

# Colin Smith delivers



## In focus

With Christine Oldfield

COLIN Smith, our Perth postie, was born at the start of 1963 in Albany, but grew up in the capital. He has worked for Australia Post for 18 years and is often spotted delivering mail from his trusty motorbike. He is divorced with two grown-up daughters.

He did Little Athletics until age 12 but thereafter his further involvement in the sport was only through one of his daughters. When she gave it up he decided, at age 39, that he should "get into shape". And so, in 2002, he joined the vets, as the club was then, and began some serious training. He started competing in the state championships and holds a clutch of medals from these events. His 2013 haul comprised gold in the 400m and silver in the 60m, 100m and 200m, all with performances ranging from 83.5% to 87.8%.

He has always featured in Club Tops with, in 2012/2013, first or second positions in all distances from 60m to 800m. He used to think that 400m

was a marathon but nowadays he often joins the Sunday runners for a 5km or 6km run.

In 2003, his first season, the nationals were in Perth and, as an M40, he took bronze medals in the 100m, 200m and 400m. Since 2008, when he turned 45, he has competed in

every national championships, picking up several silver and bronze medals.

As he got a taste for travel, he took advantage of other chances to compete. At the Oceania Championships in Townsville in 2008 he took silver in the 60m and 100m and gold in the 200m and 400m.

Later, he competed, and won "a few medals", in Australian Masters Games and Pan Pacific Games. Further afield, he contested the 2012 Oceania championships in Tauranga, NZ and the World Masters Athletics Championships in Sacramento in 2011.

His memorable moments include making the final of the M45 400m at the 2009 World Masters Games in Sydney - "a highlight" - and being a member of the M50 team which won the silver medal in the 4x400m relay at the world championships in Porto Alegre, Brazil, in 2013 - "something I'll never forget". He'll also never forget the vast display of erotic statues on his subsequent visit to the museum in Lima! His plans for 2014 include the nationals in Hobart and possibly the Pan Pacific Games on the Gold Coast.

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# On track love affair



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Colin doesn't limit his sporting involvement to masters athletics. For the past five years he has been an official with Athletics Western Australia. This has provided the opportunity for him to officiate at several big Athletics Australia meetings where he has met some of Australia's elite athletes.

And his interests go further than athletics. When he hit his forties he started to play veteran's hockey. He retired from this a few years ago after his first ever premiership match with Southern River Hawks Hockey Club. He also plays football for The Southern Saints masters AFL club where, until they can field a 40 plus team, he is part of the 35 plus team. And he's a club field umpire for the Canningvale Cougars amateur football club. He can have little spare time left after all this but for the last two years he has served on the MAWA committee. He is also the club's representative attending meetings of AWA's *Strive* committee.

These days Colin never goes anywhere without his Smart phone. So if you ever happen to wonder out loud what implement you should be throwing, how far or fast you have to jump or run to get 70%, what the latest Dockers score is, the result of some race or other or the temperature in Timbuktu, you will immediately see Colin reach for his phone and find the answer for you. Useful chap to have around!

He says "I don't have any motivations or aspirations. I just enjoy competing, being fit and the friends I make. But training with David Carr helps you stay focussed".