



# AMA NEWS

June 2022

The Official Newsletter of the Australian Masters Athletics Association

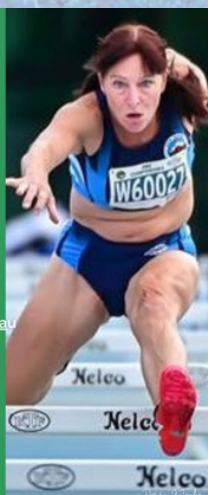


**Masters Athletics  
across Australia:  
united, and working  
together to promote  
competition and  
encourage participation**

**THANK YOU QUEENSLAND  
for hosting our  
2022 AMA National Championship**

**2022 Australian  
Masters Athletics  
National  
Championships  
April 1-4  
QSAC Stadium  
Nathan Brisbane  
hosted by QMA**

<https://www.brisbane2022nationals.com.au>







## FROM OUR AMA PRESIDENT PHIL URQUHART

After a three year interlude we finally managed to hold our National Track and Field Championships and what a great event it was. The weather cleared at the last moment and enabled Queensland Masters to host the four days in sunshine. Over six hundred members enjoyed the support of hardworking officials and volunteers at the Queensland Sport and Athletics Centre. The outstanding performances across all disciplines showed that despite the difficulties of the last two years motivation and training continued in the expectation that we would eventually come together for competition.

I would like to extend thanks to all competitors, officials, volunteers and the Local Organising Committee for their efforts in making the event a great success.

We can now look forward to following the achievements of those who have entered the World Masters Track and Field Championships in Tampere from June 29 to July 10. Though our team is smaller than usual I am certain that the high standards achieved in past World Championships will be achieved. Later in this newsletter you will find details of team appointments and AMA delegates attending the WMA Council meeting held in conjunction with the Championships. AMA have submitted a number of rule changes for consideration at the Council meeting. The Council will also be looking at an updated set of Age Grading factors, which if approved will become effective from January 2023.

Those among us, and the community generally, who are somewhat hesitant to travel given events of recent times will surely soon resume the Australian tendency to enjoy overseas adventures whether they be for sport or purely enjoyment.

A subc Looking ahead the next National Masters Track and Field Championships are now confirmed for March 10 to 13, 2023 at Sydney Olympic Park Athletic Centre while the World Athletics Cross Country Championships, deferred over the last two years, are now scheduled for February 18 and 19 2023 at Bathurst, including a Masters event. ommittee of the AMA board now meet regularly with Athletics Australia where we are initially focussing on co-ordination of event calendars and identifying events and activities that are suitable for joint participation. Watch for announcements as these opportunities are confirmed. A concern we share with Athletics Australia is the number and availability of officials across all events and we look forward to participating in a project to address this issue.

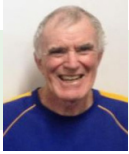
A reminder that access to World Masters Rankings continues until December 31 this year. Whether we invest in another year of access, which is a major budget commitment, will be decided at the upcoming AGM in September. If you want access to continue let your State Masters committee know that this way of recognising and assessing performance is a worthwhile investment.

Finally my message to all members is to continue to post and share your activities, and "like" other members posts on social media as this is the most efficient way of getting the message out that athletics is a way to improve health and longevity that is enjoyed by many in the community.

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## 2021/2022 AMA BOARD MEMBERS



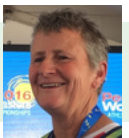
**President Phil Urquhart**

**Vice President Steve McGugan**



**Secretary Judy Farrell**

**Treasurer - John Clark**



**Director Competition - Jayne Hardy**

**Director - Stan Perkins**



**Director - Lisa Attenborough**

**Director - Jill Taylor**



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

**Hall of Fame Chair: Peter Lydon**

**Public Officer: Jan Banens**

**Records/Stastician: Clyde Riddoch**



Follow all our  
association  
instagram  
accounts:

AMA: [australianmastersathletics](#)

ACT: [mastersathleticsact](#)

NSW: [mastersathleticsnsw](#)

SA: [mastersathleticssa](#)

QLD: [mastersathleticsqld](#)

WA: [masters.athleticswa](#)

VIC: [mastersathleticvic](#)

TAS: [mastersathleticstas](#)

## LATEST AUS RECORDS REPORT:

*from* **CLYDE RIDDOCH**

There's been a lot of action in the past few months in the records department at both State/Territory and National levels. There are also a bunch of pending World Records, waiting for affirmation. Congratulations to all record makers/breakers!

### Pending World Records

W70	2k Steeplechase	Marlene Gourlay	Vic	9:46.79	98.8%	20/03/2022	Albert Park
M45	4 x 800m Relay	Daniel Hopkins	Vic	8:36.35		24/03/2022	Box Hill
		Mark Hipworth	Vic				
		Nathan Crowley	Vic				
		Craig Sanford	Vic				
M55	4 x 800m Relay	Darryn Bryant	Qld	9:27.72		26/03/2022	Nathan
		Mark Lepper	Qld				
		Joseph Phelan	Qld				
		Peter Link	Qld				
M75	4 x 800m Relay	Michael Jukes	Qld	14:02.84		26/03/2022	Nathan
		Stephen Dixon	Qld				
		Colin Mancey	Qld				
		Dieter Lacko	Qld				
W55	4 x 100m Relay	Sharee Maksimovic	Tas	53.19s		3/04/2022	Nathan
		Julie Brims	Qld				
		Steph Noon	SA				
		Julie Forster	NSW				
W45	4 x 800m Relay	Anna Smee	Tas	10:08.92		3/04/2022	Nathan
		Kriszta Kovacs	NSW				
		Clare Durrant	Qld				
		Charlotte Middleton	NSW				
M75	4 x 800m Relay	Robbie Costmeyer	ACT	13:22.67		3/04/2022	Nathan
		Steve Dixon	Qld				
		Dieter Lacko	Qld				
		Don Mathewson	NSW				

### Australian Records

M30	60m	Kyle Ennis	WA	6.90s	92.6%	23/04/2022	Perth
W55	Super Weight Throw	Gabi Watts	NSW	10.00m	-	30/04/2022	Penrith
W55	Heavy Weight Pent	Gabi Watts	NSW	4798pts	-	30/04/2022	Penrith
M75	10k Road Walk	Andrew Jamieson	Vic	58:31:00	94.0%	1/05/2022	Ballarat
*M30	35k Road Walk	Rhydian Cowley	Vic	2:37.57	-	15/05/2022	South Yarra



## LATEST AUS RECORDS REPORT: continued

M35	35k Road Walk	Kim Mottram	SA	3:03.17	-	15/05/2022	South Yarra
W45	35k Road Walk	Kelly Ruddick	Vic	3:00.04	-	15/05/2022	South Yarra
W45	30k Road Walk	Kelly Ruddick	Vic	2:33.22	100.2%	15/05/2022	South Yarra
M60	Hammer Throw	Phil Spivey	Vic	53.74m	92.1%	15/05/2022	Murrumbeena
M60	Weight Throw	Phil Spivey	Vic	20.67m	97.2%	15/05/2022	Murrumbeena
M75	10k Road Walk	Andrew Jamieson	Vic	57:36	95.5%	28/05/2022	Middle Park
M35	Half Marathon	Aidan Hobbs	Qld	66:05	90.3%	5/06/2022	Brisbane
M95	Hammer Throw	Maurice Dauphinet	Qld	9.77m	67.5%	9/06/2022	Mackay
W90	100m	Christiane Dauphinet	Qld	34.02s	70.9%	10/06/2022	Mackay
W90	400m	Christiane Dauphinet	Qld	3:14.42	64.3%	10/06/2022	Mackay
M95	Javelin	Maurice Dauphinet	Qld	9.09m	59.3%	10/06/2022	Mackay
M95	Shot Put	Maurice Dauphinet	Qld	4.49m	84.4%	10/06/2022	Mackay
W90	200m	Christiane Dauphinet	Qld	76.28s	71.5%	11/06/2022	Mackay
M95	Discus	Maurice Dauphinet	Qld	11.37m	65.8%	11/06/2022	Mackay
M90	1500m	David Carr	WA	7:48.89	101.6%	16/06/2022	Cannington

### Australian Indoor Records

M30	Shot Put	Shane Carstairs	Vic	14.31m	61.9%	1/05/2022	Yering
W80	Shot Put	Jane Kinsey	Vic	4.74m	62.8%	1/05/2022	Yering
M30	Weight Throw	Shane Carstairs	Vic	10.40m	40.8%	1/05/2022	Yering
W65	Weight Throw	Dorn Jenkins	Vic	15.61m	97.0%	1/05/2022	Yering
W80	Weight Throw	Jane Kinsey	Vic	6.52m	65.1%	1/05/2022	Yering
M30	Super Weight Throw	Shane Carstairs	Vic	5.84m	-	1/05/2022	Yering

## LATEST AUS RECORDS REPORT: continued

M35	Super Weight Throw	Colin Newman	Vic	6.27m	-	1/05/2022	Yering
W65	Super Weight Throw	Dorn Jenkins	Vic	10.88m	-	1/05/2022	Yering
W80	Super Weight Throw	Jane Kinsey	Vic	4.21m	-	1/05/2022	Yering
M30	Heavy Weight Pent	Shane Carstairs	Vic	2406pts	-	1/05/2022	Yering
M65	Heavy Weight Pent	Paul Olsson	Vic	3625pts	-	1/05/2022	Yering
W45	Heavy Weight Pent	Niki Johansen	Vic	3330pts	-	1/05/2022	Yering
W55	Heavy Weight Pent	Heather Lamb	Vic	2163pts	-	1/05/2022	Yering
W75	Heavy Weight Pent	Rhondra Dundas	Vic	2589pts	-	1/05/2022	Yering
W80	Heavy Weight Pent	Jane Kinsey	Vic	2153pts	-	1/05/2022	Yering

***Our National and World Records  
for Indoor and Outdoors competitions  
can be found at:***

***<https://www.australianmastersathletics.org.au/results/records/>***  
<https://mastersrankings.com/rankings/>



***<https://mastersrankings.com/rankings/>***



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## WORLD ATHLETICS RACE WALKING: HEATHER AND ANDREW WIN GOLD IN MUSCAT

At the World Athletics Racewalking Team Championships in Muscat, Oman, a Masters teams event was held for the first time, after longstanding negotiations between WAVA and World Masters Athletics. Originally there was to be a mixed relay (4x 2k relay with one male and one female in age groups) however this was cancelled by World Athletics leaving a 10k teams race which included a mixed race for two.

Despite very little warning of the event and COVID restrictions, 38 enthusiastic Masters Athletes made it to Muscat and all had a ball! The course was a 2K loop with a pretty significant gradient in warm conditions which challenged even the elite open athletes, so times were relatively slow. The younger Aussie girls excelled, earning a silver medal and the open men would have medalled too if not for a 2 min time penalty for Declan Tingay (WA) who was battling for the bronze medal.

The Masters race was held at 7pm in the dark, which made it interesting for the judges although the course was well lit and only one DQ was registered. Victorians **Heather Carr** (69.22) and **Andrew Jamieson** (61.53) were the only Australians, and easily won the 70+ agegroup mixed teams race from an Iranian team, and also won their individual age groups. Heather, Andrew and his wife Lyn stayed on for a few days to see more of Oman which is a very orderly, peaceful and friendly modern country with lots to see and do.

**For full results see:**

<https://world-masters-athletics.com/news/race-walking-championships-2022-results/>



*Photos: courtesy Andrew Jamieson*

# CONGRATULATIONS TO ALL WINNERS OF OUR AMA ANNUAL AWARDS FOR 2021 SEASON

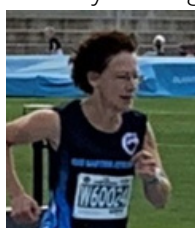
## SPRINTS & HURDLES

Ernie Leseberg



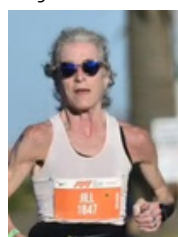
## MIDDLE DISTANCE & STEEPLECHASE

Rosemary Roediger



## DISTANCE

Jill Wilkie



## THROWS

Janice Banens



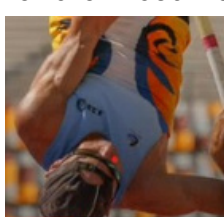
## WALKS

Andrew Jamieson



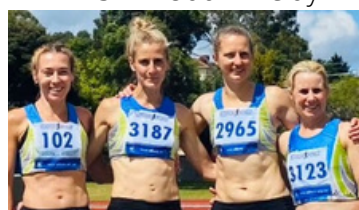
## JUMPS

Howard Arbuthnot



## MULTI EVENTS / RELAYS

W45 4 x 800m Relay



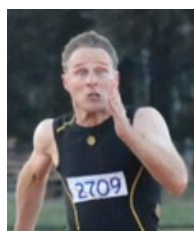
## OUTSTANDING FEMALE PERFORMANCE

Carol Davis



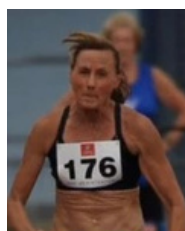
## OUTSTANDING MALE PERFORMANCE

Michael Roden



## OUTSTANDING INDIVIDUAL PERFORMANCE

Julie Brims



## AMA HALL OF FAME INDUCTEES

George White

Fred O'Connor OAM  
(posthumous)



## SERVICE MERIT AWARD

Jill Taylor



## COACH OF THE YEAR

Peter Lyden



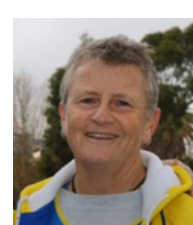
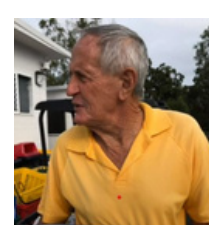
## ADMINISTRATOR OF THE YEAR

Phil Hand



## OFFICIALS OF THE YEAR

Colin Buyers and Jayne Hardy



Watch the Award Winners announcement  
video on our AMA youtube channel  
[https://www.youtube.com/watch?  
v=FhGT870t\\_80&t=246s](https://www.youtube.com/watch?v=FhGT870t_80&t=246s)



# 2022 WORLD MASTERS CHAMPIONSHIPS TAMPERE, FINLAND



The 2022 Masters World Outdoor Championships will be held in Tampere, Finland, from **29 June – 10 July**.

**Best of luck to our Australian Team competitors:**

**Adriana van Bockel  
Andrew Jamieson  
Andrew Wilcox  
Brad Krawczyk  
Brad Sharpe  
Brett Gilligan  
Christopher Brack  
Craig Sanford  
David Carr  
David Chantrill  
David Shearsby  
Deborah Drennan  
Dieter Lacko  
George Schillinger  
Giovanni Puglisi  
Guy Marc Sanchez  
Heather Carr  
Janelle Delaney  
Jill Taylor**

**John Bermingham  
John Cooper  
Julie Brims  
Kate Seibold  
Katie Moore  
Kevin Cassidy  
Kevin Solomon  
Lenorë Lambert  
Lynne Schickert  
Mandy Mason  
Mark Giglio  
Mark Harper  
Mark Hipworth  
Mark Purvis  
Mary Thomas  
Maureen Keshwar  
Melissa Foster  
Michael Cassidy  
Michele Hossack**

**Nathan Crowley  
Nick Fuller  
Peter Wyatt  
Philippa Wight  
Polly Templeton  
Robert Mayston  
Robert Schickert  
Robyn Suttor  
Ron Schwebel  
Roscoe McDonnell  
Sally Hunt  
Sarah Chinner  
Scott Lawrence  
Sharon Davis  
Stagles Sally  
Susan Howell  
Wayne Marriott  
Wilma Perkins  
Yassine Belaabed**

*Commiserations to those who have had to pull out due to injury:  
Karen Long, Colin Heywood, Jay Stone and Charlotte Middleton*

Keep up with their results and all championships  
updates at the event website:  
<https://wmatampere2022.com/>

## **World Athletics Cross Country Championships Bathurst 23 Test Event Announced:**

Bathurst, Australia; June 21, 2022 - Athletics Australia (AA) and the World Athletics Cross Country Championships Bathurst 23 Local Organising Committee welcome Athletics NSW in hosting the World Cross Country Bathurst 23 Test Event this August.

The NSW Short Course Cross Country Championships (NSW XC Short Course) will be conducted at the iconic Mount Panorama in Bathurst, NSW on Sunday 7th August, doubling up as the test event for the World Athletics Cross Country Championships taking place on February 18th next year.

Athletics NSW will work closely with AA and the Local Organising Committee in delivering the NSW XC Short Course, to test the course design and functionality as well as to engage the local community and provide additional opportunities to help promote the championships taking place next year. Athletics Australia CEO, Peter Bromley said he was delighted to welcome Athletics NSW in hosting the test event, emphasising the importance of the opportunity in delivering a world class event. "The countdown is well and truly on for the World Athletics Cross Country Championships next year, and we are thrilled to welcome Athletics NSW as a host for the test event this August. The NSW XC Short Course is a key event on the Athletics NSW calendar, attracting hundreds of budding athletes around the state," Bromley said. "The test event gives us an opportunity to operate as we will in February, but it will also allow athletes of all levels to get involved and feel part of the global event when it comes to life next year."

Athletics NSW CEO, Christian Renford, commented on the opportunity:

"We are very proud to be playing a major part in the leadup to the first World Athletics Series event in Australia in over 25 years, and we are looking forward to working with our community to ensure they have a unique, once-in-a-generation experience in running on the same course as the world's best in just a few months' time."

"We'd like to thank AA and the WXC Bathurst 23 LOC for the ongoing operational support in assisting us with the delivery of a very special NSW XC Short Course, one that we hope our membership will remember for many years to come."

General Manager – World Athletics Cross Country, Richard Welsh, commented on the importance of the test event in the LOC's overall planning, and the working relationship with Athletics NSW to achieve their objectives. "Partnering with Athletics NSW is ideal for us, as it allows us to set-up the course for the World Championships for some 600 runners to go over the circuit. Participants will be surveyed afterwards and feedback taken on to ensure the course will be ready to host the world's best athletes."

"We'll have a range of abilities trying the course including elite athletes, para-athletes, juniors, masters and recreational runners. Having this variety of athlete is important as the World Championships weekend is going to be full of all types of races, with an event suitable for every type of runner."

"It's also going to be a good chance to look at other event elements like traffic control, carparking, people flow, competition procedure and officials' movements. We'll also take the chance to digitally capture as much of the action as we can to promote the event for February."

The weekend of the NSW XC Short Course will also include a range of activities outside of the cross country races, including a 1-mile fun run to take place on the Saturday, as well as courses and forums for the athletics community, with more details to be provided shortly.



# 2023 AUSTRALIAN MASTERS ATHLETICS TRACK & FIELD, CROSS COUNTRY AND ROAD RACE WALKING CHAMPIONSHIPS WILL BE HELD IN SYDNEY, MARCH 10 - 13 AT SYDNEY OLYMPIC PARK MAIN ARENA & WARM UP TRACKS

[www.sydney2023.com.au](http://www.sydney2023.com.au)

**NSW Masters is excited to bring  
you the 2023 AMA National  
Championships at NSW's  
premier track and field venue**



## **Note - we have recently tweaked our Draft Program**

*The Final Program will be released after entries have closed on Feb 9, 2023*

**THURSDAY:** Registration Desk will be open 12pm – 6pm

### **DAY 1 – FRIDAY MAR 10:**

10000m  
60m heats & finals  
100m heats & finals  
800m  
1500m race walk  
High Jump - W  
Long Jump - M  
Hammer  
Shot Put  
Long Hurdles  
\*Opening Ceremony

### **DAY 2 – SATURDAY MAR 11:**

1500m  
5000m race walk  
200m heats & finals  
High Jump - M  
Long Jump - W  
Discus Throw  
Javelin  
Steeplechase  
Twilight session:

- o Relays (State 4 x 100)
- o Relays (athlete teams 4 X 800)
- o Champion of Champions Throw/Hammer
- o Champions of Champions Sprints

### **DAY 3 – SUNDAY MAR 12:**

400m timed finals  
5000m  
Sprint Hurdles  
Triple Jump - W  
Pole Vault - M  
Weight Throw - M  
Throws Pentathlon - W  
Pentathlon - M  
Relays (state teams 4 x 400)  
\*Awards Dinner

### **DAY 4 – MONDAY MAR 13:**

Cross Country  
10km road walk  
Triple Jump - M  
Pole Vault - W  
Weight Throw - W  
Throws Pentathlon - M  
Pentathlon - W

# WHAT'S HAPPENING AROUND AUSTRALIA:



ACTMA finished our 2021/2022 track and field season off well with still more club and Australian records broken, especially on the track. More of our members have now moved into new age groups and those that are throwing are enjoying the lighter weights!

31 ACTMA members competed at the 2022 AMA National Championships in Brisbane with 26 coming home with medals. Most of those who did not get medals were still quite pleased with their performances as it was hot and humid, especially on the track. We were so pleased for all our AMA Award finalists and especially our three AMA award winners – Jan Banens – AMA Thrower, Michael Roden – Most Outstanding Male Athlete and Jayne Hardy – AMA Official.

ACTMA Secretary, Robbie Costmeyer was a member of the Australian M75 4 x 800m relay team which came away with a World record.

The winter competition is already in full swing with our monthly throwing and run/walk handicaps happening, no matter what the weather! It has not been too wet fortunately, but it is getting colder each day.

We had our AGM on May 19 and have a full complement in the executive and committee with Jayne Hardy returning as President, Ray Green as Vice President and Robbie Costmeyer as Secretary, Peter Brown joining as new Treasurer, with Ken Smith, Nigel England, Roger Pilkington and Jill Pearson rounding up the committee.



In South Australia we are up to week 5 of our winter competition for runners and walkers. This is held at a different location each Saturday afternoon, with distances up to 10kms, and includes a beach run on the sand.



Our NSWMA AGM was held online on June 5, with the resulting 2022/23 Committee: Jill Taylor returned as President, Amanda Coombe as Vice President, John Clark as Secretary and Robert Clark Treasurer. The General Committee is Peter Murray as our Records guru, Maria Cimino takes on Registrar, Margaret Walker returns to take on the Waratah Newsletter editor role, with our new look Reps line up of Gabi Watts (Field/Multis), Ryan Dowling (Track/Relay) and Bianca Keehn (Distance/Walks) rounding out our Team.

The sale of the equestrian facility where we have been holding our Indoor Throwing competitions the past few years has thrown a slight ..... New owners are wanting to do some maintenance and we have been unable to book our proposed June date. We are confident we can use it again in July, and for our test event Indoor Throwing National Championship, proposed for August 20 & 21. Details on that on page .....

NSW is also ramping up organisation for hosting the 2023 AMA National Championship at the Sydney Olympic Park Main Arena and Warm up Tracks, from Fri 10 to Mon 13 March. Check out our new Draft program on page 11



Unfortunately our track in Darwin is undergoing major repairs and upgrades so there are not track events coming up till after September.

However, meantime in Darwin there are deep water running classes each Sunday morning at Parap Pool and over the weekend of June 25,26 The City to Surf Festival be held. The Festival includes a Mile run on the Saturday in the City Centre over a two lap 800m course along the Esplanade and a 12.5 km run from City Centre to Nightcliff Swimming Pool on the Sunday morning. Great time of the year to be in Darwin so all Mexicans are welcome! For Alice Springs their Trail Runs along the Larrapinta are done and dusted but the good News is the commitment of the NT Government to the reintroduction of the Alice Springs Masters Games late September 2023. Start planning and enjoy the fun and hospitality of the Red Centre.





# WHAT'S HAPPENING AROUND AUSTRALIA:



The TMA Road Running Championships were held at Campbell Town in the state's northern midlands on Sunday 29 May. There was again an excellent turnout of members who braved the chilly starting conditions that are typical there at this time of year. After the Championships, members and family enjoyed a light luncheon at the nearby Grange Estate. Our 2022 Annual General Meeting followed the luncheon. For the 2022-23 season, our Statistician's role has been divested of responsibility for making recommendations to the Committee for most of our annual awards. That responsibility will now be the domain of the newly created position of Awards Director. On 22 May, a number of TMA members participated in a throws meet at Hobart's Domain Athletics centre, organised by the UTas Athletics Club. Athletes were limited to a total of 12 throws per athlete as desired across all events (javelin, hammer, discus, shot put and weight/super heavyweight (TMA members only). Three members competed in Tasmania's first official 56lb heavy weight throw to set inaugural records for this event (records pending ratification). The next major event for our Masters athletes is the 2022 Cross-Country Championships to be held at Symmons Plains on 30 July 2022. Until then weekly cross-country events continue across various locations in southern Tasmania.



Perth was delighted to host the 18th Masters Games over 8 exciting days with masters athletes from all over Australia taking part. Now it's back to regular business with exciting winter events to look forward to including T&F, road running race walking and cross country championships, and our club half marathon to name a few. Visitors always welcome and with our recently opened borders we look forward to seeing more inter state competitors also.



Kelly Ruddick is having an amazing 2022, on 15th May in Melbourne she won the Australian Inaugural Open 35k racewalk title clocking 3:00:04, breaking her Australian 30k racewalk record by 5 seconds along the way. Also on Jan 29th Kelly who turned 49 in April set a WR for the 5k in a time of 23:14:48 only to break it again on 26/02/2022 in a time of 22:47.

We had a really great afternoon of indoor throwing in Yering yesterday. The setup of the venue went smoothly and, especially considering that none of us had done this before, it was impressive that we were able to start and finish on time! There were 16 competitors in the Shot, 10 throwers completed a Heavy Weight Pentathlon and 8 focused on the Heavy/Superweights. We learned a lot about what's involved in running an event like this and also learned that some of our really good throwers tend to throw their implements too high for this venue!?! Huge thanks to Christine Dell, Roger Glass, Bob Jenkins and Christian Lamb for helping to make it all official!! The experiment is now complete and now we'll take some time to evaluate before deciding on the details for the next event which is currently scheduled for Sunday 17th July.

**NOTICE:**  
Our 2022 AMA  
Annual General  
Meeting  
will be held on  
September 17-18  
in Adelaide SA



# INDOOR THROWING: INTRODUCING OUR 1ST NATIONAL CHAMPIONSHIP (INAUGURAL TEST EVENT)



## IMPLEMENT SPECIFICATIONS

	Shot Put (kg)	Weight Throw (lb/kg)	Super Weight (lb)
<b>WOMEN</b>			
30-49	4	9.080 (20lb)	35lb
50-59	3	7.260 (16lb)	25lb
60-74	3	5.450 (12lb)	20lb
75+	2	4.000 (8.8lb)	16lb
<b>MEN</b>			
30-49	7.26	15.880 (35lb)	56lb
50-59	6	13.340 (29lb)	56lb
60-69	5	9.080 (20lb)	44lb
70-79	4	7.260 (16lb)	35lb
80+	3	5.450 (12lb)	25lb

## 2022 AMA Inaugural Test Event: INDOOR THROWS NATIONAL CHAMPIONSHIP

Sat 20 & Sun 21 August

Il Cadore Equestrian Centre

Konda Rd, Somersby

Come join us for a great weekend  
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National Championship event!

Day 1: Shot Put \* Weight \* Super Weight

Day 2: Heavy Weight Pentathlon

Online registrations now open, to Aug 13 at:

<https://www.trybooking.com/CAPOY>

Open to all masters athletes registered  
with an AMA State Association

Enquiries to NSWMA Field Rep:

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# NUTRITION AROUND TRAINING: WHY IS IT IMPORTANT FOR HIGH PERFORMANCE?

Fuelling training sessions with suitable food choices before you start is important to ensure your body has the energy it needs to perform at its best. If you can train more effectively, the better the training outcomes and ultimately the better athlete you can become.

Post-training food choices can influence training adaptations and recovery which can impact how well you perform in subsequent sessions. Poor recovery can lead to excessive soreness and fatigue, influencing your capacity to back up and perform consistently.

## What to eat before training:

Carbohydrates are the primary fuel source for the body and the brain. To make these carbohydrates available for your muscles when you train, a meal or snack high in carbohydrates and lower in fat and fibre can reduce the risk of gastrointestinal upset.

Aim to have a carbohydrate-rich snack 30-90 minutes before training. Examples include:

- 400ml orange juice
- Small bowl low-fibre cereal
- 1-2 slices toast/raisin bread with jam or honey
- 4 corn thins + 2 tsp honey
- Muesli bar + piece of fruit
- 1 tub two fruits + 1 tub yoghurt
- 1 bottle Powerade Isotonic

If training in the afternoon, be sure to incorporate carbohydrates in your meals and snacks consistently over the whole day. An example could be oats or another whole-grain cereal at breakfast, fruit and yoghurt at morning tea and bread as a sandwich at lunch.

## What to eat after training:

The body needs carbohydrates again to replace what has just been used as well as protein for muscle growth and repair. The sooner you consume a meal or snack consisting of both

protein and carbohydrates after training, the sooner your body commences the recovery process. When you have a short turnaround between sessions like a morning and afternoon training on the same day, the sooner you start recovering after the morning, the better you will feel in the subsequent session. If you don't think you can stomach food ASAP after training, try fluid options like smoothies or have two to three smaller meals each hour or two till appetite returns.

## Examples of post-training carbohydrate + protein-rich meals/snacks are:

- Smoothie with Musashi protein powder and fruit (be sure to consult a sports dietitian before consuming supplements)
- 2 raisin toast + ricotta/cottage cheese
- Bowl of muesli + high-protein Greek yoghurt
- Toastie with tuna, eggs, cheese or ham
- High-protein Greek yoghurt + fruit + mixed nuts
- Flavoured milk popper
- 2 grainy toast + small tin of baked beans



*Article courtesy of Sally Walker (Section Lead Dietitian), Holly Edstein (Sport Dietitian) and Rebecca Haslam (Sport Dietitian), NSW Institute of Sport022*