

Membership

Membership allows you to compete in all ACT Masters Athletics events, and enter championships for ACT, Australia, Oceania, and World Masters Athletics

Members may claim ACT, Australian & World Records
Membership year: 1 Oct to 30 Sept

Membership available online:

www.actmastersathletics.org.au



Enquiries to:

actmastersathletics@gmail.com

Keep up to date with Facebook 

Sponsors

ACT Masters Athletics thanks year-round sponsors, who support our events and look after our members with a VIP service.

- *Eric Green Taxation (Auditors)*
- *Evans and Partners*
- *Positive Motion Rehabilitation*
- *National Mailing & Marketing*
- *Phillip Mazda*
- *The Runners Shop*
- *TrophyLink*
- *Anytime Fitness Stellar Gyms*

We also thank our volunteers who generously contribute time on committees, marshalling duties, officials' duties, communications, and event coordination.



ACT Masters Athletics

For men and women aged 30 and over

Organised activities:

Weekly Track & Field (Summer)
Monthly Run/Walk Handicaps (all year)
Monthly Throwing Handicaps (all year)
Monthly Throws Pentathlons (Aug-May)
Track & Field Championships (Feb)
Masters Cross Country Championships (Jul)
Masters Half-Marathon (May)
Medals, records & results
Access to World Rankings
Monthly newsletter – *The Vetranner*
Weekly member notices – *The Bulletin*
Support & Training
Fellowship

***Catering for all abilities
from beginner to elite
in five-year age groups.***

Fitness through fellowship

Fitness through fellowship with the ACT Masters Athletics

Run/Walk Handicaps

- **Monthly:** last Sunday of the month (Jan to Nov)
- **Times:** 9am in cooler months (Mar-Oct)
8.30am in summer (Nov-Feb)
- **Venues:** different courses every month at great running locations around Canberra
- **Handicapped:** individual's start times are adjusted each month
- **Medals:** in three competitions:
 - 🏆 'long course' 6km–10km (for runners)
 - 🏆 'short course' 3km–5km (for runners)
 - 🏆 'short course' 3km–5km (for walkers)

Other organised events

- **Cross-Country Championships:** held annually in July with Capital Athletics
- **Half-Marathon (21.1km):** Members participate in local competitions held in Canberra.
- **Sprint Marathon Relay:** (February) a unique teams event running the distance in short, relay runs.



Track & Field

- **Weekly:** Thursday evenings, from mid-October until end of March
- **Times:** 6pm-9pm, check in from 5:30pm
- **Venue:** Woden Athletics Track, Phillip
- **The program:** varies week to week but includes sprints and distance running events, a walking event, two throwing and two jumping events. Relays, hurdles, steeplechase are added to the night's program to add variety.
- **Come & try nights:** we have talented, experienced athletes who are keen to pass on their knowledge and expertise to any new member or seasoned athlete.

Training & support

- New members are supported and guided to participate and compete in events.
- ACTMA members often get together informally train and learn from one another. We support and guide new members in learning during competitions.
- Your performances uploaded to World Rankings

Throwing Handicaps/Throws Pentathlons

- **Throwing Handicap:** monthly (last Saturday)
- **Throws Pentathlons:** monthly (Aug to May)
- **Heavy Weight Pentathlons:** Jan, Apr, Oct
- **Events:** two throwing disciplines per month: discus/shot or hammer/javelin, medals awarded
- **Handicapped:** everyone has a chance of winning
- **Venue:** throwing field at Masson St, Turner
- **Equipment:** all throwing equipment is provided, with lighter weights for older participants

Fitness through Fellowship

- **Afternoon Tea/Supper:** Events usually end with fellowship over a cuppa and a chat.
- **Club Chuck Wagon:** Run/Walk Handicaps offer tea/coffee, biscuits and water.
- **Monthly social events:** Organised social gatherings include restaurant dinners.
- **Monthly newsletter:** *The Vetranner* has photos, stories and event results. Available online.
- **Australian Masters Athletics News** sent direct to your email.
- **The Website:** want to know more, we are online!

www.actmastersathletics.org.au

