



South Australian Masters Athletics
HALL OF FAME



Anne Lang

OAM

SAMA Member since 1991



Inductee No 10: **Anne Lang**



BIOGRAPHY

SPORTING ACHIEVEMENTS

Anne was born in Perth, WA. Her father was a geologist who moved his family to SA to complete his doctorate and remained in SA (apparently SA is a geologist's paradise!).

With an "All Australian" hockey playing father, Olympic rifle shooting uncle and a grandmother who played A grade bowls into her 90s, Anne was encouraged to try many different sports. Anne played hockey and netball but her main focus was on tennis where she played A grade for Reade Park and Memorial Drive. She was a member of the women's Wilson Cup squad competing in the SA Age Tennis Competition from a very early age. With the arrival of her family, Anne moved to A grade squash as it took less time, where she played until her family commitments took over.

In her late 30's Anne was introduced to marathon running and decided it would be a challenge to run a marathon for her 40th birthday. Anne eventually completed 13 marathons over the next 10 years or so. The first took six hours running at nine-minute kilometre pace with a group of friends. Then she got serious and worked hard to reduce her times down to below five-minute kilometre pace.

In 1991, her coach Collin Cooper suggested "trying something different" and a whole new approach to her running started. Since then Anne has competed in most National events and in 13 World Championships in Japan, USA, South Africa, UK, Spain, Brazil, Italy, Finland, France and Brisbane and Perth. She settled in as a middle-distance performer with a preference for the 1500m. However, in 2009 Anne showed her versatility by successfully winning the 200m, 400m, 800m and the 1500m at the Nationals. Anne's success at the world level has been in the 4x400m relay, including being part of a team that broke a 4x400m world record. She also won silver at the World Masters Games in 1994. In more recent times Anne has added the 800m and the 2000m steeplechase to her events with great success - winning the Gold medal for the steeplechase in the Sacramento World Masters Championships in 2011 and following up with Gold in Brazil (2013), France (2015), Perth (2017) and Spain (2019).

Since 1991 Anne has collected 36 National Masters titles, 21 World Masters medals, still holds a 4x400 world record, has broken 11 individual Australian records and 2 relay records and has broken 25 SAMA records with 9 still current. Whilst competing in 4 Oceania Championships Anne has collected 8 gold medals.

In 2018 Anne was the ASA winner of Over 35's women's Track and Field. She was the Most Outstanding Performance winner of the SAMA awards in 2011, the Run winner in 2013 and then the Middle-Distance winner in 2015 and 2016.

Anne is an all-round athlete with National Championships in 200m, 400m, 800m, 1500m, Steeplechase, T&F Pentathlon, Long Jump, Javelin and Discus and has medalled in 60m, 100m and Shot.



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RECORDS SET (Australian, OMA, State)

Record level	Event	Age Group	Performance	Date	Location
World	4x400m relay	W70	5:32.92 current	2015	Lyon, France
Australian	400m	W75	89.55	28/02/2018	Adelaide
Australian	400m	W75	87.42	28/04/2018	Perth
Australian	400m	W75	86.90	31/10/2018	Adelaide
Australian	800m	W80	4:00.20	10/03/2023	Sydney
Australian	2000m Steeplechase	W65	10.45.45	22/04/2011	Brisbane
Australian	2000m Steeplechase	W65	10.42.65	08/04/2012	Melbourne
Australian	2000m Steeplechase	W70	11.10.84	20/02/2013	Adelaide
Australian	2000m Steeplechase	W70	11.03.03	30/03/2013	Canberra
Australian	2000m Steeplechase	W75	12:48.54	07/09/2018	Malaga, Spain
Australian	T&F Pentathlon	W70	3089	25/02/15	Adelaide
Australian	T&F Pentathlon	W70	3222	06/04/2015	Sydney
Australian	4x100m relay	W70	69.00 current	2016	Perth
Australian	4x400m relay	W60	4:58.02	2005	San Sebastian
SAMA	300m	W70	60.50	19/11/2014	Adelaide
SAMA	400m	W50	72.28	01/04/1993	
SAMA	400m	W75	89.55	20/02/18	Adelaide
			87.42	27/04/2018	Perth
			86.90 current	31/10/2018	Adelaide
SAMA	800m	W50	2:41.02	01/04/1993	
SAMA	800m	W55	2:45.52	01/09/1999	
SAMA	800m	W60	2:52.26	Easter 2003	
SAMA	800m	W65	3.08.00	02/03/2008	Adelaide
			3:02.32	Easter 2009	Adelaide
SAMA	800m	W70	3:11 current	06/03/2013	Adelaide
SAMA	800m	W75	3.39	04/04/2018	Adelaide
			3:32.07	26/04/2018	Perth
SAMA	800m	W80	4.04.00	01/03/23	Adelaide
			4:00.02	10/03/2023	Sydney
SAMA	1500m	W45	5:44	01/03/1991	Adelaide
SAMA	1500m	W50	5.32.20	01/04/1993	
			5:24.4	10/03/1995	
SAMA	1500m	W55	5:43.00	27/03/1998	

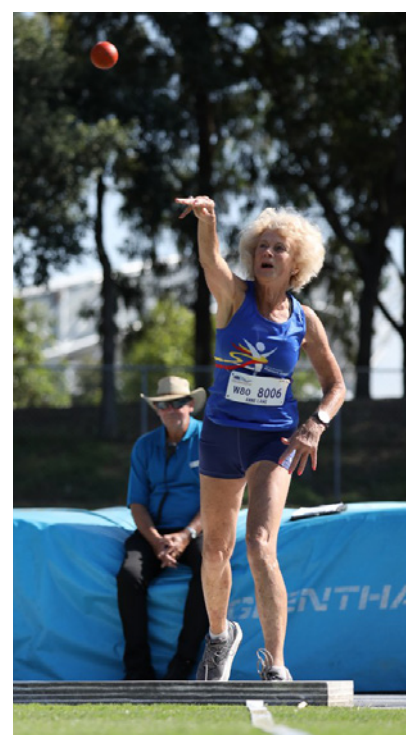
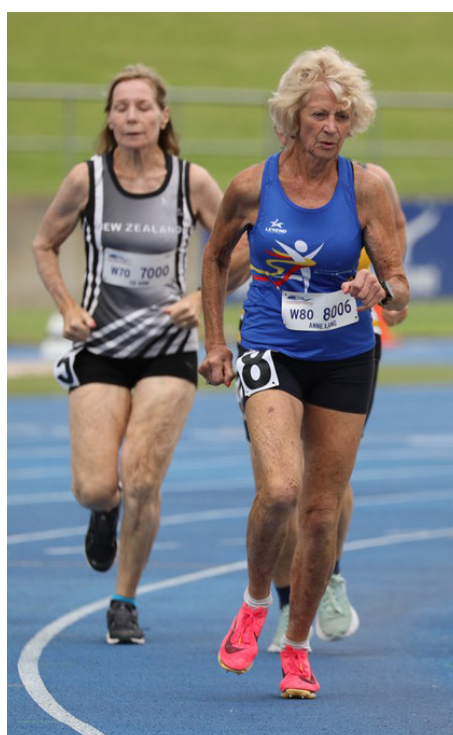


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RECORDS SET (Australian, OMA, State) *continued*

Record level	Event	Age Group	Performance	Date	Location
SAMA	1500m	W60	5:55.68	Easter 2003	
SAMA	1500m	W65	6:27 current	18/02/2009	Adelaide
SAMA	1500m	W70	6.52	27/02/2013	
			6:49 current	15/03/2013	Adelaide
SAMA	Mile	W65	10:03	04/01/2012	Adelaide
SAMA	2000m Steeplechase	W65	10.59.64	07/11/2010	Pan Pacs
			10.53	30/03/2011	Adelaide
			10.45.45	22/04/2011	Brisbane
			10:42.65 current	08/04/2012	Melbourne
SAMA	2000m Steeplechase	W70	11.10.84	20/02/2013	Adelaide
			11:03.03 current	30/03/2013	Canberra
SAMA	2000m Steeplechase	W75	12:48.54 current	07/09/2018	Malaga Spain
SAMA	T&F Pentathlon	W70	3089	25/02/2015	Adelaide
			3222 current	06/04/2015	Sydney
SAMA	5km road	W60	26:58	13/05/2006	Adelaide
SAMA	8km Cross country	W60	44.49	19/08/2006	Adelaide
SAMA	Javelin	W70	15.65	14/01/2015	Adelaide
SAMA	Discus	W75	17.57 current	27/04/2018	Perth



200m, 800m, shot put - Sydney 2023



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MEDAL PLACINGS

World Masters Athletics Champs (WMA), World Masters Games (WMG), Australian Masters Athletics (AMA), Oceania Championships (OMA), Australian Masters Games (AMG)

Competition	Event	Age Group	Placing	Performance	Date	Location
WMA Champs	4x400m Relay	W50	Silver	4:41.0	1997	Durban, South Africa
WMA Champs	4x400m Relay	W55	Gold		1999	Gateshead, UK
WMA Champs	4x400m Relay	W60	Gold	4:59.8	2005	San Sebastian, Spain
WMA Champs	2000m Steeple	W70	Gold	10:50	2011	Sacramento, USA
WMA Champs	800m	W70	Silver	3:12.6	2013	Porto Alegre, Brazil
WMA Champs	1500m	W70	Bronze	7:13.6	2013	Porto Alegre, Brazil
WMA Champs	2000m Steeple	W70	Gold	11.33	2013	Porto Alegre, Brazil
WMA Champs	4x100m Relay	W70	Gold	69.75	2013	Porto Alegre, Brazil
WMA Champs	4x400m Relay	W70	Gold	5:59.5	2013	Porto Alegre, Brazil
WMA Champs	800m	W70	Bronze	3:19.6	2015	Lyon, France
WMA Champs	2000m Steeple	W70	Gold	11.29	2015	Lyon, France
WMA Champs	4x400m Relay	W70	Gold	5:33.0	2015	Lyon, France
WMA Champs	800m	W70	Gold	3:13.3	2016	Perth, Aus
WMA Champs	2000m Steeple	W70	Gold	11:34	2016	Perth, Aus
WMA Champs	4x100m Relay	W70	Gold	69.00	2016	Perth, Aus
WMA Champs	4x400m Relay	W70	Gold	5:56.3	2016	Perth, Aus
WMA Champs	400m	W75	Bronze	89.51	2018	Malaga, Spain
WMA Champs	800m	W75	Bronze	3:36.8	2018	Malaga, Spain
WMA Champs	2000m Steeple	W75	Gold	12:48.5	2018	Malaga, Spain
WMA Champs	4x100m Relay	W75	Gold	78.30	2018	Malaga, Spain
WMA Champs	4x400m Relay	W75	Silver	6:22.3	2018	Malaga, Spain
OMA Champs	400m	W50	Bronze	73.50	1994	Suva, Fiji
OMA Champs	800m	W50	Silver	2:46.3	1994	Suva, Fiji
OMA Champs	1500m	W50	Bronze	5:44.3	1994	Suva, Fiji
OMA Champs	100m	W70	Gold	18.70	2014	Bendigo
OMA Champs	200m	W70	Gold	36.46	2014	Bendigo



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MEDAL PLACINGS *Continued*

World Masters Athletics Champs (WMA), World Masters Games (WMG), Australian Masters Athletics (AMA), Oceania Championships (OMA), Australian Masters Games (AMG)

Competition	Event	Age Group	Placing	Performance	Date	Location
OMA Champs	400m	W70	Gold	81.28	2014	Bendigo
OMA Champs	800m	W70	Silver	3:15.3	2014	Bendigo
OMA Champs	4x100m Relay		Silver	63.17	2014	Bendigo
OMA Champs	1600m Relay		Silver	5:25.6	2014	Bendigo
OMA Champs	60m	W75	Bronze	11.78	2019	Mackay
OMA Champs	100m	W75	Bronze	19.10	2019	Mackay
OMA Champs	200m	W75	Bronze	39.96	2019	Mackay
OMA Champs	400m	W75	Silver	89.40	2019	Mackay
OMA Champs	800m	W75	Gold	3:38	2019	Mackay
OMA Champs	Long Jump	W75	Silver	2.44	2019	Mackay
OMA Champs	Javelin	W75	Silver	16.32	2019	Mackay
OMA Champs	100m	W80	Gold	22.95	2024	Fiji
OMA Champs	200m	W80	Gold	47.28	2024	Fiji
OMA Champs	400m	W80	Gold	1:52.50	2024	Fiji
OMA Champs	800m	W80	Gold	4:19.30	2024	Fiji
AMA Champs	1500m	W45	Bronze	5:50.3	1992	Hobart
AMA Champs	400m	W50	Silver	72.28	1993	Adelaide
AMA Champs	800m	W50	Gold	2:41.0	1993	Adelaide
AMA Champs	1500m	W50	Gold	5:32.3	1993	Adelaide
AMA Champs	800m	W50	Silver	2:41.4	1994	Sydney
AMA Champs	1500m	W50	Bronze	5:31.5	1994	Sydney
AMA Champs	800m	W50	Bronze	2:41.6	1996	Perth
AMA Champs	1500m	W50	Gold	5:47.2	1996	Perth
AMA Champs	400m	W50	Bronze	74.48	1997	Melbourne
AMA Champs	800m	W50	Gold	2:44.4	1997	Melbourne
AMA Champs	1500m	W50	Gold	5:40.1	1997	Melbourne
AMA Champs	400m	W55	Silver	71.67	1998	Brisbane
AMA Champs	800m	W55	Silver	2:44.8	1998	Brisbane
AMA Champs	1500m	W55	Gold	5:42.3	1998	Brisbane
AMA Champs	800m	W55	Silver	2:50.7	1999	Canberra
AMA Champs	1500m	W55	Gold	6:02.9	1999	Canberra
AMA Champs	800m	W55	Bronze	2:51.4	2001	Sydney
AMA Champs	1500m	W55	Silver	5:56.7	2001	Sydney



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MEDAL PLACINGS *Continued*

World Masters Athletics Champs (WMA), World Masters Games (WMG), Australian Masters Athletics (AMA), Oceania Championships (OMA), Australian Masters Games (AMG)

Competition	Event	Age Group	Placing	Performance	Date	Location
AMA Champs	400m	W60	Gold	76.80	2003	Perth
AMA Champs	800m	W60	Gold	2:52.3	2003	Perth
AMA Champs	1500m	W60	Gold	5:55.7	2004	Melbourne
AMA Champs	800m	W60	Silver	3:00.9	2004	Melbourne
AMA Champs	1500m	W60	Silver	6:12.2	2004	Melbourne
AMA Champs	800m	W60	Bronze	2:55.3	2005	Brisbane
AMA Champs	1500m	W60	Silver	6:07.0	2005	Brisbane
AMA Champs	800m	W60	Silver	3:01.6	2006	Canberra
AMA Champs	1500m	W60	Silver	6:24.7	2006	Canberra
AMA Champs	1500m	W60	Silver	6:23.9	2007	Hobart
AMA Champs	400m	W65	Gold	79.17	2008	Sydney
AMA Champs	800m	W65	Gold	3:05.0	2008	Sydney
AMA Champs	1500	W65	Gold	6:30.9	2008	Sydney
AMA Champs	200m	W65	Gold	36.38	2009	Adelaide
AMA Champs	400m	W65	Gold	80.13	2009	Adelaide
AMA Champs	800m	W65	Gold	3:02.3	2009	Adelaide
AMA Champs	1500m	W65	Gold	6:27.5	2009	Adelaide
AMA Champs	800m	W65	Silver	3:15.0	2011	Brisbane
AMA Champs	1500m	W65	Silver	6:36.4	2011	Brisbane
AMA Champs	2000m Steeple	W65	Gold	10:46	2011	Brisbane
AMA Champs	100m	W70	Silver	17.76	2014	Hobart
AMA Champs	200m	W70	Silver	37.21	2014	Hobart
AMA Champs	400m	W70	Gold	82.19	2014	Hobart
AMA Champs	800m	W70	Gold	3:18.7	2014	Hobart
AMA Champs	60m	W70	Bronze	11.14	2015	Sydney
AMA Champs	400m	W70	Bronze	80.73	2015	Sydney
AMA Champs	800m	W70	Gold	3:21.5	2015	Sydney
AMA Champs	T&F Pentathlon	W70	Gold	3222	2015	Sydney
AMA Champs	400m	W70	Silver	86.10	2016	Adelaide
AMA Champs	800	W70	Silver	3:29.5	2016	Adelaide
AMA Champs	Long Jump	W70	Gold	2.78	2016	Adelaide
AMA Champs	Javelin	W70	Bronze	14.45	2016	Adelaide
AMA Champs	T&F Pentathlon	W70	Gold	3078	2016	Adelaide



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MEDAL PLACINGS *Continued*

World Masters Athletics Champs (WMA), World Masters Games (WMG), Australian Masters Athletics (AMA), Oceania Championships (OMA), Australian Masters Games (AMG)

Competition	Event	Age Group	Placing	Performance	Date	Location
AMA Champs	200m	W70	Silver	38.27	2017	Darwin
AMA Champs	400m	W70	Bronze	89.40	2017	Darwin
AMA Champs	800m	W70	Gold	3:38.82	2017	Darwin
AMA Champs	Javelin	W70	Silver	15.80	2017	Darwin
AMA Champs	Shot	W70	Silver	5.83	2017	Darwin
AMA Champs	T&F Pentathlon	W70	Silver	2798	2017	Darwin
AMA Champs	60m	W75	Silver	11.17	2018	Perth
AMA Champs	100m	W75	Silver	18.07	2018	Perth
AMA Champs	200m	W75	Gold	38.81	2018	Perth
AMA Champs	400m	W75	Gold	87.42	2018	Perth
AMA Champs	800m	W75	Gold	3:32.1	2018	Perth
AMA Champs	Long Jump	W75	Silver	2.60	2018	Perth
AMA Champs	Shot	W75	Silver	7.33	2018	Perth
AMA Champs	Discus	W75	Gold	17.57	2018	Perth
AMA Champs	Javelin	W75	Gold	16.53	2018	Perth
AMA Champs	4x100 Relay	W75	Bronze	68.45	2018	Perth
AMA Champs	Javelin	W75	Silver	13.81	2022	Brisbane
AMA Champs	Shot	W75	Bronze	6.39	2022	Brisbane
AMA Champs	200m	W80	Gold	43.55	2023	Sydney
AMA Champs	400m	W80	Gold	100.32	2023	Sydney
AMA Champs	800m	W80	Gold	4:00.2	2023	Sydney
AMA Champs	Shot	W80	Bronze	6.41	2023	Sydney
AMA Champs	Javelin	W80	Silver	12.85	2023	Sydney
AMA Champs	Discus	W80	Bronze	11.98	2023	Sydney
AMA Champs	T&F Pentathlon	W80	Gold	2425	2023	Sydney
AMA Champs	200m	W80	Gold	46.36	2023	Hobart
AMA Champs	400m	W80	Gold	107.77	2023	Hobart
AMA Champs	800m	W80	Gold	4:21.61	2023	Hobart
AMA Champs	Shot	W80	Silver	6.18	2023	Hobart
AMA Champs	Javelin	W80	Silver	12.59	2023	Hobart
AMA Champs	Discus	W80	Silver	12.27	2023	Hobart
AMG	800m	W60	Gold	3:04	2005	Adelaide



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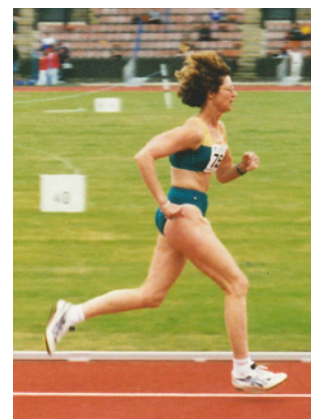
MEDAL PLACINGS *Continued*

World Masters Athletics Champs (WMA), World Masters Games (WMA), Australian Masters Athletics (AMA), Oceania Championships (OMA), Australian Masters Games (AMG)

Competition	Event	Age Group	Placing	Performance	Date	Location
AMG	1500m	W60	Gold	6:24.04	2005	Adelaide
AMG	100m	W70	Gold	18.49	2015	Adelaide
AMG	200m	W70	Gold	37.92	2015	Adelaide
AMG	400m	W70	Gold	84.54	2015	Adelaide
AMG	800m	W70	Gold	3:25.40	2015	Adelaide
AMG	60m	W75	Gold	11.48	2019	Adelaide
AMG	100m	W75	Gold	19.56	2019	Adelaide
AMG	200m	W75	Gold	40.17	2019	Adelaide
AMG	400m	W75	Gold	94.37	2019	Adelaide
AMG	800m	W75	Gold	3:41.46	2019	Adelaide



Brisbane 1997



Edinburgh 1999



Bendigo 2014



L-R: Noreen Parrish, Marg Allison, Glynis Nunn-Cearns and Anne Lang 2014



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PERSONAL QUALITIES OF THE NOMINEE

In 1964, on her 21st birthday, Anne travelled to Europe on the P&O liner Arcadia, disembarking in Marseilles and travelling and working in Europe for the next 12 months or so.

In 1967 she returned to SA to manage Fernilee Lodge, Burnside. In the days of black and white TV, Anne became a part time TV presenter with Channel 7, appearing daily in a programme prior to the news. She had various TV positions including presenting for the Central Market, fruit growers, clothing companies and various stores.

Anne has worked in the Fitness Industry for a large portion of her working life, working as manager and trainer for The Institute for Fitness Research and Training, which overlooks the parklands in North Adelaide. In 1997 she purchased an interest in the business converting it to Fitness on the Park. Besides normal gym activities she encourages outdoor group sessions and has established Countryside Walks with walking groups each week in the Adelaide hills as well as many interstate and overseas treks.

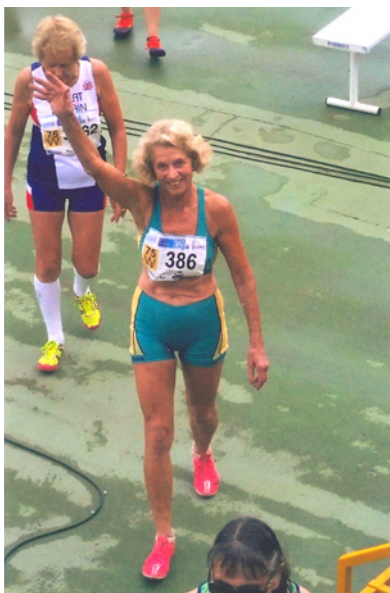
The overseas walks commenced in 2006 and have continued every year since, taking in the Austrian lakes, circling Mont Blanc, Peru, Italy, the Swiss Alps, France, USA, Spain, Morocco, Iran, New Zealand, Vietnam, Norway and Russia. For her 60th birthday Anne walked the Kokoda Trail (the only woman with 16 men!) and climbed for 10 days on the Great Wall of China for her 65th birthday. Her 70th birthday was spent walking in the Galapagos and Equador, the Marlborough Sound for her 75th and the 3 Capes Tasmania for her 80th.

In 2013 Anne was awarded an OAM (Order of Australia Medal) "for service to the community through sporting and fitness organisations".

In 2017, Anne completed Level 1 Officiating as a T&F official.

Since 2020 Anne has been Vice President of SAMA.

Anne says "Athletics has been an exciting and enjoyable journey but the friendships forged in training sessions with like-minded athletes of all ages has been a major influence on my life and health. Competition requires dedication, courage and discipline but the opportunity to travel to diverse parts of the world and forge friendships with your competitors has been a wonderful experience, all thanks to the Masters Athletics organisation".



Malaga 2016



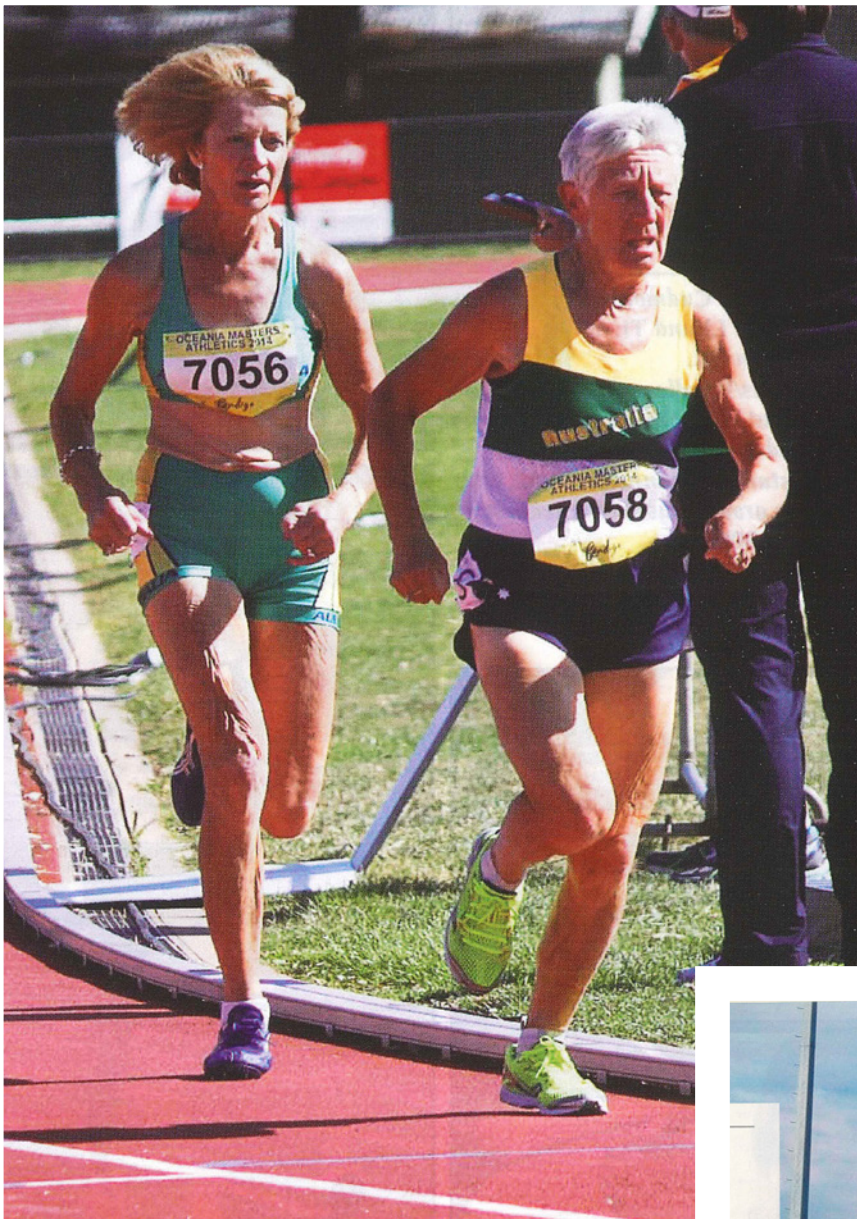
Sydney 2023



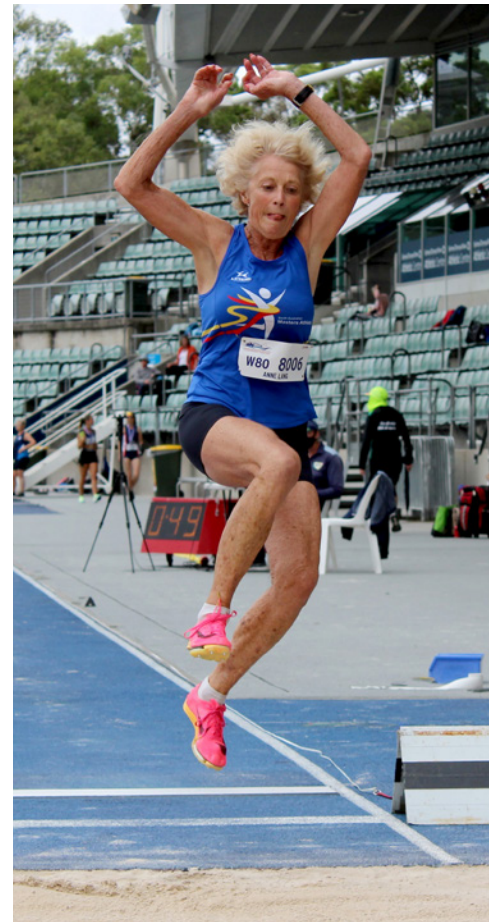
Hobart 2024



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Anne with Lavinia Petrie - Bendigo 2014



Pentathlon - Sydney 2023



Porto Alegre 2013



"For me, the thing that keeps me going is competition and a wonderful training group."

Newspaper article 2017