



e-NEWS

AMA Quarterly Update

October 2019

AMA Board 2019-2020



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Inside this edition...

- President's Message
- Record Breakers
- Annual Report
- Rule Update
- Oceania Championships
- National Championships
- Toronto 2020
- Board Member Profiles
- Calendar
- Peter Crombie OAM
- Comrades 2019
- Online Shop



President's Message

I am just back from the Oceania Championships in Mackay, the first one I have attended. They are our 'friendly games', great camaraderie, and great to see our Island friends – what a shame not more of them could make the journey. I attended the OMA AGM as an AMA delegate. Representation on the OMA Council by Island athletes has been strengthened, which has to be a good thing as OMA really has to be largely about getting greater opportunity for Island athletes to compete. David Lobb of the Cook Islands is the new President, and I have assured him that the AMA Board will give him all the support he needs. Also I noted that Council members and delegates repeatedly talked of the need for OMA to get closer to OAA.

Which brings me to our own AGM in August, where we had some robust debate about our own agenda for getting closer to Athletics Australia. Certainly the issues with Australia are more complex, but we have made strides in getting Masters stories and information into AA media, while most States are moving towards some level of integration of athlete registration. Several States are actively pursuing their own onesport agenda with their open body. But before going any further the Council instructed the Board to seek views from the States and then enter into further strategic discussion with AA, and that we will do.

I was delighted to have Jayne Hardy join the Board and she will become our Competition Director for the National Championships. She has already had a discussion with a sub-committee on key issues around our Championships, particularly in response to our comprehensive survey after Melbourne. Her dialogue with this sub-committee will continue. But Jayne and I both believe that there is not a 'one size fits all', and that we will only get the best Championship programme each year through dialogue between Jayne and the hosting State.

Stuart Paterson is leaving the Board and I would like to pay tribute to the work he has done. Stuart will continue to work on better defining and improving the way we conduct our Championship events that fall outside the main 4 day weekend. We are currently proposing that the 2020 half marathon be a trial to see how well a postal event could work.

Finally I was very pleased that the Council approved allocation of a maximum of \$100,000 of AMA funds to keep the AMA Trust Fund going into the future. With interest rates so low, the money does little for us just sitting in the bank for years, whereas the Trust Fund has been delivering some great projects which provide clear and lasting benefits to our Affiliate Club members.

Richard Blurton

Record Breakers

The Australian 4x200m team of Jay Stone, Ashley McMahon, William Little and Adam Farlow ran into the Athletics Australia open record books with their silver medal run in the 4x200m relay indoors at the World Masters Indoor Championships in Toruń, Poland. The record now stands at 1:33.25 seconds.



Also in Torun, 37 AMA National Indoor Records were broken, while later in the year at the Oceania Masters Championships 7 AMA National Records were re-written. All the details are on the AMA website > [Results/Records](#) with thanks to Clyde Riddoch.

AMA Annual Report

The AMA Annual Report was presented at the recent Council Meeting held in Melbourne. The report is available on the AMA website for members to read - [click here](#).

IMPORTANT

IAAF Rule 180-17 Time Allowed For Trials

The time allowed for trials in individual field events was 1 minute until in 2017 it was changed to 30 seconds by the IAAF and WMA adopted the change. The IAAF has recently reverted to the 1 minute. **IAAF rules do not automatically become WMA rules.** They must be accepted by the WMA Council before they become WMA rules. At the recent WMA Council meeting in Toronto, WMA has not accepted a change back to 1 minute and therefore **the allowed time for trials remains at 30 seconds.** The WMA RULES OF COMPETITION will be updated to reflect this as a difference between IAAF/WMA rules.

Bob Schickert
OMA Secretary

Oceania Championships

The 20th edition of the Oceania Championships were held in Mackay, Queensland. Athletes enjoyed a week of warm sunshine and hot performances at the newly opened Mackay Aquatic and Recreation Complex.

Heather Carr (70005) led the Australian charge through the record books with a world record (pending ratification) in the W70 3000m race walk on the penultimate day of competition. Her time of 18:01.06 bettered the mark of 18:05.0 set by Britta Tibbling of Sweden in 1989.

It's probably no surprise that Australians dominated their events winning 867 of the 1,202 medals awarded! See the following links for details of records broken, results and athlete impressions.

[Oceania Results](#)

[Records, Medal Tally and more](#)

[Photos and Athlete Stories](#) with thanks to Graeme Dahl

At the Oceania General meeting held in Mackay, David Lobb (Cook Islands) was elected President. Details of the new board are at this link:

<http://www.oceaniamastersathletics.org/about-oma/council-contacts/>



National Championships

Mark the date in your diary → 10 - 13 April 2020 → Brisbane

Bookmark the website

<http://www.brisbane2020nationals.com.au/>

Request to join the Facebook group - AMA National Championships - 2020 BRISBANE

<https://www.facebook.com/groups/2267512063510535/>

TORONTO 2020



AMA congratulates [Donna Hiscox](#) and [Stuart Paterson](#) on their appointment as the Australian Team Managers.

You can email them directly by clicking on their names.

AMA Registrar Barbara Blurton has taken over the role of International Entries Clerk from Judy Cooper. She

will be validating all Australian entries, and entrants will be directed to her for any queries on the entry process. Please help her by ensuring you are a member of a masters club well before you enter, so that your name will appear on her register.

Competition dates are 20 July to 1 August. Registration is scheduled to open in late 2019.

The schedule of events by day is available at the event website. The LOC and WMA have advised that this will not be changed. The timetable with venue allocations will be released after entries close. If you wish to enter two events that are scheduled on the same day, it is possible you will have to choose one over the other if on the final timetable the events are on at the same time or in different stadiums.

Useful links:

AMA Team Facebook (closed group) - [request to join](#) if you intend competing

Event Facebook (public group) - [like the page](#)

Event website - [click here](#) and save the link plus sign up for the newsletter. Also check out the training merchandise already available.

Accommodation via the Local Organising Committee partners

- [Groups](#)
- [Individuals](#)





Board Member Profile - Richard Blurton

My athletics career is really quite normal and uninteresting.

Rugby Union training in my early 20s included a warm up run which I quite enjoyed, so I continued by doing the odd run round the streets, although in the mid 70s people looked at you as if you must be mad. I joined the same athletics club as Barbara in Surrey. In the early 80s it was almost impossible for a 30 year old male to get in the London marathon as it was so popular, so the club would just put in an entry for everyone each year with no likelihood of getting accepted. So it was a shock when I got a December letter saying I was in. But it was fun for the first half of the race with the crowds, the pubs open, and a street band on each corner. Until the Isle of Dogs when they disappeared and you had time to realise your legs hurt. But I did two more marathons – WMA in Buffalo which was far too hot, and the one I really trained for, (Melbourne), but the only one I hit the wall. All three were 3:35 – I must have been pre-programmed not to beat that time.

I have been blighted by milestone targets not quite reached. In my youth I came close, but never quite beat 40m/1:30 for 10k/half marathon. Then much later I seriously trained again to get back under 50m for 10k. The target race was a MAWA handicap – I ran 50:01 but did take home a rather nice trophy for winning the handicap.

My work was as a Project Manager for BP working on major oil and gas projects

around the world. That led directly to Barbara and I emigrating to Australia in 1992. My last project was just amazing – a multi billion \$ gas project at a greenfield site in West Papua. I lived for 3 years in Jakarta and then 5 years at the project site in the Bird's Head region of West Papua. Nothing could beat that so a year after returning to Perth office in 2008 I stopped enjoying the work and retired.

That was just before MAWA needed to start work for the 2010 AMA Nationals. I felt that my project skills were good for the Convenor role so offered my services. The Champs went pretty well and during those 4 days some discussions were held between Stan and Eventscorp in WA about the possibility of Perth bidding for the World Championships.



Manaslu circuit, Nepal

Steve Lance asked me to get involved and so I attended preliminary meetings on putting a bid together with Eventscorp. Although they did most of the work, their policy was not to be the lead in a bid, and so I slipped into the role of Head of the Bid Committee. We presented the bid in Sacramento in 2011 and were awarded 2016. Really so far in advance there was not a lot to do for 2 or 3 years, but I continued in the lead role and held the occasional meeting with Bob and Lynne Schickert and Geoff Brayshaw in our favourite coffee shops.



Fitz Roy, Patagonia

Some 2½ years out from the Championships I started working with WMA on the contract, with Eventscorp on the sponsorship agreement and on putting together an LOC structure. So I really just drifted into the Head of LOC job. No-one ever came to me and formally appointed me, and no-one came and said 'ok now its getting real we need a proper event manager to do the job.' But I do think that managing large industrial projects provides the right skills balance for managing such a large sporting enterprise.

Working with WMA and the AMA Board on Worlds provided a very good understanding of just how masters athletics work, and having an elite athlete wife of course adds a further perspective. Having attended many AMA AGMs I did have some views on how we could improve what we do, so when the Board suggested I might consider the daunting task of following Wilma in the AMA President role, I decided to go for it.

I love being in the mountains. I know the English Lake District intimately and have bagged a fair number of Scottish Munros. I always have my two weeks skiing in the alps in January, and have trekked in the Himalaya, Patagonia, Andes and Atlas mountains. More recently I am hiking the long distance footpaths through the Alps and the Pyrenees.

Pictures of me running are not pretty so enjoy the trekking photos.



Board Member Profile - Jayne Hardy

My first and most enduring sporting passion has been horse riding which I was introduced to as a 5-year old. I went on to successfully compete in Dressage, Showjumping and Eventing at Pony Club, State and National competition. My one and only Advanced Three Day Event turned out to also be a Selection Trial for the 1988 Olympic Equestrian Team – I was almost kind of relieved that my horse was injured before the Cross Country phase as the jumps were so big I could stand in some jumps and was not able to reach across the elements!

My excitement for Eventing competitions was severely diminished after I had a fall from my partner Barb's horse in a Preliminary event in 1991 and broke both my collarbones. After 20 years as an equestrian instructor, in 1990 I moved out of the elements to an 'inside' job at the Australian National University. I have been the Manager of the Services Office at the ANU College of Law since 2000.

High school gave me the opportunity to become interested in Athletics and I also dabbled in Softball and Lacrosse. I wish I could still consistently throw the same distances as my Javelin and Discus records that I achieved as a 17-year old at Canberra Girls Grammar School (where those records still stand).



In 1997, following an invitation from a 'horsey' friend to have a go at Masters Athletics, I became hooked on throwing again and joined ACT Masters Athletics the same year. Since that time I have competed in twenty-two ACTMA Championships, twenty-one AMA National Championships and eight Oceania Championships.

In 1999, I went to my first WMA Championships in Gateshead and came away with a Bronze medal in the W35 Throws Pentathlon. Five more WMA championships have yielded three silver medals and a further three bronze medals. We love that we get to travel the world to all these Championships, catch up with friends from earlier events and then we often get the chance to explore while we are there.



On the administrative side of things, I was on the ACTMA Committee for eight years including three years as Vice President (2015-2017). I was on the LOC for the AMA Winter Throwing Championships in Canberra for eighteen years, and a member of the LOC for the 2013 AMA Nationals held in Canberra. I have been on the ACTMA Competition Sub-Committee since 2010 and on the ACTMA Equipment Sub-Committee since 2000.

Recognition and awards over the years include:

- Most Outstanding AMA Female Thrower of the Year in 2008 and 2013
- ACT Sports Masters Sportsperson of the Year in 2013
- ACTMA Club Person of the Year in 1999, 2004 and 2015
- Made Life Member of ACTMA in 2015
- ACTMA Ray Green Award for Female Thrower of the Year on eleven occasions
- Have been officiating in throws competitions at Local, Open and National levels for many years

Calendar

2020

AMA Multi-Event Championships: 4-5 January, Bendigo, Victoria

New Zealand Masters Games: 1-9 February, Dunedin, NZ

AMA National Championships: 10-13 April, Brisbane, Queensland

WMA World Championships: 20 July to 1 August, Toronto, Canada

2021

Oceania Masters Championships: 17-23 January, Norfolk Island

AMA National Championships: 5-8 March, Canberra, ACT

WMA World Championships Indoor: 6-13 April, Edmonton, Canada

Peter Crombie OAM

After 60 years as an athlete and 30 years as a coach, Peter Crombie OAM, 'spirit' of master's athletics has retired from sprinting.

His body, in particular his knees have severely hampered him for more than 10 years and curtailed both his training and racing. Osteoarthritis and persistent bone bruising have been the main culprits even after 3 major knee operations, Synvisc and PRP treatments.

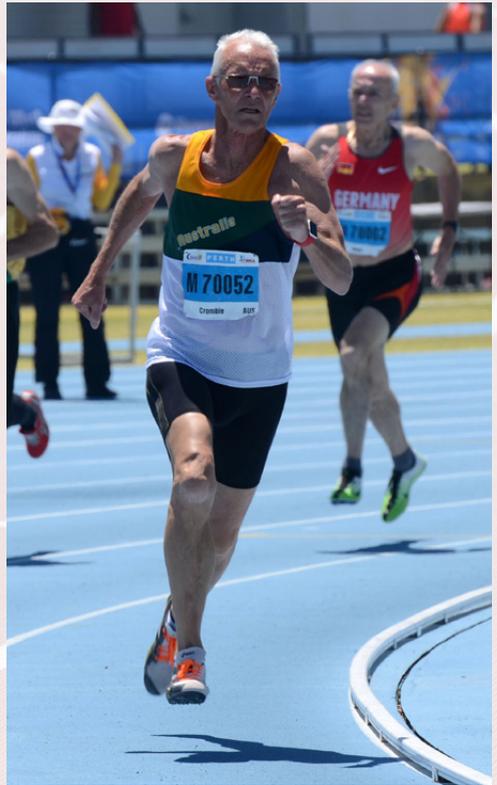
Peter has made an outstanding contribution to our sport as an athlete, coach and administrator and this has been recognised with his recent Order of Australia medal.

There are many highlights of Peter's illustrious career with some of the major ones being:

- 2010 World Male Masters Athlete of the Year
- 2013 AMA Hall of Fame Inductee
- 2017 NSW Community Coach of the Year and Distinguished Service Award
- Won 74 Australian track titles
- 3 times Australian Masters Sprinter of the Year
- Finalist in every World Title event in which he has competed.
- 65 World Championship track medals, more than any other male master's sprinter in the world.
- Best times as a master ▲ 100m 11.21 ▲ 200m 22.96 ▲ 400m 51.30

Peter has left his mark in both the NSW and Australian record books with performances that have alluded many aspiring sprinters. His support, advice and love for our sport will be sadly missed at all meets.

On behalf of the master's athletics family we wish Peter well with his new endeavours.



Amanda Coombe

COMRADES 2019

The Comrades marathon is an ultra marathon of approximately 89Km which is run annually in the Kwa-Zulu Natal province of South Africa between the cities of Pietermaritzburg and Durban. It is the world's largest and oldest ultra marathon and the direction of the race alternates each year between the "up" run starting from Durban and the "down" run starting from Pietermaritzburg. The race comprises of the "Big Five" set of hills - Cowies Hill, Fields Hill, Bothas Hill, Inchanga and Polly Shortts.

The Comrades was first run on the 24 May 1921 and was the idea of Vic Clapham a WW1 veteran to commemorate the South African soldiers who had been killed during the war. He wanted the memorial to be a unique test of the physical endurance of the runners. It certainly is!

This year the field was capped at 25 000 runners with 21 000 eventually starting. The maximum allowed finish time is 12 hours and runners have to qualify by completing a recognised standard marathon in 4h50. There are five cut offs at specified times to complete the race and there are 40 official refreshment stations.

I have run Comrades 6 times before - 3 up runs and 3 down runs. My preference is the down run but surprisingly my best time was on my last up run which I ran in 2017 when I ran 7h57. I missed last year's race due to other racing commitments so I was very keen, but nervous to take on the up run again this year.

My training went reasonably well going into the race, with a lot of hill training. Mt Coottha became very familiar to me as well as all the little hills I could find in Springfield Lakes where I live. I didn't really set myself a time going into the race. I hoped that I could run close to my PB and hopefully place well in my age category (50-59).

I arrived in Durban on the Tuesday before the race and was well rested come race day on the Sunday. I was seeded in pen "B". Comrades is a gun start so the better your qualifying time is the better your seeding. Five minutes before the start the South African National Anthem is played, followed by Shosholozza and then Chariots of Fire. The vibe is indescribable and very emotional. The sound of 21 000 people singing is incredible and very uplifting and it makes the hair stand up on your arms. Then the recording of a cock crowing is played, the gun is fired and we were off and running.

The first 37km of the race is a constant up hill and very tough and the challenge is to pace yourself and not go out too quickly. My husband, knows the route very well and was going to meet me at set points along the way to give me extra nutrition. He would be holding up a huge Australian flag so that I could find him rather than him trying to find me in the groups of runners.

I wore a shirt with Australia printed on the front and back and the support and encouragement that I got from the thousands of spectators all along the route was absolutely amazing. They would shout out "Go Australia", "Aussie, Aussie", "Go Tia" - I had so much support that the South African runners were a little jealous. Anyway, the challenge was to get to "half way" or Drummond, which actually isn't half way still feeling reasonably ok. By this stage I had already climbed Cowies Hill, Fields Hill, Bothas Hill and now had to tackle Inchanga. This climb is long and winding and you can see the runners logging their way up the hill way in front of you. Once I had crested Inchanga there was a

little reprieve with a few down hills and many more unnamed hills, but at least most of the climbing had been done. My husband was brilliant was usual and met me at the planned stops and I topped up my nutrition. I was tired and sore by this stage and knew that I was not running at my best. The weather was great and there were plenty of refreshment stations stocked with coca cola, water, energy drink, bananas and baked potato with salt. The next challenge was "Little Pollys - many runners reach this hill and think that it is Polly Shortts, but oh no it isn't, it is a little teaser for what is still to come. 9km out from the finish you finally reach Pollys and it is a killer hill. I walk this one, as do most runners. By this stage your legs are finished and you are mentally exhausted as well, and the organisers place a TV camera at the top to capture the long suffering faces of the runners as they finally get to the top. Right, 7km to go and I would like to say that it was all downhill from here, but no there are still some really nasty inclines to tackle before you finally reach the stadium. As you enter the stadium you have to run on a dirt track, then under a tunnel which then climbs steeply on the other side onto grass and then finally onto a fabric which they had stretched over the grass and then over the finish line. My finish time was 8h09, not my best, but the best I could do on the day. I was 2nd in my age category.

As an international runner we have access to the International Tent where we were provided with a packed lunch and two drinks. My husband met me there and we took a couple of hours to relax, eat and chat to other runners before making the trip back home.

As usual the race was very well organised. The support of the volunteers who manned the refreshment tables was simply outstanding and the cheering crowds along the route were wonderful. Each time I run this race I say "never again" and yet I find myself at that start time again. I well and truly have the Comrades Bug.

Tia Jones

Aussie Uniform

Planning ahead for world championships in Toronto and need a uniform or a second for swaps? Order via the [AMA Online Shop](#).