

# In Focus – Bev Hamilton

## Bev Hamilton



Born in a small country town in New Zealand, Bev joined Junior Athletics when she was ten years old. A couple of years later she decided to concentrate on throwing and started discus, shot put and javelin. At fifteen she was the top discus thrower in NZ with a distance of 41m and at sixteen was rated third in the NZ National Championships. When she was twenty-one she retired from athletics to go travelling and found herself in Australia where she settled. She spent thirty five years in Wyndham, East Kimberley then, four years ago, moved to Waikiki, south of Perth. Now widowed, Bev has two daughters and three grandchildren but still finds time to coach Little As and fulfil her duties as a Justice of the Peace.

About three years ago she was introduced to Masters Athletics by Elaine and John Ellard and now also throws the hammer and heavyweight. She has been known to do the odd 60m and 100m sprint and the long jump but they are not where her strengths lie. She prefers to concentrate her efforts on throwing and the weight pentathlon (now officially called the throws pentathlon). Having

joined MAWA, Bev lost no time in making her mark, competing in our State and National Championships in each of the last three years. In the Nationals she achieved a hat trick, winning the shot put three times in a row to take the National titles for 2007, 2008 and 2009. She also currently holds the state records in five of her six throwing events.

Bev considers her best athletics achievement was in October 2009 at the World Masters Games in Sydney. She came second in the Weight Pentathlon to World Champion, Inge Faldager, from Denmark. She intends to compete at the Nationals here at Easter and is no doubt looking forward to retaining her title in the shot put and perhaps gaining some others.