

# AMA NEWS

October 2022

The Official Newsletter of the Australian Masters Athletics Association



**The new look  
Masters  
Athletics across  
Australia:  
united, and  
working  
together**

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## A WORD FROM OUR PRESIDENT

### Your 2022 2023 Summer Season

There is a real sense of excitement about the upcoming summer athletics season.

The anticipation is already building for the National Championships in Sydney at Sydney Olympic Park Athletics Centre from Friday, March 10, to Monday, March 13, 2023. The Sydney Local Organising Committee has just completed a site visit to the facility, and they are very upbeat about holding the championships at Sydney Olympic Park. We look forward to what Sydney can provide for our national championships and what it can provide as a major tourist destination. We also look forward to seeing as many of our masters athletes join us and participate in the Sydney championships. Do not forget to log onto the website for all your updates about the championships <https://sydney2023.com.au/>

Another event on the horizon is the World Cross Country Championships (including events for masters athletes) set down for Bathurst in New South Wales in February 2023. Athletics New South Wales recently hosted a test cross country event at Bathurst, and I am advised they were delighted with the results. Hopefully, around October 11, we will be able to provide you with further details regarding registration and the event. Please watch the AMA website, Facebook and Instagram pages for further updates and details of this outstanding event.

The other exciting event in early 2023 is the World Masters Indoor Championships from March 26 to April 1, 2023, in Torun, Poland. Newsletters and future newsletters for this event will be posted on the AMA website, Facebook, and Instagram pages. Registrations for this event open on October 1, 2022, and close on January 31, 2023. The website for Torun can be found at <https://wmaci2023.com/>.

**BEST WISHES FOR THE UPCOMING SEASON.  
JOHN CLARK  
PRESIDENT  
AUSTRALIAN MASTERS ATHLETICS**



John Clark 2022 -, Phil Urquhart 2020 - 2021, Richard Blurton 2018 - 2019, Stan Perkins 1992 - 1994 and 1998 -2002.

Presiding and previous Presidents. Stalwarts of AMA.



### **AMA Board News**

At the recent Annual General Meeting (AGM) of AMA, Phil Urquhart (President) and Stan Perkins (Board Member) retired from the AMA Board. We would like to sincerely acknowledge the huge contribution that Phil and Stan have made to our sport and the AMA Board. Both Phil and Stan will be missed. Thankfully, Phil and Stan have agreed to be mentors to the AMA Board members.

Congratulations to Lisa Attenborough on her election and appointment as AMA Treasurer.

Congratulations also to Bruce Bodsworth and Rob Mayston on their election to the AMA Board at the AGM. Welcome aboard, Bruce and Rob.

Congratulations to the AMA Secretary Judy Farrell for her recent appointment to the World Masters Athletics Website Development Project.

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

The AMA Board members and their area of responsibilities are as follows:

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-party such as Athletics Australia, and government relations.

Steve McGugan, Vice President. Responsible for people matters, including team managers, relay selectors, coaches, volunteers, and the Hall of Fame awards coordination.

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.

Bruce Bodsworth, Board Member. Responsible for communications, including the AMA newsletter, social media, and public relations.

Jill Taylor, Board Member. Responsible for innovation and participation, including new events, competitions, and initiatives.

Jayne Hardy, Board Member. Responsible for championships, including the running and management of championships, site visits, communications with Local Organising Committees, and coordination of officials,

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

# 2022/2023 AMA BOARD MEMBERS



**President - John Clark**



**Vice President - Steve McGugan**



**Secretary - Judy Farrell**



**Treasurer - Lisa Attenborough**



**Director Competition - Jayne Hardy**



**Director - Jill Taylor**



**Director - Bruce Bodsworth**



**Director - Rob Mayston**

**Registrar/Int'l Entries: Barbara Blurton**

**Hall of Fame Chair: Peter Lyden**

**Public Officer: Jan Banens**

**Records/Stastician: Clyde Riddoch**

## World Masters Rankings membership extended for 2022

Australian Masters Athletics has again negotiated and funded membership to the World Masters Rankings site for all our members for 2022.

Check out where you rank at <https://mastersrankings.com/rankings/>

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## **AMA 3-Year Strategic Plan**

At the recent AMA Council Meeting, the three-year strategic plan for AMA was approved. The focus of the plan is on four key areas

- Greater Participation
- Event Delivery
- Commercial
- People

If you would like to have a read of the 3-Year Strategic Plan, the plan can be found on the AMA website at

<http://www.australianmastersathletics.org.au/wp-content/uploads/2022/09/AMA-Strategic-Plan-Website-Version.pdf>

### **Officials and 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 a challenging period for everyone. Without their dedication and support, there would be no competitions, no records, no stories to tell and no fun.

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

### **Please Help Us Promote 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. The ageing of the Australian population has far-reaching implications for our society. In particular, the direct challenges for the health system include changing health profiles, increased demand for health services, and rising health costs. ([https://www.aihw.gov.au/getmedia/19dbc591-b1ef-4485-80ce-029ff66d6930/6\\_9-health-ageing.pdf.aspx](https://www.aihw.gov.au/getmedia/19dbc591-b1ef-4485-80ce-029ff66d6930/6_9-health-ageing.pdf.aspx))

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, to have fun, keep fit and enjoy the fellowship and camaraderie of masters athletics.

Please help us to promote our sport by telling a friend and or family member 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.



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**Keep up to date with all the news,  
events, registrations and other  
matters relating to masters athletics  
nationally and in your state or  
territory by using the following links:**

<https://www.australianmastersathletics.org.au>

<http://www.actmastersathletics.org.au>

<https://www.qldmastersathletics.org.au>

<https://www.nswmastersathletics.org.au>

<https://www.samastersathletics.org.au>

<https://tasmastersathletics.org.au>

<https://www.mastersathleticswa.org>

<https://vicmastersaths.org.au>

<https://www.ntathletics.org.au>



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## Upcoming Events:

### **2022:**

September Registrations will open for the 2022/2023 Season  
Oct 1-3 AMA Winter Throws Championships, Brisbane QLD  
Nov 5-7 Pan Pac Masters Games, Gold Coast QLD

### **2023:**

Feb 18 - 19 WA/WMA Cross Country (Bathurst NSW)  
Mar 10 - 13 AMA Track & Field National Championships (Sydney Olympic Park, host NSW)  
Mar 26 - Apr 1 World Masters Indoor Championships, Torun Poland  
May 12-20 Asia Pacific Masters Games, Jeonbuk, South Korea  
Oct 7 14 Australian Masters Games, Adelaide SA

### **2024:**

Mar 29 - Apr 1 AMA National Championships (Hobart TAS)  
Jul 12 - 23 Pan American Masters Games, Cleveland USA  
TBC World Masters Outdoor Championships (Gothenburg Sweden)

### **2025:**

TBA AMA National Championships (South Australia)  
May 17 - 30 World Masters Games, Taipei, Taiwan  
TBC World Masters Indoor Championships (tbc)

### **2026:**

TBC AMA National Championships (ACT)  
TBC World Masters Outdoor Championships, Daegu South Korea

### **2027:**

TBA AMA National Championships (Victoria)  
May World Masters Games, Kansai, Japan





# **2023 Australian Masters Athletics Track & Field National Championships**

**Fri 10 – Mon 13 March**

**Sydney Olympic Park  
Athletic Centre,  
Edwin Flack Avenue  
Sydney Olympic Park**

Event website opens Sep 1st, 2022:  
**[www.sydney2023.com.au](http://www.sydney2023.com.au)**

**hosted by NSW Masters Athletics**



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## WHAT'S HAPPENING AROUND AUSTRALIA:



After a weekend of the Winter Throws Championships in Brisbane (report elsewhere) and a campaign of marketing and media to recruit more members, I was chuffed to talk individually to 30 potential new members at our "Come and Try Day". So proud of a strong committee who supported my every idea that seemed to attract a good mixture of 30-50-year-old male and female runners, throwers and jumpers. That is what it's all about.



"Now that the winter cross country season is over we have been busily preparing for the summer season. Our Season Launch was held in Hobart on 28 September. Wednesday evening track and field recommences on 5 October with our Come and Try night. A second Come and Try night will be held on 19 October as part of Seniors Week. TMA conducted a Heavy Weight & Hammer meet at the Domain on Sunday 25 September. An enjoyable day was had by all who attended, and the results show 7 new provisional Tasmanian and Australian records.

In the 100lb, Tasmanian records will be claimed by Huw Peacock (M30 - 5.04m), Michael Higgs (M35 - 3.54m) and Tracy Canham (W50 - 1.77m). Huw's performance is also a provisional Australian Record. In the 56lb, provisional State Records will be claimed by Joy Sutcliffe (W80 - 1.51m), Cathy McKeown (W50 - 3.41m) and Huw Peacock (M30 - 10.07m), which again is also a provisional Australian Record. Huw rounded out the competition with provisional State Records in the Heavy Weight (15.20m), and the Hammer Throw (50.52m).

As part of planning for the 2024 AMA Track and Field Championships to be held in Hobart, the LOC held its second meeting. Representatives from Forte Web Design attended the meeting in order to get a good understanding of our requirements for the event web site.



It has been a very quite local season in the NT due to our track being resurfaced.

Recently, we've had 2 female masters compete in the North Queensland Championships. Joanna Bailey, Gayle Horne & Alexandra Barnard. All represented the NT well in their respective events. Tim Hewitt, Mike Fallon and Tarra Brain represented the NT at the Sunshine Coast 1/2 Marathon, with Tim also competing in the Sydney Marathon.



10 September at our last winter walking & running competition

The regular venue for SAMA's summer competition, the SA Athletics Stadium at Mile End, is still in the process of being extensively modified and upgraded (including track replacement) and will not be available for use (at the earliest) until late November.

The SAMA committee have decided to commence their summer track & field program on 31 October at St Albans Reserve, home of Enfield Harriers and Enfield Little Athletics. Agreement has been reached for the use of the track and Enfield Harriers facilities and equipment until competition is able to return to The Athletics Stadium (hopefully before Christmas or just after).



In late September VMA launched its "Vision 2032" - a 10 year plan aimed at boosting membership of VMA and most importantly increased participation of 30+ age Masters athletes. President Rob Mayston says VMA hopes to "channel the Victorian Commonwealth Games in 2026 and the buildup towards the Brisbane 2032 Olympic Games to help put more of a spotlight on athletics as something that is a good fit for people looking to keep active into theirs, 30s, 40s, 50s, 60s, 70s, 80s, 90s...and even beyond !! And whilst 10 years might seem like a long time, Rob is of a view that to achieve the level of change and growth required to achieve the targeted increase in membership will take that length of time. VMA's membership is currently around the 800 mark but this has been showing a downtrend. By comparison Parkrun in Victoria has numbers around 40,000 with about 10,000 competing each week. So could VMA grow tenfold up towards 10,000 ? It sounds crazy given that our membership has never been that high, but who knows what is possible ! And as Parkrun seems to indicate, growth won't primarily come from "converting" people who have never done athletics before to take it up - as good as that is. It is much more likely that people already doing recreational running, casual "get fit" programs and who are looking to extend their interest in competing into new areas like track based running, throwing, walking and jumping. VMA's "Vision 2032" strategy will have a rolling 1/3 year plan which will detail what initiatives are in the short/medium term timeframe. There are a number up and running already, with a simple one being a "total 30+" athletics calendar of events that provides a "one stop shop" for all the athletics events of all organizations. A key feature of VMAs strategy is that all of these organizations are to be seen as "partners" and not competitors. VMA is certainly not wanting to "steal athletes" from where they might be competing now. Rather the approach will be to promote what VMA, AMA & WMA offer as being something unique and different that people who haven't tried it might be keen to get involved with. In future editions Rob will detail some of the details of "Vision 2032" that others might want to emulate, in line with the value of all States sharing what they are doing to make Masters Athletics in Australia better...and bigger!



In the past 2 weekends, 2 World Records for the W95 have been set by the amazing Heather Lee. Competing in rain soaked conditions out at SOPAC last week, she finished the 1500m with a time of 13: 45.93. Heather has become a media sensation since, appearing on Channel 7 Sunrise, Studio 10 and 2GB Radio to name a few. This weekend she nailed another one, breaking the 400m by 10 seconds, out at the Crest at Bankstown. The Athletics NSW summer season has now kicked off, and we are looking at a full calendar of events, as long as the rain holds off! The big event for us is, of course, hosting the AMA Nationals next year. Registration for SYD2023 should be good to open in mid-November, but while you're waiting, go check out our event website located at <https://sydney2023.com.au/> and check out the draft schedule.



#### Committee Summary July to October:

- Membership peaked at 770 at the end of September but is now just under 600 in the new membership year. This large drop was expected due to covid-related reasons.
- The new Sunday helper registration is working well – members need to remember to sign up as new runs appear on the list.
- Agreed with Venues West that we will acquire a high jump mat from them at no cost to be permanently positioned at ECAC.
- We received a trust fund residue of \$5000 that must be spent on capital equipment. The committee has agreed the club will purchase throwing implement measuring equipment, a rain cover for the high jump mat, a trolley for starting blocks and a spare e-gun.
- MAWA State Championship dates were agreed with AW. 27th February for pentathlons and 12th/13th March for the main weekend.
- Silke has set up a MAWA Instagram account.
- Richard and Gillian attended the AMA AGM via Zoom.
- A Sunday 'early start' policy was agreed and disseminated.
- We were delighted to appoint Karyn Tolardo to the Committee. Our walkers form a strong part of the club and it is good that they will be represented at Committee level.
- Rochelle will continue being responsible for trophies and medals, Mark for track and field and Silke for communications and social media. Karyn and John will share the Road Coordinator role. Karyn will take responsibility for ensuring the first aid box is fully stocked.
- The Weir Run will become our 10k road running championships.





**TORUN 2023  
AUSTRALIAN TEAM NEWSLETTER #1  
SEPTEMBER 30, 2022**

Registrations open 1 October for the World Masters Indoor Athletic Championships to be held in Torun, Poland from March 26 - April 1, 2023. Registrations close on January 31, 2023.

We offer this information to assist members.

The Torun website is <https://wmaci2023.com>

Read all the information contained in this and all Newsletters carefully as over the past years, many questions are asked through emails and calls that are actually answered within Newsletters and on the Championship Website.

### **The Role of Team Manager**

Prior to the Championships, AMA and the team manager will work closely with Barbara Burton, AMA International Entries Clerk who will forward Athlete Information Sheets on receipt of registration and collate data sheets on all Athlete Information Form. AMA would like to formally acknowledge and thank Barbara for her work.

During the Championship amongst other duties, the team manager and assistants will

- \* Attend Technical Meetings conducted by WMA and the LOC on a daily basis and disseminate information deemed necessary through team social media or directly to affected athletes.
- \* Assist with competition needs such as protests and appeals and the coordination of teams relay entries where possible.
- \* Create and support a sense of team camaraderie and AMA code of Conduct.
- \* Note full minutes of each LOC Meetings are posted on the Championship website.

### **Team Communication**

#### **WhatsApp**

A chat group will be created and used as the primary communication during the Championships. More information will be available future Newsletters, however, if you don't already use it, please consider downloading the app to your smart phone. (Google the advantages of WhatsApp)

A team Facebook Page will also be set up as *AMA Australian Team in Torun Poland 2023*. As registrations are received you will be personally invited to join. Joining this group will not disclose personal information or require any Facebook Friends. This page is for team information and requests only, so please don't post personal photos or details here if not related to necessary team apprise.

Another one or two Newsletters will also be sent prior to the championship.

## Athlete Information Form and Registration

On receipt of registration, Barbara will send you this Newsletter and an Athlete Information Form. This form requests further details including travel and accommodation arrangements, emergency contact details, your indication to be considered for selection in relay teams. It is MOST important that you return this FORM to Barbara ASAP.

As International Registration Clerk Barbara will need to validate your registration which includes confirming AMA registration. If you have never competed at a World Championship before, you must send a copy of your birth certificate to Barbara also. When you are validated it will show on the list of registered entrants.

### Travel

*All travel and accommodation are the individual athletes responsibility.*

Passports - Please ensure your expiry date gives 6 months validity from time of departure, otherwise you will need to update.

Visa - no visa is required for Australian citizens when travelling to Poland

Covid Vaccine Requirements - Currently there are requirements for travel into Poland or returning to Australia. Updates will be posted as required. Should you need certificates you can obtain your International Covid 19 Vaccination Certificate through your Medicare Account in [myGov](#) or [Express Plus Medicare Mobile App](#)

Train Travel from Warsaw Train travel can be booked on [polishtrains.eu](#) however booking can only be made 30 days from travel. Currently there are 6 trains a day with fares varying from Euro 5 to 18 in second and first class.

### Uniforms and Team Wear

The current AMA uniform is available to purchase through the AMA uniform shop accessible through the AMA website.  
<http://www.australianmastersathletics.org.au/ama-merchandise/amauniformpurchases/>

As we do not currently have any tracksuits or T-shirts available, we recommend you check out the supporter stock available on the Athletics Australia website - <https://www.tlteam-wear.com.au/category/athletics-australia/>

If you have any uniform questions, please contact Lisa Attenborough - [lisaa@australianmastersathletics.org.au](mailto:lisaa@australianmastersathletics.org.au)

Accommodation options are listed on the Torun website.

Additionally, many Australian Athletes use Air BNB, [booking.com](#) and [triage.com](#)

## **Team Meetings**

Our team will have a designated area in the stadium and there will be a team dinner arranged.

## **Anti Doping**

WMA has a zero tolerance position on the illegal use of performance enhancing drugs in line with World Athletics.

### **Drug Testing**

The LOC will conduct drug testing under the WMA/World Athletics Anti-Doping Rules and Regulations.

It is up to each individual to check any medication they may be taking via the athlete guide, 'Check Substances' on the [Sports Integrity Australia](#) website. This list is particularly useful because some off-the-shelf medications which may only be used for temporary conditions (cold and flu or sinus problems) may contain banned substances, which may show up in drug test results.

## **Therapeutic Use Exemption (TUE)**

A Therapeutic Use Exemption is an exemption that allows an athlete to use, for therapeutic purposes only, an otherwise prohibited substance or method (of administering a substance).

All the information and relevant forms to apply for a TUE are at this link on the WMA web-

site - <https://world-masters-athletics.com/category/documents/>

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

Dr Roger Parrish - Oceania Masters Athletics Medical officer  
Unit 603 / 83 Campbell St  
Wollongong 2500  
Telephone: 0418 470 244  
Email: [roger@parag.com.au](mailto:roger@parag.com.au)

## **Competition**

Competition will be held under [World Athletics Competition and Technical Rules](#) as modified for Masters by WMA via their [Competition Rules](#) and any other special rules specified for this competition.

Please see the next page for the Competition Schedule.

AMA will appoint a Team Manager late October, meantime should you have any further questions please contact me either by email or mobile (listed below).

Steve McGugan

Vice President AMA  
[vicepresident@australianmastersathletics.org.au](mailto:vicepresident@australianmastersathletics.org.au)  
0404 403 656



## Competition Schedule

The schedule below is what is listed at <https://wmaci2023.com> under schedule.

WMACI Toruń 2023		Sunday 26th	Monday 27th	Tuesday 28th	Wednesday 29th	Thursday 30th	Friday 31st	Saturday 1st
60m	Heats		Men	Women				
	Semifinals			All				
	Finals				All			
200m	Heats					All		
	Semifinals						All	
	Finals						All	
400m	Heats	All						
	Semifinals		All					
	Finals			All				
800m	Semifinals				All			
	Finals					All		
1500m	Semifinals						All	
	Finals							All
3000m	Finals	All						
60m hurdles	Heats						Men	Women
	Finals						Men	Women
3000m Walk			Men	Women				
Cross Country 8 km / 6 km W/M70+			All					
Half-marathon								All
10km Walk Road						All		
10 km Road					All			
4x200m	Finals							All
4x200m mixed	Finals							All
Pentathlon					M55+	M35-50	Women	
Long Jump		M35-65	W35-55 / M70+	W60+				
Triple Jump				M50-60	W35-45	W50+	M35-45	M65 +
High Jump		Women / M70 +	M50-65	M35-45				
Pole vault					M35-45	M50-60	M65+	Women
Shot Put		W35-50	W55+	M35-50		M65+	M55-60	
Weight throw		M60 +	W35-50	W55+	M35-45	M50-55		
Javelin		M35-55	M60+	W35-50	W55+			
Discus		W 55 +			M50-55 & M65+	M35-45 & M60	W35-50	
Hammer throw			M35-55	M60+		W35-50	W55+	

Woman and Men specific are also listed on their website.



# Winter Throws Chps Report

Male Athlete of the meet Tom Hancock with Lajos Joni and Stan Perkins.



Keen as mustard!  
Learning and still always helping!  
Adrian Keen.

Female Athlete of the meet Althea Mackie.



I was really impressed with the number of volunteers you were able to pull together and how helpful they all were. It was amazing that you could actually get help from people who had nothing to do with throws or field events. They did a fantastic job! A few of us that have had some experience officiating throwing events did offer some assistance to those less experienced, particularly when it came to being the fall judge and knowing where to measure from. (The two hardest events to judge (regarding the fall of the implement) are the Javelin and the Discus and this is an issue all the way up to World Masters Championships.) Most of the time it worked quite well. The only thing I can suggest is doing up a little paper for each of the officials showing the key points they need to be aware of in each of the events. If there is an interest in this, I would gladly put something together.

With the crossing of some of the throwing sectors, as long as the officials are aware who is throwing what, when and where, all should be workable.

Overall, I think everyone had a fantastic time and hats off to your LOC, especially Lajos who

has done so much for QMA throwers since he moved up there and produced an excellent WTC. Please don't hesitate to contact Ray or myself if you need any help with future WTC's. Look forward to coming again next year.

Jayne Hardy

**Thanks Jane,  
Those changes will be implemented. Good spotting and reporting  
Ed./Pres QMA.**





# Young Guns!! Our Future!

A breath of fresh air came to the Winter Throws Championships in Brisbane in the form of a young man who not only wanted to have a go with most implements but hurled the javelin out an amazing 53.07 meters to break the Victorian 30-34 record. "You don't have to win, you just have to get out and get active. Be a better you"



Thanks for giving me the opportunity to tell you about my masters journey (so far).

I have returned to athletics after a 15 year hiatus. I was a competitive athlete during my little athletics period. But ended up giving up when I was 16 due to school commitments. After having my daughter last year. It made me reflect on what kind of influence I wanted to be on her. I needed to get back into fitness and attempt to be a strong role model to inspire her to get outside and be happy. So I started back competing in January of 2022.

One of my goals for starting Masters was to break the Javelin state record. This weekend at the Winter Throws Championships I did just that! Along with trying a raft of other events, that I had never done, let alone ever trained for.

I love the Culture and mate-ship that is Masters Athletics. Every event, I have been to has had a great group of people. Who are always there to celebrate a personal best and provide some guidance on how to improve on your next attempt.

I would recommend anyone who is interested to come and try. You don't have to win, you just need to get out and get active. Be a better you!

Regards  
Ash Almond



## NEW RECORD REPORT OCT 2022

\*Non-member

### Pending World Records:

M901500mDavid Carr	W	7:32.95	85.9%	9/1/2022
M902k SteeplechaseDavid Carr	A	12:26.57	81.8%	9/15/2022
	W			
	A			

### Australian Records:

W75Half MarathonLavinia Petrie	Vic	118:14	84.7	9/4/2022
M90800mDavid Carr	WA	3:36.30	%	9/8/2022
M60Heavy Weight PentathlonPhil Spivey	Vic	5080pts	86.6	9/25/2022
M60Super Heavy WeightPhil Spivey	Vic	10.83m	% -	9/25/2022

### Australian Indoor Records:

### Victorian Records:

W55100lb Weight ThrowLinda Buttigieg				
M70Half MarathonYassine Belaabed	1.58m	-		8/28/2022
W40Heavy Weight PentathlonMegan Champion	88:57	85.3		9/4/2022
W45Heavy Weight PentathlonNiki Johansen	3360pts	% -		9/25/2022
W55Heavy Weight PentathlonLinda Buttigieg	3541pts	-		9/25/2022
W40Super Heavy WeightMegan Champion	3664pts	-		9/25/2022
W55Super Heavy WeightLinda Buttigieg	7.09m	-		9/25/2022
W4556lbNiki Johansen	7.17m	-		9/25/2022
	4.25m	-		9/25/2022

### Victorian Indoor Records:

Clyde Riddoch

VMA & AMA Records Officer

40 Beauchamp Street, Preston 3072

Email: clydeR@outlook.com.au

Mobile: 0439 902 907