

Pramesh Prasad



PHONE: 0422088423

EMAIL: prameshprasad@australianmastersathletics.org.au

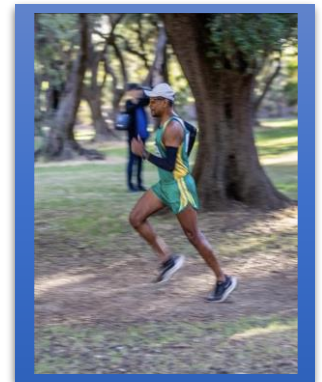
I have been a member of VMA for the last 8 years and have been part of the Victorian Masters and Australian Masters Athletics Championships since 2016, apart from that I took part in the World Masters Athletics Championships in Perth 2016 and World Masters Games in New Zealand in 2017. I have also competed in Australian Masters Games and Pan Pacific Masters Games since 2016.

I've made friends and participated in tournaments through Masters Athletics not just in Victorian Masters but also across Australia and the globe. It has also provided me the opportunity to compete at a higher level, where I can watch my times become faster every year. It has also helped me gain knowledge and expertise in track & field athletics.

Apart from that I have been in Track & Fields Athletics from the age of 12 and have been in a lot of international events competing around the world, one of my first international Championship was back in 1995 at the World Race Championship in Beijing China and my first Oceania Championships in 1990 as a 15-year-old. This year I was the oldest Athlete in Oceania to compete in the World Cross Country at Bathurst in the Open Men division and in 1991 to 1993 was competing with Collingwood Harriers Athletics Club and Victorian Race-Walking Club in there winter season.

Some Major Championships.

- Oceania Championships x 5
- Oceania 20km Championship x 4
- Australian Masters T&F Championships x 6
- Australian Masters 20km Championship x 4
- Victorian Masters T&F Championships x 6
- Victorian Masters 10km & 20km Championship x 5
- Athletics Victoria T&F Championships x 2
- Athletics Victoria 5000m, 10km, 15km, 30km, 35km & 50km Championships
- Australian Masters Games x 5
- Pan Pacific Games x 3



Hold a few Victorian Masters', Australian Masters and Athletics Fijis Open Men's records in Race walk

- 15km Road Victorian Masters Records
- 100km Australian Record holder in Race walking
- 6-hour Australian Masters Record Holder in Race Walking
- 12-hour Australian Masters Record Holder in Race Walking
- Becoming an Australian Centurion in 2021 C81 finishing 100miles in 21 hours.
- Only Athlete in Fijis T&F to holds more records than any other Athlete.
- 5000m Race Walk
- 10,000m Race Walk
- 30km Rack Walk
- 50km Race Walk



Major Championships in International events for Fiji.

- 1991 Silver Medal in 20km race walk in South Pacific Games in PNG
- 1993 Gold Medal in 20km race walk in Mini South Pacific Games in Vanuatu.
- 1995 IAAF World Race Walking Cup Beijing China
- 2017 – Gold Medal in Open Men's 10,000m race walk in Oceania Championships in Fiji.



Some Major Championships wins in Australia.

- For the last 6 years winning Australian Masters Championship Gold in Race Walking events.
- 4 times Australian Masters 20km Race Championship Gold Winner
- Victorian Athletics Championship 50km Gold Winner in Open Men's
- Winning 2023 Gold Coast Marathon Australian Masters Championships in 2:54:07
- Winning 2021 & 2023 Melbourne Marathon Victorian Masters Championships.

Current Involvement in Athletics & Masters Athletics.

1. Australian Masters Athletics Board Member.
2. Vice President at Victorian Masters Athletics.
3. Victorian Masters Athletics Committee Member.
4. Venue Manager for Casey Fields Masters Athletics Club. www.caseymasters.org
5. The Australian Centurions Club General Committee Member C81.
6. Local Council Casey Community Champions Program member.
7. Head Coach for just over 40 Masters Athletes at Casey Fields Masters Athletics Club.
8. Team Captain for Casey Masters for Masters Events.
9. Organizer and Volunteer work for Casey Masters Members to local Park Run events.
10. Part of an Executive team in Fiji for Striders Athletics Club where the team is working to improve and promote middle- and long-distance events and runners/racewalkers in Fiji and in Oceania region – like other Pacific island countries.

Some current detail of above position.

1. **Vice President at Victorian Masters Athletics** – Helping VMA President Rob Mayston in his vision to improve and grow the Masters memberships.
2. **VMA Committee Member** – to be part of the committee to participate in discussions to help masters athletes.

Venue Manager for Casey Fields Masters Athletics Club – As a Venue Manager for the last 2 years I have invested my experience and skills to make the Masters Venue the fastest growing club in Victoria. The club has been operating for the last 10 years, during this time we had only an average of 10 to 15 Masters members. However last year we had 45 members registered and this year we are already at 86 members registered. Below are some.

Organize Volunteer work for Casey Masters Members at local Park Run events – we volunteer at our local Park Runs every few months to help out the local park runs and also promote our club. After we began volunteering, we noticed an increase in interest in our Masters club.

Local Council Casey Community Champions Program member – I am part of a team at our local council where we meet up every few months to outline how to improve the community's health and fitness. The council is very keen to find out how my club is doing and how they can help the club to spread awareness about health and fitness.

Head Coach for just over 40 Masters Athletes at my Club – As part of being a member at our Masters club I give free coaching to all Masters athletes every Monday club nights from 6pm to 7.30pm. This has been one of the programs that I run at the club and all the members enjoy it.

Multicultural event

We have been organizing a Multicultural event for the last 3 years at our Club from Little Athletes to Open and Masters Athletes. In 2023 we had over 350 athletes competing in the event.

Employment Background & Personal Background

I am currently working as a Quality System Administrator as a fulltime employee which is in the automotive industry. I have been working in this industry for last 25 years. I have also worked as a Quality Manager for few years before the company was closed and moved overseas.

I have been in Melbourne for last 30 years and received my Australian Citizenship just over 25 years ago.

Family – My wife and I have 4 kids with two boys and two girls from the ages of 25, 23, 21 and 19, but my family tells me that I love my dog the most, his name is Leo.

