



ACT Masters Athletics Inc.

For men and women aged 30 and over

Organised activities:

Weekly Track & Field
Monthly Run/Walk Handicaps
Monthly Throwing Handicaps
Monthly Throws Pentathlons

Masters Cross Country Championships

Masters Half-Marathon

Medals, records & results

Monthly Newsletter - *The Vetranner*

Weekly Notices – *The Bulletin*

Fellowship & Support Training & Coaching

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

***Fitness through fellowship
for the over 30s***

Membership

Membership: (online)

(Membership year: 1 October - 30 September)

*Membership allows you to compete
in all ACT Masters Athletics
competitions and
championships, and enter Australian, Oceania
and World Masters Athletics championships*

*Members may claim
ACT, Australian & World Records*

Enquiries to:

actmastersathletics@gmail.com

For more information:

www.actmastersathletics.org.au



Keep up to date with Facebook

A4 trifold – published November 2022



ACTMA Sponsors

The ACT Masters Athletics thanks our year-round sponsors, who support events and where members are always looked after with a VIP service.

- *Canberry Properties*
- *Slaven Mazda*
- *The Runners Shop*
- *National Mailing & Marketing*
- *Kingston Physiotherapy*
- *The Walking Clinic*
- *TrophyLink*

We also thank the volunteers who contribute enormously on committees, marshalling duties, officials' duties and event coordination.

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 course every month at great running locations around Canberra
- **Handicapped:** individual's start times are adjusted each month
- **Medals:** in three competitions to choose from
 - 🏆 a 'long course' between 6km-10km
 - 🏆 a 'short course' between 3km – 5km (for runners)
 - 🏆 a 'short course' between 3km – 5km (for walkers)
- **Cross-Country Championships:** held annually with Athletics ACT and Little Athletics ACT.



Other organised events

- **Half-Marathon:** (21.1km) Local competitions are held in Canberra annually.
- **Sprint Marathon Relay:** (in February)



Track & Field

- **Weekly:** Thursday evenings, from mid-October until end of March
- **Times:** 6pm-9pm
- **Venue:** Woden Athletics Track, Phillip
- **The program:** varies week to week but includes sprints, middle distance and longer running events, a walking event, two throwing disciplines and two jumping events. Relays, hurdles, steeplechases are also added to the night's program to add variety.
- **Come & try nights:** we have a number of talented and experienced athletes who are keen to pass on their knowledge and expertise to any novice participants so come along and have a go!

Coaching & Training

- **Training groups:** guide you in technique, fitness and strength building. Meet in various locations.
- **Coaches & facilitators:** are themselves members of the club who compete regularly and have many years of training and coaching experience
- **Times & venues:** the groups meet at different times and places – to find the right group for you, talk to a training group coordinator, listed on our website.

Throwing Handicaps - Throws Pentathlons

- **Throws Pentathlons:** 9 monthly (mid-month, Sunday)
- **Heavy Weight Pentathlons:** Apr, Aug, Nov
- **Throwing Handicap:** once a month (last Saturday)
- **Events:** two throwing disciplines each month, discus/shot or hammer/javelin. Medals awarded 1st-3rd
- **Handicapped:** to give everyone a chance of winning
- **Venue:** throwing field at Masson Street fields, 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 afternoon tea (The Throws handicaps) or a cuppa (Track and Field meets)
- **Club Chuck Wagon:** at Run/Walk Handicaps there is complimentary tea/coffee, biscuits, fruit and water.
- **Monthly social events:** Organised social gatherings include restaurant dinners.
- **Monthly newsletter:** *The Vetranner* is full of photos, stories and event results. Available online.
- **The Website:** want to know more, we are online!

