



# Footnotes

TASMANIAN MASTERS ATHLETICS Inc. <http://www.tasmastersathletics.org.au>  
GPO BOX 890,  
HOBART, TASMANIA, 7001.

JANUARY - MARCH  
2015

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## PRESIDENT'S MESSAGE

**Peter Lyden**

Welcome to the January 2015 issue of Footnotes, I trust you all had a great Christmas and New Year with family and friends. No doubt most took the opportunity to have a spell from racing for a week or two, but others headed off to the various Carnivals on offer for some serious handicap racing. Whatever your choice, it's a great way to celebrate the New Year and allow us to ponder our respective goals, athletic or otherwise, for the year. For me personally, just staying in one piece would be a good start and I can fully empathise with others who are injured or otherwise curtailed in their current activities. Taking the positive view, it's amazing what time will heal.

This edition has details of all the up and coming events on offer, both within the state and nationally, and I would urge all members to take advantage and participate where possible, I am sure there is an event to suit everyone.

Until I put fingers to the keyboard again, train smart, race well and all the best for 2015.

Celebrations following  
the Masters Pentathlon  
event held last year



## TASMANIAN MASTERS ATHLETICS – CALENDAR 2014-15

### SOUTH

Jan	7	Program A
	14	Program D
	21	Program C
	25	Briggs Athletics Classic Relay
	28	Program A
Feb	4	Program B
	11	Program A
	18	Program D
	21	TMA / AT Steeplechase Championships
	22	TMA / AT 10000m Championship
	25	Program B
Mar	4	Program A
	11	Program D
	18	Program A
	21	TMA/AT State Championships
	22	TMA/AT State Championships
	25	Modified Program / End of Season nibbles
Apr	3-6	AMA National Championships - Sydney

**Entry Fee:** \$3 members; \$5 non-members. **Contact:** Wayne French, Ph:0427 810 407

#### Program A

6.10pm	100m / Short Hurdles
6.15pm	Shot Put
6.20pm	3000m Run & Walk
6.30pm	Long Jump
6.45pm	Discus
7.00pm	400m or 400m Relay

#### Program C

6.10pm	60m
6.15pm	Shot Put
6.20pm	10000m Run & Walk *
6.25pm	Triple or Long Jump
6.30pm	150m
6.45pm	400m/400m Hurdles
6.50pm	Discus
7.00pm	4 x 200m Relay

#### Program B

6:10pm	200m
6.15pm	Javelin
6.20pm	5000m Run & Walk*
6.30pm	High Jump
6.45pm	300m/300m Hurdles
6.50pm	Hammer
7pm	800m
7.05pm	4 x 100m Relay

#### Program D

6.10pm	100m
6.15pm	Javelin
6.20pm	5000m Run & Walk *
6.30pm	200m
6.40pm	Long or High Jump
6.50pm	Heavy Weight
7.00pm	1500m
7.10pm	4 x 100m Relay

**\*Lesser distances available**

**Postal Relays:** See page 5 for details and an expression of interest form.

## TASMANIAN MASTERS ATHLETICS – T &amp; F PROGRAM NORTH

January 7	1500m	400m	3000m	Triple Jump
January 14	600m	60m	5000m	Shot
January 21	800m	200m	4000m	Discus
January 28	1000m	100m	3000m	Long Jump
February 4	1 Mile	400m	3000m	High Jump
February 11	600m	60m	5000m	Javelin
February 18	800m	200m	4000m	Discus
February 25	1000m	100m	3000m	Shot
March 4	1500m	400m	3000m	Triple Jump
March 11	600m	60m	5000m	Long Jump
March 18	800m	200m	4000m	Discus/ H Jump
March 25	1000m	100m	3000m	Javelin
March 21,22	STATE CHAMPIONSHIPS			

Starting Times Approximately: Field Event, 5.45pm, Middle Distance 6.15pm,  
Short Distance 6.30pm, Long Distance 6.45pm

Entry Fees: Members \$3, Non Members \$6

Track Usage Fee Levied by Athletic Centre Board: Registered with AT \$35, Non Registered \$70, Children Non Little Athletics \$15.

Contact Point: Jim Claxton, Ph: 6344 1025

## UPCOMING EVENTS

Jan	4	Bikes & Spikes Carnival, New Town
	11	AMA Half Marathon Championship/Cadbury Marathon; 10km; 5km Claremont
	25/26	Briggs Athletics Classic, Hobart
	26	Australia Day Fun Run, New Norfolk
Feb	8	Fun Triathlon, Dolphin Sands
	15	Run the Bridge, Hobart
	21	TMA Steeplechase Championships, Hobart
	22	TMA 10,000m Championships, Hobart
	28/1 Mar	AMA Decathlon & Heptathlon Championships, Melbourne
Mar	15	Run Devonport, Devonport
	15	MONA GASP! Fun Run, Glenorchy
	21/22	TMA Track & Field Championships, Hobart
	29	Round the River Fun Run
Apr	3-6	AMA Championships, Bankstown, NSW

**TMA Fun Runs—to be confirmed—keep an eye out in the Weekly News for dates**



Timothy Horton and Mike Walker undertake their duties as Santa's helpers at the Stonor Fun Run in December.

## AMA National Postal Relay Championships 2015

*Expression of Interest*

Please fill in and return form to Mark Kingsley by Wed 14 Jan 2015

**Track Relays**

4x100m ☐

4x400m ☐

4x800m ☐

4x800m Walk ☐

**Field relays**

Long Jump ☐

Discus ☐

Javelin ☐

Shot ☐

Name.....

Age Group.....(eg 30-39, 40-49 etc) Date of birth.....

Phone no.....Mob.....

Email.....

**Proposed Timetable****Wed 21/1**—4 x 400m; Long Jump; Shot Put.**Sun 25/1**—4 x 400m (**Briggs Classic – TMA uniform must be worn**)**Wed 28/1**—4 X 100m; Discus.**Wed 4/2**—4 x 100m; 4 x 800m Run & Walk; Javelin.**Wed 11/2**—4 x 400m; Long Jump; Shot Put.**Wed 18/2**—4 x 100m; Javelin.**Wed 25/2**—4 x 800m Run & Walk; Javelin.**Rules:**

- The event shall be conducted in 10 year brackets (30 - 39; 40 – 49 etc) with the team age bracket being determined by the youngest member.
- An athlete may only compete in one age bracket for a particular relay (eg Shot) but may compete in a different age bracket for another relay (eg L J).
- The age of an athlete shall be their **age on the day of competition**.
- The number of competitors in a track relay is **four and a baton must be passed correctly** at each change over zone.
- The number of competitors in a field relay is **three and the best of three attempts**, for each competitor, shall count towards the final total distance.
- The weight of the implement used by all team members in a throwing relay is that appropriate to the **youngest** member of the team.
- If the field relay is conducted as part of a competition where six attempts are involved then only the **best of the first three** shall count towards the relay.
- The teams shall be nominated to the Competition Director in charge of competition on the day or days the Relays are held, prior to the start of the event and cannot be changed once the event has commenced. This shall require a level of integrity on behalf of the Competition Director and those running the event.

**PROPOSED ATHLETICS SOUTH "TEAM DECATHLON"**  
**WEDNESDAY 21ST JANUARY 2015**

Athletics South is proposing to run a "team decathlon" on Wednesday 21st January. If you are interested in nominating for the TMA male or female team, please contact Mike Walker ([mikewalker.tma@gmail.com](mailto:mikewalker.tma@gmail.com)) by 8pm on Wednesday 14 January, 2015. A free BBQ hosted by TMA will be held during the event.

Details are as follows:

**Events:**

- 100m
- 200m Hurdles (5@76.2)
- 400m
- 1000m
- 3000m
- Shot Put
- Javelin
- Discus
- Long Jump
- High Jump

Teams of ten, each athlete can only do one event. Field events; 3 trials. High Jump; maximum of 6 jumps per person (unless eliminated earlier).

**Teams:**

ES, NS, OVA, SB, TMA, AS (selected after Club teams selected). Possibly Sponsors team, Northern branch, NW branch.

Suggested prize money: \$500, \$250, \$150, \$100 for best individual performance based on decathlon scoring tables.

**Timetable (assuming 7pm start):**

7pm 3000m (M) Javelin (M) Discus (F) HJ (M) LJ (F)  
 7.15 3000m (F) Shot (M)  
 7.30 200m Hurdles (F)  
 7.32 200m Hurdles (M)  
 7.45 400m (F) Discus (M) Javelin (F) HJ (F) LJ (M)  
 7.48 400m (M)  
 7.50 Shot (F)  
 8.00 1000m (M)  
 8.05 1000 (F)  
 8.15 100m (F)  
 8.18 100m (M)

#Javelin and Discus would have marshal in centre so alternate throws.

**PROPOSED ATHLETICS SOUTH "TEAM DECATHLON"**  
**WEDNESDAY 21ST JANUARY 2015**

**TECHNICAL REGULATIONS**

**1. Competing teams:**

Each Athletics South Club shall be invited to enter one team of each gender. Tasmanian Masters (TMA) shall also enter a team of each gender. There shall also be a "Life Member's Invitational" team from each gender. Subject to availability there shall also be a "Northern Tasmania" team invited to compete.

**2. Eligibility:**

The teams from the Athletics South Clubs, as well as any Northern Tasmania team shall only contain athletes who are All Year registered with that Club for the 2014/15 season. The TMA team shall only include those members aged Over 35 years of age, and financial members of TMA for the 2014/15 year. The Life Members Invitational team may contain any athlete eligible for participation in Athletics South interclub who is not already selected by their first claim Club.

**3. Team selection:**

The AS Clubs shall supply a list of their selected teams of ten to the Athletics South T&F Director no later than 5pm Tuesday 13 January. TMA and the Life Member selectors shall then select their teams from any other qualified athlete. These teams shall then be supplied to the AS T&F Director by 7pm Thursday 15 January. From that time on, no Club may select an athlete as a replacement if they have already been named in the TMA or LM team.

**4. Events:**

- The ten events for each gender shall be the same, and be as follows; 100m, 400m, 1000m, 3000m, 200m Hurdles (5@76.2), High Jump, Long Jump, Shot Put, Javelin & Discus. (All throws events shall use the Open weight implement for each gender.
- Long Jump and all throws events shall be a maximum of 3 trials per athlete.
- High Jump will have a maximum of 6 jumps per athlete, and an athlete shall be deemed to be eliminated either when they have had their sixth attempt, regardless of how many successful jumps, or when they have had three successive fails. Heights shall go up in 5cm increments until there is one athlete remaining, who may then nominate heights at an increase no less than 3cm.
- Track events shall be held under the Decathlon false start rule, whereby there is one false start allowed, and any subsequent false start shall see the offending athlete disqualified.
- 1000m and 3000m shall both be held as curved line starts, not in lanes.

**PROPOSED ATHLETICS SOUTH "TEAM DECATHLON"  
WEDNESDAY 21ST JANUARY 2015**

5. Athletes:

Each athlete is only to participate in one event, and all ten athletes named in the team are to compete in one event. Entries indicating which athlete is in which event are to be submitted no later than 7pm Saturday 17 January. After this time, Clubs may substitute athletes, but may not change events unless a substitution is also involved (see example at end).

6. Scoring:

Scoring per event (based on 6 teams) shall be as follows: 1st 8 points; 2nd 6 points; 3rd 4 points; 4th 3 points; 5th; 2 points; 6th, 1 point; DNF/DNS/DQ 0 points. Unsplittable dead heats shall see points for those places averaged.

7. Timetable:

The program shall start at 7pm, and final program shall be published on the Athletics South website (including fields) no later than Monday 19 January.

8. Prize Money:

Subject to sponsorship, it is hoped that prize money will be offered to the top three performing Athletics South clubs of each gender. There may also be an individual incentive prize for the best performance of each gender based on IAAF scoring tables for each event. This shall be finalised prior to the event. Any Northern Tasmanian team shall only be eligible for prize money if all ten athletes are registered with the same Club, and the Life Members/Invitational team shall not be eligible for prize money.

9. Rules:

Unless outlined elsewhere in these regulations, IAAF Rules of Competition shall be applicable, and in any dispute, the decision of the AS Track & Field Director shall be final.

Example of allowable changes after team submission:

If "Team Australia" had submitted female team with Sally Pearson in 200 hurdles, and Mel Breen in 100m, they cannot swap those athletes between events. If, however, Mel Breen was injured and withdrawn from the team and replaced by Lauren Boden, Team Australia could move Sally Pearson to the 100m and put Lauren Boden in the 200 hurdles. They could also just do a straight swap of replacement athlete for injured/withdrawn athlete in the same event.



## AUSTRALIAN MASTERS ATHLETICS HALF MARATHON CHAMPIONSHIP (Incorporating the Tasmanian Masters Athletics Half Marathon Championship)

- Where:** Start/finish at the Cadbury Chocolate Factory, Claremont, Tasmania.
- When:** 6.30am, Sunday, 11 January 2015.
- Eligibility:** All financial members of a State Masters Athletics Club will be eligible. All entries will be validated with the State Club prior to race day.
- Entries:** The entry fee is \$80.00. Please enter online at [cadburymarathon.com.au](http://cadburymarathon.com.au). A 10% discount is available to currently registered **Athletics Tasmania** members. **A maximum of 1000 entries will be accepted in the Cadbury Half Marathon so early entry is advised. No championship entries will be accepted after midnight on Tuesday, 6th January 2015.**
- Acknowledgement of Entry:** Online entries will receive an automatic email acknowledgement.
- Awards:** Medals will be awarded to the first three placegetters in the usual 5 year age categories for both males and females commencing with the 30-34 age group. There is no upper age limit. In addition all finishers will receive a **certificate, medal, a goodies bag and a chance to win some great spot prizes**. The masters award ceremony will commence at 9.15am.
- Course:** The course is flat, fast and scenic. The turn is on the eastern side of the Bowen Bridge. There are no major hills and the course surface is road/bitumen for the entire distance. This is an officially measured Running Australia course.
- Weather Conditions:** The conditions are generally very pleasant for distance running. Historically the temperature has been in the low 20's with the past few years providing generous sunshine throughout the event, without being scorching hot.
- Background:** The Masters Half Marathon Championships will be conducted in conjunction with the Cadbury Marathon and Half Marathon which are open events. These events have been held annually since 1984.
- Websites:** [www.tasmastersathletics.org.au](http://www.tasmastersathletics.org.au)      [cadburymarathon.com.au](http://cadburymarathon.com.au)
- Further Information:** Further information can be obtained from Michael Walker, Secretary, Tasmanian Masters Athletics: (03) 62446229 / [mikewalker.tma@gmail.com](mailto:mikewalker.tma@gmail.com)

### AMA BOOK RECOMMENDATION

A great way to update your knowledge on masters athletes is to have a read of a book just onto the market that has been written by a masters athlete who has been a competing member since 1981.

The book is called “**Age Shall Prove No Barrier In The Pursuit of Excellence**” and consists of short stories on some of Australia’s Greatest Veteran/Masters Athletes.

The author, **Mike Hall**, showed his publication skills back in the 1980’s when he personally produced a quarterly national magazine for our sport. This magazine provided great articles on athletics and athletes in the lead up to the first World Masters Athletics Championship held in Australia in 1987. Similarly this magazine published some great stories after these world championships.

Mike’s love of masters athletics shows through in this book. He selected thirty different athletes to research and write about. In the Foreword, Mike states that the prime objective for compiling the book was to highlight these particular individual performances and to provide recognition they richly deserved and to offer inspirational guide for readers to set their own personal goals.

Where can you obtain the book? Email Mike on: [racewalker@bigpond.com](mailto:racewalker@bigpond.com)



Congratulations to  
TMA members  
Angela and Mario  
Milan who were  
married last year,  
(shown here at their  
wedding with their  
daughter Gabriella)

**AUSTRALIAN MASTERS ATHLETICS Inc.**  
**2015 WORLD MASTERS ATHLETICS CHAMPIONSHIPS**  
**LYON – FRANCE**  
**4th August to 16th August 2015**  
**[www.wma2015.org](http://www.wma2015.org)**

Information and costs for entering the 2015 World Masters Athletics Championships in Lyon is now available:

- Athletes can enter online or via paper. Paper entries close 11<sup>th</sup> May 2015; online entries close 2<sup>nd</sup> June 2015.
- Proof of age is required for registration.
- Travel and accommodation can be organised through Online Sports Tours.
- A French tourist visa is not required for Australian citizens who stay 90 days or less.
- It is compulsory for athletes to wear the official uniform of their country. Compression garments can be worn UNDER the uniform.
- If you need a uniform, please allow 2 months for delivery.
- Please indicate your interest in competing in a relay team when you register.
- Athletes are reminded that World Masters Athletics strictly observes anti-doping requirements.

**COMPREHENSIVE INFORMATION FOLLOWS:**

Verification of Entries for International Competition:

Entries for the 2015 World Masters Athletics Championships in Lyon, France can now be completed in either of two ways:

- ONLINE ENTRY – (preferred option by the Lyon LOC)
- Or by paper form posted to AMA International Entries Clerk for validation and entry

Online Entries:

Athletes who enter online DO NOT need to submit a paper entry form to AMA. These registrations will be checked by Australian Masters Athletics and they will be accepted if the athlete is a financial member of a State/Territory Masters Athletic Club or declined if not a financial member. Date of birth verification may be required by AMA for online entrants if they have not previously provided this information to AMA for a WMA championship event. Online entries close on 2nd June 2015. Note: the AMA administration fee of \$45.00 (30 euro) will be included in the online entry process so there is no need to send this separately to AMA.

Paper Entries:

Entry forms are available on the WMA website or can be obtained from Judy Cooper, AMA International Entries Clerk. These entries must be sent to Judy who will validate financial membership to AMA member and then enter the athlete on-line. Documents required with the completed official entry form must include proof of age (i.e. a photocopy of the athlete's birth certificate or passport) together with the required AMA administration fee. Paper entries must reach the AMA Entries Clerk, Judy Cooper on or preferably before 11th May 2015.

**AUSTRALIAN MASTERS ATHLETICS Inc.  
2015 WORLD MASTERS ATHLETICS CHAMPIONSHIPS**

**LYON – FRANCE**

Paper entries are to be forwarded to: Judy Cooper, AMA International Entries Clerk, 22 Marina Boulevard, Banksia Beach, Bribie Island 4507. Ph: 07 3408 7933, mobile: 0439 766 402, email: [jvcoop@bigpond.com](mailto:jvcoop@bigpond.com)

AMA Administration Fee:

Australian Masters Athletics charges an administration fee of \$45.00 for each entrant. This fee goes towards the costs of sending two Team Managers to Lyon. This fee is included in as part of the ONLINE entry process.

VISA:

A French tourist visa is not required for Australian citizens for a stay of 90 days or less.

Athlete Information:

Online entries close 2nd June 2015 for Lyon. A Government issued photo ID or Passport will be required for collecting your registration packet in Lyon.

Travel and Accommodation:

Once again, Online Sports Tours, managed by Roy Skuse, has been appointed the AMA official Travel agent. Contact Roy for information re flights, tours and accommodation. Online Sports Tours are providing sponsorship to AMA towards the team managers' travel and accommodation costs.

Roy has also been a master's athlete for many years. Contact details are:

Roy Skuse

ONLINE SPORTS TOURS

Ph: (64-6) 8687700, Fax: (64-6) 8678366

PO Box 57, Gisborne 4040 New Zealand

[www.onlinesportstours.co.nz](http://www.onlinesportstours.co.nz); (e) [roy@netfares.co.nz](mailto:roy@netfares.co.nz)

Australian Uniforms:

It is compulsory for competitors to wear the uniform of their country when competing in an international event and for Australian competitors, the past uniform and the current version will be recognized as the required uniform. Compression garments can be worn under your Australian uniform. View Australian uniforms via the AMA website at [www.australianmastersathletics.org.au/uniforms.html](http://www.australianmastersathletics.org.au/uniforms.html) or they can be purchased by contacting uniform coordinator Hazel McDonnell, 102 Kangaroo Avenue, Bongaree 4057, Ph: 07 3410 1360 (h), 0408 172 283 (M), email [merchandise@australianmastersathletics.org.au](mailto:merchandise@australianmastersathletics.org.au) Place your order at least two months prior to departure to ensure delivery.

**AUSTRALIAN MASTERS ATHLETICS Inc.  
2015 WORLD MASTERS ATHLETICS CHAMPIONSHIPS**

**LYON – FRANCE**

Relay Teams:

To assist selection, please indicate your interest in competing in the relay teams on the information form that will be sent to you after you have entered. Relay teams will be chosen with the national interest in mind and selection criteria is available on the AMA website or from your club secretary.

Team Managers:

The AMA Board has appointed two team managers to coordinate the team, manage athletic activities, assist athletes dealing with unexpected emergencies, handle issues such as protests, attend daily briefing meetings at Lyon and keep athletes up to date with any changes to the program. The administration fees paid by athletes and sponsorship from Online Sports Tours meet the majority of travel and accommodation costs of the Team Managers.

Payment Of Administration Fee for Paper Entries:

For athletes NOT entering online, Australian Masters Athletics and all other competing countries are required to submit hard copy entries verified by the National Association together with a bulk payment of entry fees. AMA Entries Clerk (Judy Cooper) is responsible for paper entries. These competitors are asked to forward just ONE payment in Australian dollars (AUD) to AMA to cover all fees required.

Payment of Entry Costs:

A conversion rate for payment of hard copy entry costs has been set at one Euro to 1.44 Australian Dollars.

Your payment to AMA will therefore need to be the amount of your entry fees PLUS the AMA administration fee of \$45.00 to cover costs for team managers and administration expenses. Example: Total WMA entry fees in EURO 260 Euro \$45.00 in AUD \$45.00. Total payment to AMA in AUS \$419.16 (\$45 + ( 260 x 1.44). Please make cheques or money orders payable to Australian Masters Athletics Inc. Credit card payment is NOT available as AMA has no credit card facility.

**AUSTRALIAN MASTERS ATHLETICS Inc.  
2015 WORLD MASTERS ATHLETICS CHAMPIONSHIPS**

**LYON – FRANCE**

**REMINDER: WMA ANTI-DOPING REQUIREMENTS**

Athletes are reminded that WMA strictly observes the IAAF Anti-Doping Rules. This means that a medical certificate explaining the use by an athlete of a prohibited substance, even for sound medical reasons, will not avail in the event of an athlete testing positive to a prohibited substance.

The only exception is if the athlete is in possession of a Therapeutic Use Certificate (“TUE”) issued to him/her either by the WMA Medical Officer or the assigned body provided for in IAAF Rule 34(5). For athletes wishing to apply for a TUE, written applications are to be submitted to the WMA Oceania regional Medical Officer Dr Roger Parrish, 17 Brentwood Avenue, Figtree Heights, NSW 2525. Ph: 02-4275-1800 (W) or 02 4228 6260 (H) or Mobile: 0418 470 244. E-mail: roger@parag.com.au

All such applications are to be fully supported by medical documentation setting out the existing medical condition/s and the need for the use of the prohibited substance. The provisions of IAAF Rule 34(5) must be followed irrespective of to whomsoever the athlete submits the TUE application. It should be noted that a TUE approval only lasts for a period of 12 months. A longer time period (up to 4 years) can be applied for if the treatment is ongoing.

Check also the WADA (World Anti-Doping Agency) website for the full list of prohibited substances.

**AMA NATIONAL CHAMPIONSHIPS- SYDNEY – 3 TO 6 APRIL 2015**

Online entries now open at [www.amasydney2015.com.au](http://www.amasydney2015.com.au)

Entries close at midnight on Friday, 6 March. Late entries will not be accepted.

**TASMANIAN MASTERS ATHLETICS INC MEMBERSHIP FORM - 1ST APRIL 2014 - 31ST MARCH 2015**

### Member I

### Member 2

Surname ..... Surname .....

Given Names.....Given Names.....

Address.....Postcode.....

Email..... Phone (H).....(M).....

Emergency Contact Name..... Phone.....

Any Changes From Last Year?      Yes/No      (please circle)

### New Members to Complete

I. Male/Female      Date of Birth.....      2. Male/Female Date of Birth.....

Indicate Preferred Name eg. Tom, Jim, Ange, Jan

**Member 1**..... **Member 2**.....

Occupation or area of expertise.....

**Annual Fees:** Full Membership - Single \$50; joint \$75; Social Membership \$25

**Member Waiver:** In accepting membership of TMA I acknowledge and agree that I am fully aware of the risks and hazards inherent in participating in TMA organised events. I declare that I am in good health and that I will be properly conditioned for the activities that I will enter. I agree to assume all risks of loss, damage and injury including death that I may sustain as a consequence of my participation. I release TMA and its officers from any claims, actions, suits or demands of whatever nature, arising out of or related in any way to my participation in TMA organised events.

Signed 1..... Signed 2.....

**Privacy Act Collection Notice:** TMA respects the confidentiality and security of your personal information and is committed to protecting it at all times. TMA only collects such personal information as is necessary to promote your participation in TMA events and to communicate to you.

**Payment Options:**

1. Cash: In person only (not in the mail) 2. Cheque: Make cheque payable to Tasmanian Masters Athletics Inc. and post to, TMA, GPO Box 890, Hobart 7001 3. EFT: Forward Funds to BSB 037-001 Account 93-0735 Include full name in the reference field, and forward an email to alvin.johns@bigpond.com 4. Credit Card: Please make this payment of \$..... by Visa      Mastercard      Card Number: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ /  
\_\_\_\_\_ Expiry Date: \_\_\_\_ / \_\_\_\_      Card Holders  
Name.....Signature.....

**Club Use Only:**

Date of Joining..... Welcome Letter Program Newsletter AMA Book Registrar.....  
Date.....

Treasurer.....Date.....

**Full membership entitles the athlete to compete in TMA, AMA events / Championships and local track and field interclub only. For participation in Athletics Tasmania T & F events / championships, full AT registration is required. To participate in Saturday Winter Competition, AT OOS registration must be paid. Contact Michael Walker for details.**