

# **New South Wales Masters Athletics Inc.**

## **Annual Report**

### **President's Report – Mark Johnston**

Firstly, I would like to take the opportunity to thank the committee for their untiring work over the past 12 months. The past twelve months have seen unprecedented changes to sport with the advent of COVID-19. Whilst the first seven months were very much business as usual, the past five have been very different with no nationals held and no world titles scheduled for later in 2020.

### **Administration**

The past twelve months have thrown up some major challenges for our membership maintenance. The introduction by NSW of the RevSport system with an add-on component for Masters' athletes created many problems in relation to the collection of fees and contact details for athletes. Committee members, especially the Secretary spent many hours following up other clubs and NSW in an effort to recover fees and data. Aside from that the committee continued meeting primarily on-line and utilising the Cloud-based platform for sharing of files and documents.

### **Awards**

A substantial amount of time early in 2020 was spent on analysing members' performances for the determination of the annual awards. The awards lunch was decided to be held earlier in the year than previously and numbers attending were up on the last couple of years which was a pleasing result. The process in deciding the awards was, in hindsight rather cumbersome and slow so we are planning to revamp the process for next season.

### **Relationship with Athletics NSW**

As mentioned above, we encountered considerable difficulty with the new membership system which was implemented in contrast to our recommendation. We had hoped to allow all Masters aged registered athletes to become affiliated with NSWMA, but this was rejected. Instead an "add-on" facility was incorporated into the new system which was not properly tested and proved unfit for purpose. A challenge for the new committee will be to develop a better membership arrangement.

Previously I have reported that NSWMA was part of a joint working party with NSW and LANSW to work on the One Sport initiative. Over time it became apparent that the majority of the discussions related to NSW and LANSW and we therefore decided to discontinue full participation in this and revert to an associate type relationship to allow those two bodies to concentrate on developing their closer ties. We will still be involved when issues relating to Masters arise. I would have to say that at this point many of the ambitious objectives set out in the 12 strategic priorities have not been achieved.

### **Australian Masters Athletics (AMA)**

The AMA AGM was held in August 2019 where an ambitious proposal that all registered masters-aged athletes could participate in masters events such as nationals was put forward by the AMA. This proposal was not supported, and the AMA were asked to have further discussions with AA. The AMA also agreed to extend funding of the AMA Trust Fund to the tune of \$100,000 which

state and territory associations can apply to. A substantial amount of time was spent discussing the financing of the AMA National Championships as the Melbourne event incurred a substantial loss. There was discussion of the AMA taking a larger role in funding the event in future. NSWMA was successful in obtaining support for a new event the Super Weight to be introduced for the Winter Throws event. NSWMA put forward two nominations for the AMA Board but was unsuccessful.

## **Final Words**

This is my last annual report as I am stepping down from the committee after some twenty-five years. During that time there has been substantial change in the way we do things with the advent of the internet and apps on mobile devices. A major change occurred some years ago when ANSW took over running many masters' events such as the state championships. This had a substantial impact on many of the operations of the Club. One thing that has not changed though is the enthusiasm and enjoyment of the sport that so many of the members over that time have demonstrated. I wish everyone the best of luck for the future.

## **Hon. Secretary – John Clark**

The Committee formally met on 4 occasions. There were 2 face to face meetings and 2 meetings conducted using Google meets. In addition to the formal meetings, there has been a considerable amount of communication by email, phone, and text messages between the various members of the Committee.

Membership increased to 330 an increase of 44 members (15%) over the previous year.

NSWMA is a non-profit organisation that is primarily reliant on the fees it receives from its members. The introduction of the new Athletics New South Wales (ANSW) registration system around September 2019 led to numerous significant issues arising from the non-receipt of fees and member information. To overcome these issues over 80 NSW affiliated clubs were contacted, as well as many of their masters registered members. Like NSWMA most clubs are supported by unpaid volunteers. We sincerely appreciated the assistance clubs, their volunteers and their members provided to us to overcome the various issues we encountered.

## **Records – Peter Murray**

Since the last AGM we have seen 1 World Record pending ratification, 18 AMA records including 2 for the newly introduced Super Weight category, and another 78 State records set by NSWMA members. The World record was achieved by Heather Lee in the W90 1 Mile, spreading her talent out from just Walks. Belinda Martin gain dominated the W45 Middle and Distance categories, with another 5 Australian records. Apart from the cancellation of the 2020 AMA Championships we had a full calendar of events with an impressive number of records almost doubling the previous year's totals.

Full list of records achieved for prior 12 months is set out below.

<b>Athlete</b>	<b>Age Group</b>	<b>Event</b>	<b>Date</b>	<b>Performance</b>	<b>AR/WR</b>	<b>Age Grade %</b>
Heather Lee	W90	Mile	11-Jan-20	12:48.59	WR	116.95%
Allan Sadul	M30	Discus	06-Oct-19	51.16	AR	69.06%
Belinda Martin	W45	Half Marathon	06-Jul-19	1:16:12	AR	92.07%
Belinda Martin	W45	10000m	30-Sep-19	34:06.65	AR	94.78%
Belinda Martin	W45	3000m	09-Nov-19	9:30.72	AR	96.86%
Belinda Martin	W45	5000m	30-Nov-19	16:21.85	AR	96.04%
Belinda Martin	W45	Mile	11-Jan-20	4:51.33	AR	96.48%
Christine Shaw	W60	Javelin	06-Oct-19	29.93	AR	71.59%
Donald Mathewson	M75	3000m	20-Dec-19	12:15.82	AR	87.83%
Gavin Murray	M65	Super Weight 44lb	10-Aug-19	7.08	AR	
Heather Lee	W90	1500m Walk	05-Oct-19	12:05.76	AR	95.68%
Jamie Muscat	M40	Heavy Weight 100lb	05-Oct-19	4.97	AR	
Jill Taylor	W60	Heavy Weight 100lb	05-Oct-19	1.65	AR	
Jill Taylor	W60	Heavy Weight 100lb	20-Mar-20	1.66	AR	
June Lowe	W65	Pentathlon Throws	05-Sep-19	4361	AR	
Karen Blay	W55	3000m	11-Jan-20	10:37.44	AR	99.89%
Mary Thomas	W75	Super Weight 16lb	10-Aug-19	7.79	AR	
Peter Costello	M45	Half Marathon	06-Jul-19	1:10:17	AR	91.11%
Robyn Suttor	W60	80m Hurdles	02-Nov-19	14.21	AR	90.43%
Anne Weekes	W55	10000m Walk	01-Sep-19	1:05:10.70		76.67%
Belinda Martin	W45	10km Road	07-Jul-19	34:27		94.18%
Christine Shaw	W60	Long Jump	25-Jan-20	3.64		70.65%
Christine Shaw	W60	Pentathlon	25-Jan-20	3184		69.77%
Christine Shaw	W60	Triple Jump	08-Feb-20	7.85		75.92%
Christine Shaw	W60	Long Jump	07-Mar-20	3.92		76.09%
Donald Mathewson	M75	10km Road	28-Jul-19	43:43		88.48%
Donald Mathewson	M75	800m	12-Oct-19	2:50.23		87.94%
Donald Mathewson	M75	3000m	12-Oct-19	12:24.78		86.78%
Donald Mathewson	M75	1500m	30-Nov-19	5:32.23		90.99%
Donald Mathewson	M75	5000m	30-Nov-19	21:33.65		85.95%
Donald Mathewson	M75	800m	14-Dec-19	2:44.25		91.14%
Dorothy Siepmann	W75	5000m	07-Feb-20	45:21.07		55.20%
Dorothy Siepmann	W75	1500m	08-Feb-20	11:59.70		57.40%
Ernie Leseberg	M45	60m	11-Jan-20	7.34		97.00%
Gavin Murray	M65	Hammer	13-Jul-19	39.87		72.87%

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Gavin Murray	M65	Pentathlon Throws	13-Jul-19	3949		
Gavin Murray	M65	Hammer	10-Aug-19	40.84		74.64%
Gavin Murray	M65	Heavy Weight 56lb	05-Oct-19	5.27		85.28%
Gavin Murray	M65	Pentathlon HW	07-Oct-19	3935		70.38%
Gavin Murray	M65	Hammer	09-Nov-19	41.3		75.48%
Ian Guthrie	M60	Super Weight 44lb	05-Oct-19	6.3		
Jason Keane	M50	10000m	05-Oct-19	32:57.20		91.36%
Jay Stone	M40	400m	19-Jan-20	50.23		92.58%
Jill Taylor	W60	Heavy Weight 56lb	05-Oct-19	3.13		95.72%
John Walton	M70	CC 6km	03-Sep-19	26:37.00		79.59%
June Lowe	W65	Weight	31-Aug-19	13.4		81.23%
June Lowe	W65	Hammer	01-Sep-19	35.68		79.43%
June Lowe	W65	Shot Put	02-Sep-19	9.54		79.02%
June Lowe	W65	Shot Put	05-Sep-19	9.84		81.50%
June Lowe	W65	Hammer	05-Sep-19	36.24		80.67%
June Lowe	W65	High Jump	05-Sep-19	1.09		80.66%
June Lowe	W65	Hammer	17-Jan-20	37.04		84.55%
Karen Blay	W55	Marathon	18-May-19	3:15:19		84.08%
Karen Blay	W55	3000m	20-Dec-19	10:59.34		96.57%
Ken Saunders	M85	10km Road	07-Jul-19	1:22:38		62.02%
Lenore Lambert	W45	High Jump	05-Sep-19	1.58		92.94%
Lenore Lambert	W45	80m Hurdles	02-Nov-19	12.42		93.48%
Margaret Walker	W60	High Jump	08-Feb-20	1.25		85.57%
Maria Cimino	W45	Hammer	22-Feb-20	41.91		91.67%
Mary Thomas	W75	Shot Put	15-Jun-19	8.29		89.63%
Mary Thomas	W75	Hammer	15-Jun-19	28.92		85.51%
Mary Thomas	W75	Weight	15-Jun-19	8.73		70.18%
Mary Thomas	W75	Discus	15-Jun-19	21.56		66.53%
Mary Thomas	W75	Javelin	15-Jun-19	17.24		60.81%
Mary Thomas	W75	Hammer	13-Jul-19	29.85		88.26%
Mary Thomas	W75	Weight	13-Jul-19	10.75		86.42%
Mary Thomas	W75	Discus	13-Jul-19	21.69		66.93%
Mary Thomas	W75	Pentathlon Throws	13-Jul-19	4130		
Mary Thomas	W75	Shot Put	10-Aug-19	8.51		92.01%
Mary Thomas	W75	Hammer	10-Aug-19	29.91		88.43%
Mary Thomas	W75	Weight	10-Aug-19	10.79		86.74%
Mary Thomas	W75	Weight	31-Aug-19	10.84		87.14%
Mary Thomas	W75	Hammer	01-Sep-19	31.62		93.49%

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Mary Thomas	W75	Shot Put	02-Sep-19	8.82		95.36%
Mary Thomas	W75	Discus	03-Sep-19	22.75		70.21%
Mary Thomas	W75	Javelin	03-Sep-19	19.54		68.92%
Mary Thomas	W75	Shot Put	05-Sep-19	8.94		96.66%
Mary Thomas	W75	Pentathlon Throws	05-Sep-19	4312		
Mary Thomas	W75	Weight	05-Oct-19	11.6		93.25%
Mary Thomas	W75	Heavy Weight 56lb	05-Oct-19	2.35		83.04%
Mary Thomas	W75	Heavy Weight 100lb	05-Oct-19	1.02		69.39%
Mary Thomas	W75	Pentathlon HW	07-Oct-19	4004		84.87%
Mary Thomas	W75	Shot Put	29-Feb-20	9.02		97.53%
Mary Thomas	W75	Discus	29-Feb-20	23.53		72.61%
Mary Thomas	W75	Pentathlon Throws	29-Feb-20	4407		
Mary Thomas	W75	Heavy Weight 100lb	20-Mar-20	1.07		
Mary Thomas	W75	Heavy Weight 56lb	20-Mar-20	2.41		
Mary Thomas	W75	Pentathlon HW	20-Mar-20	4156		
Montseratt Ros	W40	Pole Vault	08-Mar-20	2.91		68.15%
Nick Batty	M50	Javelin	29-Feb-20	52.45		68.12%
Nick Batty	M50	Javelin	08-Mar-20	57.21		74.30%
Rosemary Roediger	W65	10km Road	07-Jul-19	45:10		92.31%
<b>Athlete</b>	<b>Age Group</b>	<b>Event</b>	<b>Date</b>	<b>Performance</b>	<b>AR/WR</b>	<b>Age Grade %</b>
Rosemary Roediger	W65	1500m	01-Feb-20	6:14.38		91.30%
Rosemary Roediger	W65	5000m	07-Feb-20	22:10.29		93.26%
Rosemary Roediger	W65	1500m	08-Feb-20	6:02.35		94.33%
Vicki Townsend	W55	Heptathlon	02-Sep-19	4770		
Vicki Townsend	W55	Heavy Weight 100lb	20-Mar-20	1.81		

## Waratah Newsletter – Jill Taylor

This season I added to my penchant for taking different roles on the NSWMA Committee with role # 6, editor of our member publication, the Waratah. Complicated only by the fact I had to learn how to set up and use the editing program, Adobe Indesign, I set about revamping the traditional look and content of the publication. Member feedback has been tremendous on the new look and addition of sections such as Club Spotlight, nutrition and training articles, podcast suggestions and recipes, plus the increased number of stories on our members and their achievements.

With the global pandemic wreaking havoc on all our competitions, there was not much to report after state Championships, so we limited our publications to 3 editions this season - October 2019, January, and June 2020. Distribution is currently a mixture of email to the majority, with a small amount of around 25 posted out to those members without email/internet. Each publication is also uploaded to the NSWMA website and our social media pages.

## **Website – Maria Cimino**

Coinciding with the move of Athletics New South Wales registration system from SportTG to revSport, the NSWMA website was moved from the SportTG platform and rewritten in more modern web-based software. There were many hours spent before the commencement of the summer season developing the new look for the website, developing web pages, moving relevant data and datalinks to ensure the new website was fully functional for the start of the 2019/2020 summer season.

The ongoing challenge for the NSWMA is the continuing development of new content, maintaining and updating the website and Facebook with relevant information and ensuring the website and Facebook are accessible for all our members.

## **Field Rep – Gabi Watts**

Despite the shortening of the 2019-2020 season masters athletics was still busy on the field. Many new state and a few Australian records were set. (see full report by Records Officer, Peter Murray).

A large group of athletes ventured to Mackay for the Oceania championships and then in October we successfully ran the Australian Master's Winter Throws Championships for a fourth time in Wollongong. Numbers were a little down this year due to a clash with another event, but competition was still fierce. A private venue was used for the annual W.T dinner which proved to be popular amongst competitors and their entourages.

We have two more years left on our obligation and hopefully this year's event will get the go ahead. It is uncertain at this stage if NSW will bid for further titles or let another state have the privilege.

After a successful trial Indoor meet in May 2019, we ran another in November. We had a good turn-out of competitors including some interstate athletes. We can see this event growing in popularity with athletes keen to experience indoor competition and possibly set indoor records. A planned event in June had to be postponed but a proposed date has been set for early September 2020 for another competition. We hope that this might eventually grow into a national indoor throws championships.

After a warm country champs and a wet and postponed state champs, the annual NSWMA Throws Pentathlon went ahead in brilliant sunshine with a huge turnout of competitors. A small but enthusiastic group competed at the annual Heavy Weight Pentathlon in Wollongong. This turned out to be the last organised group event before the forced shutdown due to COVID 19.

We are in the midst of stocktaking our equipment and thus purchasing new implements. This will include some specific weighted throws so that we may continue to run our super weight competitions, especially with the unusually weighted 44lb throw.

## **Distance Rep – Bianca Keehn**

This last Winter season saw a minor change to masters age-groups to be aligned with Summer events, with the age-grouping beginning at 30 years of age rather than 35. This also amended an issue with Cross Country as Winter events were calculated in 10-year age brackets as opposed to 5 and there was a drop in distance at the 70-year age group. This saw increased numbers of participants in the younger masters age groups particularly at the long course cross country and Sydney Half events. It was fabulous to see an increase in female participation too.

The start of the Summer track season also saw high participation from masters athletes at 10000m Championships and 3000m Championships. 5000m events at State Masters Championships brought out some very fast times that would not be out of place in the Opens event and the 60+ Mens age group was once again one of the most attended categories of the distance races.

Masters athletics missed a big opportunity to form a partnership with parkrun Australia. An engagement officer from parkrun contacted NSWMA late 2019 with a view of forming a relationship to increase participation of athletes over the age of 65. Unfortunately, contacted clubs did not see fit to reply and take up the chance of increasing their club membership by forming an alliance with their local parkrun.

## **Walks Rep – Anne Weekes**

The 2019/20 season commenced with the Oceania Masters Athletics Championships, held in Mackay Queensland. Anne Weekes was the only representative from NSW, finishing with 3 gold and a silver in the walk events. In the 10,000m walk, Anne set a new state record and finished within the top 3 Australians to secure gold in the all age team event. Anne also won gold in the 5,000m track and silver in the 3,000m event.

One-month later Heather Lee, Sandra Riches and Anne competed in the Australian Masters Games in Adelaide. Heather broke her own world record in the 3,000m event previously set in Penguin, Tasmania 2 years prior. Absolutely amazing effort by Heather and an inspiration to all. Heather also went on to claim gold in the 1500m walk event. Anne also secured 2 gold in the 5,000m and 3,000m events bettering her Oceania times and finished 2nd in the 1500m walk. Sandra, a relatively newcomer to walking took home 3 bronze. Well done all.

With no one competing in the scheduled ANSW walk events during the summer months, the State Masters Championships was the only opportunity to see our walkers perform. A small field of 5 started the event with Greg Rowe, Jim Seymon, Anne Weekes, and Joan Purcell all winning their respective age groups. Although COVID had stopped all competition, weekly virtual international walking events were arranged by England with Heather Lee placing high in the field with her age graded performances. Fantastic effort Heather. Anne, whilst wanting to compete, unfortunately did a grade 3 ankle sprain around a campfire which has put her out of action for some time.