

# AMA NEWSLETTER



## Australian Masters Athletics

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



South Australian  
Masters Athletics



19 March 2023 (Nationals roundup)

# AMA National Awards Presentation.

## From our President who is away overseas.

I am delighted to welcome our distinguished guests, athletes and supporters to the AMA National Awards Presentation.

Tonight is all about celebrating the achievements of people in masters athletics.

I want to congratulate all of tonight's award nominees.

The highest accolade we can confer on an athlete or an administrator is inducting them as members of the Australian masters athletics Hall of Fame.

Tonight there will be 2 new inductees to the Hall of Fame Jan Banens and Marie Kay.

We are incredibly proud of the achievements of Jan and Marie.

Tonight also three of our very finest volunteers are being honoured with distinguished service awards.

Richard Blurton, Phil Urquhart and Clyde Riddoch have worked tirelessly and have been great servants to our sport for many years. We are truly fortunate to have these three outstanding volunteers supporting our sport.

2022 was a year of coming out of COVID and starting the road to recovery in our sport.

There were many fantastic achievements in our sport that will be honoured tonight.

My apologies for not attending the awards presentation tonight as I'm travelling to San Francisco to be with my daughter who has just given birth to twin girls, our first grandchildren.

I hope you will join with me in congratulating all of our nominees and thoroughly enjoy our awards night.

I very much look forward to seeing and meeting you in the future.

John Clark.



"I would like to say Wilma Perkins did an excellent speech presentation at the annual awards night held in The Locker Room Sydney. Wilma spoke very well and provided an inspirational story of a female athlete performance at the World Championships overcoming adversity and giving it 100%. Very well done and commendable."

Tim Lowery



We were all there, not so state against state, not in this sport, but to enjoy the friendly sociable competition of running, jumping, walking and throwing, in age grouped Master's Athletics.

In one of the biggest, brightest and well presented National competitions that all would agree, congratulations not only to all competitors, but to the LOC Committee, Officials and Volunteers.





With all results on the AMA Website I thought the best we could enjoy is a compilation of photos I have selected from the numerous professional photographers from each state who snapped thousands for our memories.



## From Cross Country



to track





Clever thinking from the LOC to not only present one of the most memorable medals, but a special one was given to all officials.

Then came our athletes. Champions all.



Could  
first  
lap of  
olympic 1500.



No matter what the  
age of masters,  
experience shows  
here a clean start for  
all runners.



If only I could stay up  
here a little longer







smile? We remember both. A typical bloody Aussie master athlete going for the line.



"Just gotta kick my heels up and I'm Now if this was my race I'd be over."



saying "Oh gawd three and three quarter laps to go."

Yep, one to go. I know that!





A brilliant finish.

The perfect stride of a middle distance runner

Now these three ladies are just unbelievable.

To be there doing what they love.

Jill Taylor (Chair of the LOC)

"Our Local Organising Committee has worked tirelessly to make this AMA Nationals event the very best we can, and to create an exceptional athlete experience for everyone attending."

and introducing our two oldest competitors Winnifred Newall

(100) Gold Medalist and Heather Lee (96) Gold Medalist. Not to forget

male nonagenarian medalists, Jack

Thackray (92),

Roy Bennett (91), Colin

Silcock-Del (90), and of course the unforgettable David Carr (90) (WMA World Masters Athlete of the Year).

One more was a visitor from across the ditch Palecanda Ponnapp (90).

But, back to the pics of our champions.



One more rotation!!



Then let fly!!







Sheer determination!!!



Can you split these two? The camera did.

From muscle men ,



To an opening chorus







Uh Oh!!



Nailed it!!!

A bevy of beauties,





and national champions.



When cooling off in the steeple, some are wading through the water and some appear to walk on it.





That  
perfect  
plant.



Queenslander!!



he  
final  
page.

Is  
that a

PB or a Who cares what colour the possible record?  
medal. That's master's camaraderie!!

Thanks Sydney. Yep, been there, done that, but we'll be back  
next year.

**Congratulations to our 2023 AMA Hall of Fame inductees at the annual  
awards night,  
from left: Jan Banens and Marie Kay**

**AMA ANNUAL AWARDS**

Annual Awards are presented at the AMA National Championships and are based on performances in the  
previous calendar year. State/Territory member associations nominate one person per category. An  
athlete may be nominated in more than one category, however, is limited to only winning one category.

**Sprints Hurdles**

**2023 – Winner – Rob Mayston VMA Middle**

**Distance/Steeplechase**

**2023 – Winner – Heather Lee NSWMA Distance**

**2023 – Winner -Steve Moneghetti VMA Walks**





**2023 – Winner – Kelly Ruddick VMA Jumps**

**2023 – Winner – George Schillinger VMA Throws**

**2023 – Winner – Phil Spivey – VMA**

**Multi Events/Relays**

**2023 – Winner – WR/Gold – W50 AUS 4 x 100 Relay – Tampere Finland Janelle Delaney,  
Julie Brims, Lenore Lambert, Mandy Mason**

**Most Outstanding Male Athlete**

**2023 – Winner – Ernie Leseberg – NSWMA Most**

**Outstanding Female Athlete**

**2023 – Winner – Janelle Delaney – NSWMA Most  
Outstanding Individual Performance**

**2023 – Winner – David Carr – MAWA**

**Administrator**

**2023 – Winner – Barbara Blurton – MAWA Coach**

**2023 – Winner – Graeme Cox – QMA Official**

**2023 – Winner – Ken Smith – ACTMA**

**Scored a pic of our ladies Champion of Champions.**

**100m CoC -**

**Women - Julie Brims (QMA) 11.16 (14.1m hcp)**



**Men - Rob Mayston (VMA) 10.33 (18.6m hcp)**

**Hammer CoC -**

**Women - Maria Cimino (NSWMA) 46.63m (40.79m + hcp)**

**Men - Shane Carstairs (VMA) 54.91m (38.08m + hcp)**

**Brian Foley -**

**Nathan Crowley M45 (VMA) 800m 1:59.30 = 94.89%**

**Royce Foley -**

**Women - Jayne Hardy (ACTMA) 3561 points**

**Men - Gavin Murray (NSWMA) 3399 points**

**Australian Team Manager Report**

**World Masters Short Course**

**Cross Country**

**Bathurst | February 2023**

With an Australian team of 200+ athletes and being the host nation Australia was always going to dominate the medals. Approximately 5% of the entrants were from overseas countries.

Below is a link to the results.

<https://world-masters-athletics.com/wp-content/uploads/2023/02/2023WMA-Cross-Country-Championships.pdf>

#### **Race Start times**

A few days prior to the competition both the relay and individual events were moved to an earlier time to avoid the heat. This was a sensible idea as temperatures of 34 to 38 degrees were recorded.

The WMA emailed all athletes this information, however, one AU athlete didn't check their email and missed the individual race.



## Relays

The relay event 2 x 2km was a great success, providing athletes with the opportunity to be part of a team in what is primarily an individual sport. Having athletes either be able to make their own team or be paired with another athlete was a logistical nightmare, both prior to the event and then managing withdrawals at the last minute. A more streamlined approach is recommended for the future.

It is recommended that AMA looks at how relays of this nature can be integrated into various cross-country events.

## Team Photo

Having been to 8+ world titles, there has been only one occasion where we have ever had an AU team photo taken.

Even though this may not be a big deal, it had a great impact on team morale after the relays on Saturday and then the Sunday photo speaks for itself.

I would recommend that at future World Championships that the Team Manager organise a team photo time in advance, giving as many athletes as possible the opportunity to be in the photo. I do however recognize that this is much easier at cross -country over a 2 day meet, than it is at a track meet held over 6 to 12 days. However, with forward planning, it could be achieved.

I would like to thank both Jill Taylor and John Clarke for their support in Bathurst. I am happy to answer any questions in respect of this report or any other matters arising from the meet at Bathurst.

Amanda Coombe

Australian Team Manager

February 2023

