

The 2014 Indoor World Masters Athletics Championships

Robyn's results in W55-59

4th in 200m in 30.76

4th in 400m in 70.08

5th in 60mHurdles in 10.69

6th in 60m in 9.13



6 fantastic days in Budapest, Hungary, with over 3,800 competitors from 56+ countries as far away as Tanzania, Korea, Mexico, New Zealand, Finland, Croatia, Brazil, GB, Russia, Italy, France, Germany and every other place you can think of. It all starts with the Official Opening where flag bearers of each country parade with their team around the stadium. Competition was fierce. The standard of athleticism is unbelievable and you have never seen so many 6 packs in your life !!!!!!!



The amazing thing is that there were so many shapes and sizes that just watching all the competitors made you realise that there is no stereotype body type or look. It is what is within each individual that makes the spirit of competition and passion for running live in such a dynamic way.



To reach this level you realise that all these other people are just like you. They work, have family commitments, are parents, need to train and manage their finances and injuries to be able to actually turn up and compete. We saw dozens of DNF due to hamstring tears, people smashing to the ground in their own attempt to push to their bodily limits and beat the other competitors. People carried off the stadium, breaking down and crying when they dropped the baton in the relays and screams of joy with their wins!

To get to the finals is such an accomplishment and in recognition of this each finalist group are photographed. The organisation by volunteers was brilliant. The system of entry into the Call Room 20 minutes before competing allows for each athlete to take off their flats and put on their spikes, take off tracksuits to reveal the huge variety of uniforms representing each country.





Preparation for each race is up to the individual but to give you an idea of what I did to get ready I timed everything perfectly working backwards from the race time. So if my race was on at 3.50pm I would be in the call room at 3.30pm, warming up on the track between 2.30-3.25 with toilet stop 3.25-3.30pm, arrive at stadium approx 20-30 minutes to orientate, meet up with friends, get in the mental zone, watch a race or two before warm up and maybe grab an energy drink / 1.45pm, well timed travel arrangements with walking/bus/walk (eg 25 mins all up) 1.15pm, sleep for an hour 12.15pm and then shower and dress in race gear 11.45am, do whatever after breaky for 1-2 hours, and stretched for an hour after waking 8.45am using a towel and pillows to assist body to extend all

muscles to full ROM and use pillows to help elevate the rib cage and hips for pecs/triceps /lats and hip flexor/quad stretches, and extreme quad stretching with back placed on feet (easy to do when you are a kid but very hard with a body riddled with arthritis!), breaky say 8.30am, wake up round 8am. And if you have 2 races on in a day I did exactly this same thing but repeated twice.

After each race I put on skins and recovery socks to assist with compression regeneration. I ate plenty of oranges and orange juice to help with recovery and ate a combo of protein and carbs to keep up the energy. I ate one main meal a day which was either dinner or lunch at least 4 hours before competing, and the other meals were lighter and up to 2+ hours before competing. I used Bio Oil & moisturiser to moisturise and massage my body and extra good skin care cream for my feet. My body is kept supple so that the skin feels good and will stretch with the running action and to cope with the changed humidity and air temperatures. Plenty of water also to hydrate and to help w



ith recovery. Caffeine as an upper and alcohol as a downer and to celebrate! And like many others my experience had its ups and downs. Ups included the realisation of my transition into a much better runner and acknowledgement by other Australian athletes and coaches who commented on my much improved appearance and quality of performance. A vastly better understanding on how to manage the racing system regarding my technical warm ups, cool downs and static/dynamic stretching. And the first time in years where I have felt relaxed and happy before, during and after the races. Even though I must admit to crying after 2 of my races as I got my hopes up and yet had to suck eggs with my race performance just missing the chance of 3rd place in the 200m and 400m and also 4th place in the hurdles by .01 of a second. Unfortunately I woke up in the middle of the 4th night with a hamstring pain in my right leg. So after several wakeful hours I managed to get massaged and taped up by the physio at the track in time to compete in the 60m Hurdles but just as I was about to get into the blocks I felt a sharp pain in my left adductor so I was having a little panic attack trying to release the pain while staying in the zone, but luckily nothing else happened during the race and of course my results in both races on that day being the hurdles and the 400m were affected.



To finish off the event I helped as first runner in the womens 45 age 4 x 200m and just loved taking off out of the blocks and passing the baton to Gianna who then passed to Caroline who passed to Janet. Our 6th place result is a reflection of participation to allow a variety of athletes to "have a go", as teams are compiled based on ages, injuries, availability, interest and ability. It is a wonderful thing to watch as all the countries thrash it out with some countries being able to put together combinations of athletes to try to break world records. The end of the Championships was a wonderful, happy energy of cheering and thanks to all the volunteers who gave their time so professionally to ensure that all of us athletes and support crew had the best time possible.