

I first became aware of Ossi Igel and Jo Peters as throws heavyweights at the 2019 Melbourne National Championships. Walking to the stadium area, we chatted to a few throwers who were warming up. (No easy task given the frigid weather Melbourne turned on for us!) A check of the results post-championships and it appeared to be the “M65 Jo and Ossi Show” as far as throws were concerned. They shared the top positions for individual throws and the Throws Pentathlon. (Not forgetting Geoffrey Gee of course, also in the mix – Athlete Profile, TFNL archive, December 2012). And Jo received his second Royce Foley Award in Melbourne for highest male points scorer in the Throws Pentathlon. Both champions tell us a little about themselves in the following profiles.

**CARMEL MEYER**



The Three Musketeers are all smiles on the Melbourne podium, (from left) Jo Peters, Ossi Igel and Geoff Gee.

# Jo gives back to sport

Johannes (Jo) Peters was born in Ontario, Canada, growing up on a farm with a ‘bunch of siblings.’ Over his working life, he lived in several Canadian cities pursuing a career as a General Manager/Sales Manager for various multinational companies, overseeing regional plants in the dairy processing and printing industries. Jo has two sons and two daughters who all live in Canada. With his Australian wife, he moved to WA in 2010, settling in Busselton in 2012.

After participating in track and field events at high school, Jo didn't re-enter the athletics arena until the lead-up to the 2016 Perth WMA Championships. He had a strong desire to be part of a world standard competition and he hasn't looked back since. Throws are his forte – Discus, Hammer, Weight, etc, plus the Throws Pentathlon. Jo feels Javelin has always been his weakest event so his primary target for the coming season is to improve on his technique.

Jo says he has received many helpful coaching tips from fellow throwers at competitions. He has also made use of online videos with a view to emulating specific components of the throw. He believes in being open to trying out

various methods and techniques in the hope that distances improve consistently. He is happy to add that, other than the occasional strained knee, injuries have not troubled him.



## In focus

With Carmel Meyer

Regarding his training regime, Jo comments wryly, "I need a purpose to work out and I have no wish to do 150 burpees just for fun!" Athletics is his motivation for working out and his training efforts keep him fit enough to do the other things in life. Jo believes in giving back to his sport and has been an active member of the Bunbury Regional Athletics club, as Treasurer for a season and President over the past two seasons, plus other committee roles.

Jo feels fortunate to have been able to compete both overseas and nationally. He has participated in the Americas Masters Games (Vancouver, British Columbia, 2016), the Canadian Nationals (2018) and Australian Nationals (Perth 2018, Melbourne 2019).

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# Wonderful Worlds



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An impressive statistic to note – in recent times WA has had four throwers in the M60 group having top ten standing in the World Rankings; winning a state medal was not a given. Jo humbly admits to having had "some success" but my research uncovered excellent results at the Americas Masters Games – M60 gold for Discus and Shot, silver for Throws Pentathlon and Hammer, and bronze in Javelin. Following that he has gone from strength to strength with two Royce Foley Awards, National Record M65 in Discus, and top ten World ranking in several events. Jo is particularly proud of his 2019 second place in the World rankings for Throws Pentathlon.

Jo has some great insights to share.

"My experience at the Worlds in Perth was simply wonderful. The atmosphere was casual and warm amongst all the throwers. Having a beer after an event was the experience of the Games. My

expectation had been that as a competitor, winning was paramount. Winning is a driver, certainly but I did not understand that as a grey-haired master athlete, participation trumped all," he said.

"Strong friendships have been formed over the years. The most memorable moments of these competitions have been witnessing fellow competitors performing well, which included beating my ass at times. Watching fellow throwers achieve personal bests, state and national records, has been the big deal for me – Ossie Igel winning Shot Put gold in Melbourne, throwing several national records this past year, Geoffrey Gee slinging the weight out for state records and a medal in Throws Pentathlon at Worlds, Tom Gravestock smashing a discus throw out for a national title are all moments we as a group talk about.

"Other special moments have been at the international meets. There have been times where I have watched participants who in my

opinion had no reason to be out throwing or running due to health or injury reasons; but they are doing it. I saw sprinter Man Kaur aged 102 competing in Vancouver and throwers using walking canes to get to the throwing circle – WOW."

Jo is a highly skilled athlete who says his love for the sport has also been nurtured by members of the Bunbury Regional Club. He acknowledges the support of fellow thrower John Fettus.

"I think for most throwers it is a lonely journey. Having John along over the years has been a pleasure."

Jo's enjoyment of his sport is obvious and infectious, and he has a tremendous sense of humour...

"It's been a great experience here in Western Australia. People have been awesome. Canadians and Australians are very similar – very much like cousins. The weather here is wonderful, and I do not miss the snow except for a few days at Christmas... although Christmas lights on palm trees really does not work. Please stop doing that."