

**QMA
Athletic Challenge**

POCKET ROCKET

February, 2021

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News from the President's desk

Championships begin with Records Onslaught!

Hello to all and the good news today is that the Championship competitions have got underway with good participation numbers

Editorial Contact

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

Photographs

Any current or historic photographs would be greatly appreciated.

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and some excellent results. Our hard working statistician, Heather Doherty has been kept very busy with many new records, State, National and World!

The standout athlete has been Julie Brims who has really been setting the track alight with her performances - unfortunately many of her efforts have been disallowed because of illegal wind readings but she has still achieved a new World 400 metres record for her age group, a new National record in the 60 metres and a new State record in the 300 metres. She continues to chase the 100 / 200 double and I anticipate it is only a matter of time before she succeeds in achieving this goal. Well done Julie your dedication and hard work is finally being rewarded.

Masters Athletes generating Medical Re-think

On another topic, I have spoken in recent days with several medical specialists and also with the President of Australian Masters Athletics Board Phil Urquhart about apparent changes in medical treatments that are being introduced for older persons. It was interesting to learn that the advances that have been made in medical treatments and medications are the result of people living longer and adopting more active lives, as well as adopting healthier eating habits. All of these factors have meant that previously held medical opinion on the health and illness management of older people are generally no longer applicable. In particular Masters athletes, cyclists, swimmers and rowers (and obviously other sports) have shown they live better, are fitter, more aware of their bodies and living better lives that their predecessors. Of course being athletes we knew that, but we now have to convince governments that our efforts provide many benefits to society, including reduced medical costs, so perhaps they might put some more funding into senior's (Masters) health benefits and sporting organisations that provide the capacity for us to enjoy our sport and join with others of like mind and body in healthy living!

Covid causing World Chaos in Sport - but not in Queensland!

I am sure all of you regularly see the

news reports indicating the terrible impact of this virus on people and communities right across the world. Recently I have spoken to others in our sport in the UK, Germany, India and other countries and in most places athletics is on hold. So perhaps we are the exception at this time with competition taking place all over Australia and generally our sport is only marginally impacted. Sure we have not had a National Championships since 2019 and the next one is scheduled for 2022. But we do compete regularly, we have the opportunity to take part in virtual competitions against athletes in other States and countries and we do seem to be enjoying ourselves.

Volunteers to the Fore.

I know I have mentioned previously the ever present need for volunteers to help us conduct our competitions, either in attending to the administrative requirements or in assisting at the various events to make sure the rules are followed and athletes have the chance to compete well and enjoy their participation. We have our loyal group of volunteers who attend EVERY week, getting the stadium set up the competitions and getting ready for the action to start. But we always wait to see who else will come forward. Thankfully you athletes ave been great this year coming along willingly and giving a hand. However we have also had some marvellous volunteers that have no attachment to our sport come forward (thanks to Volunteers Queensland and Lorraine Birtwell for her never dying efforts) and they are proving magnificent workers and contributors to our administration management. To all our helpers - thank you so much for your great contribution and support.

Until next time - stay safe, stay happy, stay fit and enjoy your sport and your marvellous fellowship with your competitor athletes and the event workers!

Stan Perkins
QMA President

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Athletics Nth Queensland

Meet Manager (Online)

Athletics North Queensland will be holding an Online Meet Manager Course on February 13th and 14th, 2021.

Registration for event closes at Sat 06 Feb 2021 23:45.

<https://www.revolutionise.com.au/athleticsnorthq/events/80910/>

Bowen Coaching Clinic

Athletics North Queensland will be running a two day coaching clinic in Bowen on March 6th and 7th May.

<https://www.revolutionise.com.au/athleticsnorthq/events/59876/>

Mulgrave Relay Day

16th May

Partner up with a friend, a neighbour or a school buddy and compete as a pair with combined scores contributing to placings. Athletes do not need to be registered to a club to compete.

Brisbane

February 6 - Saturday

Day 1 QMA Decathlon & Heptathlon Championships

8.00am	100m Decathlon Heavy Weight Throws
	Pentathlon - Men and Women - North Cnr
8.10am	Pole Vault - All 100m
8.30am	Hurdles Heptathlon Long Jump Decathlon
8.45am	60m
8.55am	High Jump Heptathlon
9.00am	1500m run/walk
9.15am	Shot Put Decathlon 200m
9.30am	Long/Triple Jump
9.45am	Shot Put Heptathlon
10.00am	High Jump Decathlon 400m
10.30am	200m Heptathlon
11.00am	400m Decathlon

February 7 - Sunday 2021

Day 2 QMA Decathlon & Heptathlon Championships

8.00am	Hurdles Decathlon
8.15am	Long Jump Heptathlon 60m
8.30am	Discus Decathlon Northern Cage
	800m
9.00am	Javelin Heptathlon Southern End
	100m
9.15am	Pole Vault Decathlon High Jump
9.45am	800m Heptathlon
10.00am	300m
10.30am	Javelin Decathlon Southern End
	1500m Run/Walk
11.15am	1500m Decathlon

20th February

The **Tom Gould 300m handicap** has a financial sponsor for the benefit of those who make the final - \$50 vouchers. If you have participated in the 200m and 300m (or maybe a 400m) several times during the season then put in a nomination to participate. Email wilmaperkins@me.com with your name, age, and if possible the best times you have run for those events this season. Do this as soon as possible as the nomination cut off date is **7th February**. Staggered starts will be used so everyone has a chance of getting to the finish line at about the same time. Heats will be held if required.

2. The **Bernie Hogan 100m handicap** is conducted differently from the 300m. Your handicap will be based on your best 100m time during the season. So it does not matter if you are a faster or slower sprinter. To give yourself the best chance of winning the trophies you need to run as near as possible to your best time this season or even faster. You do not have to nominate but you do need to be a QMA member to be eligible.

3. The **Ted Vickers Javelin handicap** and the **Ruth Frith javelin handicap** are based on the athletes best javelin throw during the season. If every thrower equals their best throw then the results would be tied. So throwers need to produce a throw as near to or better than their season's best. You do not have to nominate but you do need to be a QMA member to be eligible.

February 24 Wednesday

7.00pm 200m

7.15pm	Shot Put - All
7.20pm	High Jump - All
7.35pm	100m
7.45pm	800m
7.50pm	Discus - All
8.00pm	60m
8.05pm	Long/Triple Jump
8.20pm	400m
	3000m run/walk

Gold Coast

6th February

Gold Coast Championships

On day entries for

8.45am	60m
9.15am	100m
10.15am	200m

21st March

8.00am	3000m Run/Walk
8.30am	60m
8.50am	150m
9.15am	600m
9.40am	300m
	<i>Field Events start at 8.00am</i>
	Hammer
	Discus
	Shot Put

WORLD RECORD



Julie Brims ran 59.36 400m in Brisbane on the 23rd January beating 60.90 W55 World Record.

30th January two more world records: 12.34 (-0.7) 100m and 25.18 (0.0) 200m.

Then on the 27th January she backed up her 400 WR with an AR 60m tonight of 8.00 (1.3) and qld record in the 300 41.07 Edit: Point of interest the current indoor world record for the 60m is 8.01

POCKET ROCKET



Heather Doherty

Q. *How has a woman of your frame and weight thrown so successfully?*

I don't know. The only possible explanation is that I have played sport from my School days, and have been told that I have fast twitch muscles, and also I have a lot of determination. I started in Open Athletics with TEES Club in 1950 and then in Veterans/Masters Athletics from 1976. I was also a sprinter, hurdler and jumper, until my knees let me down, and then I concentrated on the Throws. I am now 87, but I feel that my participation in sport, both physically and mentally and the great companionship of members has kept me interested and mobile.

Q. *You held world records in Javelin and I understand you broke the world record for the shot put but never claimed it?*

I don't remember that, but sometimes it was a bit hard to be recognized for a record by the World Statisticians

Q. *You represented Australia in both cricket and athletics. Which was your main love?*

My main love was whichever sport

I was competing in at the time. In the 1950's, I played cricket for Queensland and represented against an Englishwomen's Team, taking 3 for 21 in one innings. We played at The Gabba, the first women to be allowed to compete there. However I grew rather bored with Cricket as it was so slow, and then competed in Cricko, which was a super fast version of cricket, where there were four innings in a morning, As Cricko was run in Winter, I was also able to compete in Athletics in the Summer. However I would say that Athletics is my main love and my only sport at the moment

Q. *You became the first Australian Masters Athletics President. Did you consider that a major breakthrough?*

I was privileged to be elected as the first Women's President for the Australian Association in 1987, and I feel that it was a breakthrough in recognizing that Women were a large part of the Masters Athletics. There have been many women in executive positions since then. Jack Cook was our first Queensland Representative in that position in 1975 and 1980.

In Queensland, I was Vice President for some years from 1979 and President in 1984 when Jack

passed away, and held that position until 1998. I was also registrar until 2014 and have held the Statistician's position from an early year until the present. I was awarded a Life Membership in 1989.

Q. *What was it like to be recognised with your induction into the Australian Masters Athletics Hall of Fame*

I felt it was a great honour to be Inducted into the Australian Masters Athletics Hall of Fame In 2015. My nomination by Judy Cooper set out my work in starting the Womens' participation in Queensland which then flowed on to the other Australian Clubs. I was the only women competitor for a short time, but the Ladies soon found out about the enjoyment of competition. There was a little bit of opposition from some of the older members, but a good friend of mine, Des Frawley, brought them around to the idea and the women were accepted into the Club.

Q. *I am looking at the Qld records and your name is everywhere in the throws section. The Women's 45 Javelin under the old specifications still stands at 42.28 set in 1980. Then I look at the 400gm records and you hold them all W45-85. Was this your favourite event?*

Yes I would say that the Javelin is my favourite event, and I have had Australian and a few World Records in the event. When I played Cricket and Cricko, I was a boundary fielder and could throw the ball in to the wicketkeeper on the full and I think that is where my Javelin throw came from



Q. For discus you hold the records W60-75. The 33.24m discus in 1994 using a 1kg implement is amazing. Was it just speed and technique?

Yes, once I started trying the different throws events, I worked on the speed and technique and that is needed to throw them well. Also the determination to throw well.

Q. How did you train? Did you lift weights as an example?

No I have never used the heavy loose weights. I found that building muscle tended to slow down the fast events such as the Javelin and Discus, so I worked more on technique. However for the last twelve years, I have attended a Gym and the helpful staff there have me working on the Medix Pulley Machines. They keep an eye on me and tailor my programs to suit, and adjust the programs for me after an injury. This seems to give me both the speed and strength that I need for the different throws events.

Q. Again I come back to your shot put 12.18m throw with the 3kg in 1993 as a W60. I know I am repeating myself but what was the secret?

I don't really know. As I have said, I have a lot of determination and technique and also, as you get older, you have lighter weights to throw.

Q. You still hold the Australian records for discus W60m 33.24m, W65 30.74m, W70 25.45m, W80 22.28m, W85 14.89m. Are you still hoping to challenge Ruth Frith's records when you turn 90?

I am hoping to have a go at the older records. However, I am hampered at the moment with a lack of balance, which makes it hard to get my full weight into the throws. But, I was thrilled to compete at the Oceania Championships in Mackay some time back, where my balance was not good, and threw four Oceania Records. So, even though my distances are pretty low, I can still have a go.

Q. I see that you hold the W80 Throws Pentathlon record. Is that an event you enjoy?

Yes, I enjoy the Throws Pentathlon.



It is a challenge to compete in three trials at all five throws events one after another through a morning or afternoon.

Q. Back to the administration side of the sport which you are still involved with. You have looked after administering the QMA records since 1978- a remarkable feat. I have been told that Clyde Riddoch, the AMA records officer, has always maintained that Heather record application quality for Australian and world records has no equal in this country. Is that something which gives you pleasure and pride?

Yes I am keen on trying to get details right, and take time to check everything. and enjoy researching through Newsletters etc for further notes. Clyde is a very good friend and he is being very nice to say that, but I think that others are just as good if not better at the job.

Q. Heather you would have met so many athletes and administrators over your 40 plus years in Masters Athletics. Which ones stand out?

The early administrators such as Jack Cook, John Bailey, Sid Bray, Des Frawley, Merv Jenkinson and many others, who began to organise Veterans Athletics in Queensland, were outstanding in starting the Sport of Athletics for older athletes. The men started in 1973 and the women in 1976, although, at the start, the women were allowed to be only Associate members, until I said that the Men and Women should be one equal and united Club which

was soon agreed to.

Later administrators, Len Peterson, Wally Stubbings, Judy Cooper, Irene Davey, Dick Dunstan, Tom Hishon, Hazel McDonnell, Stan Perkins, Wilma Perkins, Des Frawley among others kept the Club moving on successfully. In present times, I think that Stan Perkins stands out, and at various times, he has been President and also held other Executive positions on World, Australian and Queensland Executive Councils and is still working for QMA with Brisbane.

A personal note: At 12 years of age, my father died after coming home from Changji, that Japanese Prison Camp, and my younger brother and I then did all the work at home and looked after my Mother, which taught me to be independent, so I was always fairly strong



MEN'S THROWS PENTATHLON



Back L-R: Nick Bannenberg, Don Quinn, Ian Kennedy, Bruce O'Connor, Phillip Rowlands
 Front Row: Guy Quarterman, Richard Harris, Peter Kennedy, Lajos Joni, Brian Davis
 Squating: Tristan Hill



Hammer Throw Throws Pentathlon

Men 40
 1 Hill, Tristan 41.53m 622pts



Photo by Kev Nagle Photography

Men 50
 1 Harris, Richard 32.50m 489pts

Men 65
 1 Joni, Lajos 38.46m 782 pts
 2 O'Connor, Bruce 26.18m 485pts

Men 70
 1 Rowlands, Phillip 28.08m 525pts
 2 Davies, Brian 27.90m 521pts
 3 Kennedy, Peter 26.54m 488pts

Men 75
 1 Quarterman, Guy 29.80m 662 pts
 2 Quinn, Don 23.85m 501pts

Shot Put Throw Throws Pentathlon

Men 40
 1 Hill, Tristan 10.75m 605pts

Men 50
 1 Harris, Richard 10.53m 627pts

Men 65
 1 Joni, Lajos 9.50m 662pts
 2 O'Connor, Bruce 8.12m 548pts

Men 70
 1 Rowlands, Phillip 10.44m 689pts
 2 Kennedy, Peter 9.70m 632pts
 3 Davies, Brian 6.69m 400pts

Men 75
 1 Quinn, Don 7.96m 554pts
 2 Quarterman, Guy 7.79m 540pts

Men 80
 1 Bannenberg, Nick 9.53m 749pts
 2 Kennedy, Ian 7.64m 576pts

Discus Throw Throws Pentathlon

Men 40
 1 Hill, Tristan 35.85m 654pts

Men 50
 1 Harris, Richard 36.20m 603pts

Men 65
 1 Joni, Lajos 30.17m 566pts
 2 O'Connor, Bruce 21.60m 370pts

Men 70
 1 Rowlands, Phillip 24.21m 483pts
 2 Kennedy, Peter 24.02m 478pts
 3 Davies, Brian 20.76m 397pts

Men 75
 1 Quinn, Don 27.60m 655pts
 2 Quarterman, Guy 21.22m 473pts

Men 80
 1 Bannenberg, Nick 28.61m 809pts
 2 Kennedy, Ian 21.03m 555pts

Javelin Throw Throws Pentathlon

Men 40
 1 Hill, Tristan 36.36m 435pts

Men 50
 1 Harris, Richard 32.10m 434pts

Men 65
 1 O'Connor, Bruce 19.45m 305pts
 2 Joni, Lajos 17.99m 273pts

Men 70
 1 Kennedy, Peter 27.11m 523pts



2 Rowlands, Phillip 25.38m 480pts
3 Davies, Brian 20.35m 359pts

Men 75

1 Quarterman, Guy 24.47m 534pts
2 Quinn, Don 13.79m 245pts

Men 80

1 Bannenberg, Nick 25.24m 631pts
2 Kennedy, Ian 21.10m 503pts

Weight Throw Throws Pentathlon

Men 40

1 Hill, Tristan 12.85m 678pts

Men 50

1 Harris, Richard 10.64m 516pts

Men 65

1. Lajos Joni 14.54 804pts
2. Bruce O'Connor 11.58 616pts

Men 70

1. Phillip Rowlands 13.84 780pts
2. Brian Davies 12.71 706pts
3. Peter Kennedy 11.44 624pts

Men 75

1. Guy Quarterman 10.52 616pts
2. Don Quinn 9.48 545pts

Men 80

1. Nick Bannenberg 13.30 869pts
2. Ian Kennedy 11.81 758pts

Completed Throws Pentathlon

Men 40

Tristan Hill 2,994pts

Men 50

Richard Harris 2,669pts

Men 65

1. Lajos Joni 3087
2. Bruce O'Connor 2324

Men 70

1. Phillip Rowlands 2,957
2. Peter Kennedy 2,745
3. Brian Davies 2,383

Men 75

1. Guy Quarterman 2,825
2. Don Quinn 2,425

Men 80

1. Nick Bannenberg 3,786
2. Ian Kennedy 3,039



Photo by Kev Nagle Photography



Photo by Kev Nagle Photography

EVERYWHERE MAN



Bruce Bodsworth

Q. Bruce the health has not been very good recently. What is the prognosis for a return to competition?

Thirty years ago I was diagnosed with a hereditary heart condition. Now it is too dangerous to operate on. Medication and athletics are the cure. I have coached many disabled who are worse off and am humbled by their will. If I lost my legs I would still be out there competing in a wheelchair.

Q. You have volunteered in a number of capacities over the years the main being Marine Rescue. Can you give prospective volunteers for Masters events an idea of the personal benefits from volunteering.

I have been volunteering for forty years. Love it. Clem Jones was my mentor. The last fifteen years with Coast Guard were so rewarding bringing someone home safe and alive. I have many memories



and stories of those callouts. The adrenaline of that first phone call is like in the blocks of a four hundred meter race after the set command. The camaraderie of working with volunteers is so much greater than with fellow employees in a paid position. However volunteering at athletics is a little greedy where I can learn more from other competitors. Just kidding.

Q. *You have been involved with athletics administration for many years and are a Life Member of the Thomson Estate club and current QMA Vice Chairman. Tell us about some of your experiences.*

Humbled also to be made a life member of Queensland Athletics.

As President of TEES I had a wonderful team in our committee who worked with me to run the Wednesday night QEII meets, the QEII canteen, Funny Money nights, winning numerous state relays, Caboolture to Maleny, designing and clearing the original Minnippi cross Country course, Ikea Incline and Crackerjack Cruise Fun Runs, and working with Clem to build the TEES grounds, and the annual Crackerjack Carnival.

Two experiences I'll never forget are working with Ashton's elephants putting up the marquee for that carnival. The other is getting to the grounds at five in the morning to put in 400 meters of sprinklers around the track and Clem had already dug up fifteen meters.

Q. *What do you feel are the main obstacles for Masters Athletics in attracting and retaining members?*

I have been wracking my brain for forty years in recruiting and retention of athletes and volunteers. I have set up booths and attended Sport and Rec Seminars recruiting. The answers were mixed. "I am not good enough to beat you ex Olympians, I am too old, I am too young, I am sick, I am injured, bad back, bad knees." The final answer is that you just keep trying. If you get one in ten interested you are doing bloody great.

Q. *You were a jockey years ago – that does not bring to mind a champion javelin thrower. Were you a big jockey or a small thrower?*

Both, but don't tell anyone that I won



more money losing than winning.

Q. *Would I be right in saying the Decathlon was (is) your favourite event? You still hold the Queensland Pentathlon record for Men 50*

Love the 400. However as I have been coaching since forever, I never stood there with a whistle but ran, jumped and threw with all my future champions and that has developed my enthusiasm for the multi events.

Q. *What would you say was your greatest achievement in Masters Athletics?*

That's easy, after losing enough rellies to this hereditary disease and nearly dying at forty on the track my greatest achievement is being here for another thirty.

Q. *These days what is a typical training week for you? I realise your health is currently curtailing some activity.*

I walk or run up to five kilometres most days of the week, I train on the track two or three days with three or four 150-300 meter reps after warm up, stretches and warm down.

After my medication in the morning I can run a marathon. Go figure.

Q. *I see you were a member of the Queensland record breaking Men 55 4x400 relay? Did you enjoy the relays?*

I did, and will always enjoy and compete in relays, especially the 400.

Q. *Bruce one the drawbacks of Masters early morning competitions is a lack of socialising after the events. E.g. golf or bowls you can have a beer or lemonade and a catch up because they are generally completed later in the day. Do you think late afternoon competitions would be successful?*

That is a tricky one, but it is answered by the status quo, where it may be the only availability of track hire and when most that I have spoken to preferred. Still we should have other social gatherings.

Q. *Finally you have competed against some amazing athletes over the years, Anyone in particular stand out?*

Half a lifetime ago I defeated an ex-Olympian in a multi event. That was cool, but nowadays to stand on the winner's higher podium and have the placegetters still tower over me is the best.



WOMEN'S PENTATHLON

100m

W45
 1 Nelson, Lee-Anne 14.00
 2 Webber, Janet 14.94

W50
 1 Paterson, Tamara 15.98
 2 Craswell, Jodie 16.49

W60
 1 Ensbey, Noela 19.27

Discus

W45
 1 Nelson, Lee-Anne 8.21m
 2 Webber, Janet 7.64m

W50
 1 Paterson, Tamara 6.73m
 2 Craswell, Jodie 6.41m

W60
 1 Ensbey, Noela 5.26m

Long Jump

W45
 1 Nelson, Lee-Anne 4.22m
 2 Webber, Janet 3.98m

W50
 1 Craswell, Jodie 3.88m
 2 Paterson, Tamara 3.75m

W60
 1 Ensbey, Noela 2.59m

Javelin

W45
 1 Webber, Janet 26.49m
 2 Nelson, Lee-Anne 26.23m

W50
 1 Paterson, Tamara 14.46m
 2 Craswell, Jodie 12.41m

W60
 1 Ensbey, Noela 15.95m

800m

W45
 1 Nelson, Lee-Anne 2:45.14
 2 Webber, Janet 2:59.33

W50
 1 Craswell, Jodie 3:15.72
 2 Paterson, Tamara 3:28.48

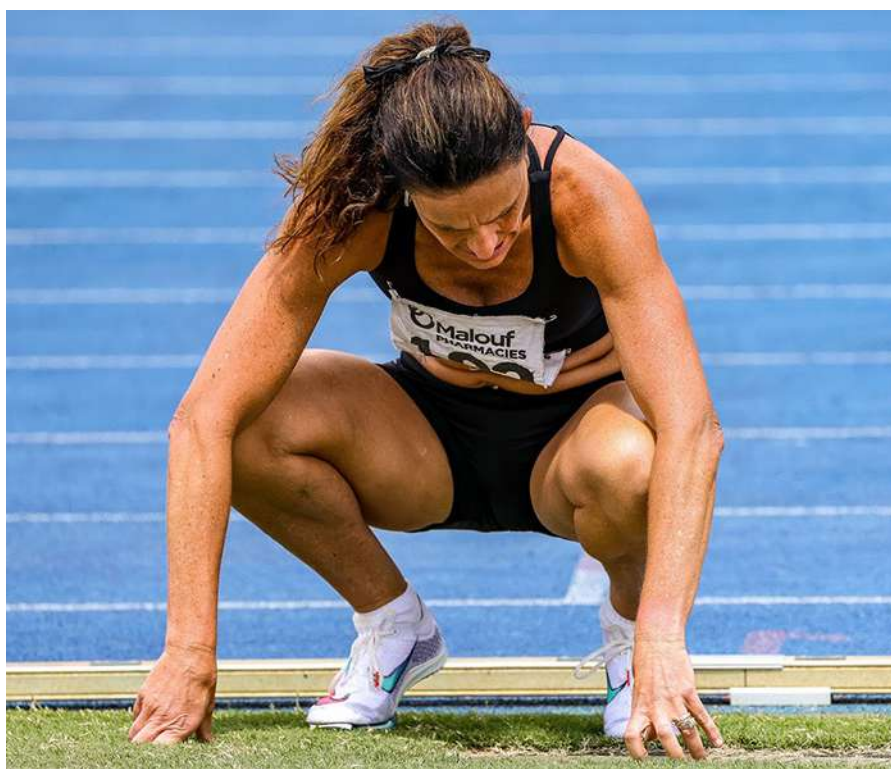
W60
 1 Ensbey, Noela 4:09.85

Completed competition

W45
 1. Lee-Anne Nelson 3,067
 2. Janet Webber 2,658

W50
 1. Jodie Craswell 2,122
 2. Tamara Paterson 2,113

W60
 1. Moele Ensbey 1,629



Photos by Kev Nagel Photography

MEN'S PENTATHLON

Long Jump

M30	1 Gray, Daniel	5.19m
M45	1 Rule, Justin	4.22m
M55	1 Varley, David	4.14m
M60	1 Gray, Neil	4.08m
M65	1 Bodsworth, Bruce	3.58m
M70	1 Stevenson, Keith	3.22m

Javelin

M30	1 Gray, Daniel	38.12m
M45	1 Rule, Justin	20.86m
M55	1 Varley, David	38.93m
M60	1 Gray, Neil	27.29m
M65	1 Bodsworth, Bruce	30.57m
M70	1 Stevenson, Keith	23.34m

200m

M30	1 Gray, Daniel	25.32
M45	1 Rule, Justin	27.47
M55	1 Varley, David	27.83
M60	1 Gray, Neil	32.77
M65	1 Bodsworth, Bruce	36.33
M70	1 Stevenson, Keith	32.85

Discus

M30	1 Gray, Daniel	26.97m
M45	1 Rule, Justin	20.63m
M55	1 Varley, David	26.54m
M60	1 Gray, Neil	30.01m
M65	1 Bodsworth, Bruce	25.48m
M70	1 Stevenson, Keith	27.27m

1500m

M30	1 Gray, Daniel	5:12.06
M45	1 Rule, Justin	6:01.25
M55	1 Varley, David	6:01.77
M60	1 Gray, Neil	7:43.41
M65	1 Bodsworth, Bruce	8:20.83
M70	1 Stevenson, Keith	7:21.15

Completed competition

M30	Daniel Gray	2,309
M45	Justin Rule	1,920
M55	David Varley	2,780
M60	Neil Grey	2,113
M65	Bruce Bodsworth	1,985
M70	Keith Stevenson	2,521

Photos by Kev Nagel Photography



STRENGTH AND POWER TRAINING FOR THE MASTERS ATHLETE

Age is a myth. Guys in their seventies can be just as strong as younger guys if they work at it. I no longer have the boundaries I once did. In my early thirties, I thought I was at my peak, and that it would be impossible to improve in the forties. Well, I'm in my forties and improving and now I think that progress will be difficult but not impossible in my fifties.

Al Oerter

Strength development for the aging athlete is essential due to an age-related decrease in muscle mass and strength observed in not only aging non-athletes but also masters athletes who have maintained hard training into older age. My own research suggests that this decrease in strength and muscle mass begins to occur at around 45-50 years but accelerates after age 65-70 years of age. Thus, the older the athlete, the more important strength training becomes.

Loss of muscle mass is one of the major factors affecting reduced performance in aging athletes. In aging non-athletes, research has shown that muscle mass decreases by nearly 50% between the ages of 20 and 90 years. This appears to occur in four stages.

1. Muscle size peaks between 16-19 years of age for females and 18-24 years for males.
2. Between 25 and 50 years there is a 5-10% decline in muscle size.
3. Between 50 and 65-70 years there is another 15% decline,
4. After 65-70 years there is another accelerated loss of a further 25%.

This decrease in muscle mass is due to a number of age-related factors including:

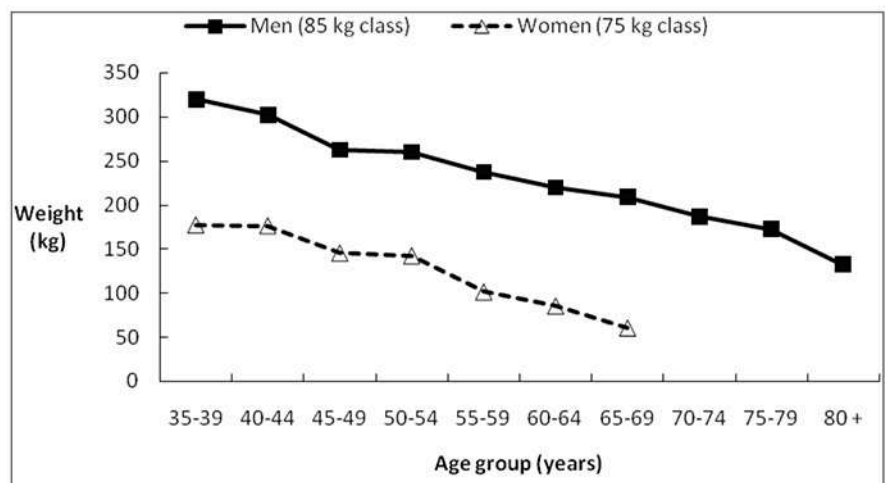
- Decreased muscle fibre size, particularly in the fast twitch muscle fibres.
- Decreased number of muscle fibres (less muscle per unit volume), especially the strength and power producing fast twitch fibre (at age 30, about 60% of muscle fibres are fast twitch, at age 80, it's about 30%).

These changes in muscle mass are even more marked in women. Apart from these changes, the reasons for the decline in muscle mass with age have been suggested to be due

to impairment of the nerve-muscle junction function and a lack of activation of the fast twitch fibres with age through inactivity. Given that the fast twitch fibres are activated with speed, power and strength training, it makes sense that the aging athlete should be placing a strong emphasis on strength and power training as well as high intensity endurance and sprint training, all of which can activate the all important fast twitch fibres.

Taken together, the age-related decrease in muscle size and strength impacts all aspects of athletic performance in masters athlete, in particular events or sports that demand speed and power. In non-athletes, research has shown that strength increases up to age 30 years, plateaus between 30 and 50 years, then decreases by about 30% between ages 50 and 70 years and then dramatically declines after 70 years of age.

Indeed, research has shown that after the age of 74 years, 28% of men and 66% of women cannot lift objects weighing more than 4.5 kilograms. In world class masters weightlifters, strength and power also decrease but the decrease appears linear with increased age. See below



Importantly, a strong relationship has been observed between walking speed and strength in both aging men and women. Extending this finding to aging athletes, it would suggest that muscular strength and power (strength exerted quickly) are vitally important for the aging athlete to maintain or develop speed.

However, even in elite masters

weightlifters we see a decrease in muscle strength and power into older age (Figure 7.1).

Thus, weight training should be seen as vital for the older person, not only to remain independent into older age, but for health and sports performance reasons. Before we examine the specifics of developing a weight-training program, let's examine the benefits of strength training for the older person with particular focus on the aging athlete

Benefits of Strength Training

Numerous health and sports performance benefits arise as a result of an effective strength-training program in aging male and female athletes.

Increasingly, weight training is being used in older non-athletes because of its great health benefits that include:

- Increased strength increases independence into older age.
- Increases bone density thus helping prevent and treat osteoporosis.
- Normalises blood pressure in people with high blood pressure.
- Reduces resistance to insulin so helps control diabetes in type II diabetics.
- Decreases both total and

abdominal fat that are linked to increased cardiovascular disease risk.

- Increases resting metabolic rate in older men so helps burn Calories or kilojoules at rest.
- Reduced falls risk.
- May reduce pain and improve function in people with knee osteoarthritis.
- Improves posture.

- As a form of exercise it reduces stress.

For masters athletes, the sports performance benefits include:

- Increased muscle mass so important for strength and power development in sport.
- Increased fast twitch fibre area for speed and power generation.
- Increased muscle strength for sports performance and daily living (e.g. lifting, carrying, climbing stairs).
- Increased muscle power for speed and power generation.
- More muscle to take up oxygen and improve endurance performance following endurance training.
- Stronger connective tissue (ligaments, tendons, cartilage) to increase joint stability and help prevent injury in sport.
- Increased bone density and thus bone strength helping to prevent injury and osteoporosis.
- Reduced risk of falls in older age.
- Increased daily energy expenditure and loss of body fat as a result of the increased muscle mass using up more Calories or kilojoules.
- Improved self-confidence and self-esteem in training and competition.

For aging female athletes who are more at risk of osteoporosis than aging males, there is the additional benefit to including strength training - enhanced bone remodelling to increase bone strength and reduce the risk of osteoporosis and falls in older age. While this is important in both aging men and women, it is especially important to post-menopausal aging female athletes since the decreased oestrogen hormone levels lead to decreased bone density.

Numerous studies have confirmed that strength training, as long as it overloads the aging muscle, can lead to huge gains in strength. For example, one study of 90+ year olds in a nursing home showed that 8 weeks of strength training lead to a 174% increase in strength. More recently, a Finnish study examined the effects of 6-months of twice-a-week weight training on strength and power in healthy middle-aged (39-40±3 years) men and women and older (67-72±3 years) men and women who had a history of recreational, low intensity physical activity including walking, jogging, cross-country skiing, aerobics or cycling. After the 6 months of strength and power training, the

following changes were observed:

- Maximal leg strength values increased in all groups by between 21-35%.
- Leg power improved by between 21-32%.
- The electrical activity of the leg muscles significantly increased suggesting that nervous system changes occurred to enhance strength and power development.
- Fast twitch fibre area increased in all groups.
- Slow twitch fibre area increased in the older women.
- Muscle mass increased, particularly in the older women.

Thus, the results suggest that older people benefit greatly from weight training and the improvements in strength and power are due to both nervous system and muscle size changes.

There is every reason to suggest that a similar weight training program that initially focuses on strength and later focuses on power, can lead to increases in the strength and power of aging male and female athletes.

Definitions

1. Strength is the maximum force that can be generated by a muscle group with one maximum effort. Strength can be further divided into three areas:

a. Absolute strength refers to the maximum force or weight that can be lifted once. It is generally measured as 1 RM (repetition maximum). Thus, an aging athlete's 1 RM for the squat exercise in a gym may be 100 kg.

b. Relative strength refers to the 1 RM strength relative to body weight. Thus, if two aging athletes have a 1 RM squat of 100 kg but one is 100 kg and another 75 kg in weight, the 75 kg athlete has much greater relative strength and theoretically should perform better.

c. Strength endurance or muscular endurance is the ability to sustain a high level of muscular force for a relatively long period under conditions of fatigue. Sports such as rowing demand strength endurance where 50% of 1RM may be required to be sustained for 4-6 minutes.

2. Power is the rate of applying force or strength. A powerful movement is one that involves speed. Most sporting events requiring speed, demand power. As with strength,

the power-weight ratio is of major importance in sport. That is, if two athletes have the same power output but one is 25 kg lighter than the other, the lighter athlete has a far greater power-weight ratio. Most sports demand power endurance or the ability to sustain powerful contractions over a period of time. Sprint running, swimming and cycling are sports demanding power endurance.

Determining 1 RM

The maximum amount of weight we can lift in one (not two) lift is called a 1 RM (Repetition Maximum). Similarly, 10 RM stands for the maximum weight we can lift 10 times – not 9 or 11. The importance of this is that when strength specialists develop weight-training programs, they use either of two terms in general to determine intensity or what load you lift or push or pull. First, they may use the RM method above. That is 3 RM or 12 RM. Secondly; they may use the percentage of 1 RM method. That is 50% 1 RM or 80% 1 RM.

Thus, determination of the 1 RM for every exercise is important to determine your exercise intensity when you do your weight training session. Here are the steps to safely determine your 1 RM:

1. Have some familiarisation sessions in the gym using a wide variety of exercises.
2. Select the exercise for 1 RM testing.
3. Warm-up with 10 repetitions of a light weight.
4. Rest
5. Do 5 repetitions with a medium weight
6. Taking 2-3 minutes between lifts, take 3-8 attempts to determine the heaviest lift you can do for that exercise.

Research has shown there is minimal risk in older healthy people determining a 1 RM.

Author: Peter Reaburn PhD

Next issue: Strength Training Methods

Don't worry about upgrading your equipment. Upgrade your body.

Anonymous

GOLD COAST

17th January 2020

3000m

Patrick Sela

M80 23.28.39

60m

HEAT 1

1st Patrick McCarthy M35 7.51

2nd Simon Titley M45 7.77

3rd Scott Beatson M45 8.02

HEAT 2

1st Brett McKenzie M40 7.84

2nd Martin Windsor M45 8.29

3rd Elizabeth Melrose W26 8.77

4th Rodney Rhind M40 8.85

5th Joe Begley M65 9.19

6th David Mitchell M60 9.40

HEAT 3

1st Roland Balo M35 8.17

2nd Bailey Teasel M12 8.65

3rd Telena Williams W13 8.80

4th Dennis Griffith M70 9.28

5th Carol Davis W65 9.86

HEAT 4

1st Alyssa MacDonald W12 8.62

2nd Kelli Pilling W30 9.37

3rd Mikaela Learoyd W10 9.73

4th Ashley Teasel W11 10.72

5th Tamara MacDonald W11 10.75

100m

HEAT 1

1st Patrick McCarthy M35 11.96

2nd Simon Titley M45 12.46

3rd Matthew Learoyd M35 12.74

4th Scott Beatson M45 13.02

5th Shane Ladynski M40 13.07

HEAT 2

1st Brett Mackenzie M40 12.64

2nd Martin Windsor M45 13.40

3rd Elizabeth Melrose W26 14.23

4th Joe Begley M65 14.82

5th David Mitchell M60 14.89

HEAT 3

1st Bailey Teasel M12 13.84

2nd Telena Williams W13 14.00

3rd Denis Griffith M70 15.23

4th Carol Davis W65 16.05

HEAT 4

1st Alyssa MacDonald W12 13.64

2nd Kelli Pilling W30 15.03

3rd Mikaela Learoyd W10 15.62

4th Tamara MacDonald W11 17.34

5th Ashley Teasel W11 17.34

800m

Carol Davis W65 3.14.48

300m

HEAT 1

1st Graham Scully M45 40.20

2nd Gary Parkinson M50 40.27

3rd Matthew Learoyd M35 43.35

4th Scott Beatson M45 45.61

5th Elizabeth Melrose W26 45.95

HEAT 2

1st Telena Williams W13 44.57

2nd Bailey Teasel M12 47.07

3rd David Mitchell M60 48.29

4th Alyssa MacDonald W12 51.52

BRISBANE

16th January 2021

3000 metres - Mixed

M35

1 Holden, Matthew 10:31.85

W40

1 Hoskin, Jane 10:57.94

M40

1 Willey, Andrew 9:47.24

W45

1 Dunne, Peta 13:26.09

M45

1 Shard, Paul 10:55.15

W50

1 Craswell, Jodie 14:56.14

M50

1 Canfell, Anthony 10:11.26

W65

1 Cliff, Cynthia 15:22.39

M65

1 Gunningham, Robert 11:55.29

2 Bodsworth, Bruce 17:10.50

W70

1 Davey, Irene 16:57.51

M80

1 Juckes, Michael 15:12.49

3000 metres Walk - Mixed

W30

1 Kirwin, Roslyn 23:06.27

W45

1 Gannon, Brenda 17:54.79

W50

1 Woodward, Erika 17:51.78

W55

1 Stuckey, Jennifer 21:36.86

M55

1 Jimenez Solis, Ignacio V 14:31.65

M65

1 Bennett, Peter 17:32.61

W75

1 McKinven, Noela 24:51.35

Womens's Javelin

W30

1 Ramsden, Miranda 17.95m

W45

1 Nelson, Lee-Anne 27.55m

2 Webber, Janet 25.27m

W50

1 Mackie, Althea 19.35m

2 Paterson, Tamara 18.93m

W70

1 Kopittke, Rosemary 12.46m

Pole Vault

M30

1 Gray, Daniel 2.70m

M35

1 Faulkner, Lance 3.80m

M40

1 Casey, Paul 3.50m

M50

1 Arbuthnot, Howard 3.80m

M55

Hughes, Michael 2.50m

M60

1 Elliott, Craig 2.70m

2 Gray, Neil 2.00m

400m Long hurdles - Mixed

M45

1 Scully, Graham 1:09.37

M50

1 Berlin, Michael 1:06.74

60 metres - Mixed

M30

1 Gray, Daniel 7.51

M35

1 Coulthard, Colin 7.67

2 Learoyd, Matthew 7.91

M40

1 Hadjandonis, Kon 8.03

2 Casey, Paul 8.59

3 Roennfeldt, Geoffrey 10.11

W45

1 Nelson, Lee-Anne 8.93

2 Molloy, Melissa 9.51

M45			M50		M50	
1 Goss, Bradley	8.56		1 Parkinson, Gary	24.78	1 Berlin, Michael	12.19
W50			2 Berlin, Michael	25.65		
1 Paterson, Tamara	9.70		M55		M55	
2 Veurman, Jessica	9.96		1 Brack, Christopher	24.93	1 Jones, Steve	13.05
M50			2 Jones, Steve	27.17	2 Lasker, Robert	14.56
1 Berlin, Michael	7.94		3 Lasker, Robert	30.02	3 Gibson, Randall	15.69
M55			4 Gibson, Randall	31.54	M60	
1 Lasker, Robert	8.91		M60		1 Capon, Gav	14.58
M60			1 Davies-Evans, Steve	29.24	2 Gray, Neil	14.97
1 Capon, Gav	9.23		2 Capon, Gav	30.27	M65	
2 Gray, Neil	9.39		M75		1 Begley, Joe	14.91
3 Elliott, Craig	9.95		1 Bunin, Pio	35.95	2 Connolly, Peter	21.84
M65			M85		M75	
1 Begley, Joe	9.05		1 Garvey, Noel	45.44	1 Bunin, Pio	16.33
M75			2000 metres Steeplechase-Mixed		M85	
1 Bunin, Pio	10.12		W30		1 Garvey, Noel	20.59
M85			1 Kirwin, Roslyn	1 3:35.49	300 metres - Mixed	
1 Garvey, Noel	12.13		W45		M30	
Womens Hammer Throw			1 Dunne, Peta	9:29.02	1 Gray, Daniel	40.23
W35			W55		M35	
1 Ramsden, Miranda	23.01m		1 Stuckey, Jennifer	13:35.55	1 Coulthard, Colin	40.84
W50			W65		M40	
1 Mackie, Althea	42.63m		1 Cliff, Cynthia	1 2:21.15	1 Bell, David	51.70
W70			M65		2 Roennfeldt, Geoffrey	59.58
1 McDonnell, Hazel	17.88m		1 Gunningham, Robert	8:54.38	W45	
2 Kopittke, Rosemary	12.36m		Long Jump- Mixed		1 Nelson, Lee-Anne	47.91
High Jump - Mixed			W45		2 Webber, Janet	53.72
M30			1 Nelson, Lee-Anne	4.11m	M45	
1 Gray, Daniel	1.45m		W50		1 Scully, Graham	39.47
W45			1 Paterson, Tamara	3.74m	W50	
1 Nelson, Lee-Anne	1.20m		M75		1 Veurman, Jessica	56.70
M55			1 Bunin, Pio	3.18m	2 Paterson, Tamara	58.63
1 Key, Brian	1.40m		100 metres - Mixed		M50	
2 Hughes, Michael	1.35m		M30		1 Parkinson, Gary	38.83
M60			1 Gray, Daniel	12.00	M55	
1 Gray, Neil	1.25m		M35		1 Gibson, Randall	49.96
200 metres - Mixed			1 Coulthard, Colin	12.12	M60	
M35			2 Faulkner, Lance	12.25	1 Davies-Evans, Steve	47.28
1 Coulthard, Colin	25.09		3 Learoyd, Matthew	12.74	2 Gray, Neil	56.28
2 Learoyd, Matthew	26.44		M40		3 Elliott, Craig	1:15.43
M40			1 Roennfeldt, Geoffrey	16.43	W70	
1 Hadjandonis, Kon	26.12		W45		1 Davey, Irene	1:19.69
W45			1 Molloy, Melissa	15.28	Womens Shot Put	
1 Webber, Janet	31.55		M45		W35	
M45			1 Goss, Bradley	21.75	1 Ramsden, Miranda	8.62m
1 Scully, Graham	26.39		W50		W45	
2 Goss, Bradley	29.54		1 Veurman, Jessica	15.52	1 Nelson, Lee-Anne	8.73m
W50			2 Paterson, Tamara	15.55	2 Webber, Janet	8.12m
1 Veurman, Jessica	32.94		W50		W50	
2 Paterson, Tamara	33.36		1 Veurman, Jessica	15.52	1 Mackie, Althea	9.09m
			2 Paterson, Tamara	15.55	2 Paterson, Tamara	6.50m

W70
1 Kopittke, Rosemary 5.16m

Men 65

1 Connolly, Peter 5.69m

23rd January

Discus Men

M50
1 Coombs, Darin 39.61m

M60
1 DiDato, Vince 27.63m

M70
1 Ryall, Kevin 24.74m
2. Mills, Lafferty 24.35m

M75
1 Quinn, Don 25.31m
2 Quarterman, Guy 22.75m

M80
1 Kennedy, Ian 20.70m

Javelin Women

W60
1 Varley, Desley 13.19m

W75
1 Birtwell, Lorraine 10.49m

2000m Mixed

M30
1 LittleJohn, Chris 6:16.36

M35
1 Kowalski, Drew 6:24.42

2000m Walk Mixed

W30
1 Kirwin, Roslyn 13:42.37

W50
1 Woodward, Erika 11:40.45

W55
1 Stuckey, Jennifer 13:24.79

M65
1 Bennett, Peter 11:21.11

W75
1 McKinven, Noela 16:18.06

400m Mixed

M30
1 LittleJohn, Chris 1:02.87

M35
1 Kowalski, Drew 1:01.83

M40
1 Mellish, Daniel 54.76
2 Roennfeldt, Geoffrey 1:20.51

M45
1 Scully, Graham 56.20

M50
1 Parkinson, Gary 55.68
2 Berlin, Michael 57.18

M55
1 Gibson, Randall 1:06.73

M60
1 Davies-Evans, Steve 1:09.66

60m Mixed

M35
1 McCarthey, Patrick 7.49
2 Coulthard, Colin 7.80
3 Learoyd, Matthew 7.90

M40
1 Short, Luke 7.97
2 Hadjandonis, Kon 8.08
3 Roennfeldt, Geoffrey 10.19

M45
1 Beatson, Scott 8.02
-- Windsor, Martin DNF

M50
1 Berlin, Michael 7.81

M55
1 Lasker, Robert 9.06

W60
1 Varley, Desley 10.93

M60
1 Elliott, Craig 11.16

M65
1 Begley, Joe 9.09

M70
1 Lafferty, Mills 11.73

M75
1 Bunin, Pio 10.21

M80
1 Herft, Spencer 11.27
2 Bannenberg, Nick 11.90

Shot Put Men

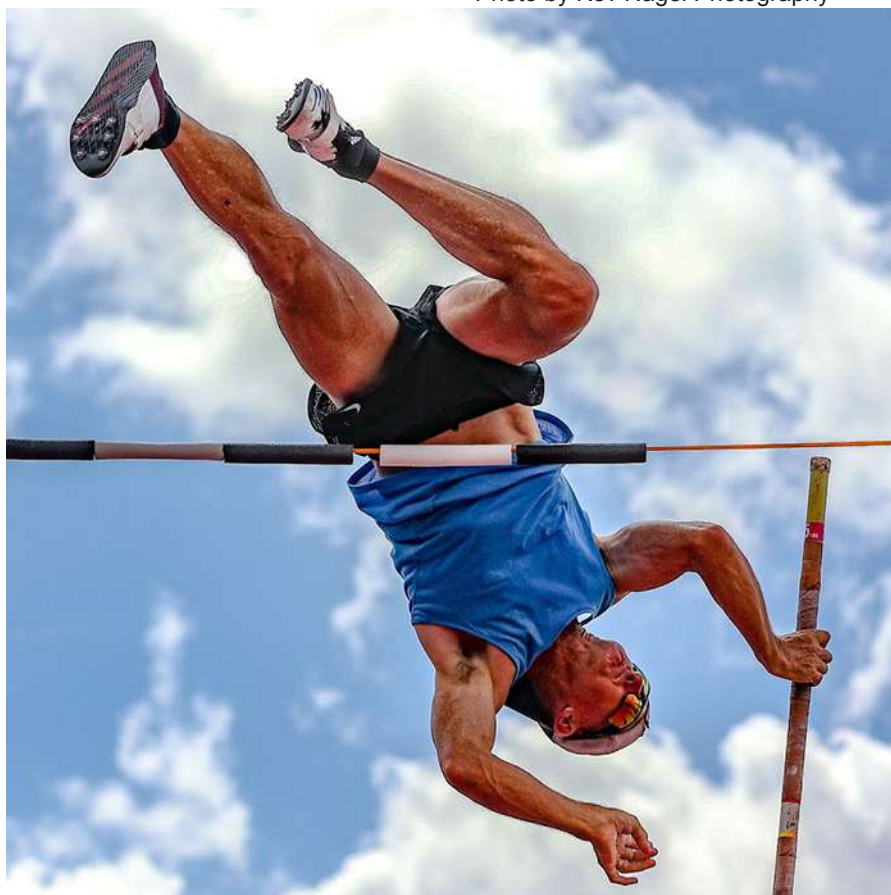
M50
1 Coombs, Darin 11.80m

M70
1 Ryall, Kevin 8.55m
2 Lafferty, Mills 8.05m

M75
1 Quarterman, Guy 7.83m
2 Quinn, Don 7.73m

M80
1 Bannenberg, Nick 9.04m
2 Kennedy, Ian 8.30m

Photo by Kev Nagel Photography



Discus Throw Women

W60
1 Varley, Desley 16.74m

W75
1 Birtwell, Lorraine 16.98m

200m Mixed

M35
1 Learoyd, Matthew 25.91

M40
1 Hadjandonis, Kon 25.82

M45
1 Scully, Graham 25.01
2 Beatson, Scott 28.08

M50
1 Parkinson, Gary 24.50
2 Berlin, Michael 24.98

W55
1 Lakin, Karen 33.96

M55
1 Lasker, Robert 29.13
2 Gibson, Randall 30.73

M60
1 Davies-Evans, Steve 30.27

W70
1 Davey, Irene 47.92

M75
1 Bunin, Pio 35.52

High Jump Mixed

W30
1 Reid, Ashleigh 1.61m

M55
1 Key, Brian 1.40m
1 Lasker, Robert 1.40

M60
1 Elliott, Craig 1.25m

M80
1 Bannenberg, Nick 1.05m

1500m Mixed

M35
1 Holden, Matthew 4:39.80
2 Mathewson, Shane 4:55.23

W40
1 Hoskin, Jane 5:11.02

M40
1 Willey, Andrew 4:23.72

M45
1 Shard, Paul 4:55.19



Photo by Kev Nagel Photography

W70
1 Davey, Irene 8:08.33

1500m Walk Mixed

W30
1 Kirwin, Roslyn 9:54.63

W50
1 Woodward, Erika 8:43.45

M65
1 Bennett, Peter 8:25.63

W75
1 McKinven, Noela 12:19.46

100m Mixed

M35
1 McCarthy, Patrick 11.94
2 Coulthard, Colin 12.29
3 Learoyd, Matthew 12.65

M40
1 Short, Luke 12.77
2 Roennfeldt, Geoffrey 16.29

M45
1 Beatson, Scott 13.29

M50
1 Berlin, Michael 12.68

W55
1 Lakin, Karen 16.46

M65

1 Begley, Joe 14.43

M70
1 Lafferty, Mills 24.45

M75
1 Bunin, Pio 16.91

Javelin Men

M40
1 Casey, Paul 29.37m

M60
1 DiDato, Vince 30.67m

M70
1 Lafferty, Mills 21.63m
2 Ryall, Kevin 17.35m

M75
1 Quarterman, Guy 2.09m

M80
1 Herft, Spencer 24.40m
2 Bannenberg, Nick 21.40m
3 Kennedy, Ian 20.21m

Shot Put Women

W60
1 Varley, Desley 6.62m

W75
1 Birtwell, Lorraine 5.75m

W85
1 Doherty, Heather 4.34m

WOMEN'S THROWS PENTATHLON

Women 35yr

Miranda Hamsden 1st
HT-21.42: SP - 8.87: DT-21.32: JT-18.29: WT-8.79 Total:1891

Sara Wessling 2nd
HT-13.86: SP - 4.79: DT-18.24:JT-9.93 WT-4.41Total:934

Women 40

Fionnula Connors 1st
HT-32.48: SP - 6.98: DT-18.86:JT-11.03 WT-10.33 Total:2135
Tracey Hollis 2nd
HT-22.48: SP - 7.85: DT-21.46: JT-15.59:WT-8.79 Total:1979

Women 45

Tina Eilol 1st
HT-23.23: SP-8.275: DT-19.83: JT-13.47:WT-7.78 Total:2081

Women 50

Althea Mackie 1st
HT-41.71: SP - 9.34: DT-25.41: JT-18.88:WT-13.70 Total:3438
Leanne Hilton 2nd
HT-27.63: SP - 9.54: DT-26.36: JT-17.92:WT-10.00 Total:2783
Julie Jones 3rd
HT-15.85: SP -5.01: DT-12.29: JT-12.21:WT-4.73 Total:1231

Women 60

Karel McClintock 1st
HT-23.30: SP -8.83: DT-22.20: JT-18.21:WT6.49 Total:3041
Maria Drury 2nd
HT-25.27: SP - 7.42: DT-18.70: JT-17.21:WT-NT Total:2182
Desley Warley 3rd
HT-15.40: SP - 5.97: DT-16.60: JT-12.19:WT-408 Total:1906

Women 70

Haxel McDonnell 1st
HT-17.47: SP -4.91: DT-13.99: JT-11.67:WT-585 Total:2436
Rosemary Kopittke 2rd
HT12.82: SP - 5.57: DT-13.13: JT-12.24:WT-354 Total:2082

Women 75

Lorraine Bidwell 1st
HT-19.64: SP - 5.68: DT-16.46: JT-9.85:WT513 Total:2619



W45	1 Webber, Janet	9.29
M45	1 Horder, Matthew	8.15
W50	1 Veurman, Jessica	9.54
W55	1 Flynn, Lynda	10.60
M55	1 Lasker, Robert	8.98
M60	1 Gray, Neil	9.49
	2 Elliott, Craig	9.73
M65	1 Ross, Errol	9.50
	2 O'Connor, Bruce	10.51
M70	1 Lacko, Dieter	10.52
M75	1 Rowe, Arthur	10.38
800m - Men		
M40	1 Willey, Andrew	2:10.12
M45	1 Bell, Chris	2:23.15

January 30th

3000m

M45
1 Bell, Chris 10:42.98

M65
1 Gunningham, Robert 12:05.28

M70
1 Sheer, John 13:25.68

3000m Walk - Mixed

W30
1 Kirwin, Roslyn 21:57.85

W45
1 Gannon, Brenda 17:24.24

W50
1 Woodward, Erika 17:51.44

W5
1 Stuckey, Jennifer 20:43.42

M65
1 Bennett, Peter 17:16.81

W75
1 McKinven, Noela 25:27.09

Discus Throw - Men

M30
1 Gray, Daniel 27.13m

M50
1 Holzer, Justin 49.49m

M60
1 Gray, Neil 27.20m
2 DiDato, Vince 27.02m
3 Elliott, Craig 21.43m

M65
1 Joni, Lajos 28.89m
2 O'Connor, Bruce 24.75m

M70
1 Lafferty, Mills 25.61m
2 Kennedy, Peter 24.04m
3 Davies, Brian 21.42m
4 Lacko, Dieter 19.80m

M75
1 Quinn, Don 26.07m
2 Quarterman, Guy 23.19m

M80
1 Bannenberg, Nick 28.26m
2 Kennedy, Ian 20.11m

110m Short Hurdles

M30
1 Gray, Daniel 20.90

100m Short Hurdles

M55
1 Varley, David 18.14

M60
1 Elliott, Craig 22.19

80m Hurdles

M70
1 Kennedy, Peter. 17.91

60m Mixed

W40
1 Kellermann, Ann-Maree 9.90

M40
1 Ladynski, Shane 8.14
2 Couper, Zac 8.40

High Jump- Mixed

M30
1 Gray, Daniel 1.40m

W45
1 Webber, Janet 1.40m

M55
1 Key, Brian 1.45m
2 Lasker, Robert 1.40m
3 Varley, David 1.35m

M60
1 Elliott, Craig 1.25m

M70
1 Kennedy, Peter 1.25m

M80
1 Bannenberg, Nick 1.10m

100m - Mixed

M35
1 Coulthard, Colin 12.20
2 Gupte, Akshay 13.86

W40
1 Kellermann, Ann-Maree 15.96

M40
1 Short, Luke 12.55
2 Hadjandonis, Kon 12.72
3 Ladynski, Shane 13.39
4 Couper, Zac 13.43

W45
1 Nelson, Lee-Anne 13.99
2 Webber, Janet 15.20

M45
1 Horder, Matthew 12.95
2 Altmann, Mark 13.39
3 Casey, Paul 13.87

W50
1 Veurman, Jessica 15.76

M50
1 Berlin, Michael 12.28

W55
1 Brims, Julie 12.34**WR**
2 Flynn, Lynda 17.78

M55
1 Di Giandomenico, Fabio 13.12
2 Varley, David 13.54
3 Lasker, Robert 14.57
4 Gibson, Randall 16.65

M60
1 Parker, Craig 12.93
2 Nock, Walter 13.25

M65
1 Ross, Errol 17.41

M70
1 Kennedy, Peter 17.10

2 Lacko, Dieter 17.60

M75 1
1 Rowe, Arthur 17.21

Hammer Throw - Men

M60
1 Mabbutt, Mike 31.34m

M65
1 Joni, Lajos 37.15m
2 O'Connor, Bruce 25.63m

M70
1 Lafferty, Mills 27.73m
2 Davies, Brian 25.63m

M75
1 Quarterman, Guy 27.46m
2 Quinn, Don 24.87m

M80
1 Kennedy, Ian 26.43m

200m - Mixed

M30
1 Gray, Daniel 25.18

M35
1 Coulthard, Colin 24.90

W40
1 Kellermann, Ann-Maree 33.59

M40
1 Hadjandonis, Kon 25.96

W45
1 Nelson, Lee-Anne 28.67
2 Webber, Janet 30.89

M45
1 Scully, Graham 24.36
2 Altmann, Mark 27.66

W50
1 Veurman, Jessica 32.49
2 Craswell, Jodie 34.23

M50
1 Berlin, Michael 24.82

W55
1 Brims, Julie 25.18**WR**

M55
1 Di Giandomenico, Fabio 26.93

M60
1 Nock, Walter 26.95
2 Davies-Evans, Steve 29.30
3 Gray, Neil 32.87
4 Parker, Craig 33.74

M70
1 Lacko, Dieter 36.84

M75
1 Rowe, Arthur 35.06

300m - Mixed

M30
1 Gray, Daniel 39.47

W4
1 Kellermann, Ann-M 56.10

M45
1 Scully, Graham 42.53

W45
1 Nelson, Lee-Anne 44.62

W50
1 Veurman, Jessica 53.88

M50
1 Berlin, Michael 38.99
2 Fernandez, David 43.31

W55
1 Flynn, Lynda 1:02.23

M55
1 Gibson, Randall 48.35

M60
1 Parker, Craig 43.59
2 Davies-Evans, Ste 48.90
3 Gray, Neil 56.71

M70
1 Lacko, Dieter 58.52

W70
1 Davey, Irene 1:14.64

Weight Throw Men

M60
1 Mabbutt, Mike 11.72m

M65
1 Joni, Lajos 14.69m
2 O'Connor, Bruce 10.92m

M70
1 Davies, Brian 11.83m
2 Lafferty, Mills 10.52m

M75
1 Quarterman, Guy 11.07m
2 Quinn, Don 10.23m

M80
1 Kennedy, Ian 11.33m



PICS BY KEV NAGEL PHOTOGRAPHY





QUEENSLAND NOMINATIONS FOR THE ANNUAL AMA AWARDS

The winners of the eleven award categories are usually named at the AMA Championships. This year, in similar fashion to 2020, an awards video will be put together which will appear on the AMA website/facebook after the cancelled Canberra championship dates.

SPRINTS /HURDLES



Julie Brims W50

Julie excelled in Masters and Open Events during 2020 setting Australian Records in the 60m, 100m, 200m and a Queensland Record in the 400m, just 0.04s off the Australian Record.

MIDDLE DISTANCE / STEEPLECHASE



Aidan Hobbs M30

Aidan is competitive in Open competitions as well in Masters Events. He competes in events from 800m upwards. Aidan holds the M30 Queensland Masters Athletics records for the 1500m, 1mile, 3000m and 3000m steeplechase.

DISTANCE

Aidan Hobbs M30

Aidan has been very successful in Distance and Cross Country events winning both the Open 5000m and 8000m cross country at the Queensland Athletics State Championships. Aidan's time in the 10000m was only 5 seconds off his Australian record which he set one year previously. Aidan also set an Australian Record in the 5000m during 2020.

WALKS



Peter Bennett M65

Peter has competed successfully in Track Walks from 1500m to 10,000m as well as walking in many long distance Road Walk Events, having competed successfully in distances from 5km to 50km. Peter set Queensland Records in the 2000m and 50km during 2020.

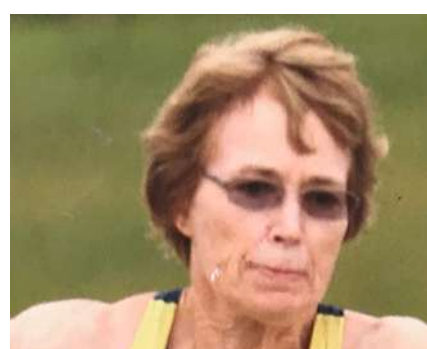
MULTI EVENTS



Marge Allison W75

Marge won the AMA Heptathlon Championships in Bendigo, Victoria, on 4th/5th January with an Australian Record of 5618 points. In the Queensland Championships Marge improved her Bendigo heptathlon record and set another Australian Record. She also set a Queensland record in the pentathlon.

JUMPS



Wilma Perkins W70

Wilma reset the Australian Record for pole vault four times during the season and the Queensland long jump record three times and was within centimetres of the Australian record for this event. Her high jump performance was one centimetre below the Queensland record.

THROWS



Althea Mackie W50

Althea re-set Queensland Records for Hammer, Weight Throw and Super Weight Throw many times during 2020 since entering the W50 age group. She also set a Queensland Record in the Throws Pentathlon as well as an Australian Record with the Heavy Weight.

OUTSTANDING INDIVIDUAL PERFORMANCE

Marge Allison W75

The weather conditions in Bendigo were less than ideal for combined events with the temperature reaching 36 degrees on the first day of competition and very cold conditions on the second day (14 degrees and raining) with strong wind gusts on both days (4.3 headwind for the 200m). The officials called for a break on the



first day after two events because of the hot conditions and delayed events until later in the afternoon. To achieve an Australian Record under such conditions was remarkable and even more remarkable when taking into consideration the fact that Marge achieved individual Australian records in the high jump and the hurdles (into a headwind) during the course of the heptathlon.

OUTSTANDING MALE ATHLETE

Aidan Hobbs M30

Aidan is an up and coming young masters athlete who continues to be competitive in Open Athletics competition. Aidan has been holding his own in both middle distance and distance events in events as diverse as the 1500m, cross country and steeplechase. Aidan now holds the M30 Queensland Masters Athletics records for the 1500m, 1 mile,

3000m, 5000m, 10000m and 3000m steeplechase and the Australian Records in the 3000m, 5000m and 10000m

OUTSTANDING FEMALE ATHLETE

Julie Brims W50

Julie has excelled in Masters and Open Events in 2020 and is not far off the World Records which is a remarkable achievement in the final year of an age group. Julie competed outstandingly in the North Qld Championships in Mackay. In the Open event finals, she was placed 6th in the 100 metres, 4th in the 100 yards, and 5th in the 200m equalling her then Australian Masters Record of 25.49s. Julie also won the Masters' 60 metres event. At 54 years Julie is the fastest sprinter in Queensland Masters Athletics, faster than those up to 24 years younger than her.

ADMINISTRATOR/OFFICIAL



Toni Ferguson

Toni took on the responsibility of Convenor for the 2020 AMA Championships to be held in Brisbane. Two years before the event Toni was in Perth promoting Brisbane and one year later was in Melbourne learning all she could from the Convenor for the Melbourne Championships. Toni built her Committee over that period. She also ran the Championship facebook page and the virtual championships that replaced the cancelled championships.

Irene Davey



QMA Management Committee member

I have been running all my life. As a small child I ran around after my older brothers and sisters. Then I remember running round the paddocks with my father flying the brown paper and string kites he made for me. And my mother and I always seemed to be running for buses or trams (old Brisbane trams). And I used to win all the races at Sunday School picnics!

After running in my high school team, and then with the Queensland University Club women's team at Downey Park (which is where I first met Heather Doherty, maybe in 1966 or 67) I moved interstate

and dropped out of athletics. Whilst living in Melbourne in 1968, I had the privilege of meeting Percy Cerutti. and spent several weekends at his Portsea training camp. It didn't do much for my running, but was one of those life-changing experiences.

Fast forward thru several interstate moves and three children later. I joined QVAC in 1983, much to Heather's delight! Over these subsequent 37 years, I have competed in most track and field events, but have never attempted hurdles, high jump, pole vault, triple jump or hammer throw. My 'focus event' is steeplechase and it continues to astonish me that I have won two gold medals in this event at Masters World Championships. I like to mix it up a bit and have run cross country, trail runs, road races up to marathon distance, and even competed in triathlons for several seasons. And more recently – parkrun!

I have been on the Management Committee of QMA several times starting back in 1993, most recently for a few years as President. As a qualified official, I enjoy the challenge of assisting at QMA and QA competitions, and at Australian and Oceania Championships. It is my way of paying back to the sport that has given me so much over so many years.

Rod Walke



I represent Brisbane Region on the QMA Committee. I am Treasurer for the Brisbane Region and have been since the inception of the QMA Regional structure, having previously been QMA Treasurer for three years.

My athletics career started at school, where I was competitive but sadly unrewarded. My high-light was a fourth placing in the Under 15 Queensland school championships as part of a 4x100m relay team.

Some years after finishing playing Rugby in the Brisbane competition, I decided to give Masters Athletics a try, and 10 years later I am still enjoying it greatly. I compete in the sprints, up to 400m. My Masters claim to fame was being an involuntary pacer for a Hugh Coogan 400m World Record. I finished only a couple of tenths behind Hugh, so I figure I have 20 years to improve that time and the WR could be mine.

