

Ossi's commitment

Oswald (Ossi) Igel was born in 1950 in the West German city of Solingen. He moved to southern Germany at age 19 to study Engineering, specifically Surface Technology and Material Science. It was there that he met his wife, Karin. They have two daughters and a granddaughter.



In focus

With Carmel Meyer

From 1984 to 1993 Ossi says he had the pleasure of living in Japan, in both Tokyo and Yokohama. Following their time in Japan, the family spent 14 years in Berlin with a final posting of five years to Guangzhou, China. In 2011, Ossi and Karin retired to Mandurah where they live today. Travel back to Europe in July and August has been a yearly highlight for them and they very much hope Covid restrictions will be lifted by early 2022 so that they can see their family and friends again.

Ossi joined an athletics club at age 15 where everyone was trained as a multi-athlete. He participated in two German championships in Decathlon (5808 points). Later on, his favourite events were Long jump (6.82m) and Triple jump (14.65m) and competed in these at two German championships. During his years in Japan Ossi took to running, a sport he continued for 25 years. He took part in several 10km and 25km races and later competed in nine Berlin Marathons with a PB (M50) of 3:28.

Ossi joined MAWA in 2011. Hamstring and lower back issues have restricted his ability to comfortably sprint or jump. However, he manages both problems with regular rehab. exercises. He usually trains three to four times per week, mixing strength training in the gym with throwing drills. "Occasionally I do some jogging and I do a bit of High jump. (Ossi won High jump silver at the 2018 Perth Nationals.) I try to achieve a mix of strength and flexibility. Older people like me tend to stiffen up!"

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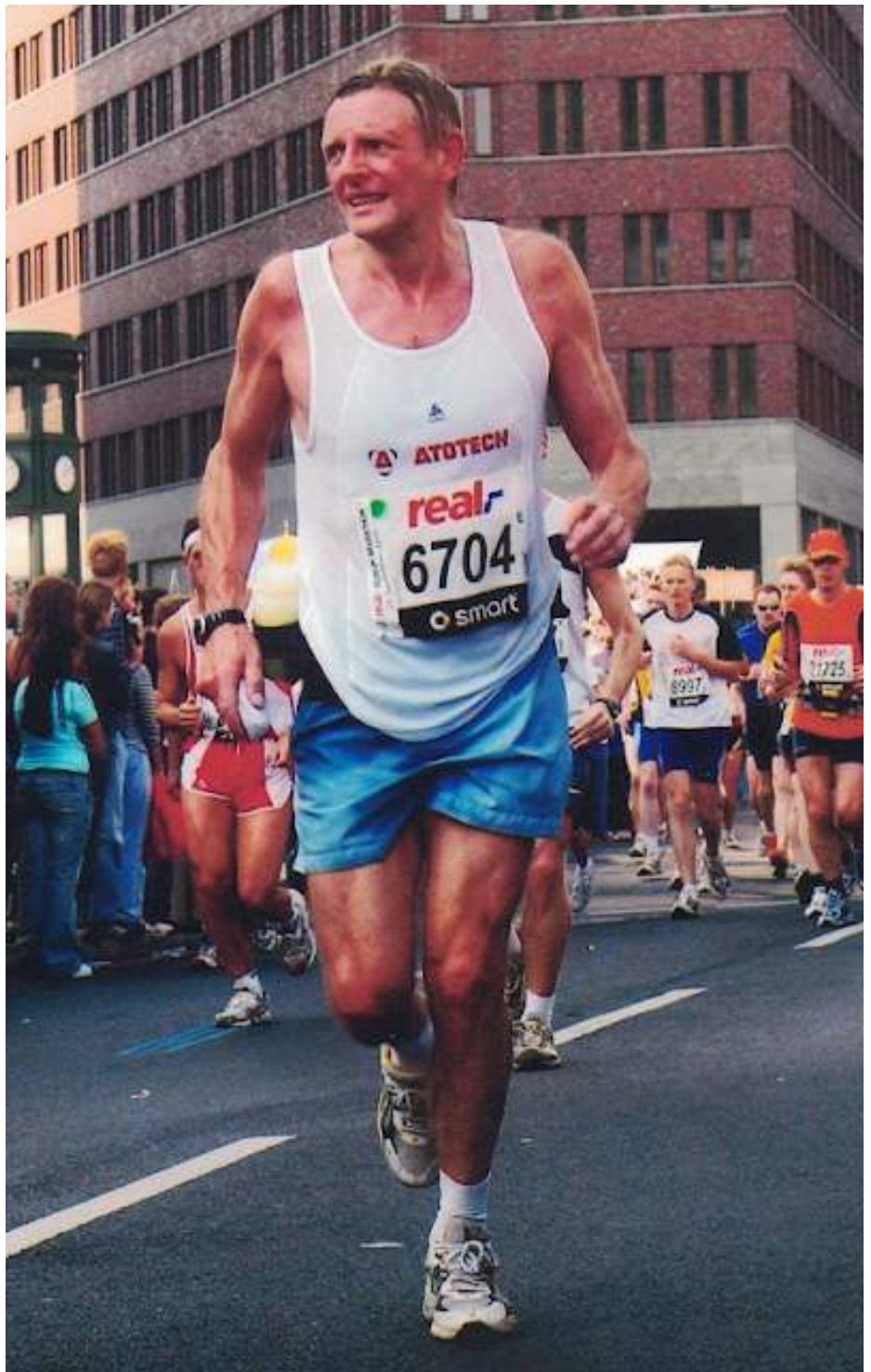
results in happiness

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Ossi's commitment to maintaining his fitness has served him well, as in January 2014 he had surgery for prostate cancer. He recovered well, with his surgeon commenting that his body was as fit as that of a 45-year-old man. A compliment indeed! The Throws Pentathlon is Ossi's favourite event. He is happy with his form in most of the throws but would like to improve on his Javelin technique. He only took up Hammer and Weight throw at the age of 64 but says he now loves both disciplines. Keeping injury at bay is a number one target for the coming season and he says, "With a bit of luck I may improve my PBs and maybe achieve one or more state records." He very much hopes that the 2022 Nationals in Brisbane will go ahead and would like to make it onto the podium there.

Ossi has been training with another renowned thrower, Jim Davis (Athlete profile, TFNL archive, November 2019) for seven years. Jim and Ossi coach each other. "Jim teaches me the secrets of Hammer throwing," says Ossi with a twinkle in his blue eyes. "He is my friend and mentor." Another champion thrower, Bev Hamilton (Athlete profile, TFNL archive, February 2010) sometimes joins Ossi and Jim's training duo.

The 2016 Perth World Masters Championships tops Ossi's list of the most impressive competitions he has attended despite his earlier participation in Japan and Germany. Ossi enjoys the company of other athletes and where many people find their stress level increases during competition, Ossi finds his sport is a great way to reduce stress! He describes his happiest moment as a Masters athlete... "This was the unexpected win of the Shot put title at the 2019 Melbourne nationals against very strong competition – Jo Peters and Geoffrey Gee." Ossi has an impressive medal collection from his appearances at National competitions and a search through the records lists shows he currently holds the M70 Australian records for the Heavy Weight Pentathlon (4682 points) and the Super Weight Throw (25.4 kg, for a distance of 8.87m) and State



Ossi Igel runs through the city during the 2005 Berlin Marathon. Ossi ran nine Berlin Marathons with a PB of 3:28.

records for Weight throw, Discus, Shot Put and Throws pentathlon.

Ossi is a champion person in more ways than one. He is great company in the throwing arena, helpful to newcomers and ready to assist with officiating if required. Thoughts of his

family in Europe are never far from his mind.

"I'm missing my family in Europe. I could not see them for more than two years. I hope everybody gets the Covid-19 vaccinations as soon as possible. Only then, travelling will be relatively safe again."