	400m	"	1 <sup>st</sup>	60.13		
<b>AMA Champs</b>	Long Jump	W35	1 <sup>st</sup>	5.27m	1996	<b>Perth, WA</b>
	Triple Jump	"	1 <sup>st</sup>	10.52m		
	High Jump	"	1 <sup>st</sup>	1.56m		
	Shot	"	1 <sup>st</sup>	9.13m		
	Javelin	"	1 <sup>st</sup>	34.40m		
	400m	"	2 <sup>nd</sup>	63.4		
	100m	"	3 <sup>rd</sup>	13.5		
	200m	"	3 <sup>rd</sup>	27.7		
Discus	"	3 <sup>rd</sup>	23.86m			
<b>AMA Champs</b>	100m Hurdles	W30	1 <sup>st</sup>	18.33	1994	<b>Sydney, NSW</b>
	Triple Jump	"	1 <sup>st</sup>	10.45m		
	High Jump	"	1 <sup>st</sup>	1.50m		
	Long Jump	"	2 <sup>nd</sup>	5.06m		
<b>WORLD MASTERS GAMES MEDALS – 13</b>						
<b>WMG</b>	Long Jump	W45	1 <sup>st</sup>	5.29m	2009	<b>Sydney, NSW</b>
	80m Hurdles	"	2 <sup>nd</sup>	12.67		
<b>WMG</b>	Pentathlon	W40	1 <sup>st</sup>	3826	2002	<b>Melbourne, Vic</b>
	80m Hurdles	"	1 <sup>st</sup>	13.09		
	Long Jump	"	1 <sup>st</sup>	5.24m		
	100m	"	2 <sup>nd</sup>	13.62		
	High Jump	"	2 <sup>nd</sup>	1.53m		
	Shot	"	2 <sup>nd</sup>	9.50m		
<b>WMG</b>	400m	W35	1 <sup>st</sup>	59.03	9/8/98 – 22/8/98	<b>Portland, USA</b>
	Triple Jump	"	1 <sup>st</sup>	10.72m		
	Javelin	"	1 <sup>st</sup>	31.11m		
	Shot Put	"	1 <sup>st</sup>	10.34m		
	100m	"	2 <sup>nd</sup>	12.81		
<b>WMG</b>	Pentathlon	W30	1 <sup>st</sup>	??	26/9/94 – 8/10/94	<b>Brisbane, QLD</b>
	Triple Jump	"	1 <sup>st</sup>	??		
	Long Jump	"	2 <sup>nd</sup>	??		
	Javelin	"	2 <sup>nd</sup>	??		
	High Jump	"	3 <sup>rd</sup>	??		
<b>AUSTRALIAN MASTERS GAMES MEDALS – 26</b>						
<b>AMG</b>	100m	W45	1 <sup>st</sup>	??	2005	<b>Adelaide, SA</b>
	200m	"	1 <sup>st</sup>	??		

	400m	"	1 <sup>st</sup>	??		
	80m Hurdles	"	1 <sup>st</sup>	??		
	400m Hurdles	"	1 <sup>st</sup>	??		
	Long Jump	"	1 <sup>st</sup>	??		
	Triple Jump	"	1 <sup>st</sup>	??		
	High Jump	"	1 <sup>st</sup>	1.35m		
<b>AMG</b>	100m	W40	1 <sup>st</sup>	??	2001	<b>Newcastle, NSW</b>
	200m	"	1 <sup>st</sup>	??		
	400m	"	1 <sup>st</sup>	??		
	80m Hurdles	"	1 <sup>st</sup>	??		
	400m Hurdles	"	1 <sup>st</sup>	??		
	Long Jump	"	1 <sup>st</sup>	??		
	High Jump	"	1 <sup>st</sup>	??		
<b>AMG</b>	Long Jump	W35	1 <sup>st</sup>	??	1999	<b>Adelaide, SA</b>
	Javelin	"	1 <sup>st</sup>	??		
	Shot	"	2 <sup>nd</sup>	??		
	400m	"	3 <sup>rd</sup>	??		
<b>AMG</b>	100m	W35	1 <sup>st</sup>	??	1997	<b>Canberra, ACT</b>
	200m	"	1 <sup>st</sup>	??		
	Long Jump	"	1 <sup>st</sup>	??		
	Triple Jump	"	1 <sup>st</sup>	??		
	High Jump	"	1 <sup>st</sup>	??		
	Shot	"	2 <sup>nd</sup>	??		
	Javelin	"	2 <sup>nd</sup>	??		

**OTHER OUTSTANDING MASTERS PERFORMANCES** - (e.g. at Open Athletics championships, other national Masters Championships etc.)

COMPETITION	EVENT	AGE	PLACING	PERFORMANCE	DATE	PLACE
<b>OTHER CHAMPIONSHIP MEDALS – 3</b>						
<b>USA MASTERS T &amp; F CHAMPS</b>	Triple Jump	W35	1 <sup>st</sup>	??	1995	<b>Michigan, USA</b>
	High Jump	"	1 <sup>st</sup>	??	"	"
	100m Hurdles	"	3 <sup>rd</sup>	??	"	"

## AWARDS

### WORLD

#### **2010 IAAF WORLD ATHLETE OF THE YEAR AWARDS**

WINNER - MASTERS FEMALE ATHLETE

#### **2009 IAAF WORLD ATHLETE OF THE YEAR AWARDS RUNNER**

UP - MASTERS CATEGORY.

**2008 IAAF WORLD ATHLETE OF THE YEAR AWARDS** RUNNER  
UP - MASTERS CATEGORY.

**2006 IAAF WORLD ATHLETE OF THE YEAR AWARDS** RUNNER  
UP - MASTERS CATEGORY.

**NATIONAL – AMA**

**2016 AUSTRALIAN MASTERS AWARDS** Most  
Outstanding Individual Performance

**2011 AUSTRALIAN MASTERS AWARDS** Most  
Outstanding Masters Jumps Award

**2009 AUSTRALIAN MASTERS AWARDS** Winner  
– Most Outstanding Female Athlete.

**2008 AUSTRALIAN MASTERS AWARD**  
Winner – Most Outstanding Individual Performance

**2007 AUSTRALIAN MASTERS AWARDS** Winner  
– Most Outstanding Female Athlete.

**2006 AUSTRALIAN MASTERS AWARDS** Winner-  
Most Outstanding Female Athlete

**2005 AUSTRALIAN MASTERS AWARDS**  
Winner – Multi Athlete of the Year

**2003 AUSTRALIAN MASTERS AWARDS**  
Winner – Multi Athlete of the Year

**2001 AUSTRALIAN MASTERS AWARDS**  
Winner – Multi Athlete of the Year

**NATIONAL – Other**

**2008 CONFEDERATION OF AUSTRALIAN SPORTS AWARDS**  
Finalist

**2006 CONFEDERATION OF AUSTRALIAN SPORTS AWARDS**  
Winner- Masters Athlete of the Year.

**2003 AUSTRALIAN SPORT INDUSTRY AWARDS**  
Finalist – Masters Athlete of the Year

**2003 AUSTRALIAN SPORTS INDUSTRY AWARDS**  
Winner – Women’s Athletics Relay Team 4 x 100m

**STATE – Masters Athletics**

**2011 QLD MASTERS ATHLETICS AWARDS**  
Winner Female Athlete of the Year

**2009 QUEENSLAND MASTERS AWARDS**  
Most Outstanding Female

**2008 QLD MASTERS ATHLETICS AWARDS**

Winner Female Athlete of the Year

**2005 N.S.W MASTERS ATHLETIC CLUB**

Winner – Login Irwin Award  
Winner Athlete of the Year  
Winner – NZ Silver Dish Award

**STATE – Athletics NSW****2009 ATHLETICS NSW AWARDS**

Winner - Sprint/ Hurdles Masters Category  
Winner - Jumps Masters Category

**2008 ATHLETICS NSW AWARDS**

Winner - Sprint/ Hurdles Masters Category  
Finalist - Jumps Masters Category

**2005 ATHLETICS NSW AWARDS**

Winner – Masters Athlete of the Year  
Winner Sprints / Hurdles

**STATE – Other****2009 NSW SPORTS FEDERATION ANNUAL SPORTS AWARDS**

Finalist - Masters Athlete of the year category.

**2007 NSW SPORTS FEDERATION ANNUAL SPORTS AWARDS**

Winner - Athletes Category  
Winner Masters Athlete of the Year.

**2005 N.S.W. SPORTS FEDERATION ANNUAL SPORTS AWARDS**

Winner – Athletes Category  
Masters Athlete of the Year

**2004 N.S.W. SPORTS FEDERATION ANNUAL SPORTS AWARDS**

Finalist – Athletes Category  
Winner Masters Athlete of the Year

**2003 N.S.W. SPORTS FEDERATION ANNUAL SPORTS AWARDS**

Finalist – Athlete Category  
Winner Masters Athlete of the Year

**2001 N.S.W. SPORTS FEDERATION ANNUAL SPORTS AWARDS**

Finalist – Athlete Category  
Winner Masters Athlete of the Year

**LOCAL – Wollongong/Illawarra****2010 I98 & AHM LOCAL HERO AWARDS**

Runner up - Senior Sports Category

**2009 I98 & AHM LOCAL HERO AWARDS**

Winner Senior Sports Category

**2004 SHELLHARBOUR SPORTS STAR AWARDS**

Winner - Masters Category

**2003 SHELLHARBOUR SPORTS STAR AWARDS**

Winner - Masters Category

**2002 SHELLHARBOUR SPORTS STAR AWARDS**

Finalist – Athlete Category



**1998 SHELLHARBOUR SPORTS STAR AWARDS**

Finalist – Athlete Category

**1995 ILLAWARRA MERCURY SPORTS STAR AWARDS**

Finalist – Athletics

**ACHIEVEMENTS**

**2018 XXI COMMONWEALTH GAMES QUEENS BATON RELAY**

Torch Bearer

**2016 OPENING CEREMONY PERTH WORLD MASTERS CHAMPIONSHIPS**

Selected to represent all athletes and read the Athlete's Oath

**2010 WORLD MASTERS INDOOR CHAMPIONSHIPS, KAMLOOPS, CANADA**

Selected as Australian Team Flag Bearer

**2010 AUSTRALIA DAY COUNCIL OF NEW SOUTH WALES**

Ambassador

**2009 AUSTRALIA DAY COUNCIL OF NEW SOUTH WALES Ambassador.**

**PERSONAL QUALITIES OF THE NOMINEE** – a Testimonial addressing the Nominee’s personal qualities - integrity, exemplary sportsmanship, affability, respect for others, support for the values of the sport and Australian masters athletics and their status as a positive role model for the sport.

Marie was a well-respected and admired athlete at World, Regional and National Championships, outdoors and indoors. Despite her success Marie was very humble, friendly and grounded, while being a fierce competitor.

Throughout her running career Marie worked as Personal Trainer, later moving into Real Estate. She was a dedicated wife, mother and later, grandmother. Marie's boundless energy was an inspiration to people of all ages.

It was not uncommon to see Marie helping her fellow athletes improve their performances while competing against them at events up to and including World Championships. That was just the attitude Marie had, she wanted to see every athlete perform to the best of their ability, whether she was competing against them or not. She often encouraged fellow competitors to go after her records.

When asked about her career highlight back in 2009, Marie had every opportunity to recount the eight world records she held at the time and the countless medals she'd won. Instead, she nominated the occasion where she was presented with a simple cloth badge as a mark of respect from American Masters athletes.

Despite how driven she was as an athlete, she was well-loved and respected by athletes and officials from around the world. So much so, when the World Masters Games came to Sydney in 2009, her main focus wasn't on the competition, it was on the 32 guests she had coming to town. She recounted, *"I had travelled overseas so many times over the past 15 years and been looked after so well, it was the least I could do"*. She organised accommodation and tours, and even drove their bus!

This positive attitude throughout her career saw Marie as the perfect choice to represent all competitors at the 2016 Perth World Masters Championships, when she read the Athlete's Oath. She was also selected as the 'Poster Girl' for the marketing materials for the Championships, yet another honour bestowed upon this unassuming athlete.

In addition to her athletic prowess she supported the sport through her active engagement as a coach. For many years she took the knowledge she gained and put it back into the sport, coaching her own squad of athletes. One of her biggest coaching achievements was getting World and Paralympic champion James Turner onto the Australian team for the 2016 Rio de Janeiro Paralympic Games.

Marie was a member of the WMA Women's Committee. For many years she would forgo one of only two rest days during the World Championships, to attend meetings and bring women's participation issues to the discussion table. She had also been a relay selector for AMA at World Masters Championships.

Marie's success didn't come easily. She was fastidious in her approach to training, recovery and nutrition, all while balancing work and family life, and encouraging others in their quest to perform well. There were certainly struggles, especially injury which unknown to many was Marie's constant companion in the latter years of her career. Injury was not something Marie ever spoke about and certainly never used as an excuse. Marie had incredible respect for her fellow competitors and on more than one occasion she was assisted to the medal dais from the first aid area at the conclusion of competition.

One heartbreaking occasion injury affected Marie was when she was selected as part of the Australian Open team for the 2016 IAAF World Indoor Championships for the 800m demonstration Masters event. Sadly, she injured herself at the USA Indoor Championships prior and wasn't able to participate. This was a devastating blow for Marie, but worse was yet to come. Her hamstring tear in 2016 at Perth's World Masters Championships required surgery and finally after weeks of not even being able to sit down she was allowed to begin cycling for fitness, only to get knocked off her bike. Marie did bounce back and with a glimmer of

hope she started to prepare for the 2018 World Championships only to find that she was not able to generate any power from her rehabilitated hamstring.

Ten heptathlon world championships in a row had been a long-term goal of Marie's, but nine was as close as she got; more than double anyone else, and nine more than most could even dream of! Her body had said enough and Marie Kay quietly retired from athletics.

Marie is now enjoying spending time with her family and being a grandmother far more than the early starts, tough training sessions and the long, expensive trips required to compete at the highest level.

Marie proved herself over to be an inspirational and extraordinary athlete on the national, regional and international masters athletics scene, truly one of the best the world has ever seen. She was a phenomenal ambassador and role model for masters athletics. Her humility towards both officials and competitors was astounding, which was one of the main reasons she was so highly respected. Her bubbly smile and always happy presence will be missed around athletics tracks in future years.





