

Good guys win

Improvement
drives
Nick Miletic



Nick Miletic tackles the water jump at the Australian championships in Brisbane early this year.

Born in Wagga Wagga, NSW, in 1951 Nick lived in Geelong for most of his schooling. He was married for thirty nine years and has three children (two boys, one girl) and four grandchildren. He played Aussie Rules Football for years and remains a passionate supporter of AFL's Geelong Cats.

Fitness was always part of his life and at about forty four he decided to try running. At first he ran on his own but when he felt up to the challenge of racing he did some of the Marathon Club fun runs. On one of these he met the Tooheys who told him about MAWA. So he joined and Nick says "this was some thirteen years ago and I have never looked back."

He soon heard about track and field and is now one of the regulars. He is often envied for looking so strong, fit and tanned – evidence of his gym work outs. Nick has always been prepared to have a go at a variety of events and looked forward with relish to his sixtieth birthday when he could compete over the lower barriers in the steeplechase.

He has competed in two World Championships (Italy and Sacramento) and found them "an awesome experience". He has not yet won any medals on the world stage but hopes to keep on trying. But, since he joined MAWA, he has competed at all the Masters National Championships and there he **has** won medals - bronze in Adelaide and silver in Brisbane in the steeplechase, bronze in the 4 x 400m relay in Adelaide and bronze in the pentathlon in Brisbane. These gave him great enjoyment as do the State Championships every year.

In 2012 he plans to go to the Oceanic Championships in New Zealand and the Nationals in Melbourne and will try to improve on his PBs. He is a self motivator and hopes to be able to run and compete for as long as possible.

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He says “I’m 60 years old and feel athletics has given me a new direction in my life. I have run nine Perth Marathons and hope to do my tenth next year. My goal is to keep improving as I get older”. To this end, he has been training with David Carr’s group for a few years and says “I enjoy the torture which makes you improve. You only get out what you put in.”

Nick is a ‘doer’ and is always ready to volunteer to help out at our MAWA events - directing a Sunday run, holding a watch, firing a gun and organising the hot drinks and biscuits at ECAC for after the Thursday track sessions in the winter. He is somewhat constrained by work at present but would like to get more involved in all areas of athletics when he retires. He would certainly be welcomed with open arms by AWA if he wanted to take up officiating.

Nick says he’s made some great friends at the club and loves the comradeship which is part and parcel of masters’ athletics.

