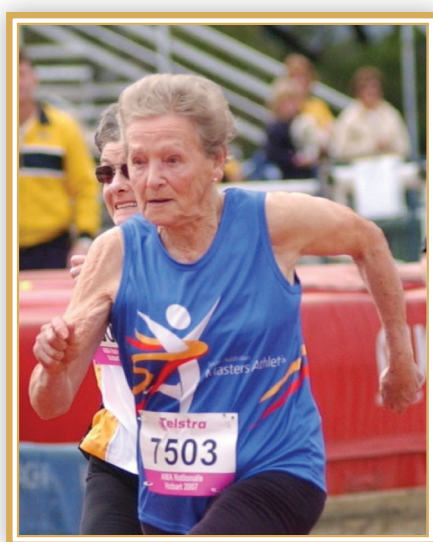




South Australian Masters Athletics
HALL OF FAME



Ann Cooper
(nee Shanley)

Member of SAMA for 27 years



Inductee No 1: **Ann Cooper**



BIOGRAPHY

PRE MASTERS

Ann began her athletics career in the 1940s while still a young teenager, at a time when women's participation in strenuous physical endeavors was not universally accepted by society. In March 1942 at the age of 13 Ann Shanley (later to become Cooper) as an Adelaide Harrier, won the State Open 220 yards Championships in 27.9s. In 1943 she slipped in the 100 yards and sprained her ankle preventing her from competing that year. However, from there on she won every 100 yards State Championships for the rest of the decade.

In total she won 26 Open State titles as follows:

100 yards - 1944, 1945, 1946, 1947, 1948, 1949, 1950 and 1952

220 yards - 1942, 1944, 1945, 1947, 1948, 1949, 1950, 1952, 1954 and 1956

440 yards - 1952

Shot - 1949, 1950, 1952, 1954 and 1956

Long Jump - 1942

Standing Long Jump - 1945

In the 1950 Australian Open Championships Ann won gold in the shot, becoming SA's first National Champion. In the same year she won bronze in the 220 yards.

Ann broke the Australian Open Shot record becoming SA's first National record holder.

Competing in the 1950 Empire Games in Auckland as SA's first international athlete, Ann came sixth in the 100 yards and fourth in the 220 yards and then teamed with Marjorie Jackson, Shirley Strickland and Verna Johnson to win gold in the 660 yards medley relay. Ann ran the third leg (110 yards) increasing Australia's lead.

Soon after this gold medal win in the Empire Games, Ann retired from top level athletics and with her husband Collin, moved into the more traditional role of family and work.

MASTERS ACHIEVEMENTS

It was not until she was well into her fifties, in the late 70's, that husband Collin, himself a former professional athlete, persuaded her to join him in resuming competition at Masters level. With Collin as her coach, she detested training for the longer events and concentrated on the 100 and 200 metres, where she remained virtually unbeatable at National and International level for 20 years. It was in 1980 that the athletic interest was really re-kindled when she joined the Vets and competed in the Adelaide National Championships. At the World Championships in Melbourne 1987, she set her first World Record and from then on she has been the outstanding sprinter in her age groups at the world level.

Over the years she has been a top performer in the sprint Champion of Champions event at the AMA National Championships competing against the best sprinters in Australia in all age groups. She was the winner in 2002, 2003, 2004, 2006 and 2007.

At the Championships in Hobart in 2007, award categories were introduced for the best Age Graded Performances and Ann was the winner in the Sprints/Hurdles category. Her 60m sprint time of 10.53 achieved an age grading of 104.69%.



Inductee No 1: Ann Cooper



It is remarkable that in more than 20 years of competing at the highest level in Masters competition Ann has only been beaten twice in her events (100 to 800). The first was in the 1987 World Championships in Melbourne. She broke the world record in her heat of the 400m but in the final, though a clear leader heading for the finish, had to settle for her only bronze medal. In 1991, having won gold in the 100, 200 and 400m, she took silver in the 800m. During her career at the World Championships Ann has won 20 individual gold, one silver and one bronze medal. She has also won several relay medals. At the National level Ann has established 27 Australian records, three of which still stand. Seven world records have fallen to Ann. Ann has also won events in the American, British and Irish Championships.

Ann set 28 state records (she still holds seven), won four Oceania Championships, two World Masters Games events and 25 Australia Championships

AWARDS

Ann was awarded a Certificate of Outstanding Performance by the Confederation of Australian Sport for the "Best Individual Performance in 1990". This award is not just for Masters but is open to all athletes. Ann's world records in the 200m, 400m and 800m in 1989 and her dominance in these events were the key.

In SAMA's Athlete of the Year Awards Ann won the sprint award in 2007. She also won the most outstanding performance in 2006 and most outstanding female athlete in 2007. She has twice been selected as a winner of the AMA Annual Award; in 1999 winning the Female Sprints/Hurdles category and in 2007 as the Most Outstanding Female athlete.

Ann has been the dominant performer in her age groups for about 25 years and in 1997 Ann was inducted into the Athletics SA Hall of Fame in recognition of her contribution to athletics in Australia. In 2009 Ann was one of three inaugural members of the Australian Masters Hall of Fame. Ann is also a Life Member of ASA and Adelaide Harriers.

An exceptional athlete, Ann has demonstrated exemplary sportsmanship during her career and is a worthy inaugural inductee into SAMA's Hall of Fame.



Inductee No 1: Ann Cooper



RECORDS SET (World, Australian, State)

Record level	Event	Age Group	Performance	Date	Location
World	100m	W60	14.41	21/10/89	Adelaide
World	200m	W60	30.05	22/10/89	Adelaide
World	200m	W70	32.83	2/8/99	Gateshead
World	400m	W55	69.60	1987	Melbourne
World	400m	W60	69.00	5/8/89	Eugene
World	800m	W60	2:52.66	1/8/89	Eugene
Australian	60m	W75	10.23 current	7/4/07	Hobart
Australian	100m	W60	14.41	21/10/89	Adelaide
			14.40	14/4/90	Melbourne
Australian	100m	W65	15.46	2/4/94	Sydney
			15.09	13/7/95	Buffalo
			14.85	7/10/95	Melbourne
Australian	100m	W70	15.72	3/7/99	Gateshead
Australian	100m	W75	16.18	10/4/04	Melbourne
			16.09 current	26/3/05	Brisbane
Australian	200m	W60	30.05	22/10/89	Adelaide
			29.80	30/3/91	Canberra
Australian	200m	W65	31.41	3/4/94	Sydney
Australian	200m	W70	34.43	Aug 99	Gateshead
			32.83	Aug 99	Gateshead
Australian	200m	W75	33.65 current	5/3/04	Adelaide
Australian	400m	W55	72.70	29/3/86	Adelaide
			71.55	7/3/87	Adelaide
			69.60	1987	Melbourne
Australian	400m	W60	69.00	5/8/89	Eugene
Australian	400m	W65	74.92	13/7/95	Buffalo
Australian	400m	W70	84.19	13/7/01	Brisbane
Australian	800m	W55	2:50.20	21/11/87	Adelaide
			2:46.98	29/11/87	Melbourne
Australian	800m	W60	2:52.66	1/8/89	Eugene
Australian	100m	W75	16.18	10/4/04	Melbourne
			16.09	26/3/05	Brisbane



Inductee No 1: Ann Cooper



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

Record level	Event	Age Group	Performance	Date	Location
SAMA	60m	W75	10.23 current	7/4/07	Hobart
SAMA	100m	W60	14.41	21/10/89	Adelaide
			14.40	14/4/90	Melbourne
SAMA	100m	W65	15.46	2/4/94	Sydney
			15.09	13/7/95	Buffalo
			14.85	7/10/95	Melbourne
SAMA	100m	W70	15.72 current	3/7/99	Gateshead
SAMA	100m	W75	15.93	4/3/04	Adelaide
			16.18	10/4/04	Melbourne
			16.09 current	26/3/05	Brisbane
SAMA	200m	W50	34.00	Easter 80	Adelaide
SAMA	200m	W60	29.80	30/3/91	Canberra
SAMA	200m	W65	31.41	3/4/94	Sydney
SAMA	200m	W70	34.43	2/8/99	Gateshead
			32.83 current	3/8/99	Gateshead
SAMA	200m	W75	33.65 current	5/3/04	Adelaide
SAMA	400m	W50	78.70	Easter 80	Adelaide
SAMA	400m	W55	72.70	29/3/86	Adelaide
			71.55	7/3/87	Adelaide
			69.60	28/11/87	Adelaide
SAMA	400m	W60	69.00	5/8/89	Eugene
			67.97 current	18/7/91	Turku
SAMA	400m	W65	74.92	14/7/95	Buffalo
SAMA	400m	W70	84.19	13/7/01	Brisbane
SAMA	800m	W55	2:50.20	21/11/87	Adelaide
			2:46.98	29/11/87	Melbourne
SAMA	800m	W60	2:52.66	30/7/89	Eugene
OMA Champs	200m	W60	30.79 Current	1990	Auckland



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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
AMA Champs	200m	W50	Bronze	34.00	1980	Adelaide
AMA Champs	400m	W50	Silver	78.70	1980	Adelaide
AMA Champs	200m	W55	Gold	31.90	1986	Adelaide
AMA Champs	400m	W55	Gold	72.70	1986	Adelaide
AMA Champs	200m	W55	Silver	30.76	1987	Sydney
AMA Champs	400m	W55	Gold	70.50	1987	Sydney
AMA Champs	800m	W55	Gold	2:52.10	1987	Sydney
AMA Champs	100m	W60	Gold	14.40	1990	Melbourne
AMA Champs	200m	W60	Gold	30.30	1990	Melbourne
AMA Champs	400m	W60	Gold	69.20	1990	Melbourne
AMA Champs	200m	W60	Gold	29.80	1991	Canberra
AMA Champs	400m	W60	Gold	69.60	1991	Canberra
AMA Champs	100m	W60	Gold	14.56	1992	Hobart
AMA Champs	200m	W60	Gold	30.37	1992	Hobart
AMA Champs	100m	W60	Gold	14.82	1993	Adelaide
AMA Champs	200m	W60	Gold	30.96	1993	Adelaide
AMA Champs	100m	W65	Gold	15.46	1994	Sydney
AMA Champs	200m	W65	Gold	31.41	1994	Sydney
AMA Champs	100m	W70	Gold	16.29	2002	Adelaide
AMA Champs	100m Ch of Champs	W70	Gold		2002	Adelaide
AMA Champs	200m	W70	Gold	33.81	2002	Adelaide
AMA Champs	100m	W70	Gold	16.74	2003	Perth
AMA Champs	100m Ch of Champs	W70	Gold		2003	Perth
AMA Champs	100m	W75	Gold	16.18	2004	Melbourne
AMA Champs	100m Ch of Champs	W75	Gold		2004	Melbourne
AMA Champs	100m	W75	Gold	16.09	2005	Brisbane
AMA Champs	200m	W75	Gold	34.72	2005	Brisbane
AMA Champs	100m	W75	Gold	16.39	2006	Canberra
AMA Champs	100m Ch of Champs	W75	Gold		2006	Canberra
AMA Champs	60m	W75	Gold	10.23	2007	Hobart
AMA Champs	100m	W75	Gold	16.68	2007	Hobart
AMA Champs	100m Ch of Champs	W75	Gold		2007	Hobart



Inductee No 1: Ann Cooper



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
WMA Champs	400m	W55	Bronze	73.17	1987	Melbourne
WMA Champs	800m	W55	Gold	2:46.90	1987	Melbourne
WMA Champs	400m	W60	Gold	69.00	1989	Eugene
WMA Champs	800m	W60	Gold	2:52.70	1989	Eugene
WMA Champs	100m	W60	Gold	14.58	1991	Turku
WMA Champs	200m	W60	Gold	30.21	1991	Turku
WMA Champs	400m	W60	Gold	67.97	1991	Turku
WMA Champs	100m	W60	Gold	14.67	1993	Japan
WMA Champs	4x100m Relay	W60	Gold	61.39	1993	Japan
WMA Champs	100m	W65	Gold	15.09	1995	Buffalo
WMA Champs	200m	W65	Gold	31.79	1995	Buffalo
WMA Champs	400m	W60	Gold	74.92	1995	Buffalo
WMA Champs	100m	W65	Gold	15.86	1997	Durban
WMA Champs	200m	W65	Gold	33.03	1997	Durban
WMA Champs	100m	W65	Gold	15.78	1999	Gateshead
WMA Champs	200m	W65	Gold	32.73	1999	Gateshead
WMA Champs	400m	W70	Gold	84.19	2001	Brisbane
WMA Champs	4x400m Relay	W70	Silver	68.73	2001	Brisbane
WMA Champs	4x400m Relay	W70	Silver	6:48.4	2001	Brisbane
WMA Champs	100m	W70	Gold	16.47	2005	Spain
WMA Champs	200m	W70	Gold	35.21	2005	Spain
WMA Champs	4x100m Relay	W70	Silver	61.77	2005	Spain
WMA Champs	100m	W75	Gold	15.75	2007	Italy
WMA Champs	200m	W75	Gold	35.96	2007	Italy
OMA Champs	200m	W60	Gold	30.79	1990	Auckland
OMA Champs	400m	W60	Gold	62.97	1990	Auckland
OMA Champs	200m	W60	Gold	32.20	1992	Norfolk Island
OMA Champs	400m	W60	Gold	75.10	1992	Norfolk Island
WMG	100m	W65	Gold	15.83	1994	Brisbane
WMG	200m	W65	Gold	31.61	1994	Brisbane



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PERSONAL QUALITIES OF THE NOMINEE

Ann is a very private person! A long-term diabetic, she never talked of her insulin dependence, despite her constant need for injections and need to manage her blood sugar before racing. She was shy by nature, and it was only her fierce competitiveness which drove her to continue and to record her astonishing catalogue of success.

A world champion sprinter, she never sought the limelight – her most obvious attribute is humility. Having won 3 Champion of Champion events in a row at the National Championships, the 2005 Queensland Committee asked if she would mind “being put back a couple of metres to make it a more interesting race”. Ann of course agreed and it was the only Champion of Champions race she ran, that she didn't win.

Much of her training took place in husband Colin's squad, on the University Loop and the old Teachers College Oval, now part of Park 10 in the north-eastern section of the Adelaide Parklands. She was joined by a small group of athletes who became her close friends. Until very recently, she joined them for coffee at the Lion Hotel three times a week. Following his premature death, Ann arranged for Colin's ashes to be scattered on the Loop, adjacent to MacKinnon Parade.

A much more celebrated coffee companion was Marjorie Jackson-Nelson, Australian and Olympic champion in the 100 and 200 metres, a rival and team-mate of Ann's from the early 1950s. She and Ann and a small group of friends met regularly for many years. Other than that, Ann lived a private life. She loved her dogs and they were a great comfort to her following Colin's death. She also loved horse-racing and was a regular at race meetings at Morphettville. She probably still knows the names of all the horses, their jockeys, trainers and owners. Living on the pension, she did not have a fortune to gamble with but wanted something on practically every race, so her standard bet was the very minimum, \$2 each way to improve her odds of a payout.

Before resuming athletics, Ann was a smoker, but wisely abandoned that habit in favour of wine, about which it might be said she became very enthusiastic.

Ann was a wonderful role model for upcoming younger athletes.



San Diego 1989



Buffalo 1995



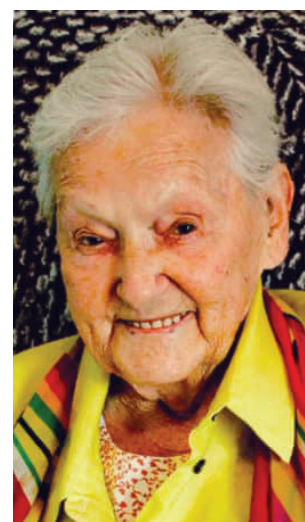
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Gateshead 1999



Hobart 2007



Ann in 2021