



**Australian Masters Athletics**

*Promoting active healthy athletics competition through our network of state and territory associations*

# AMA NEWSLETTER

**December 2023**



**South Australian  
Masters Athletics**



**Australian  
Masters Athletics**

*...for athletes aged 30 and over*



**Merry  
Christmas!**

**1923 Results and New Year possibilities.**



## President's Report

### OUR SPORT

More than 3,000 registered athletes over thirty years of age compete in masters athletics in Australia.

As we age, health, fitness and lifestyle become more critical.

AMA is keen to promote and encourage greater participation in our sport.

The focus of Australian Masters Athletics is participation regardless of whether an athlete is a beginner or an elite athlete. Standards and performances are recorded in five-year age groups. Age-graded events encourage and reward improvement and fitness.

As part of that focus, we want all Australian masters athletes to have a great athletic experience, have fun, keep fit and enjoy the fellowship and camaraderie of masters athletics.

Please help us promote our sport by telling a friend and family about masters athletics. The more conversations and discussions we have about our sport and the potential benefits from participation, such as improved health, fitness, and lifestyle, the greater the chance we will influence, encourage, and promote improvements in the lives of Australians, their families, and communities.

We also need your help finding people and organisations to sponsor or partner with us. If you have any ideas or suggestions about sponsorship, partnering or funding, please do not hesitate to contact any member of the AMA Board.

### Volunteers

AMA is keen to recognise the officials and volunteers supporting our sport.

We want to extend our heartfelt thanks to the officials (many of whom are masters athletes) and volunteers who have helped us through the last couple of years; it has been challenging for everyone. Without their dedication and support, there would be no competitions, no records, no stories to tell and no fun.

At your next athletics event, please go out of your way to thank the officials and volunteers for their help.

## Our AMA Board

**The Board of AMA comprises volunteers elected by the State and Territory Masters Athletics Associations.** The Board meets throughout the year.

We are delighted to welcome Pramesh Prasad, elected to the Board at the 2023 Annual General Meeting. At that meeting, Jill Taylor was elected Vice President, Judy Farrell was re-elected as Secretary, and Jayne Hardy was re-elected to the Board.

### **The AMA Board members and their area of responsibilities:**

**John Clark President:** Responsible for leading and chairing the Board and Council meetings and related activities, Oceania Masters Athletics and World Masters Athletics relationships, relationships with third parties such as Athletics Australia, and government relations.

**Jill Taylor, Vice President:** Responsible for 50th-anniversary celebrations, team managers, relay selectors, coaches, volunteers, the engagement working party and the Hall of Fame awards coordination, new ideas and events.

**Judy Farrell, Secretary:** Responsible for operational matters, including Board and Council meetings, correspondence, Oceania Masters Athletics and World Masters Athletics communication/correspondence, AMA website and Facebook page, and annual awards coordination.

**Lisa Attenborough, Treasurer:** Responsible for finance and accounting, annual audit, uniforms, compliance, and policy-related matters.

**Jayne Hardy, Board Member:** Responsible for championships, including running and managing championships, site visits, communications with Local Organising Committees, coordinating officials, and chairing the Distance Running Working Party.

**Rob Mayston, Board Member:** Responsible for sponsorships, grant funding and partnerships.

**Bruce Bodsworth, Board Member:** Responsible for communications, including the AMA newsletter and partnerships.

**Pramesh Prasad, Board Member:** Responsible for innovation and participation, including social media, public relations, event and athlete updates, branding, engagement, new events, competitions, and initiatives.



## **2024 Nationals - Hobart**

We are incredibly excited about the 2024 Australian Masters Championships being held in Hobart.

Hobart is one of my all time favourite destinations for both athletics and having a holiday.

The Hobart Local Organising Committee have done a terrific job organising the event. We hope you will join in the fun at our 2024 National Championships in Hobart.

Please see Fionna Lennon's update on the 2024 event in this newsletter.



*The Australian Masters Athletics National Championship is supported by the Tasmanian Government through Events Tasmania*

## **2024 World Masters Championships - Gothenburg**

There has been lots of interest in this event, and World Masters Athletics are very excited about these championships. We are told the facilities are of the highest standard and the organisation of the event is first class.

The feedback received after the recent seminar presented by Jill Taylor and Lisa Attenborough was very positive.

Do not forget, there are no qualifying standards for this event. Masters athletics is all about participation. We would love to see lots of Australian athletes compete at this event.

Please see Jill Taylor's piece on Gothenburg in this newsletter.



*Christmas in Gothenburg Sweden*



*Slottsskogsvallen Stadium*

## **Oceania Masters Athletics (OMA)**

The AMA Board has spent significant time during this last year on the matter of membership of OMA. The OMA Board decided to hold a special general meeting of members (held in Fiji in May 2023) to consider the following:

“Oceania Masters Athletics Inc become a Commission of Oceania Athletics Association Inc.”.

AMA detailed its significant concerns about this motion and the potential consequences to OMA well before the meeting. However, the motion was passed at the meeting on 17 May 2023, with AMA dissenting.

AMA continues to wait on OMA finalising the details relating to executing the motion passed at the OMA Special General Meeting. Those details will then set the scene for any discussions or decisions that may need to be made regarding membership of OMA and the Commission.

## **Engagement Working Party**

The working party is currently being established to focus on attracting and retaining members in our younger demographic age groups (30 to 45 years).

AMA recognises this age group is busy with many commitments such as work and family. However, it is an age demographic that AMA needs to be proactive in, and it is an essential age group for the longevity of Masters athletics.

Jill Taylor is the Chairperson, and the working party will include members from WA, SA, ACT, VIC and NSW. The initial objectives for the working party are as follows:

- Group to work together for an initial period of 12 months, with a review at the end to consider if additional time/resources are required.
- Group to discuss and develop recommendations for attracting and retaining members in our 30 - 45 year age demographic.
- Bring forward recommendations to the Board for consideration.

## **Distance Running Working Party**

Distance running events in Australia include park runs, 5k runs, 10k runs, half marathons, marathons, cross-country races, road races and ultra-marathons. Typically, distance running events will be running events greater than 1,500 metres in length. It is believed that distance runners, particularly masters-aged distance runners, could be an area where AMA and its member state and territory associations can significantly grow their membership numbers. If this is the case, it should potentially lead to an increase and improvement in the number and quality of distance event running events available for masters-aged athletes in Australia.

**Working Party Participants:** Jayne Hardy (Chairperson), Pramesh Prasad, Gordon Cockell, Peter Thorne, Christopher Worsnop, Irene Davey, Mark Murphy, Shane Clubb, Craig Wisdom, Jason Kell. The initial objectives for the working party are as follows:

To investigate and develop recommendations for the AMA Board on strategies for:

- Increasing the number of masters-aged athletes competing in distance events
- Encouraging and promoting participation in distance events for masters athletes.
- Improving and or increasing the number and quality of competitive and or non-competitive events for masters-aged distance runners
- Any other matters relevant to masters-aged distance runners and distance running events.

### **Coaching Course**

One of the AMA's key projects is developing a course to coach track and field coaches in the coaching masters athletes. The course focuses on the general principles required for coaching masters athletes. It is not a course focused on sprints, hurdles, middle distance, jumps, throws, etc.

The development of the course is well underway, and eleven modules have been drafted and are currently under review. The review's working party includes Peter Lyden, Jayne Hardy, Amanda Coombe, Lisa Attenborough, and John Clark.

### **AMA Volunteers**

Barbara Blurton, AMA Registrar. Clyde Riddoch, AMA Records Officer, Jan Banens, AMA Public Officer, Don Quinn, World Masters Rankings, and Peter Lyden, AMA Hall of Fame, are all volunteers who spend numerous hours assisting AMA, providing their experience and expertise for our athletes. We really appreciate your help and assistance in making this an outstanding year. Thank you for all your hard work and support.

To Stan Perkins, for all your assistance and advice regarding the special general meeting of OMA. Thank you for your guidance, calmness, and poise under pressure.

To the members of the Board, all of whom are volunteers, thank you so much for your support and contribution, giving your time, experience, and expertise so willingly to promote and encourage masters athletics in Australia.

**John Clark - President**

# Jane Flemming OAM steps into role of Athletics Australia President



Melbourne, Australia; 20 October 2023 - Athletics Australia heralds a new President, with Olympian and Commonwealth champion **Jane Flemming OAM** unanimously appointed to the role today following the organisation's Annual General Meeting.

The Australian and Commonwealth Games record holder in the heptathlon succeeds outgoing President Jan Swinhoe, who ends her nine-year maximum term on the Athletics Australia Board today.

A distinguished and respected figure within Australian athletics, Flemming brings a wealth of experience, leadership and passion to her new role.



## **News from the AMA Competition Director**

With the start of the athletic season in full swing, I'm sure all athletes are looking forward to training and competition. That is not to say the winter period of 2023 was quiet - quite the opposite. Out-of-stadia events were held all over the country and it was good to see our athletes out there enjoying their running and race walking. Indoor throwing events were also well attended and hopefully, there will be more of these to come.

Our triennium events for 2022 to 2024 include our Marathon Championships as part of the Gold Coast Marathon, the 10km Championships at the Sydney Running Festival, the 20km Road Walk as part of the SAMA 20km Road Walk Championships, the Multi Championships held in Bendigo this year, but to be held in Townsville in 2024, the Postal half marathon that was looked after by MAWA and the Winter Throwing Championships held in Brisbane.

Our participation numbers are small at the runs and walks, but our throwing events are proving very popular and we now have an AMA Indoor Throwing Championships as well as an AMA Heavy Weight Pentathlon Championships which was included as part of the Winter Throws Championships this year.

There are some changes coming for the 2025 - 2027 triennium and we will have more information for you as the new AMA Board settles in.

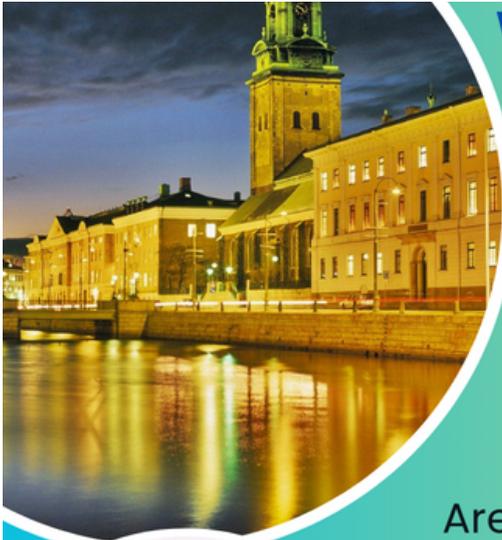
Our National Championships for 2024 will be held in Hobart over the Easter period and it is all coming together nicely for the TMA LOC. Let's all get there to make it a wonderful event

That is all for now and I look forward to seeing you out there somewhere!

**Jayne Hardy**

**Board member**

**Australian Masters Athletics Inc**



# World Masters Athletics Stadia Championships

Gothenburg, Sweden

August 13 – 25, 2024

**ARE YOU THINKING OF  
JOINING TEAMAUSTRALIA?**



Are you interested in next year's World Masters Championships? If you've never been to one of these events before, now is your chance to come along and join TeamAustralia, as we take on the rest of the world.



There are no qualifying standards to enter these Championships, or in fact to enter any Masters event worldwide, and if you're 35+, you are welcome to join us in Sweden.

In order to help us with organisation of our Team going to Gothenburg, we ask for your input via the Expression of Interest form at this link, by December 24:

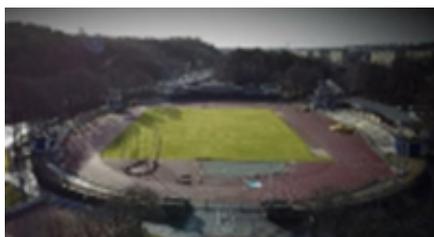
**<https://forms.office.com/r/qYhPEVHMT2>**

*copy and paste this link into a new browser to view*



Check out the event website:  
<https://www.2024wmac.com/>

The countdown is on! Let's check out the venues that will be used:



#### **SLOTTSSKOGSVALLEN**

**Lars Israel Wahlmans street 32, 414 76 Gothenburg.**

Also the venue for the Opening Ceremony - Slotsskogsvallen and the beautiful surroundings of the City Forrest will be more than ready to serve as the main stadium and the beating heart of the championship experience.



#### **ULLEVI STADIUM**

**Skånegatan 10, 411 40 Gothenburg**

Ullevi has a great history of hosting numerous iconic moments and international championships. A multi-purposes stadium in the city centre, originally built to host the 1958 FIFA World Cup, the stadium also opened its doors to host the 1995 World Athletics Championships and the 2006 European Athletics Championships. The name Ullevi roughly means "Ull's kingdom or temple" and relates to Ull, the god of games in Old Norse mythology.



#### **BJÖRLANDA ATHLETICS CENTRE**

**Björlanda Lexbyväg 2, 423 59 Gothenburg**

Björlanda is brand-new and designed to host competitions in a modern way. The size of the stadium is impressive and set to square meters, there's nothing like it to be found anywhere else in northern Europe. It also houses all the infrastructure and service facilities needed to make it the perfect location for a masters championship. The location is a bit tricky, but there will be a dedicated shuttle bus line from the main stadium.



#### **NON STADIA EVENTS: SLOTTSSKOGEN CITY PARK**

One of the oldest, largest, and most popular city parks in Sweden. Thanks to its rich plant and animal life, Slotsskogen City Park has been the local's choice for a sunny day since 1874. During the championships the park will be the venue for Race Walking, Road Race, Half Marathon, and the Cross Country competitions. The park rangers have promised us some beautiful events, and the penguins will be more than happy to have you.



# Australian Masters Athletics Championships HOBART TASMANIA 2024



**MARCH 29 – APRIL 1, 2024**

**50th Anniversary of Australian Athletics Championships!**

Come and join the party in Hobart, we'd love to see you there.

Less than 120 days to go!

## Accommodation

Make sure you book your accommodation with one of our accommodation providers; mention you are attending the championships to get a reduced rate. Check out the accommodation providers here: <https://amahobart2024.com.au/staying-in-hobart/#accomodation-providers>

## Flights

The event is being held over Easter so make sure you book your flights early to avoid the Easter rush. You can fly to Hobart or to Launceston in the north of the state and drive down.

## Registration

Registration has opened and **Early Bird Entries** closes Wednesday 24 January 2024 at 9am. **Final Entries** close on Sunday 29 February at 9pm.

## Raffle

If you're planning on visiting beautiful Tasmania for the 2024 AMA Championships then what better way to cap off your visit than with an amazing [Pennicott Wilderness Journeys](#) cruise or a meal at [Frogmore Creek](#).

Enter our AMA 2024 raffle for a chance to win either of these and more!

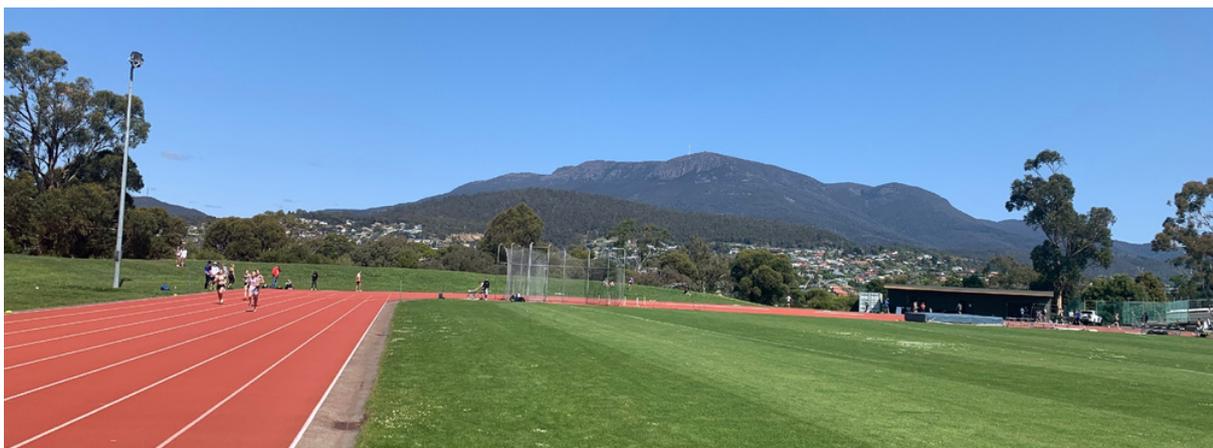
<https://go.rallyup.com/ama2024-hobart>

All money raised goes towards the hosting of the event.

If you are visiting from outside Tasmania, please note that we are drawing the raffle on March 01, 2024 to give you time to organise your cruise or meal should you win the raffle.

[Fiona Lennon](#)

Chair – Tasmanian AMA Championship 2024



The Australian Masters Athletics National Championship is supported by the Tasmanian Government through Events Tasmania

**Pennicott Wilderness Journeys**

Frogmore Creek



**Australian Masters  
Athletics Championships**  
**HOBART TASMANIA 2024**

## From the States



### ACTMA NEWS.

Well, it is official – Athletics ACT and Little Athletics ACT have merged to become Capital Athletics! This is a good thing, and it shows that the state and territory bodies can work well together towards One Athletics. Once Capital Athletics was formed, it was time for ACTMA to look more closely to see if there was a viable solution to our insurance and competition dilemma. There was still some concern shown by our committee regarding the status of our commitment – become an Associate member or affiliate.

ACTMA, as with all the state and territory bodies, is an Association, but it is also a club and with that in mind, we had to think of what would be best for our members. Some of our members are interested in competing at the senior/open level and hopefully, more will now be able to do this and perhaps we will get more joining us. ACTMA has now affiliated with Capital Athletics!!

Our registration period has opened, and we are steadily seeing our members renew and hopefully will have some new people come and try as our first meet is on October 12. We have a full program as well as our monthly Cross Country (Run/Walk Handicap) and our monthly Throws Pentathlons and Throwing Handicaps.

Our Secretary Robbie Costmeyer has been working hard getting sponsorship and fundraising – we have a variety of sponsors and as he is an avid distance runner, he has also organised many of our members to volunteer at our local fun runs and Half marathon events raising funds for our club. The latest one being the Sole Motive Canberra Times Fun Run coming up in early November.

We are also showing off our uniform and making other athletes aware of us at the local Park Runs in Canberra – another initiative of our Secretary.....



A small number of our membership travelled to the AMA Indoor Throwing Championships that were held in Lovedale in mid-August. This was a huge success for NSWMA and was enjoyed by all who attended. Our throwers were again busy at the start of October, travelling up to Brisbane for the AMA Winter Throws Championships where we were blessed with fantastic weather and another well organised three days of throwing. More records were broken and set at these two events.

Capital Athletics also had some High Noon meets during the latter part of our off-season and again, our members thrived from the competition, breaking even more records.

Cheers from ACTMA

**Jayne Hardy**

**President: ACT Masters Athletics**

*One of our many monthly throws pentathlons in Canberra*



## **Further ACTMA NEWS**

Our registration period has been opened since October. We are steadily seeing our members renew and it is great to see some newbies between 30-45years of age joining. We have a full program as well as our monthly Cross Country (Run/Walk Handicap) and our monthly Throws Pentathlons and Throwing Handicaps and everyone is getting into it all!

We are introducing t-shirts to our uniform and hope to show them off at the 2024 National Championships in Hobart as well as at the local Park Runs in Canberra. Our members are enjoying competing at the Capital Athletics Summer Series meets as well as our weekly meets and AMA National Champs. They are out there breaking and setting records in the all areas of track and field as well as out of stadia events.

We have been fortunate to have some serious donations come through from Canberra businesses, all organised by Odd Job Rob (a Neighbour of mine in Gundaroo) to replace the Shot Put and Discus circles at our Throwing Field at Masson St, Turner. We are so grateful to the businesses that have helped with this endeavour.

A few of our Club sponsors assisted with handing out the awards at our end of year Run/Walk Handicap series on 26 November. The support of all our sponsors is much appreciated and has enabled us to keep our registration fees affordable.

A review of our website is currently underway and accessing the website on one's mobile phone has improved. Broken links have been fixed and member's athletic performances are being folded into one table by linking their performance across the various disciplines.

**Jayne Hardy**

**President: ACT Masters Athletics**

**6 December 2023**





The last day of the SAMA winter competition was held in early September and was followed by presentations for the season. Several new formats were introduced for the program of walks and runs and were deemed a success by organisers and competitors.

The summer program commenced in late September and was very well attended with a strong contingent of athletes participating. A second meet was held early October as a lead-in to the athletics component of the Australian Masters Games held in Adelaide 7-12 October. SAMA coordinated the three out-of-stadia events, the City Mile, the Cross Country and the Road Walk. Strong support was provided by members as officials and volunteers for the three events.



The LOC formed for National Athletic Championships to be held in Adelaide in April 2025 has held its first meeting and specific roles and responsibilities have been allocated to members. Discussion with both suppliers and sponsorship partners have commenced and appear positive.



**Australian Masters' Athletics  
Indoor Throwing Championships  
Argentille Equestrian Centre  
Lovedale, NSW  
Sat 19 & Sun 20 August  
2023  
RESULTS BOOKLET**



## **Overview report**

On behalf of the NSW Masters' organising committee, I would like to thank you all for attending the 2nd AMA Indoor Throws Championships. Our numbers were a little lower than last year, which was disappointing. I'm hoping that when word gets out letting people know how great the new venue is, we will have larger numbers next year. How much nicer was it not to have to breathe in so much dust and dirt!!

I know it is a little further out of Sydney, but we are planning lots of exciting activities next year. Hopefully this will encourage more people to attend, stay for the weekend and enjoy not just the athletics but the wonderful area that is the Hunter Valley.

Despite the smaller groups there was still plenty of fierce competition and a massive 36 new Australian records broken or set.

We were able to introduce some new events and I think you will all agree there was more than enough throwing on offer to fill up a weekend. Most competitors opted for the full program, which meant 45 competition throws and numerous warm-ups. I'm sure we all felt it on Monday! As the World Masters' Championships are in August next year, we will run the Indoor Championships in July 2024.

Thankyou once again for entering and travelling all the way to Lovedale. I look forward to seeing you again next year along with lots of your throwing friends and perhaps even your family and non -throwing friends.

Gabi Watts  
NSWMA LOC

There are so many people to thank, and I hope I don't forget anyone:

- Everyone that turned up on Friday and helped to set up the circles (Jill, Dave, Paul, Howard, and Jason)
- The NSWMA committee. Some that competed and officiated. Also, Bianca who came along just to help.
- Gavin Murray for providing the EDM's, setting them up and operating them all day along with Maria Cimino and Anatoly Kirievsky.
- Our ANSW official Angela Stephens Kinch who worked tirelessly for both days.
- Ellena Cubban and Audrey Muscat for officiating.
- Morgan Clifford for recording.
- Jill Taylor and Maria for taking photos.
- Anatoly for doing most of the medal presentations.
- My fabulous husband Dave Watts who does most of the work even though he abandoned me for the women's world cup final.
- All of you wonderful athletes who helped with officiating while competing.
- Sharon for the yummy muffins.
- Chandra for the soft drinks
- All of you that helped to pack up. Many hands do make light work!
- Finally!

A big thank you to all of you for registering for this event, travelling all the way to Lovedale and being part of the 2nd Australian Indoor Throws Championships. Your positive attitude, competitive spirit and friendliness made for a wonderful couple of days of throwing. Some of you are regulars at our events, but so great that we got to meet some new faces too.



# AMA INDOOR THROWING CHAMPIONSHIPS

## NEW AUSTRALIAN RECORDS

Jamie Muscat Shot M-45 12.72m  
Tim McGrath Shot M-60 11.43m  
Glenn Crompton Shot M-70 10.71m  
Gabi Watts Super weight W-55 9.98m  
Gavin Murray Super weight M-65 7.88m  
Bruce O'Connor Super weight M-70 7.43m  
Helena Smith 56lb W-35 3.45m  
Julia Atilla 56lb W-40 4.12m  
Jamie Muscat 56lb/Super weight M-45 8.70m  
Gavin Murray 56lb M-65 6.09m  
Bruce O'Connor 56lb M-70 4.18m  
Ray Green 56lb M-75 4.14m  
Jamie Muscat 100lb M-45 4.59m  
Jason Crethar 100lb M-50 2.44m  
Tim Lowrey 100lb M-55 3.10m  
Helena Smith 100lb W-35 1.79m  
Miranda Ramsden 100lb W-40 2.20m  
Nicole Johansen 100lb W-50 2.41m  
Jill Taylor 100lb W-65 1.53m  
Anatoly Kirievsky 100lb M-40 3.13m  
Gavin Murray 100lb M-65 2.71m  
Paul Hook 100lb M-70 2.26m  
Ray Green 100lb M-75 2.43m  
Noel Donohoe 100lb M-80 1.26m  
Jamie Muscat Weight Throw M-45 13.02m  
Gavin Murray Weight Throw M-65 15.32m  
Mark Johnston Weight Throw M-70 12.83m  
Helena Smith HWP W-35 2034pts  
Gabi Watts HWP W-55 4057pts  
Anatoly Kirievsky HWP M-40 2419pts  
Jamie Muscat HWP M-45 3827pts  
Jason Crethar HWP M-50 1974pts  
Matt Stenning HWP M-55 254pts  
Gavin Murray HWP M-65 3914pts  
Bruce O'Connor HWP M-70 2748pts  
Ray Green HWP M-75 2629pts



***The object of our club is to encourage and promote masters athletics, general fitness and to provide opportunities for training and competition.***

Membership is open to men & women 30 years and older. Enquiries to: [mawasecretary@gmail.com](mailto:mawasecretary@gmail.com)

We have a comprehensive annual program that provides the opportunity for members to participate in weekly runs and walks, as well as track and field competition. There are also training groups that meet during the week. We also organize a variety of friendly social events. The format of events allows contestants to be as competitive or social as they choose. Competition is in gender and age groups which advance in five-yearly increments starting at W30 and M30. Uniform is available via the "Uniforms" tab on the website. For State or National competition the Mens Singlet or T-shirt needs to be worn or the Ladies Singlet, T-shirt or Crop Top. The uniform needs to be worn with any black shorts or pants. If you would like your member number printed on your top for Sunday runs please contact Russell Smith by email [kpdperth@hotmail.com](mailto:kpdperth@hotmail.com) to order. The cost is \$10 for a number transfer or \$15 for your number and name. You will need to give your top to Russell at a Sunday run to have this done. The club is run by a small committee and is dependent on many volunteers such as race directors, marshals, time-recorders and other helpers.

### **UPCOMING EVENTS**

Sunday December 17: Canning Caper – 10k H, 6k walk H, 6k run, 10k walk 7:00am. Visitors are welcome for a fee of \$5, (no pre-registration required). Exact cash please. Visitor registration closes 10 minutes before run start.

The object of our club is to encourage and promote Masters Athletics, general fitness, and to provide opportunities for training and competition.

19-Dec 100 60 800 5000 high hammer discus  
09-Jan 100 800 60 3000 long/triple javelin discus  
16-Jan 200 1500 100 5000 high hammer shot  
23-Jan 60 400 200 3000 long/triple javelin hammer  
30-Jan 100 800 60 5000 high discus shot  
06-Feb 200 1500 100 3000 long/triple javelin hammer  
13-Feb 60 800 300 5000 high discus shot  
20-Feb 100 1000 200 3000 long/triple javelin discus  
27-Feb 60 1 mile 400 5000 high hammer shot  
05-Mar 100 1500 200 3000 long/triple javelin shot  
12-Mar 200 1000 60 5000 high hammer discus  
19-Mar 400 1500 100 3000 long/triple javelin hammerph text



## **QMA celebrates 50 years.**

***Nine men attended a meeting at the Toowong RSL Club in Brisbane, on 24 September 1973 to establish the Queensland Veteran Athletics Club (QVAC). The inaugural officers of the new club were – Jack Cook president, John Bailey vice president, Sid Bray secretary and Ray James treasurer. A month later (21 October) 40 competitors took part in the club's first track and field meet that consisted of 60m, 100m, 800m run and walk, long jump and shot put events. The new club was for men only. This did not change until women were granted associate membership in 1975 but it would be 1983 before they were accepted as full members.***

***Authorised by Bryan Thomas.***

Masters athletics ... 50 years ... a wonderful history worth celebrating even if women, led by Heather Doherty, had to fight at the start to compete and continue to make their mark ever since. Kevin Ryall has done an excellent job in proposing the creation of and bringing together this comprehensive documented history. Wilma Perkins, supported by Stan, has coordinated a commemorative Meet at the State Athletics Facility on Saturday 21 October 2023; the date close to when it all started 50 years ago. Tamara Paterson and Peta Dunne are organising a celebratory lunch on the day, with Don Quinn and Irene Davey seeking out former members to renew acquaintances with the many athletes who've been part of this grand history. Dieter Lacko is setting up a "Wall of Fame" at the lunch with more historical photos, hoping people will recognise one another from days gone by. I've been very grateful to be a part of the planning for these celebratory activities and extend my thanks to the team who've worked so hard organising it all. We anticipate many of our current and former members will join in the fun and make our celebrations memorable on the day. Then taking home this wonderful pictorial history with memories to last a lifetime. Lorraine Birtwell, Secretary, QMA

I've seen them come and I've seen them go and I could not want to be a part of any other association than Queensland Masters Athletics. A most sociable yet competitive lifestyle of friends and rivalry. Congratulations QMA on fifty years of giving those over the age of thirty the chance to enjoy the sport of athletics. From humble beginnings to now, the sport has always been so vast and varied that administrators, officials and helpers have been an army of volunteers who have given their time to present another day of competition. What better way to live a longer healthier lifestyle through our aging years than Masters Athletics. From the adrenalin at setting up your blocks to a dip finish. From the warm-up in the cold of a morning to finish that marathon hours later. To clear that last hurdle when the legs start to give. To better last year's distance with that throw or jump. As the muscles deplete each year, we still come back to enjoy the competition whether local, state, national or to challenge the world. I am humbled by those that I have known over the years from champions to volunteers thanking each and everyone for their friendship and competition. Bruce Bodsworth. President.



## **MASTERS ATHLETICS NT**

Masters Athletics is a subcommittee of Athletics NT that connects athletes over 30 from all clubs. Masters has five year aged group divisions from 30-34, 35-39 etc. up to 95+. NT teams are now competing at the Australian Masters Athletics (AMA) Championships, Masters is an emerging lifestyle / fitness option for Territorians. Master divisions are included in all Athletics NT events including the NT City2Surf and the NT Championship. Where multiple aged divisions compete, placings are determined by age calculations from International Standards.

A current NT Masters registration will also enable Australian representation and entry into that year's World Masters Athletics Championship

For more information contact: NT Masters Chairperson - Colin Heywood| [NT Masters Athletics](#)



***To all members and families of the Australian  
Masters Athletics:  
please have a wonderful, safe and restful festive  
season, to return for the gruelling second half of the  
track and field season rested and refreshed.***



**Australian  
Masters Athletics**

*...for athletes aged 30 and over*