In Focus – Mark Hamilton

Mark Hamilton

Born in Mt Lawley and brought up in Armadale, Mark is a 5th generation sandgroper. Desperate to find a way for Mark, age 7, to burn off his excess energy, his parents tried him at various sports and discovered he was better at running than at some of the others. In 1977 he was Junior Champion in his school athletics carnival and, though it's hard to imagine that Mark was ever a '*Little* Athlete', he competed for Dale LAC and subsequently Melville then Kwinana LAC over an eight year period. He did sprints, hurdles and jumps and every year bagged state medals. During this period he couldn't throw an implement to save his life.

He joined Masters in about 2002 having played footy, cricket and basketball in the intervening period. Apart from once running a 200m race at the Albany Masters Games (something he prefers to forget about – if only some masters athletes who witnessed the event would let him) he now concentrates on throwing and has become adept with all the implements. He has competed at a couple of national championships and at the 2009 World Masters Games in Sydney. He holds the M30 and M35 heavyweight state records. The former, at the 2004 AMA Championships in Melbourne, was his most memorable achievement, having been trying to break the record for a long time. A bottle of Jim Beam and a victory for the Dockers the night before the weight pentathlon spurred him on to that success.

A long time public servant working for the Department of Treasury and Finance, Mark has five children aged from 18 months to 15 years. Mark's motivation comes from the thrill of competition but also from his eldest son, Dale – also a thrower and now out-throwing Mark in everything. As Mark says "The acorn has outgrown the tree but I still aspire to out-throw the boy, restoring the balance of nature." He hopes that more training and learning how to turn correctly in the hammer and heavyweight throws will add many metres to both distances. Perhaps this will happen in the nationals at Easter when he plans to take part in all the throws.