

QMA
Athletic Challenge

Travelling man

December, 2020

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Qld Relay Championships

Editorial Contact

Would you like to be part of the *Athletic Challenge* family. Have something you want to contribute?

Photographs

As a photographer I would make a great diplomat. I had more pics of the ground at the 21st November meet than I did of athletes.

Any current or historic photographs would be greatly appreciated.

Contact Kevin Ryall
qmamagazine@gmail.com

AMA New Logo



Australian Masters Athletics Suggested QMA logo





Stan's Stand

COVID! COVID! COVID! That has been the story of 2020 - the year that QMA were to host the Australian Masters Athletics Championships. After more than 12 months of planning and promotion, the organising committee that comprised totally of QMA members had reached the stage where all the hard work had been done and the close of entries was fast approaching. It was certain that Queensland would have more participants than ever before and the competition would exceed 700 entries. Then the Coronavirus pandemic impacted and we had to make the informed decision to cancel the championships. To Toni-Lee Ferguson and her fabulous team my sincere thanks for all of your work - so hard to walk away from your efforts and great new innovations you had planned but hopefully future championships and our own QMA activities will benefit.

Now to our 2020/21 domestic season here in Queensland. North Queensland lost many competition days but still managed to hold a Regional championship in Mackay that was reported as a great success. Masters athletes from across the State entered and seemingly had a great time - good officials, good venue, great mateship and a really enjoyable program and atmosphere prevailed. Well done to North Queensland - and thanks for catering so well for our Masters athletes.

Down here in the South of the State we have been less impacted as restrictions have eased, but we are still required to comply with restricting practices and procedures. Brisbane venue got underway mid September and despite a crowded usage of the SAF facility at QSAC, they have been able to conduct regular Saturday morning and Wednesday evening competitions. Attendances have been encouraging and a full season is keenly anticipated. Gold

Coast also started competitions in September at the Runaway Bay Sports Complex and whilst attendances have been OK the group have suffered with timing equipment problems. We are confident the management team will keep working hard to increase membership whilst the QMA Management Committee are looking at ways to resolve equipment problems.

Looking forward coaching courses in various athletic disciplines and competition management tasks (Meet Manager and Photo Finish) are planned with Race Walking coaching being a priority and a modified Steeplechase (no water jump) being used to encourage athletes to add this event to their programmes.

In closing I want to thank the volunteers and workers who attend meets to help run the events for the athletes, the people behind the scenes who plan and present the competitions and those that give so freely of their time to provide the administration and other requirements of our sport.

Also my congratulations to Kevin Ryall for his initiative in providing this excellent communication that will benefit all of our athletes.

Stan Perkins
QMA President

Welcome

Welcome to the first edition of the relaunched *Athletic Challenge* magazine.

The intention is to publish once a month during the season and a couple of times during the off season.

As well as bringing you news on past and upcoming events we want to profile athletes who are currently competing and some of the champions of the past.

If you have someone in particular you would like featured drop us a line and provide some background on why they would be of interest and any photographs you may have.

We would also appreciate any interesting pics of 'way back then'

like starting on a cinders track.

Any interesting stories, pics, coaching tips, suggestions would all be welcome.

Kevin Ryall
qmamagazine@gmail.com



Dec 19th: Memorial Day events at QSAC

8.00AM 3000m Run/Walk**
Long Jump** - All
Hammer - Men - Southern Cage
Javelin - Women - Northern End
8.15AM Long Hurdles
8.30AM 60m**
8.45AM 800m
Pole Vault - All
9.00AM Javelin - Men - Northern End
Shot Put - Women
9.10AM 200m
9.30AM 100m
9.50AM 2000m Steeplechase
10.00AM Shot Put - Men
Hammer - Women - Southern Cage
High Jump - All
10.20AM 400m

Dec 29th: Gold Coast Runaway Bay

8.00am 3000m Run/Walk
8.40am 60m
9.00am 150m
9.20am 1000m
9.40am 400m
Field Events
Start at 8am
Shot Put
Greek Discus(For fun)
Javelin
Weight for distance(For fun)

Gold Coast 2021

January 10th
January 24th

MEET THE QMA MANAGEMENT TEAM

President
Stan Perkins



My interest in Athletics began at Richmond River High School in Lismore when I was introduced to field events. I was a large lad in my youth and found the shot put event to be my specialty. While I enjoyed most events this was the one where I had considerable success in school competitions.

Unfortunately a promising career was cut short when in my early twenties I suffered two very serious shoulder injuries playing rugby league. I then moved into coaching and administration, mainly in Little Athletics. After moving to Queensland with my wife Wilma and four children in 1980, I became the first employee of Old Little A's and have been hooked on administration within the sport ever since. I also joined Queensland Veteran Athletics (now QMA) and loved the friendliness, competition and social activities.

In 1984 I became QMA Secretary and have been continuously involved in the administration of our sport since. I have been President of Queensland, Australia, Oceania and World Masters Athletics and have close contacts with Australian Athletics and World Athletics Organisations as well as serving on many associated government and sports groups. I have been lucky enough to travel to many parts of the world to promote our sport.

Despite all of these administrative achievements I still probably enjoy local competitions at club, State and National level more. By officiating or just helping out I get to interact with athletes and officials and many have become good friends

In our sport 'you really are good enough if you are old enough.'

Vice President
Bruce Bodsworth



My competitiveness in athletics comes from an early life as a jockey. I ran my first mile at 12yrs. I have run, jumped, walked and thrown every event on the IAAF schedule. I'm in my fortieth year with masters, and as a life member of Thompson Estate and Qld Athletics I have accumulated nearly 300 medals and hope to be competing for another 30 years.

However there is still time for, golf, fishing, theatre, choir, cards and family. I will always promote and endorse athletics to all who I meet.

Secretary
Lee-Anne Nelson



I started masters running at 40, to replace volleyball which I'd played in state and Aussie teams since a teenager. The pentathlon is my favourite event and my most successful, holding Aussie and Oceania records for it. Despite not having the time, I volunteered for Secretary to try and give back. It's only a handful of long term people making masters possible, we are all grateful for them! My next goal is chasing down a pentathlon score and nationals where I'll be racing my sister for the first time!

Treasurer
Lisa Chapman



I was a runner at school, but puberty and peer pressure (not great combinations) saw me give it away. It wasn't till I was 29 that I rediscovered running and the incredible mental health benefits, it brought me. I progressed through to marathon distance, "fun runs" only, and was lucky enough to experience the London marathon twice.

While I don't compete, I am an avid supporter of athletics. Lucky enough to see Bolt run the 200m and Rudisha break the 800m world record at the London Olympics all on the same night. So, when I returned to Australia, I answered a call from QMA for volunteers to help with the state championships. Soon after QMA were looking for a new treasurer and as I am an accountant by trade it seemed like a good way for me to contribute to the athletics community. That was in 2018 and here I still am.

Team Members

Lorraine Birtwell



I have been a member of Queensland Masters (formerly Veterans) Athletics since 1980. My initial interests were sprinting and throwing, and later, just throwing as I slowed down. The friendly atmosphere of athletes has kept me coming back each year and I've enjoyed a number of opportunities to compete at National and World Masters competitions and won a few medals, mostly bronze. I held the position of Secretary for 4 years, and since the last AGM, continued my involvement as a Committee Member.

Brian Key



I joined QMA in late 2015 at the age of 54. Two years earlier I weighed 94 kg and could nearly balance a glass of wine on my protruding abdomen. For health reasons I set about to lose some weight—over the next two years I trimmed down 27 kg. For me, the motivation is the competition—not so much against others—but against myself. I joined the QMA executive in 2020 and became a member of the organising committee for the 2020 National Championships. My primary goal in doing so was to ensure that we produced a championship medal design that Queensland could be proud of.

Also
Irene Davey
Fionnula Connors
Rod Walke
Chris Brack

Qld Relay Champs cont from P13

Men 70-79 4x400m

Lacko Dieter, Bunin Pio, Lakin Alf, Mancey, Colin 41

Women 30-39 4x400m

Ashley Brenda, Nelson Lee-Anne, Bell Cherie, Grono, Helena

Women 40-49 4x400m

Ashley Brenda, Nelson Lee-Anne, Kennerman Anne Maree, Craswell Jodie

Men 70-79 3x1000m

Lacko Dieter, Lakin Alf, Sheer John

Men 40-49 3x1000m

Shard Paul, Bell Chris, Mival, Alastair

Women 30-39 3x1000m

Kirwin Roslyn, Dunne Peta, Craswell Jodie

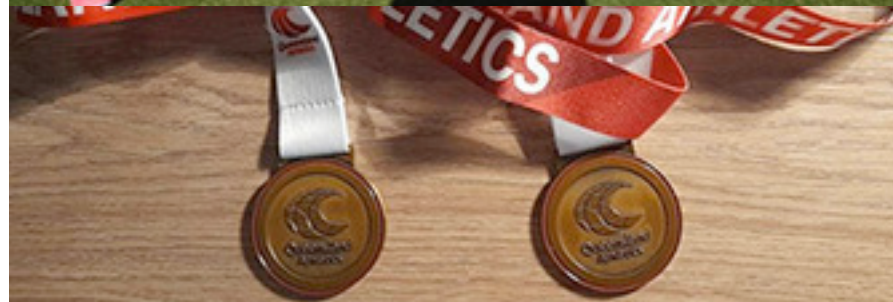
Regional Representatives

Brisbane
Gold Coast
North Qld

Rod Walke
Chris Brack
Andrew Ford

Member Protection Officers

Don Quinn
Wilma Perkins
Lorraine Birtwell



Proudly supported by



Deadly Serious

I arrived at QSAC to be meet by a very upset older thrower.

'Do you know what that blow-in from NSW did last week?' What forgot his border pass I responded.

'No something a lot worse. I train bl--dy hard to throw the discus 30 meters. This blow-in ruptures the long head bicep in his right hand so can't throw discus.'

'Ah well he says, I might as well try the other arm'. 30 bl--dy meters and to add insult that was standing.

It can't be allowed me old mate muttered

THE RECORD BREAKERS 2020

Men

High Jump:

M55 (Peter Rosengren 2020 1.60 equals

Shot Put

M80 Dash Daniels 2019 10.87



Weight Throw

M65 Lajos Joni 2020 15.30

56lb Weight

M65 Lajos Joni 2020 6.06

100lb Weight

M45 Richard Harris 2020 3.70

M75 Don Quinn 2020 2.42

M80 Ian Kennedy 2020 2.01 **A**

35lb Super Weight

M70 Phillip Rowlands 2020 8.27

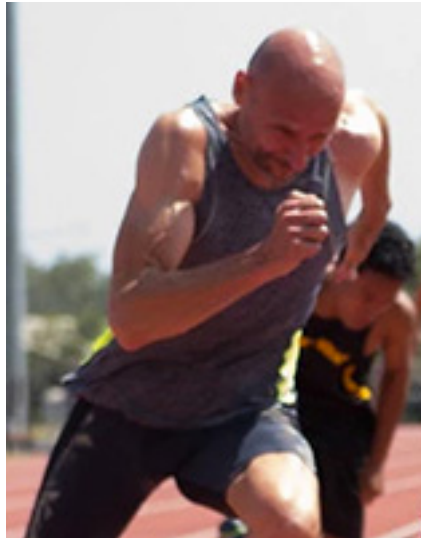
25lb Super Weight

M80 Ian Kennedy 2020 8.32

Heavy Weight Pentathlon

M45 Richard Harris 2020 3097

M80 Ian Kennedy 2020 3562



4x400 Mens Relay

M50 Michael Berlin 50

Gary Parkinson 52

Christopher Brack 54

Joseph Phelan 52

3.51.06

Women

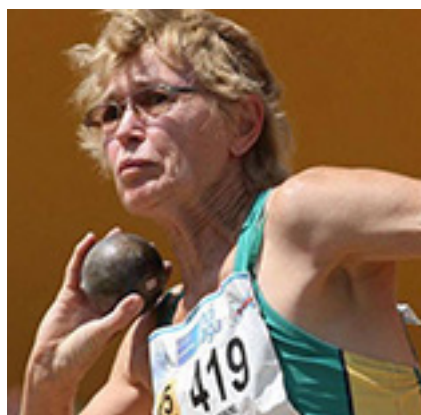
60 metres

W50 Julie Brims 2020 7.96 **A**



100 Metres

W70 Wilma Perkins 2020 15.83

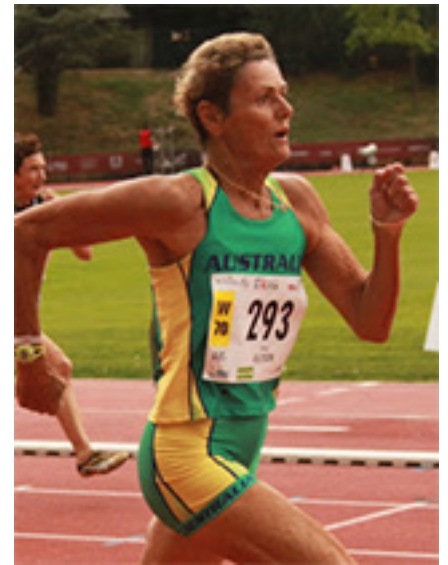


200 Metres

W50 Julie Brims 2020 25.49 **A**

400 Metres

W75 Marge Allison 2020 1.25.07 **A**



800 Metres

W75 Marge Allison 2020 3.33.28

80 Metres Hurdles

W75 Marge Allison 2020 18.67 **A**

1500 Metres Track Walk

W30 Roslyn Kirwin 2020 10.05.64

2000 Metres Track Walk

W55 Jennifer Stuckey 2020

12.44.32

W75 Noela McKinven 2020

16.22.71

Long Jump

W70 Wilma Perkins 2020 3.61

W75 Marge Allison 2020 3.02

High Jump

W75 Marge Allison 2020 1.12 **A**

Pole Vault

W70 Wilma Perkins 2020 2.06 **A**

Hammer Throw

W50 Althea Mackie 2020 41.96

Weight Throw

W50 Althea Mackie 2020 13.94

Pentathlon

W75 Marge Allison 2020 3813

Heptathlon

W75 Marge Allison 2020 5901 **A**

Note: **A** denotes Australian Record

LIKE THE WIND



Julie Brims

Queensland Open team.

Q: The Covid pandemic obviously had no constraints on your training as you created Queensland and Australian records over 60 and 100 metres in the first meet back. In which way did the pandemic mess up your training, competition program including Nationals?

The Pandemic was a tough situation for everyone, my squad was disassembled and we were all assigned our own individual training venue. I was lucky to get the well maintained Junior Rugby oval at Mount Gravatt where I could still train at a high level without the worry of hitting a pot hole or run on uneven ground. Mostly it was just really lonely being completely on your own with only the odd stranger out walking nearby, although I had always trained by myself before I joined my current training squad two years ago.

I was disappointed in that our own Nationals here in Brisbane were cancelled due to COVID. A further disappointment was that I missed the opportunity to compete at Open Nationals in Sydney in April as I had run the qualifying time for the 100m and been accepted onto the

But for me the Pandemic had a silver lining in that my dedicated and brilliant coach took the time to visit everyone of us in the squad, at all the different training venues around Brisbane. Just getting that 15 minutes of one on one time was so valuable in helping steadily change my technique to a more efficient style. By the time we came back out of lockdown, I believe I was a totally different runner technique wise so I was really keen to see just what kind of times my new style would produce.

My first months of races has given me some good results with 60m 7.96 AR, 100m 12.10 AR, 100 yards 11.20 QMA record, 200m I equalled my own AR of 25.49 and I have just run my first 400m since worlds in Malaga running 58.85s, breaking the QR of the amazing Jan Hynes (61.11s) that has stood since 1994!

So on the whole, as frustrating and lonely as it was training through COVID, it provided a lengthy block of time for my coach to re-mould my technique focussed on efficiency. My recent results seem to validate all this effort.

Q. You have won at State, National and International levels- which has been the most satisfying result?

For me I would have to say the very first time I won a World Title (W40 200m) back in 2007 in Riccione, Italy. Being my first time at a world event, I had no expectations of even getting past the first round let alone make a final. I had some already well established names to run against like Gianna Mogentale and the French lady, Violette Lapierre who had just won the 100m final. I stuck to my own race plan and was astonished to find myself first over the line in front of a packed grandstand cheering so loudly, the atmosphere was incredible! And to make it even more special, I had my mum and sister Sandy travel with me to Italy! It was the first time either one had ever seen me run before, so to win a World Title in front of them made it even more memorable!

Q. Can you give us an idea of your off season and on season training regime?

That's hard to answer as I haven't actually stopped for a break in training since I joined my squad (2years) but I can say that now my training is more controlled around physiology block types to where I no longer train everyday like I used to and it's more about quality not quantity. I normally have three weeks of hard training followed by an easy week. This helps to keep me fresh and (touch wood) injury free.

Q. What was the main influence to get you competing in Masters competitions?

I was living in Muswellbrook NSW (oh that was just temporary for my husband's work) and my 5 year old daughter Kodey wanted to do athletics, so I took my two children down to the local athletics club that also catered for Masters athletes.

At the time I was a Referee in the ABA basketball in NSW, so after

watching for a few months I thought joining in would be helpful for my refereeing as I had a fitness test coming up with all the NBA Sydney refs. I started running, then training with the local coach Jim Huggins.

It was hard to know whether I was really any good at running being in a small country town competing against the other local women but then Jimmy entered me in a big race in Sydney, I think it was an Open track classic meet where they had a Masters race included. I came 2nd to Roberta Thompson the first year, then the following year I won the 200m race against all the top NSW female athletes. Of course I enjoyed running so much that I haven't stopped since.

Oh, the referee's fitness test went so well, that I was still doing the beep test well after the men had pulled out from exhaustion, they were so embarrassed to be out done by an older female, 37yo then, that they turned the machine off to stop me from further embarrassing them!!

Q. You have supported a number of relay teams over the years - is this part of the sport you enjoy?

Definitely, as relay success is all about matching the speed

differentials between the athletes at each baton change to maintain optimum speed through the change and maximising the distance run by the faster team members. My passion for this is well known and there is nothing better than the camaraderie you get from being in a team that "buys" in!

I think the most exciting team I ran with was in Malaga 2018 in the W50 - 4 x 100m. On paper we didn't have the fastest team going into the final, but we all worked so well together making sure our baton changes were as precise as we could get them. On the day it all came down to trusting each other, which we did, and ended up pipping the USA by 1/100th of a second to win Gold!!

Q. What is your main aim for the current season - providing there will be events such as Nationals in Canberra?

At the moment I'm just enjoying racing and training. I'm hopeful Nationals will be on in Canberra as I enter the new age group of W55 in January. This is possibly the only time a Masters athlete enjoys ageing! Now that I have a 400m under my belt I plan to enter this event at Nationals and actually follow through and run it!! Each

year my main goal is to try to keep improving and to stay competitive as long as I can against the open athletes.

Q. How long do you think the challenge and enjoyment will continue . You have 20 years before you start challenging Marge's records.

That's the beauty of Masters, in that there is always a new challenge to look forward to every five years. If I'm lucky enough to be healthy and still running at Marge's age then that will be reward enough, you don't always need records to get enjoyment out of your sport. Five years ago I didn't think I would ever run again due to a major medical event, now I'm just grateful to be able to run and train with a great group of people who don't judge me for how old I am.

2020 World Ranking and performances

60m:

7.96 #1 World #1 Oceania

100m:

12.10 #1 World #1 Oceania

200m:

25.24 #1 World #1 Oceania



NORTHERN QUEENSLAND CHAMPS

W35 60 M 30-49yrs

1 Melissa Percy W39 Mulgrave

W40 60 M 30-49yrs

1 Kelly Ross W44 Bowen Athlet
9.30 10

W45 60 M 30-49yrs

1 Lee-Anne Nelson W48 Qld
Masters 8.83 10
2 Lorraine Rutland W49 Mackay
Athle 9.17 8
3 Ange Woodham W48 Keppel
Coast 10.00 6

W40 100 M 30-49yrs

1 Kelly Ross W44 Bowen Athlet
15.03 10

W45 100 M 30-49yrs

1 Lee-Anne Nelson W48 Qld
Masters 14.10 10
2 Lorraine Rutland W49 Mackay
Athle 15.18 8
3 Ange Woodham W48 Keppel
Coast 15.97 6

W40 200 M 30-49yrs

1 Kelly Ross W44 Bowen Athlet
31.13 10

W45 200 M 30-49yrs

1 Lee-Anne Nelson W48 Qld
Masters 29.22 10
2 Lorraine Rutland W49 Mackay
Athle 33.12 8
3 Ange Woodham W48 Keppel
Coast 33.13 6

W30 400 M 30-49yrs

1 Prue McAuliffe W34 University o
1:08.81 10

W45 400 M 30-49yrs

1 Lee-Anne Nelson W48 Qld
Masters 1:05.53 10
2 Ange Woodham W48 Keppel
Coast 1:15.89 8

W30 800 M Run 30-49yrs

1 Prue McAuliffe W34 University
2:49.52 10

W40 80 Short Hurdles 76cm 30-49yrs

1 Kelly Ross W44 Bowen Athlet
14.74 10

W40 400 Long Hurdles 76.2cm 30-49yrs

1 Kelly Ross W44 Bowen Athlet
1:21.03 10

W30 High Jump 30-49yrs

1 Ashleigh Reid W32 Maroochy Ath
1.70m

W40 High Jump 30-49yrs

1 Kelly Ross W44 Bowen Athlet
1.45m 10

W40 Long Jump 30-49yrs

1 Kelly Ross W44 Bowen Athlet
4.05m 10

W45 Long Jump 30-49yrs

1 Lee-Anne Nelson W48 Qld
Masters 4.17m 10

W40 Triple Jump 30-49yrs

1 Kelly Ross W44 Bowen Athlet
9.00m 10

W35 Shot Put 4.0kg 30-49yrs

1 Melissa Percy W39 Mulgrave Ath
7.98m 10
2 Amanda Wright W39 Mackay
Athle 7.80m 8
3 Katie James W39 Cairns Athle
7.27m 6
4 Cathryn Hoare W39 Mackay
Athle 7.03m 5
5 Kelly Titlow W37 Tableland At
6.68m 4

W40 Shot Put 4.0kg 30-49yrs

1 Rebecca Austin W43 Mulgrave
Ath 8.51m 10
2 Helen Wallis W43 Charters Tow
6.90m 8

W45 Shot Put 4.0kg 30-49yrs

1 Lee-Anne Nelson W48 Qld
Masters 8.39m 10
2 Natalie Lorraway W49 Mackay
Athle 5.49m 8

W35 Discus Throw 1.0kg 30-49yrs

1 Melissa Percy W39 Mulgrave Ath
25.36m 10
2 Katie James W39 Cairns Athle
23.50m 8
3 Amanda Wright W39 Mackay
Athle 22.67m 6
4 Kelly Titlow W37 Tableland At
20.18m 5
5 Cathryn Hoare W39 Mackay Athle
19.07m 4
6 Sara Wessling - F44 W35
Maroochy Ath 18.51m 3

W40 Discus Throw 1.0kg 30-49yrs

1 Rebecca Austin W43 Mulgrave
Ath 27.64m 10
2 Helen Wallis W43 Charters Tow
21.10m 8
3 Kelly Ross W44 Bowen Athlet
18.44m 6

W45 Discus Throw 1.0kg 30-49yrs

1 Lorraine Rutland W49 Mackay
Athle 20.85m 10
2 Natalie Lorraway W49 Mackay
Athle 16.94m 8
W35 Hammer Throw 4.0kg 30-49yrs
1 Amanda Wright W39 Mackay
Athle 27.35m 10
2 Katie James W39 Cairns Athle
27.04m 8

M75 Discus Throw 50-109yrs

1 Selwyn Hawken M75 Whitsunday
A 20.05m 10
M50 Hammer Throw 7.26kg 50-

109yrs

1 Corey Luff M50 Ashgrove Ran
37.66m 10
2 Kevin Galea M52 Mackay Athle
31.85m 8
3 Andrew Ford M53 Tableland At
29.50m 6
4 Mark Ashcroft M53 Qld Masters
28.19m 5
5 Timothy Lowrey M53 Central
Quee 24.18m 4

M75 Hammer Throw 7.26kg 50-109yrs

1 Selwyn Hawken M75 Whitsunday
A 23.45m 10

M50 Javelin Throw 50-109yrs

1 Corey Luff M50 Ashgrove Ran
47.79m 10
2 Kevin Galea M52 Mackay Athle
44.82m 8
3 Mark Ashcroft M53 Qld Masters
29.36m 6
4 Timothy Lowrey M53 Central
Quee 20.47m 5

M55 Javelin Throw 50-109yrs

1 Gary Barton M57 Qld Masters
28.56m 10

M65 Javelin Throw 50-109yrs

1 Ronald (Niel) Ensbey M65 Qld
Masters 29.72m 10
2 Terry Ryan M66 Mackay Athle
17.41m 8

M75 Javelin Throw 50-109yrs

1 Selwyn Hawken M75 Whitsunday
A 19.47m 10

M55 1500 M 50-109yrs Decathlon

1 Andrew Millerd M58 Tableland At
5:59.78 560
2 David Varley M58 Qld Masters
6:16.07 484

M60 1500 M 50-109yrs Decathlon

1 Neil Gray M61 Qld Masters
7:19.72 310

M70 1500 M 50-109yrs Decathlon

1 Keith Stevenson M72 Qld
Masters 7:32.72 447

M55 100 M Run 50-109yrs Decathlon

1 Andrew Millerd M58 Tableland At
13.10 771

2 David Varley M58 Qld Masters
13.30 736

M60 100 M Run 50-109yrs Decathlon

1 Neil Gray M61 Qld Masters 14.40
628

M70 100 M Run 50-109yrs Decathlon

1 Keith Stevenson M72 Qld
Masters 15.20 685

M55 400 M Run 50-109yrs Decathlon

1 Andrew Millerd M58 Tableland At

1:00.96 745
 2 David Varley M58 Qld Masters
 1:03.98 636
**M60 400 M Run 50-109yrs
 Decathlon**
 1 Neil Gray M61 Qld Masters
 1:16.99 323
**M70 400 M Run 50-109yrs
 Decathlon**
 1 Keith Stevenson M72 Qld
 Masters 1:14.25 583
**M55 100 Short Hurdles 50-109yrs
 Decathlon**
 1 David Varley M58 Qld Masters
 17.48 717
 2 Andrew Millerd M58 Tableland At
 19.60 516
**M60 100 Short Hurdles 50-109yrs
 Decathlon**
 1 Neil Gray M61 Qld Masters 21.28
 417
**M70 100 Short Hurdles 50-109yrs
 Decathlon**
 1 Keith Stevenson M72 Qld
 Masters 17.36 586
**M55 High Jump 50-109yrs
 Decathlon**
 1 Andrew Millerd M58 Tableland At
 1.50m 661
 2 David Varley M58 Qld Masters
 1.35m 504
**M60 High Jump 50-109yrs
 Decathlon**
 1 Neil Gray M61 Qld Masters
 1.26m 496
**M70 High Jump 50-109yrs
 Decathlon**
 1 Keith Stevenson M72 Qld
 Masters 1.21m 619
**M55 Pole Vault 50-109yrs
 Decathlon**
 1 David Varley M58 Qld Masters
 3.00m 603
 2 Andrew Millerd M58 Tableland At
 2.80m 533
**M60 Pole Vault 50-109yrs
 Decathlon**
 1 Neil Gray M61 Qld Masters
 1.80m 255
**M70 Pole Vault 50-109yrs
 Decathlon**
 Keith Stevenson M72 Qld Masters
 NH
**M55 Long Jump 50-109yrs
 Decathlon**
 1 Andrew Millerd M58 Tableland At
 4.75m 637
**(M55 Long Jump 50-109yrs
 Decathlon)**
 2 David Varley M58 Qld Masters
 4.47m 556
**M60 Long Jump 50-109yrs
 Decathlon**
 1 Neil Gray M61 Qld Masters
 3.77m 441
**M70 Long Jump 50-109yrs
 Decathlon**
 1 Keith Stevenson M72 Qld
 Masters 3.19m 431

**M55 Shot Put 50-109yrs
 Decathlon**
 1 Andrew Millerd M58 Tableland At
 9.04m 575
 2 David Varley M58 Qld Masters
 8.06m 500
**M60 Shot Put 50-109yrs
 Decathlon**
 1 Neil Gray M61 Qld Masters
 8.69m 536
**M70 Shot Put 50-109yrs
 Decathlon**
 1 Keith Stevenson M72 Qld
 Masters 7.27m 444
**M55 Discus Throw 50-109yrs
 Decathlon**
 1 Andrew Millerd M58 Tableland At
 28.55m 498
 2 David Varley M58 Qld Masters
 25.34m 428
**M60 Discus Throw 50-109yrs
 Decathlon**
 1 Neil Gray M61 Qld Masters
 32.52m 555
**M70 Discus Throw 50-109yrs
 Decathlon**
 1 Keith Stevenson M72 Qld
 Masters 14.12m 236
**M55 Javelin Throw 50-109yrs
 Decathlon**
 1 David Varley M58 Qld Masters
 37.91m 599
 2 Andrew Millerd M58 Tableland At
 25.90m 365
**M60 Javelin Throw 50-109yrs
 Decathlon**
 1 Neil Gray M61 Qld Masters
 29.95m 476
**M70 Javelin Throw 50-109yrs
 Decathlon**
 1 Keith Stevenson M72 Qld
 Masters 24.55m 460
M55 Decathlon 50-109yrs
 1 Andrew Millerd M58 Tableland At
 5861 10
 2 David Varley M58 Qld Masters
 5763 8
M60 Decathlon 50-109yrs
 1 Neil Gray M61 Qld Masters 4437
 10



Feature Q&A: Kevin Galea

Events:

Shot put: 12.83m
 Discus: 39.54 m
 Javelin: 42.98 m
 Hammer Weight throw: 13.00m
 Throw pentathlon: 3188 points

Club:

Sarina 1983—1998 Mackay Athletic
 Club 2017–2020

When did you begin your athletics journey?

1983

What events do you compete in and which event is your favourite?

I compete in all of the throwing
 events with shot put as my favourite

You have been involved in athletics for a long time and now you compete in the masters age group. What would you say would be your athletics highlight over the years?

Representing Australia at 5 Oceania
 Championships and winning a Open
 Qld state title in shotput

How would you compare being a master's athlete to an open athlete?

Masters athletics for me is more
 about personal goals whereas open
 you competed against the other
 athletes and was more serious

Last year you competed in the Oceania Master's Championships in Mackay. What was it like to have a major international meet on your doorstep?

Very good , having an international
 event in Mackay, for the region to
 show off the new facility . Personally
 it was good to compete on my own
 club ground and have relatives and
 friends come to watch me compete

Do you have any major goals you would like to achieve during the next few seasons?

Yes , to compete at the Oceania
 Masters in 2022 at Norfolk Island

What does a typical training week look like?

Depending on work commitments I
 aim for two weight sessions and 3
 throwing sessions a week

You are a self-coached athlete. Do you find this difficult at times given the technical demand of the events that you do?

Yes I do. I train with my son James
 who points out errors I make when
 throwing

PHOTO ROUNDUP



TRAVELLING MAN



Tim Lowrey

Q. Tim you are known to travel a huge distance each year in search of competitions. How much is by car?

Over 95% by car I actually flew to 2019 Melbourne national



championships

Q. You travelled from Queensland to Perth to compete in the World Championships. How long did that take?

It took me 6 long days by car and then I travelled up the Western Australian Coast taking 8 days to travel back to Rockhampton.

Q. You work in Corrective Services in Rockhampton. How do you plan your travels around your job?

I work shift work that involves 12

hour shifts , so basically I currently work a 14 week set roster that varies from 60hrs to 0hrs with a couple of 6 day breaks and one 7 day break over the 14 weeks. The rest I need to plan well ahead and apply for leave which luckily I can take some at half pay.

Q. You flew to New Zealand before Covid and secured the Australian Indoor Shot Put record. How do you rate that achievement?

This would have to be one of my greatest achievements to date so far and it was my first Australian record.

Part of the pleasure of being a thrower is the people you meet – any you single out?

I meet many throwers and talented athletes but the one I could single out would definitely have to be Laini Inivale from New Zealand which to my amazement can throw a good shot wearing crocs instead of throwing shoes

Q. Give us an idea of your annual training programme?

I try to get to as many competitions as I can as I will always seem to learn and refine myself the best from these. Apart from that I use the pool as resistance movements and it gives the whole body a good workout, also do some free weights at home including bench and lifts. Sometimes it will literally take months of consistent effort and hard work before the results start to come back and reward you.

Q. What are your goals for 2021 season which may or may not include a National Championships?

My goals are always to improve my performances anything else is a bonus. Hopefully there will be some bigger competitions that are available in 2021 which may include 1 or 2 trips to New Zealand.

Q. Tim how long do you think you will continue with the travel and

compete cycle?

My local season has closed and will reopen March 2021, until then I will continue to endeavour to travel to Brisbane and Gold Coast to compete to keep my skills up. I usually peak around October November each year. I hope to continue as long as I can with travel and competing as I enjoy both.



2020 World Rankings and performances

Shot:

10.51m #118 World #12 Oceania

Discus:

27.70m #239 Word #21 Oceania

Hammer:

30.47m #147 World #12 Oceania

Javelin:

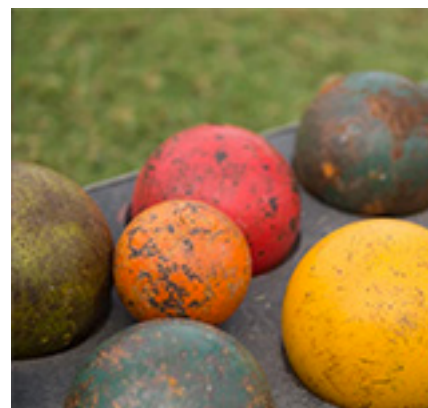
25.93m #219 World #33 Oceania

Weight Throw:

10.98m #105 World #9 Oceania

Throws Pentathlon:

2194 pts #61 World #7 Oceania



GOLD COAST

The Coast region has had some excellent fields in competition so far since the return to competition.

The 3000 metres on the 8th November drew a field of 6 masters athletes and 6 young athletes.

Lisa Miller from NSW returned an excellent time of 11.098.84 in the womens 35 age group . Lisa is ranked #21 in the World and #2 in Oceania for 5,000 metres in 2020.

The 1000 metres attracted a field of 6 master age athletes with Peter Link in the mens 50 year group recording 3.01.32

The sprints, which are run out of starting gates, attracted good fields with 10 plus master age sprinters.

The Mens 50yr 200 metres was a close finish with Michael Berling, 24.50 edging out Gary Parkinson 24.77 closely followed by Chris Brack 25.05

The throwing group was bolstered by visitors from the north. With 10 competitors this was an excellent result.

Bruce Bodsworth shone with a 31.35 mens 65 Javelin and Rene Doel had an excellent 56lb throw of 6.39m. Miranda Ramsden had a great start to her season with a 8.67m shot put in the womens 35yr



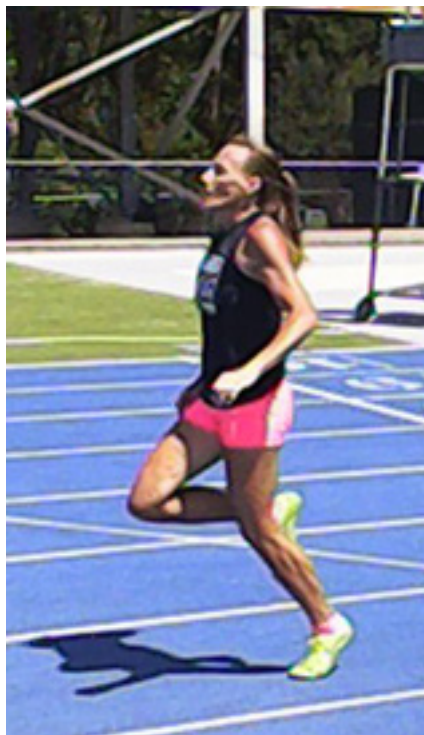
The next competition is the 6th December. 3000m Run/Walk, 60m, 100 yards, 800m, 400m

Hammer. Discus, Weight Throw

BRISBANE

Julie Brims continued her impressive season form with a Queensland record of 58.85 which broke the previous record that had stood since 1994.

Julie followed that up with a 58.55 at the 21 November meet - **New Record!!** She backed that up with an 8.02 60 metres.



Very impressive was Craig Parker in the Mixed 100 yards when he bettered the previous record of 11.75 held by John Wright since 2006 with a very quick 11.38. There is no World ranking for 100 years which is unfortunate.

You can see on the back page the performance of Wilma Perkins in the Pole Vault with a height of 1.90 m. This is up there with her record of 2.06m

Althea Mackie again shone in the womens 50yr hammer throw with 40.74m. I may be wrong but this seems to be her second best performance since turning 50.

Lagos Joni didn't let his Popeye bicep stop him getting out an impressive 41.78 in the Mens 65 yr hammer throw. I think you may have been a bit younger in this photo Lajos



New comer Afa Tuala had a great start in the Mens 35yr Shot Put with a 10.08m



Qld Relay Championships

Womens 50-59 Shot

Paterson, Tamara	6.69m
Craswel, Jodie	6.53m
Kopittke, Rosemary	5.40m

Men 50-59 Long Jump

Buno, Pio	3.16
Lacko, Dieter	2.95
Mancey, Colin	2.36

Women 40-49 Long Jump

Nelson, Lee-Anne	4.14
Craswel, Jodie	3.82
Paterson, Tamara	3.63

Men 70-79 Shot

Dash Daniels	9.15
Lafferty, Mills	8.64
Lacko, Dieter	7.40

Men 30+ 4 x 100m

Ladynski Shane ,Tittley Simon, Beatson Scott ,Berlin Michael

Men 70-79 4x100m

Lacko Dieter,Bunin Pio,Mancey Colin,Lakin Alf

Women 30-39 4x100m

Ashley Brenda, Kellermann Ann-Maree,Irene Davey ,Roslyn Kirwin

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