



AUSTRALIAN MASTERS ATHLETICS

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



Queen's Baton Relay some of the masters athletes represented

Top: Marie Kay (QMA), Mid:Paul Olsson (VMA), Heather Lee (NSWMA)

Message from the President



The following weeks should be a busy time for athletes with a number of things to organise:

- Booking your flights to Perth for the AMA Championships. Remember to book your flight through Flight Centre with Anna or Julie on 1300 220 293 and identify yourself as a masters athlete.
- This will benefit AMA's sponsorship from Flight Centre. You can book all travel this way regardless of where you are going. The more bookings the greater the sponsorship to our sport and the best price for you.
- Mark your calendar in preparation for viewing or attending the Commonwealth Games.
- Put your entry in for Perth by 16th March.
- Entries for Malaga should now be open. Check out the [website](#) . Doing the training justifies the trip and a holiday afterwards.

Oceania Masters Championships

Our team consisted of just over 100 athletes ranging in age from 30 to 93. Many Oceania Championship records were set and I am aware of at least two Australian Records, W55 Louisa Abram in the 1500m under the 5 minute barrier and W65 Jeanette Flynn in the 200m.

As with all championships there were highs and lows, performances to remember and performances to forget, from fouling throws to winning gold in a sprint relay when you are a distance runner, from a lousy sprint start to the joy of running in a relay team at 75 when the rest of your team were aged 40,45 and 55.

Ordinary to Extraordinary

Masters athletics often sees ordinary people doing extraordinary things. One athlete I must mention from Oceania was Clasina van der Veecken, aged 86 who competed in the pentathlon (100m, shot put, long jump, javelin, 800m) and the throws pentathlon (hammer, shot put, discus, javelin, weight throw) at the same time.

Rule Changes

WMA has adopted:

- The 30 second rule for field events except pole vault which remains at 60 seconds.
- The 30m relay changeover for the 4 x 100m (this means the previous 10 metre run in zone becomes part of the change over zone)
- The 6km cross country for athletes aged 70+

Enjoy your athletics

Wilma Perkins



VENUESWEST AMA CHAMPIONSHIPS PERTH 2018

Message from Convenor Richard Blurton

Preparations for the Championships are now ramping up into top gear, and this article coincides with the opening of entries. Many of you will have competed in the 2016 World Championships and will surely see this as a great opportunity to return and relive part of that experience. Late April is an ideal time to visit, well past the months where scorching temperatures are detrimental to the distance events. And we keep hearing that Perth now has a surfeit of hotel beds, so a bit of research should get interstate visitors a good deal.

Please visit our website, <http://www.mastersathleticswa.org/perth2018/> which contains a wealth of information on all aspects of the Championship.

The Championships are going Social! All athletes, officials, volunteers, and spectators will become “around the grounds” reporters, through your favourite social media. Stay tuned for more information! #amac2018 #venueswest #perthsportinglife #athletics #mastersathletics #mawa.

Later in this article we introduce our Organising Committee. Use the website contact to write to them with questions, or just to offer your views.

I am delighted to confirm that VenuesWest will be our major sponsor, and that the event will be the VenuesWest AMA Championships. VenuesWest owns and manages Western Australia’s best sport and entertainment venues on behalf of the State Government. The portfolio consists of 13 venues including Perth Arena and Optus Stadium. They were also a major sponsor of the recent Masters Worlds Championships and were widely praised for their showcasing of the venue and for the catering at the Athletes Village. They look forward to working with us to deliver a first class championships, and can be found at <https://www.venueswest.wa.gov.au/>



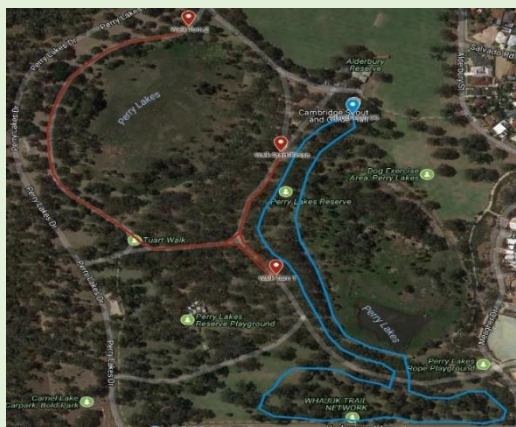
Meet the team

Here is your hard-working Nationals 2018 team, photographed during a short break in a committee meeting.

From the left: Delia Baldock , Richard Blurton, Barbara Blurton, Keith Hill, Marion Buchanan, Mike Anderson

ENTRIES NOW OPEN AND WILL CLOSE 16th MARCH

The superb facilities at WAAS will allow us to optimize timetables, notably in the throwing events where we have 3 caged circles. The move of the 200m to the 4th day spreads out the sprints and separates the relays from the individual events.



We have recently trialed new road walk and cross country courses at Perry Lakes, with a strong thumbs up from our members, and note that we will apply the new ruling that 70+ just do a 6km run.

OCEANIA MASTERS CHAMPIONSHIPS DUNEDIN 2018

Well it came and went before we knew it. The Dunedin Championships started on Saturday 20th January and finished on Saturday 27th January 2018. The weather was almost perfect for the whole week which made for good conditions, results from the athletes and throw in a few records and we were on a winner.

Australia had a total of **117** entries, but only **108** competed, compared to New Zealand's 224, (which is to be expected from the host country), these figures need to be factored into the medal count.

Total medals up to, but not including, the ½ Marathon were **NZ – 631** and **Australia – 388**, this was made up of 188 for the men and 200 from the women, a great result from everyone.

Australia fielded a magnificent team of 11 for the half marathon and each and every one of them was a credit to themselves and their country. Next to the Decathlon this has to be up there with the hardest event to prepare for.

As the Team Manager for these Championships I would like thank all the athletes who took part, you all made my job easy by being cool, calm and competitive. Many thanks to you all for the experience I hope I served you well.

The next Oceania Masters Championships will be held in Mackay, Queensland from the 31st August to the 7th September 2019. I encourage you all to get behind this event and make it great, showing the rest of the world just how good we are at putting events on. I can assure you that Athletics North Queensland and Mackay Athletics Club with the backing of the Mackay Regional Council will see to it that these Championships will be an event that won't be forgotten for a while.

Hazel McDonnell – Team Manager

OAM Awards for 'Services to Athletics'

Congratulations to Peter Crombie (NSW), Tom Hancock (VIC) and Lavinia Petrie (VIC) recipients of the OAM award for 'Services to Athletics' in the Australia Day honours announcements for 2018

OMA Honorary Life membership awards

Congratulations to Stan and Wilma Perkins

STAN – Vice President 1990-92, President 1992-96, WMA Delegate for OMA 1996-2009

WILMA – Council member 1998-2002 & 2014-18, Vice President 2002-08, President 2008 -14

World Masters Athletics Championships, Malaga, Spain 4-16 September 2018



Key Dates

Entries open	TBA no dates on website as yet
15 July 2018	- Entries close
4 September	- Competition starts a day earlier than first published. A number of throws, multis and walks on this day.
16 September	- Competition ends

Event Website

<http://malaga2018.com/> - click on the English flag (top right) and then the menu item. You need to click on the English flag for each new menu you read.

Program as at 19 September 2017

Check the program carefully for your events when doing entries – distribution across days is different to past championships. Things that jump out at the moment:

No qualification rounds in jumps or throws

- Steeplechase two days after the cross country rather than at the end of the program

<http://malaga2018.com/> - click on English flag (top right) and then “Dates” to see the program.

Venues

- Athletes Villaga and Expo: Sports Centre Martin Carpena (next to the main stadium, 100m)
- Main Stadium: Malaga Athletics Stadium
- 10km and Half Marathon, starting and finishing next to Málaga Athletics Stadium.
- Walking Road, circuit of 1 km, 50 meters from Málaga Athletics Stadium
- Secondary Stadium: Carranque Sports Centre
- Additional Stadiums: University City Sports Centre and Torremolinos Athletics Track
- Cross Country: of land located in a pine forest, starting and finishing in Torremolinos track

Google map of venues at this link - see the ‘key’ for symbols - https://drive.google.com/open?id=1866DxTYknBMvC-7tefbv_uRgRI&usp=sharing

Team Management

AMA has appointed Janet Naylor and Donna Hiscox as Team Managers. Additional managers maybe appointed depending on entry levels. Contact details and profiles in the first team newsletter, which you will receive upon entering the Championships.

Janet Naylor

Senior Team Manager

Flight Centre for Travel and Accommodation

All travel and accommodation arrangements are the individual's responsibility.

To assist, **AMA** has appointed **Flight Centre Sports and Events** as its **Travel Partner**.

The arrangement with **Flight Centre Sports and Events** enables members and their families to book specially prepared group travel packages, pre and post championship tours and/or to make their own private arrangements. **AMA** will receive a **rebate on all bookings** (team-related and personal) and this additional revenue stream will assist in keeping levies and fees for members to a minimum.

Several accommodation options have been arranged. To **register your interest**, please see this page:

<http://fcsportsandevents.com.au/active/run/australian-masters-athletics/>

Check this Flight Centre website regularly for updates and flight specials.

To make a booking through **Flight Centre Sports and Events** please **contact Anna Kearney or Julie Costa on 1300 220 293 (Brisbane time) and make sure you identify yourself as being from AMA**. The rebate is not available through Flight Centre shops or other avenues as they are different franchises so please **save these contact details**.

Flight Centre Sports and Events do price match on the exact same product, ticket class, dates etc. **Talk** with Anna and Jules regarding the procedure.

TUE (Therapeutic Use Exemption)

Note that WADA has updated its lists with changes coming into effect on 1 January 2018. Lists are saved in the Team Facebook group.

All the information and relevant forms to apply for a TUE are at this link on the WMA website - <http://www.world-masters-athletics.org/antidoping.htm>

Please direct any questions in relation to the TUE and testing to Dr Roger Parrish. He is the designated Oceania Medical Officer with whom medical matters and TUE issues may be discussed.

Dr Roger Parrish Oceania Masters Athletics Medical officer
Telephone: 02 4228 6260 (h)
Email: roger@parag.com.au

Facebook

The team Facebook group is a closed group and is a useful forum for team members to share information ahead of the championships. It is also used as a team notice board during the competition and membership is restricted to those in the team. Request to join via this link **after** you have entered -

https://www.facebook.com/groups/AUSteamWMAchamps/?ref=group_header

As we get to the event we do ask that posts are limited to important announcements that specifically relate to the championships. It would be awful for someone to miss something because of too much chatter. Please post personal messages of results, photos, etc on your own timeline or the **AMA** page.

AMA Uniforms

If you are intending to compete at Malaga then consider buying an extra **AMA** singlet or two. This will give you the opportunity to swap your gear for other national uniforms! See the **AMA** website for sizes and prices.

<http://www.australianmastersathletics.org.au/ama-merchandise/amauniformpurchases/>

Janet Naylor

AMA ENews #8

FUTURE BRIGHT IN APPLE ISLE

If recent Australian age group records are anything to go by, then the future is bright for masters athletics in Tasmania. Two AMA relay records were set in the 30 - 34 age category during January at the Domain Athletic Centre in Hobart.



The team from left Stephen Rae (38); Aaron Humphrey (32); Geoff Gibbons (41); Mathew Brooks (34); achieved a time of 18m28.70s for the 4 x 1500m relay to set a new AMA M30-34 record. The previous record of 19m41.0s was set by Ian Rose, Peter Byrne, Nick Terranova and Stephen Archer.



This was followed by a new AMA W30-34 record for the 4 x 400m relay. The team from left Marcia Lucas (38) Michelle Cockerell (35) Kimberley Geelan (30); Nicole Perry (30); achieved a time of 4m10.75s. The previous record of 4m14.96s was set in Hobart in 2007 by prominent NSW athletes Julie Forster; Ranell Hobson; Gianna Mogentale and Lynette Smith. Congratulations to all 8 athletes on their fine performances. Their progress through the age groups will be viewed with interest over the coming years.

Mike Walker
Tasmanian Masters Athletics

AMA Trust Board Update

Four project proposals were received ahead of the December 31st deadline, from Tasmania, Victoria and WA. The Board judged all of them to be excellent projects, and they were approved in full.

This resulted in a further 6% of the fund being allocated. The next deadline for project proposals is 31st March, ahead of the Trust Board meeting in Perth during the National Championships.

Richard Blurton
AMA Trust Board President

AMA UNIFORM SPECIAL DISCOUNT

Masters' athletes intending to compete in Malaga

AMA SINGLETS & SHORTS AT A DISCOUNT
<https://shop.emlsports.com/ama/product-tag/bundle/>



The next opportunity to wear the Australian uniform will be at the WMA Championships in Malaga, Spain in September 2018.

Until 30 June 2018, **extra** AMA shorts and singlets will be available at the following discounted prices:

2 x Singlets (ladies or mens)	\$70	(normally \$40 for 1)
2 x Shorts (ladies or mens)	\$70	(normally \$40 for 1)
1 x Singlet & Shorts (ladies or mens)	\$70	(normally \$40 for 1 of each)

Please note the special offer is being initiated due to excess stocks of regular size shorts and singlets.

Therefore the larger sizes are not included in the special offer (i.e. 3XL & L20 + are not discounted).

With average September temperatures in Malaga in the high 20's extra uniform items are sure to be welcomed.

Also World Championships are a wonderful opportunity to exchange uniforms with athletes from other countries.

Please note; this offer ends on 30 June 2018.

The official AMA Uniform must be worn when competing

[Link to Uniform Page](#)

TEACHERS AND MASTERS ATHLETICS

Masters athletics has a high percentage of teachers in its ranks. This is not just in Australia but in other countries as well.

Over the years I have become good friends with a person in India who meets this criteria. David is in charge of the Physical Education Department at his school in Bangalore.

At the time of writing this article I am in Bangalore and have had the opportunity to visit this particular school.

David is really keen to bring an U/16 cricket and U/16 netball team to Australia to play against an Australian school and to possibly have a reciprocal visit as well.

As a retired teacher I no longer have the connections to link David up with a school for such an exchange.

Perhaps you do. If not at your school then maybe you can provide me with some possible contacts. It would be really appreciated.

The students are really keen to have such a visit and to play against an Aussie school. Please email me if you can help: wilmaperkins@me.com

A.M.A Events Calendar 2018 – 2019

Venues West AMA Track & Field Championships 2018	Perth WA	April 26th – 29 th
AMA 20K Road Walk Championship 2018	Adelaide SA	August 5th
AMA Half Marathon Championships 2018	Canberra ACT	August 19 th
WMA Championships 2018	Malaga Spain	Sept 4th – 16 th
AMA Winter Throws Championships 2018	Wollongong NSW	Sept 30 th - Oct 2nd
WMA Indoor Championships 2019	Torun Poland	March 24th – 30 th
OMA Championships 2019	Mackay QLD	August 31st– Sept 7th

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<mailto:editor@australianmastersathletics.org.au>
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