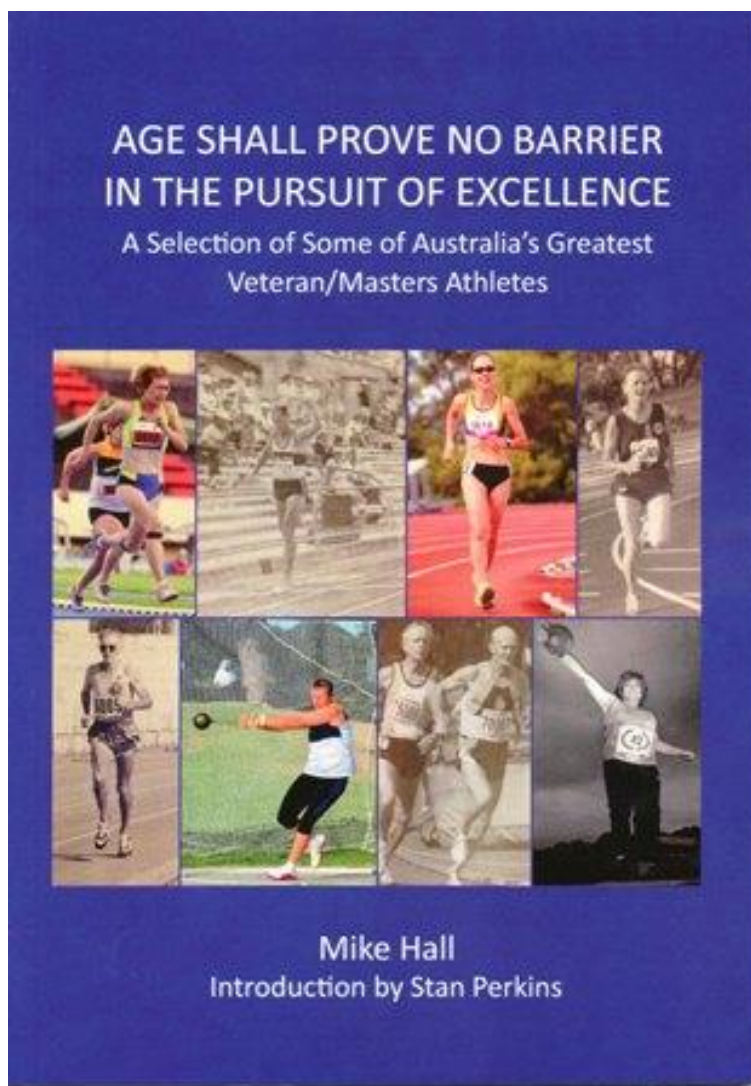


# Age Shall Prove No Barrier in The Pursuit of Excellence

By Mike Hall

Firstly, let me say, the prime object of compiling this book, featuring just a sample of a select group of Australia's greatest Masters Athletes, and their extraordinary achievements, is basically twofold. First and foremost of course, is to highlight their individual performances and provide the recognition they richly deserve. Secondly, if by publishing their stories in the book it offers an inspirational guide for readers to set their own personal goals, we will have achieved the desired objective .....Mike Hall



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