

30 September 2026

Elizabeth (Liz) Mitchell

Nomination for Oceania Masters Athletics Council Member

Athletics | Governance | Masters Sport

Profile

Athletics Focus

I have been involved in athletics for many years as both a competitor and an administrator, with a particular focus on masters athletics. I am committed to creating opportunities for older athletes to remain active, engaged and competitive.

Experience and Contribution

I bring experience at club, regional, national and international levels, supported by a strong background in governance, committee work and leadership. Passionate about athletics, I am eager to apply my perspective and practical skills to the sport's continued development.

Athletics Experience

Masters Athletics — Athlete

I have competed successfully as a masters sprinter across the W45, W50, W55 and W60 age groups at both national and international levels.

Career highlights include:

- Multiple World Masters Championship titles and medals.
- World Masters W50 titles in the **100m, 200m and 400m**.
- A further World Masters title in the 400m and a medal in the 200m.
- World Masters W55 silver medals in the 200m and 400m.
- Multiple New Zealand Masters championship titles in the 60m, 100m, 200m and 400m.
- Multiple New Zealand and Oceania records across several age groups.
- Current New Zealand W55 records in the 60m, 100m, 200m and 400m.
- Continued success in the W60 age group, including victories in all four sprint events at the 2025 and 2026 New Zealand Masters Championships.
- New Zealand Masters Female Sprinter of the Year awards.

Athlete Perspective

My experience as a masters athlete has given me a clear understanding of the opportunities and challenges participants face, particularly older women.

It has also reinforced the importance of accessible pathways that enable people to remain involved in athletics throughout their lives.

Athletics Governance & Service

New Zealand Masters Athletics

Board Member and Secretary | 2025–present

- Contribute to the governance and strategic direction of New Zealand Masters Athletics.
- Serve as Board Secretary, with responsibility for meeting minutes and administration.
- Bring an active athlete's perspective to national-level decision-making.
- Support planning for the long-term development and sustainability of masters athletics.

Hill City–University Athletics Club

Executive Committee Secretary

- Served recently as Secretary on the Executive Committee.
- Supported club administration, communications and committee decision-making.
- Contributed to the ongoing development of the club and its members.

Otago Masters Athletics

Committee Member

- Served on the Otago Masters Athletics committee in both recent and earlier terms.
- Contributed to the administration and development of masters athletics across Otago.
- Represented the perspective of an active competitive masters athlete.

Community Sport

Sport Otago

Green Prescription Active Families Programme Coordinator | 3.5 years

I coordinated the Green Prescription Active Families programme, supporting families to become more physically active and to develop sustainable, enjoyable approaches to movement.

The role strengthened my experience in community engagement, programme coordination and participation, while working with people at different stages of involvement in sport and physical activity.

Professional Experience

Mini Thinkers Early Learning

Education Management | Curriculum Development | Educational Oversight

I have built a long career in education management, including responsibility for curriculum development and educational oversight at Mini Thinkers Early Learning.

Key responsibilities include:

- Leading curriculum development and educational practice.
- Overseeing quality assurance and continuous improvement.
- Leading, mentoring and supporting staff professional development.

- Managing policy, compliance and organisational risk.
- Contributing to strategic and operational planning.
- Developing systems and processes across a large organisation.
- Collaborating with staff, families and external professionals.

Through this work, I have developed substantial strengths in leadership, communication, organisation and problem-solving, together with the ability to work constructively with people who bring a wide range of perspectives.

What I Would Bring to Oceania Masters Athletics

I would bring extensive experience as a masters athlete, practical governance expertise and well-developed professional leadership skills.

My priorities would be to support:

- Strong, effective and accountable governance.
- Opportunities for athletes of all ages to participate and compete.
- The continued development of women's athletics and masters athletics.
- Strong clubs and connected regional athletics communities.
- Positive pathways for athletes to remain involved as competitors, volunteers, officials, coaches or administrators.
- A collaborative, forward-looking approach to the future of athletics.