



THE HON KATE ELLIS MP MINISTER FOR SPORT

MEDIA RELEASE

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Support for the Sydney World Masters Games

The Minister for Sport, Kate Ellis, has called on potential competitors and volunteers to sign up for the 2009 World Masters Games in Sydney.

Ms Ellis is speaking today at a ceremony at the Sydney Opera House to mark one year to go to the opening of the 2009 World Masters Games.

The Australian Government is providing \$8.5 million to support the Games as part of its commitment to encouraging Australians to become healthier and more active.

“The 2009 World Masters Games will bring together more than 25,000 competitors from more than 100 countries, making it the largest multi-sport event in the world,” Ms Ellis said.

“It is an open-entry participation event – the only eligibility requirement to compete in most sports is that competitors must be at least 30 years of age.

“The World Masters Games is a fabulous event that promotes physical activity among adults which is a cornerstone to keeping healthy and preventing illness.

“With more than half of Australia’s adults now being either overweight or obese, the lead-up to the World Masters Games is a good opportunity for people to consider whether they are getting enough exercise and to think seriously about taking part in the Games.

“People who are overweight or obese are at a greater risk of many chronic health problems, including heart diseases, diabetes and some cancers.

“I would like to congratulate the NSW Government for their successful bid and preparation for the World Masters Games, and I wish them well as we count down to the opening ceremony this time next year.”

The 2009 World Masters Games will be held in Sydney from 10-18 October 2009. For more information and to register to compete or act as a volunteer, go to <http://www.2009worldmasters.com>.

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