

News and Results

Victorian Masters Athletics Inc.

July 2008

PETER COLTHUP 5 MILE HANDICAP

On Wednesday 23 April the annual Peter Colthup 5 mile Handicap race was held on the roads surrounding the Mentone Venue.

It was a mild night, ideal for distance running, and some very good performances eventuated.

Peter Colthup and his family attended as did runners from Frankston, Springvale, Croydon, Caulfield and Collingwood.

Peter is of course a Life Member of VMA and was the Secretary of the association for many years.

The handicapper's difficult judgment was vindicated when the first 8 finishers were running the final 400 metres at the same time.

The fastest male and female runners were newcomer

James O'Brien in a blistering 31.45 and Janeen McKerran in 40.24. Russell Johnston, who is the only runner to compete in all 14 previous races and was fastest male in 11, had to be content with second fastest in 32.10 but there was some consolation in that he mounted the podium for the first time.

For once first place went to the fastest runner, James O'Brien, who joined Mentone recently and is a big improver. The evening was enhanced by the supper provided by Mentone venue which contributed to the convivial atmosphere.

Many thanks to the officials including the handicapper and the caterers.

It was also great to see Ron and Shirley Young participate.

Peter Colthup presented the medals and trophies which included the magnificent wooden perpetual trophy carved by Louis Waser. All runners can be proud of their efforts and we look forward to next year's event.



Peter Colthup presents trophy to James O'Brien

Victorian Masters Athletics Inc.

President	Russ Oakley	9720 8835	12 Danielle Court Heathmont 3135 oakanru@bigpond.com
Vice President	Tony Bradford	9749-2248	6 Merrett Avenue Hoppers Crossing 3029 abradrns@rabbit.com.au
Vice President	Alan Lucas	9758-9345	29 McIver St Ferntree Gully 3156 lucasar2004@yahoo.com.au
Secretary	Ashley Page	9521-6070	3/40 Potter Street Black Rock 3193 apa16161@bigpond.net.au
Asst Secretary	Alan Bennie	9547 2978	75 Bertrand Avenue Mulgrave 3170 alanbennie@optushome.com.au
Treasurer	Al Willey	9870 7616	42 Sonia Street Ringwood 3134 alpenwilley@bigpond.com
Club Captain	Lavinia Petrie	9728 3929	12 Jeannette Marie Court Kilsyth 3137 ljpetrie@alphalink.com.au
Club Vice Captain	David Sheehan	9725 5801	7 Natanya Way Kilsyth 3137 david.sheehan@parmalat.com.au
Committee	Graeme Rose	9836 2350	71 Union Road Surrey Hills 3127 grarose@yahoo.com
Hon. Auditor	Peter Le Get	9729 4473	13 Mountain View Road Heathmont 3135 pleget@bigpond.com

Others

Webmaster	Ralph Bennett		vicvets@yahoo.com.au
Uniforms	Graham Philpott	9568 0495	4/8 Hyslop Parade East Malvern 3145
Subscriptions	Astrid Rose	9836-2350	grarose@yahoo.com
Statistician	Clyde Riddoch	9859 9855	5 / 1236 Old Burke Road Kew East 3102 clyderiddoch@msn.com
Registrar	Astrid Rose	9836-2350	grarose@yahoo.com
Magazine Editor	Lindsay Oxenham Vicki Thompson	9795-4471 9773-1157	loxenham@au1.ibm.com vthompson@pc.gov.au
Throwers' Group	Graeme Rose	9836-2350	grarose@yahoo.com
Mailing Officer	Ashley Page	9521-6070	apa16161@bigpond.net.au

Victorian Masters Athletics Venues

ABERFELDIE Athletic Track	Aberfeldie Park, Corio Street, Moonee Ponds Wednesday nights, 7 - 9pm	Melway 28 D6
ALTONA Athletic Track	Grants Reserve Sugar Gum Drive, off Civic Parade Tuesday nights, 7 - 9pm in daylight saving, Sunday in winter - 2pm Every Second Sunday - Different venue	Melway 54 G9
EAST BURWOOD Athletic Track	Burwood Road, opp. Mahoneys Road, behind basketball stadium Thursday nights, 7 - 9pm	Melway 62 C7
CAULFIELD Athletic Track	Duncan McKinnon Reserve, cnr North Road & Murrumbeena Road Tuesday nights, track events, 7 - 9pm. Sunday, field events	Melway 68 K9
COBURG Athletic Track	Harold Stevens Athletic Field, Outlook Road, Coburg Thursday nights, 7 - 9pm	Melway 18 A9
COLLINGWOOD Athletic Track	George Knott Reserve, Heidelberg Road, Clifton Hill Tuesday nights, 7 - 9pm	Melway 30 F12
CROYDON Athletic Track	Behind Arndale Shopping Centre, Mt.Dandenong Road, Croydon Tuesday nights, 7 - 9pm	Melway 50 K5
DONCASTER Athletic Track	Rieschieks Reserve, George Street, East Doncaster Monday nights, 7.30pm	Melway 33 J11
FRANKSTON Athletic Track	Ballam Park, Bananee Terrace, Frankston Thursday nights, 7 - 9pm	Melway 103 B4
GEEELONG Athletic Track	Landy Field, off Barwon Terrace, Geelong Wednesday nights, 6 - 8pm	Melway 228 C7
KNOX Athletic Track	Bunjil Way, off Ferntree Gully Road, Scoresby Wednesday nights, 7 - 9pm	Melway 73 D7
MENTONE Athletic Track	Dolamore Oval, cnr First Street & Queen Street, Mentone Wednesday nights, 7 - 9pm	Melway 87 B6
SPRINGVALE/NOBLE PARK	Ross Reserve, Memorial Drive, off Corrigan Road, Springvale Wednesday nights, 7 - 9pm	Melway 80 E12
SOUTHERN PENINSULA	Athletic Track, Truemans Road, off Nepean Highway, Tootgarook Wednesday nights, from 6 pm in daylight saving, Sunday in winter 9am	Melway 169 E6

Members are requested to advise the Secretary and the Registrar of any changes to their contact details including email addresses during the year. Contact details for the Secretary and the Registrar are shown on page 2

Venue	Manager	Address	Phone
Aberfeldie	Rob Waters	5 Bellevue Court Maribyrnong 3032 enrwaters@iprimus.net.au	9318 3802
Altona	Stan Belcher	79 Sanctuary Lakes South Bvd Point Cook 3030 stan.belcher@bigpond.com stan.belcher@bigpond.com	9395 2045
Caulfield	Peter McGrath	13 Bales Street Mount Waverley 3149 pjm039@optusnet.com.au	9807 5656
Coburg	Neville Wilson	11 Prospect Road Rosanna 3084 nlw@melbpc.org.au	9459 7827
Collingwood	Wasył Drosdowsky	12 Hickford Street Brunswick East 3057 wdrosdowsky@gmail.com	9387 2163
Collingwood	Graeme Paul	18 Cronus Court Eltham 3095 elthampauls@bigpond.com.au	9439 9667
Croydon	Karen Archer	27 Russell Street Mount Evelyn 3796 quinarcher@aapt.net.au	9736 1684
Croydon	Ken Walters	5 Warra Road Upwey 3158 judyken@bigpond.com	9752 5977
Doncaster	Richard Trembath	P.O. Box 294 Greensborough 3088 tenek@bigpond.net.au	9431 6963
Doncaster	Graham Walter		9736 4433
East Burwood	Alan Lucas	29 McIver St Ferntree Gully 3156 lucasar2004@yahoo.com.au	9758-9345 0424 012 344
East Burwood	Gerald Burke		9884 4825
Frankston	Peter Duggan	8 Myna Court Carrum Downs 3201 mduggan2@bigpond.net.au	9786 9169
Frankston	John Hallo		5975 6866
Geelong	Alan Jenkins	thehallows@optusnet.com.au 171 Hope Street Geelong West ajenkins@rohmmaas.com	5221 7468 0419 314 568(M)
Knox	Lavinia Petrie	12 Jeannette Marie Court Kilsyth 3137 ljpetrie@alohalink.com.au	9728 3929
Mentone	Ted McCoy	24 Blackwood Avenue Mentone 3194	9583 3280
Mentone	Ian Cassell	29 Tiffany Avenue Cheltenham 3192 iancassell@optusnet.com.au	9583 4440

Venue	Manager	Address	Phone
Southern Peninsula	Russell Dow	60 The Avenue McCrae 3938 russd59@hotmail.com	5986 1228
Southern Peninsula	John Sutton	15 Roblyn Crescent Tootgarook 3941 jsutton2@optusnet.com.au	5985 9017
Springvale/ Noble Park	Alan Bennie	75 Bertrand Avenue Mulgrave 3170 alanbennie@optushome.com.au	9547 2978
Springvale/ Noble Park	Anthony Doran		9547 7320
Throwers	Graeme Rose	mothersuperior@bigpond.com 71 Union Road Surrey Hills 3127 grarose@yahoo.com	9836 2350
Throwers	Ken Priestley	knjoy@bigpond.com.au	9596 3591

Reference Websites

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Victorian Masters Athletics
VMA "Around the Grounds"
Athletics Victoria
Victorian Athletic League (Pros)
Victorian Race Walking Club
Athletics Australia
Athletics NSW
International Ass. of Aths Federation
Australian T&F Coaches Assn
Int. Marathons & Road Races
Aust. Ultra Runners' Assn
Best Australian Runners Site
Aust Mountain Running Association
Australia's Runner's World
ACT Cross Country Club
ACT Vets website
Australian Masters Athletics Inc.
NSW Masters Athletics Inc.
Qld Masters Athletics Association
Sth Australia Masters Athletics
WA Masters Athletics Club
Alice Springs Masters Games
World Masters Athletics (WMA)
Masters Track & Field Magazine
"The" Masters Track & Field Site
Pan Pacific Masters Games Gold Coast
Masters Athletics Monthly
Mentone Masters Website
Doncaster Masters Website
Victorian Road Runners
European Veterans Athletic Association
EAA European Athletic Association
Sports Dialog Digest Archive
Yahoo! Groups: vicmasters
For Masters Athletes by Masters Athletes
Oceania Masters Championships 2008

AMA National Championships 2008 - 21/3/2008 to 24/3/2008
36th Annual Track & Field Championships
Blacktown Olympic Park

	Name	Age	Team	Finals
Event 1	W55 10000 Metre Run	30-64		
1	Bronwen Cardy	W56	VIC	39:02.1h
Event 1	W60 10000 Metre Run	30-64		
1	Petrina Towbridge	W61	VIC	47:14.2h
Event 2	M75 10000 Metre Run	65+		
2	Colin Silcock-Delaney	M75	VIC	1:19:04.0h
Event 2	M80 10000 Metre Run	65+		
1	Robert Lewis	M80	VIC	52:24.4h
Event 5	Men Long Jump	50 - 54		
3	David Wilkins	M50	VIC	4.88m
Event 6	Men Long Jump	55 - 59		
2	Peter Lamb	M58	VIC	5.03m
Event 12	Women Shot Put	30 - 34		
4	Kylie Italiano	W33	VIC	8.32m
Event 14	Men Hammer Throw	65 - 69		
1	Ken Priestley	M69	VIC	34.49m
Event 15	Men Hammer Throw	70 - 74		
2	Thomas Hancock	M71	VIC	39.29m
Event 16	Women Hammer Throw	50 - 54		
1	Christine Bridle	W50	VIC	27.30m
Event 17	Women Hammer Throw	55 - 59		
3	Christine Schultz	W57	VIC	29.85m
6	Lorraine Mussett	W59	VIC	21.10m
Event 20	Men Pole Vault	70 - 74		
2	Thomas Hancock	M71	VIC	1.60m
Event 21	Men Pole Vault	55 - 59		
3	Wayne Sabransky	M55	VIC	1.90m
Event 22	Men Pole Vault	65 - 69		
1	Rob Barclay	M69	VIC	2.70m
Event 30	Men Long Jump	70 - 74		
1	Graeme Noden	M70	VIC	4.25m
5	Thomas Hancock	M71	VIC	3.20m
Event 31	Men Long Jump	75 - 79		
2	Nino Stankovic	M76	VIC	2.53m
Event 32A	Men Long Jump	85 - 89		
1	Stan Stankovic	M85	VIC	2.40m
Event 39	Women Shot Put	45 - 49		
7	Susan Chapman	W47	VIC	6.00m
Event 40	Women Shot Put	50 - 54		
3	Christine Bridle	W50	VIC	8.16m
Event 47	Men Hammer Throw	60 - 64		
1	Graeme Rose	M64	VIC	47.56m
4	John Reynolds	M63	VIC	34.58m
5	Peter Young	M61	VIC	29.17m
6	David Wookey	M64	VIC	28.62m

AMA National Championships 2008 (Cont.)

Event 55 Men Long Jump 60 - 64				
2	Keith Howden	M62	VIC	4.27m
Event 56 Men Long Jump 65 - 69				
1	Graham Philpott	M65	VIC	3.72m
2	Tony Bradford	M68	VIC	2.83m
Event 58 Women Long Jump 45 - 49				
1	Susan Chapman	W47	VIC	4.40m
Event 59 Women Shot Put 55 - 59				
2	Christine Schultz	W57	VIC	10.16m
6	Lorraine Mussett	W59	VIC	6.20m
Event 65 Men Shot Put 70 - 74				
1	Thomas Hancock	M71	VIC	11.50m
Event 66 Men Shot Put 75 - 79				
4	Nino Stankovic	M76	VIC	6.96m
Event 67 Men Shot Put 85 - 89				
2	Stan Stankovic	M85	VIC	7.22m
Event 69 Women Shot Put 60 - 64				
—	Astrid Rose	W64	VIC	ND
Event 69A Men 60 Metre Dash 85 - 89				
1	Stan Stankovic	M85	VIC	14.43
Event 71 Men 60 Metre Dash 75 - 79				
4	Nino Stankovic	M76	VIC	15.28
Event 75 Men 60 Metre Dash 70 - 74				
4	Graeme Noden	M70	VIC	9.28
Event 76 Men 60 Metre Dash 65 - 69				
5	Tony Bradford	M68	VIC	9.82
Event 81 Men 60 Metre Dash 50 - 54				
8	David Wilkins	M50	VIC	8.68
Event 82 Women 60 Metre Dash 50 - 54				
1	Christine Bridle	W50	VIC	9.08
Event 90 Men 60 Metre Dash 30 - 34				
2	Damien Downing	M30	VIC	8.07
Event 91A Men Short Hurdles <80m> 85 - 89				
1	Stan Stankovic	M85	VIC	34.62
Event 93 Women Short Hurdles <80m> 50 - 54				
1	Christine Bridle	W50	VIC	15.05
Event 96 Men Long Jump 30 - 34				
1	Damien Downing	M30	VIC	5.93m
Event 98 Women Long Jump 50 - 54				
1	Christine Bridle	W50	VIC	4.05m
Event 106 Men Shot Put 60 - 64				
1	Graeme Rose	M64	VIC	12.92m
3	Peter Young	M61	VIC	11.52m
6	John Reynolds	M63	VIC	8.81m
7	David Wookey	M64	VIC	8.76m
Event 108 Men Hammer Throw 75 - 79				
4	Nino Stankovic	M76	VIC	16.00m
Event 109A Men Hammer Throw 85 - 89				
2	Stan Stankovic	M85	VIC	23.59m

AMA National Championships 2008 (Cont.)

Event 115 Women Short Hurdles <80m> 45 - 49				
1	Susan Chapman	W47	VIC	16.12
Event 120 Men Short Hurdles <100m> 55 - 59				
2	William Ronald	M55	VIC	20.66
Event 124 Men Short Hurdles <110m> 30 - 34				
2	Damien Downing	M30	VIC	21.43
Event 126 Men 800 Metre Run 80 - 84				
1	Robert Lewis	M80	VIC	3:13.58
Event 132 Women 800 Metre Run 60 - 64				
4	Vicki Thompson	W62	VIC	4:13.24
Event 133 Men 800 Metre Run 65 - 69				
2	Graham Philpott	M65	VIC	2:47.48
Event 135 Men 800 Metre Run 55 - 59				
4	Peter Lamb	M58	VIC	2:20.58
7	Ewen Wilson	M55	VIC	2:26.42
8	Peter Bence	M58	VIC	2:38.62
Event 137 Men 800 Metre Run 50 - 54				
1	Terry Hicks	M53	VIC	2:09.17
4	Stephen mulholland	M50	VIC	2:10.19
5	Colin Page	M54	VIC	2:16.77
Event 138 Women 800 Metre Run 45 - 49				
3	Katrina Philip	W46	VIC	2:38.26
5	Sharon Higgins	W48	VIC	2:48.59
Event 139 Men 800 Metre Run 45 - 49				
3	Scott Lawrence	M46	VIC	2:08.90
Event 201 W30 5000 Metre Race Walk 30+				
1	Justijana Roseman	W32	VIC	26:17.10
Event 201 W35 5000 Metre Race Walk 30+				
1	Harlene Hercules	W37	VIC	37:56.97
Event 201 W45 5000 Metre Race Walk 30+				
1	Annette Major	W45	VIC	29:08.92
Event 201 W50 5000 Metre Race Walk 30+				
2	Barb Bryant	W53	VIC	27:58.12
Event 201 W55 5000 Metre Race Walk 30+				
1	Heather Carr	W58	VIC	27:57.09
2	Elizabeth Feldman	W59	VIC	30:09.21
Event 201 W70 5000 Metre Race Walk 30+				
1	Margaret Beaumont	W70	VIC	37:30.73
Event 202 M45 5000 Metre Race Walk 30+				
1	Mark Donahoo	M49	VIC	25:18.13
Event 202 M60 5000 Metre Race Walk 30+				
2	Alan Lucas	M60	VIC	28:13.67
Event 202 M65 5000 Metre Race Walk 30+				
1	Murray dickinson	M69	VIC	28:41.38
Event 202 M70 5000 Metre Race Walk 30+				
2	Geoffrey Major	M71	VIC	33:27.33
3	Ian Beaumont	M71	VIC	37:37.37
Event 202 M75 5000 Metre Race Walk 30+				
1	Colin Silcock-Delaney	M75	VIC	37:23.55

AMA National Championships 2008 (Cont.)

Event 204 Men High Jump 30 - 34				
2	Damien Downing	M30	VIC	1.60m
Event 205 Men Javelin Throw 55 - 59				
3	Michael Cusack	M56	VIC	30.71m
Event 206 Men Javelin Throw 60 - 64				
1	Graeme Rose	M64	VIC	44.00m
2	Peter Young	M61	VIC	37.50m
3	David Wookey	M64	VIC	35.43m
Event 207 Women Javelin Throw 30 - 34				
3	Kylie Italiano	W33	VIC	22.49m
Event 213 Men Discus Throw 70 - 74				
1	Thomas Hancock	M71	VIC	33.96m
Event 214 Men Discus Throw 75 - 79				
4	Nino Stankovic	M76	VIC	16.44m
Event 216 Men Discus Throw 85 - 89				
2	Stan Stankovic	M85	VIC	18.71m
Event 217 Women Discus Throw 55 - 59				
1	Christine Schultz	W57	VIC	28.44m
8	Lorraine Mussett	W59	VIC	13.89m
Event 220 M65 2000 Metre Steeplechase 60+				
1	Graham Philpott	M65	VIC	8:37.06
Event 222 Men High Jump 50 - 54				
2	David Wilkins	M50	VIC	1.45m
Event 223 M55 3000 Metre Steeplechase 30-59				
1	Wayne Sabransky	M55	VIC	12:44.18
Event 224 Men Javelin Throw 65 - 69				
7	Tony Bradford	M68	VIC	23.14m
Event 225 Men Javelin Throw 70 - 74				
3	Thomas Hancock	M71	VIC	31.73m
Event 226 Women Javelin Throw 45 - 49				
2	Susan Chapman	W47	VIC	26.07m
Event 227 Women Javelin Throw 50 - 54				
3	Christine Bridle	W50	VIC	23.73m
Event 239 Men Long Hurdles <300m> 65 - 69				
2	Richard Trembath	M66	VIC	51.16
Event 240 Women Long Hurdles <300m> 50 - 5				
1	Christine Bridle	W50	VIC	55.26
Event 243 Women Long Hurdles <400m> 45 - 4				
1	Susan Chapman	W47	VIC	1:27.49
Event 250 Men Long Hurdles <400m> 30 - 34				
1	Damien Downing	M30	VIC	1:09.68
Event 251 Women High Jump 50 - 54				
1	Christine Bridle	W50	VIC	1.30m
Event 255 Men 1500 Metre Run 75 - 79				
3	Colin Silcock-Delaney	M75	VIC	9:35.54
Event 256 Men 1500 Metre Run 80 - 84				
1	Robert Lewis	M80	VIC	6:34.57
Event 258 Women 1500 Metre Run 60 - 64				
2	Vicki Thompson	W62	VIC	8:31.37

AMA National Championships 2008 (Cont.)

Event 263 Men Javelin Throw 75 - 79				
3	Nino Stankovic	M76	VIC	16.04m
Event 265 Men Javelin Throw 85 - 89				
2	Stan Stankovic	M85	VIC	18.69m
Event 266 Men Discus Throw 60 - 64				
2	Peter Young	M61	VIC	39.55m
5	Graeme Rose	M64	VIC	35.65m
6	John Reynolds	M63	VIC	31.68m
8	David Wookey	M64	VIC	25.88m
Event 267 Men Discus Throw 65 - 69				
7	Tony Bradford	M68	VIC	22.15m
Event 268 Women Discus Throw 30 - 34				
3	Kylie Italiano	W33	VIC	25.81m
Event 271 Men 1500 Metre Run 65 - 69				
1	Graham Philpott	M65	VIC	5:46.17
Event 275 Men High Jump 70 - 74				
3	Thomas Hancock	M71	VIC	1.20m
Event 277 Women 1500 Metre Run 45 - 49				
4	Katrina Philip	W46	VIC	5:29.80
5	Sharon Higgins	W48	VIC	5:44.51
Event 278 Men 1500 Metre Run 55 - 59				
1	Ewen Wilson	M55	VIC	4:49.04
2	Peter Bence	M58	VIC	4:59.18
4	Wayne Sabransky	M55	VIC	5:11.22
Event 279 Men 1500 Metre Run 50 - 54				
3	Stephen mulholland	M50	VIC	4:31.08
5	Colin Page	M54	VIC	4:50.33
Event 280 Men 1500 Metre Run 45 - 49				
2	Scott Lawrence	M46	VIC	4:22.50
Event 287 Women High Jump 30 - 34				
1	Kylie Italiano	W33	VIC	1.35m
Event 290 Women High Jump 45 - 49				
1	Susan Chapman	W47	VIC	1.30m
Event 292 Men 100 Metre Dash 55 - 59 Preliminaries				
—	John Browne	M56	VIC	DNF
Event 299 Women Javelin Throw 55 - 59				
2	Christine Schultz	W57	VIC	20.36m
6	Lorraine Mussett	W59	VIC	12.92m
Event 305 Women Discus Throw 50 - 54				
2	Christine Bridle	W50	VIC	20.34m
Event 305A Men 100 Metre Dash 85 - 89				
1	Stan Stankovic	M85	VIC	22.89
Event 306 Men 100 Metre Dash 75 - 79				
5	Nino Stankovic	M76	VIC	25.85
Event 312 Men 100 Metre Dash 65 - 69				
5	Tony Bradford	M68	VIC	15.17
Event 318 Women 100 Metre Dash 50 - 54				
1	Christine Bridle	W50	VIC	14.50

AMA National Championships 2008 (Cont.)

Event 319 Men 100 Metre Dash 45 - 49				
3	Gary Hennessy	M45	VIC	12.39
Event 321 Men High Jump 55 - 59				
2	William Ronald	M55	VIC	1.50m
Event 323 Men High Jump 65 - 69				
2	Graham Philpott	M65	VIC	1.20m
3	Tony Bradford	M68	VIC	1.10m
Event 329 Men 100 Metre Dash 30 - 34				
2	Damien Downing	M30	VIC	12.76
Event 331 Men 200 Metre Run 55 - 59 Preliminaries				
2	Peter Lamb	M58	VIC	26.16 Q
Event 332 Men 200 Metre Run 50 - 54 Preliminaries				
2	Terry Hicks	M53	VIC	25.94 Q
Event 407 W45 5000 Metre Run 30+				
4	Sharon Higgins	W48	VIC	21:48.70
Event 407 W55 5000 Metre Run 30+				
1	Bronwen Cardy	W56	VIC	18:49.38
Event 407 W60 5000 Metre Run 30+				
1	Petrina Towbridge	W61	VIC	22:45.24
3	Vicki Thompson	W62	VIC	30:25.17
Event 422 Men Triple Jump 50 - 54				
2	David Wilkins	M50	VIC	9.20m
Event 425 Men Triple Jump 65 - 69				
1	Julian Jacotine	M68	VIC	9.42m
Event 428 M65 5000 Metre Run 60+				
3	Graham Philpott	M65	VIC	21:54.84
Event 428 M75 5000 Metre Run 60+				
4	Colin Silcock-Delaney	M75	VIC	35:43.83
Event 428 M80 5000 Metre Run 60+				
1	Robert Lewis	M80	VIC	25:09.27
Event 429 M55 5000 Metre Run 30-59				
2	Ewen Wilson	M55	VIC	18:21.26
3	Peter Bence	M58	VIC	19:19.66
4	Wayne Sabransky	M55	VIC	19:20.18
Event 479A Men 200 Metre Run 85 - 89				
1	Stan Stankovic	M85	VIC	53.29
Event 485 Men 200 Metre Run 70 - 74				
4	John Howes	M72	VIC	32.26
Event 486 Men 200 Metre Run 65 - 69				
5	Tony Bradford	M68	VIC	30.64
Event 508 Men 200 Metre Run 55 - 59 Finals				
3	Peter Lamb	M58	VIC	26.36
Event 509 Women 200 Metre Run 50 - 54				
1	Christine Bridle	W50	VIC	30.30
Event 510 Men 200 Metre Run 50 - 54 Finals				
3	Terry Hicks	M53	VIC	25.91

AMA National Championships 2008 (Cont.)

Event 511 Women 200 Metre Run 45 - 49				
5	Susan Chapman	W47	VIC	31.40
Event 512 Men 200 Metre Run 45 - 49				
3	Gary Hennessy	M45	VIC	24.88
Event 516 Women Triple Jump 45 - 49				
1	Susan Chapman	W47	VIC	8.38m
Event 517 Women Triple Jump 50 - 54				
2	Christine Bridle	W50	VIC	8.96m
Event 520 Men Triple Jump 30 - 34				
1	Damien Downing	M30	VIC	11.89m
Event 530 Men 200 Metre Run 30 - 34				
2	Damien Downing	M30	VIC	25.25
Event 544 Men 4x100 Metre Relay M170+				
4	VIC	A		51.73
	Damien Downing 30		Gary Hennessy 45	
	Tony Bradford 68		Peter Lamb 58	
Event 559 Men 400 Metre Run 55 - 59				
Preliminaries				
4	Peter Lamb	M58	VIC	1:03.15
				Q
Event 631 Women Weight Throw 50 - 54				
2	Christine Bridle	W50	VIC	9.09m
Event 632 Women Weight Throw 55 - 59				
3	Christine Schultz	W57	VIC	9.55m
5	Lorraine Mussett	W59	VIC	6.89m
Event 633 Men Weight Throw 60 - 64				
1	Graeme Rose	M64	VIC	17.87m
3	John Reynolds	M63	VIC	14.25m
5	David Wookey	M64	VIC	11.81m
Event 661 Men Weight Throw 65 - 69				
1	Ken Priestley	M69	VIC	14.47m
Event 665 Men Weight Throw 70 - 74				
1	Thomas Hancock	M71	VIC	15.73m
Event 675 Men 400 Metre Run 75 - 79				
4	Nino Stankovic	M76	VIC	2:01.47
Event 675A Men 400 Metre Run 85 - 89				
1	Stan Stankovic	M85	VIC	2:11.32
Event 679 Men 400 Metre Run 55 - 59				
Finals				
2	Peter Lamb	M58	VIC	57.10
Event 680 Men 400 Metre Run 65 - 69				
4	Richard Trembath	M66	VIC	1:05.79
Event 682 Women 400 Metre Run 50 - 54				
1	Christine Bridle	W50	VIC	1:09.10
Event 683 Men 400 Metre Run 50 - 54				
2	Terry Hicks	M53	VIC	56.35
Event 685 Men 400 Metre Run 45 - 49				
7	Scott Lawrence	M46	VIC	57.95

AMA National Championships 2008 (Cont.)

Event 694 Men Weight Pentathlon 60 - 64				
1	Graeme Rose	M64	VIC	4362
3	Peter Young	M61	VIC	3511
5	John Reynolds	M63	VIC	2795
6	David Wookey	M64	VIC	2675
Event 696 Men Weight Pentathlon 70 - 74				
1	Thomas Hancock	M71	VIC	4102
Event 697 Men Weight Pentathlon 75 - 79				
6	Nino Stankovic	M76	VIC	1987
Event 699 Men Weight Pentathlon 85 - 89				
2	Stan Stankovic	M85	VIC	3146
Event 705 Men Weight Throw 85 - 89				
2	Stan Stankovic	M85	VIC	7.85m
Event 706 Women Weight Pentathlon 50 - 54				
1	Christine Bridle	W50	VIC	2511
Event 706 Men Weight Throw 75 - 79				
3	Nino Stankovic	M76	VIC	6.05m
Event 707 Women Weight Pentathlon 55 - 59				
3	Christine Schultz	W57	VIC	3509
6	Lorraine Mussett	W59	VIC	1836
Event 721 Men Weight Throw Champions				
1	Graeme Rose	M64	VIC	18.21m
3	Ken Priestley	M69	VIC	14.41m
Event 723 Men Outdoor Pentathlon <Field> 55 -				
2	Michael Cusack	M56	VIC	2308
Event 725 Men Outdoor Pentathlon <Field> 65 -				
1	Graham Philpott	M65	VIC	2629
2	Tony Bradford	M68	VIC	2255
Event 727 Men Outdoor Pentathlon <Field> 75 -				
3	Nino Stankovic	M76	VIC	1120
Event 729 Men Outdoor Pentathlon <Field> 85 -				
1	Stan Stankovic	M85	VIC	1416
Event 735 Women Outdoor Pentathlon <Field> 4				
1	Susan Chapman	W47	VIC	2200
Event 736 Women Outdoor Pentathlon <Field> 5				
1	Christine Bridle	W50	VIC	2855
Event 809 Women 20000 Metre Race Walk 50 -				
1	Barb Bryant	W53	VIC	2:00:49.0h
Event 811 Women 20000 Metre Race Walk 70 -				
1	Margaret Beaumont	W70	VIC	2:45:11.0h
Event 814 Women 8000 Metre Run 60 - 64				
1	Petrina Towbridge	W61	VIC	42:30.0h
3	Vicki Thompson	W62	VIC	1:06:42.0h
Event 817 Women 8000 Metre Run 45 - 49				
3	Sharon Higgins	W48	VIC	39:10.0h
Event 824 Men 8000 Metre Run 80 - 84				
1	Robert Lewis	M80	VIC	47:50.00
Event 830 Men 10000 Metre Race Walk 75 - 79				
1	Colin Silcock-Delaney	M75	VIC	1:13:55.0h

AMA National Championships 2008 (Cont.)

Event 843 Men 8000 Metre Run 50 - 54

3 Colin Page M54 VIC 34:00.0h

Event 844 Men 8000 Metre Run 55 - 59

4 Wayne Sabransky M55 VIC 40:21.0h

PETER COLTHUP 5 MILE HANDICAP (cont. from page 1)

The full results were :-

Peter Colthup 5 mile H/cap - 30/04/08

	<u>Clock</u>	<u>Actual</u>
1 James O'Brien	55 47.45	31.45
2 Ralph Bennett	66 47.57	34.57
3 Russell Johnston	56 48.10	32.10
4 Ashley Page	67 48.21	38.21
5 Judy Wines	70 48.27	51.27
6 John Markham	78 48.45	44.00
7 Laurie Collard	51 49.16	36.16
8 Sonya McLennan	55 49.22	40.52
9 Col Waring	62 49.33	35.33
10 David Dodson	49 50.36	38.21
11 Janeen McKerran	47 50.54	40.24
12 Peter McGrath	68 50.57	47.57
13 Lindsay Oxenham	58 51.00	40.00
14 Peter Battrick	64 52.35	52.35
15 Shirley Young	78 55.32	61.32
16 John Kneen	65 56.02	49.17
17 Michael Heffernan	73 56.10	63.40
18 Jim Crawford	73 57.59	51.14
19 Ron Young	77 60.54	58.24



Back row -

Ralph Bennett, James O'Brien
& Russell Johnston

Front row

Janeen McKerran &
Peter Colthup

“Back To The Future” @ the 10k

By Graeme Paul

This years running of our 10k Track Championship represented a return to days gone by. Many years ago this event was conducted by the then Victorian Veterans Athletic Club at the Collingwood Venue on a Tuesday and Wednesday night. There were so many participants that 3 Divisions could not be run on one night. The event was subsequently conducted at other Venues on their competition night before being moved to Saturday night. However, a few years ago the interest from competitors started to wane. A shift to Sunday morning did not improve participation rates and the demise of this prestigious Championship looked imminent. Then in 2007 there was an encouraging increase in numbers. In an attempt to build on this resurgence the Victorian Masters Committee made the decision to go “Back to the Future” and return the event to the Collingwood Venue on a Tuesday night.

The team at the Collingwood Venue set about preparing for the conduct of the event, not knowing how many entrants there would be, but ever hopeful for a big field. The innovation of pre-race entries assisted the organizers immensely with the vast majority complying with this request. Of course, with our Club philosophy being “participation”, we also accepted some late entries on the night. The result was a huge increase to 65 entrants. This is more than double the field of 2007 but still well short of the halcyon days of the past. There is still a lot of work to be done to reach those heady days again. The numbers compelled us to run 2 Divisions for the first time in several years. There were 12 Venues represented as well as a non-aligned Member and some invitation runners.

Weather conditions on the night were very conducive to good performances, cool with no wind. The races provided some spirited competition which was also evident within several age groups. The fastest male was Bert Pelgrim, M50 from Knox Venue, who recorded 35:21.53, whilst the fastest female was Bronwen Cardy, W55 from Croydon Venue, in 38:34.19.

The best performances of the night were by Bob Lewis and Bronwen Cardy. Firstly, Bob, from East Burwood Venue and newly promoted to M80, ran a Victorian record of 52:24.91. This feat eclipsed the previous record held by the late Ken Matchett by over 7 minutes. Congratulations to Bob on yet another record. Then Bronwen Cardy, W55, ran 38:34.19 which amounted to an Age-graded Performance of 96.32%, easily the highest of the night.

Congratulations to all the competitors no matter what standard for at least “having a go”. Without your involvement there would be no Championship. This event provided the first opportunity of 2008 to score points for the Dot & Colin Browne Shield. The Collingwood Venue team used their home ground advantage to grab an early lead.

Lastly, a big thank you to all the volunteers who assisted with the preparation and conduct of the event, especially the Athletics Victoria accredited Officials whose expertise was invaluable. We hope that this years Championship is a precursor to the return to the competitor numbers of days gone by and more.

10km Track Championship - Collingwood 22nd April 2008

Results - 10km Track Championship - Age Grading: 1 Yr Indiv & 5 yr Multi

Name	Age	Team	Finals	Age-Grading	Points
W30 10000 Metre Run					
1 3026 Sandra Doyle	W33	Croydon	44:03.33	43:51.44	68.45%
W35 10000 Metre Run					
1 3579 Kylie Irshad	W36	Croydon	45:48.16	45:10.52	66.45%
2 3580 Sofie Fabre	W39	Collingwood	46:21.45	45:03.85	66.61%
W40 10000 Metre Run					
1 4072 June Petrie	W40	Knox	40:31.40	39:09.22	76.67%
W45 10000 Metre Run					
1 4502 Pam Tindall	W48	Croydon	46:28.17	41:47.13	71.84%
2 4501 Sharon Higgins	W48	Caufield	46:52.90	42:09.37	71.21%
W50 10000 Metre Run					
1 5011 Helen Stanley	W52	Knox	45:05.42	38:30.43	77.95%
2 5009 Kerrin Braithwaite	W51	East Burwood	57:57.61	50:09.88	59.84%
W55 10000 Metre Run					
1 5501 Bronwen Cardy	W56	Croydon	38:34.19	31:09.87	96.32%
W60 10000 Metre Run					
1 6084 Petrina Trowbridge	W61	Collingwood	46:10.70	34:39.42	86.62%
- 6085 Lavinia Petrie	W64	Knox	DNF		
M30 10000 Metre Run					
1 3002 Troy Kameme	M31	Invitation	40:42.27	40:30.55	65.01%
2 3001 Doug Stokes	M30	Invitation	43:35.40	43:28.87	60.56%
M35 10000 Metre Run					
1 3501 Andrew Fletcher	M39	Coburg	44:58.85	42:49.58	61.49%
M40 10000 Metre Run					
1 4035 Paul Van Kopplen	M40	Croydon	36:14.28	34:14.92	76.89%
2 4043 Mal Grimmitt	M42	SPR	38:29.63	35:50.27	73.48%
3 4006 Jim Hejtmanek	M43	Collingwood	41:58.01	38:46.65	67.91%
4 4071 Kevin Pardy	M42	Collingwood	44:35.10	41:30.52	63.44%
M45 10000 Metre Run					
1 4540 Steven Barker	M49	SPR	36:16.59	31:59.10	82.33%
2 4582 Alan Jenkins	M46	Geelong	37:06.33	33:29.94	78.61%
3 4585 TonyDell	M45	Croydon	38:19.96	34:52.74	75.50%
4 4504 Shane Derby	M47	Collingwood	40:23.62	36:11.08	72.78%
5 4503 Gary O'Dwyer	M49	Coburg	41:06.52	36:14.74	72.65%
6 4581 Andrew Tunne	M49	Croydon	43:52.77	38:41.32	68.06%
7 4583 Frank Pignataro	M46	East Burwood	44:05.52	39:48.38	66.15%
M50 10000 Metre Run					
1 5001 Bert Pelgrim	M51	Knox	35:21.53	30:40.64	85.84%
2 5003 Peter Black	M53	Aberfeldie	40:20.78	34:26.38	76.46%
3 5007 Peter Field	M50	SPR	41:01.72	35:53.27	73.38%
4 5006 Paul Ban	M53	Collingwood	42:25.41	36:12.77	72.72%
5 5004 Graeme Paul	M54	Collingwood	43:17.00	36:38.37	71.87%
6 5005 Glenn Claiden	M54	Knox	43:21.13	36:41.86	71.76%
7 5002 Mick Carr	M54	Knox	44:14.25	37:26.83	70.32%
8 5008 Gary Bell	M54	Collingwood	49:30.41	41:54.46	62.84%

10km Track Championship - Collingwood (cont.)

Results - 10km Track Championship - Age Grading: 1 Yr Indiv & 5 yr Multi						
Name	Age	Team	Finals	Age-Grading	Points	
M55 10000 Metre Run						
1 5509 John Duck	M55	no venue	37:07.97	31:10.39	84.47%	
2 5579 Tim Byrne	M56	Collingwood	39:14.23	32:39.67	80.63%	
3 5512 Paul Twining	M58	Knox	39:31.91	32:21.18	81.39%	
4 5595 David Jones	M57	Aberfeldie	39:40.33	32:44.73	80.42%	
5 5502 Russell Johnson	M55	Geelong	39:56.68	33:32.02	78.53%	
6 5585 Greg Moore	M56	Aberfeldie	40:42.97	33:53.53	77.70%	
7 5575 Jim Hopkins	M58	Collingwood	42:13.31	34:33.27	76.21%	
8 5573 Frank Prowse	M56	Doncaster	42:20.16	35:14.43	74.72%	
9 5596 Ian U'Ren	M57	Knox	43:50.23	36:11.00	72.78%	
10 5576 Murray Hutchinson	M59	Knox	44:40.27	36:14.51	72.66%	
11 5570 Lindsay Oxenham	M58	SPR	47:32.71	38:54.66	67.68%	
M60 10000 Metre Run						
1 6022 Kevin Solomon	M61	Collingwood	39:23.69	31:24.34	83.85%	
2 6047 Gary Stewart	M62	Knox	40:44.05	32:11.29	81.81%	
3 6083 Jeff Walker	M60	Geelong	40:56.00	32:55.37	79.99%	
4 6059 Westley Windsor	M63	Collingwood	42:02.77	32:55.84	79.97%	
5 6088 Rod Bayley	M61	Collingwood	45:58.44	36:39.03	71.85%	
6 6087 Stephen Barker	M64	Aberfeldie	49:10.16	38:09.62	69.01%	
7 6086 John Dean	M63	Aberfeldie	52:20.80	40:59.88	64.23%	
8 6035 Bryan Kelly	M60	Collingwood	57:49.98	46:30.91	56.61%	
— 6072 Alan Bennie	M61	SPR	DNF			
M65 10000 Metre Run						
1 6523 Ted Paulin	M69	Collingwood	40:52.95	30:15.68	87.02%	
2 6554 George Rennie	M66	Collingwood	41:24.29	31:33.03	83.46%	
3 6597 Graham Philpott	M65	East Burwood	44:57.18	34:34.41	76.17%	
4 6527 Malcolm Brown	M67	Collingwood	47:50.06	36:06.90	72.92%	
5 6549 Stan Belcher	M65	Altona	48:08.46	37:01.52	71.12%	
6 6539 Hawley Thomas	M69	East Burwood	54:33.89	40:23.34	65.20%	
M70 10000 Metre Run						
1 7044 Fred Bichsel	M71	Caufield	52:03.03	37:37.96	69.98%	
2 7042 Bernie Goggin	M70	Coburg	1:02:42.09	45:53.48	57.38%	
M75 10000 Metre Run						
1 7531 Bill Page	M77	Aberfeldie	52:06.92	34:10.95	77.04%	
2 7528 John Markham	M78	Mentone	55:32.35	35:41.04	73.80%	
3 7532 Colin Silcock-Dela	M75	Geelong	1:12:19.26	49:14.17	53.48%	
M80 10000 Metre Run						
1 8014 Bob Lewis	M80	EastBurwood	52:24.91	32:10.35	81.85%	

Please note that deadline for articles in the September 2008 issue of this magazine is 14th August

VICTORIAN MASTERS ATHLETICS Inc

10 km "Eric Greaves Memorial" Road Race Championship

Two laps of a fast and flat gravel road course through scenic parkland in

Braeside Park, Mentone

(Melway Map 88 D8)

Sunday 20 July 2007

10.00 am Start

ENTRY FEE \$10.00 – enter on the day until 9.45 am

(\$2 of each entry fee will be donated to a charity nominated by the Greaves family)

Club Competition uniform must be worn to be eligible for the specially struck memorial medals for winners and placegetters in each 5 year age division. Non Victorian Masters members are welcome to run by Invitation (\$5 entry with \$2 to charity)

The Eric Greaves Memorial Trophy will be awarded to the most outstanding performance, based on age graded percentages

There will also be a 5Km run or a 5km walk for those who wish to participate but do not want to compete in the 10km run. Entry fee for these events will be \$5, with \$2 to charity. There will be no prizes for these events.

Ample car parking (car park No. 9 - Rosella is best) – picnic facilities available

Tea, coffee and biscuits after the race

Enquiries Tony Doran 9547 7320 or Chris Murphy 9547 6234

COLLINGWOOD VENUE
30th YEAR CELEBRATION

Tuesday 22nd July 2008
George Knott Athletic Track
Clifton Hill

**An invitation is extended to all VMA Members, former
VVACI Members, families and friends to join us in
celebrating this momentous occasion**

**The Venue would be especially honoured to welcome the
return of those who have a Collingwood connection from
the past to reminisce and relive past glories**

Pass the word around
All welcome

The athletic program commences at 7:00pm
100m, 800m, 300m, 15 min. Time Trial

Supper at about 8:00pm

We hope to see YOU there

RSVP: Graeme – 9439 9667 or Wasyl – 9387 2163

The By Laws of VMA were adopted at the AGM in April and were modified at the May general committee meeting. The changes at the committee meeting were to add the 3,000 metres run to the list of championship events and create a "Register of best performances by VMA members in approved athletic events". Currently the approved events are : indoor events as conducted by WMA and the double decathlon. These changes will need to be ratified at the next general meeting of the club which at this stage is expected to be the AGM next year. The heavy hammer has been added to the list of events for record purposes as it was omitted in error from the original list. The updated By Laws with these modifications are dated effective from 12/05/08.

Alan Lucas
Vice President

VICTORIAN MASTERS ATHLETICS INC **BY-LAWS effective as of 12 May 2008**

Introduction

The functioning and conduct of Victorian Masters Athletics Inc (VMA) is principally guided by the Constitution. However, Clause 2.3 and elsewhere within the VMA Constitution provides for the creation and amendment of By-Laws covering matters concerning the operation and activities of the Association that are not specifically addressed by the Constitution. By-Laws are drawn up by the Committee of Management and submitted for approval at a General Meeting.

By-Laws may be added to, altered or rescinded by the General Committee at any time subject to ratification by the Association at any General Meeting. Individual members wanting to change these By-Laws must advise the Secretary in writing with the proposed amendment not less than 28 days prior to the General Meeting at which the motion for amendment will be presented. The proposed alteration must also be seconded by a financial member.

The VMA By-Laws current as of 12 May 2008 include:

- Management of Venues
- Conduct of VMA Championship Competitions
- VMA Performance Records

Management of Venues

1. These rules cover the operation of approved venues as listed in Appendix 3 of the Constitution

1.1 The members at each venue shall elect a Venue Manager, an Assistant Manager and a Treasurer each year. One person cannot hold more than one position at the same time. A venue may elect or appoint additional persons to assist in the operation of the venue as appropriate to local operating requirements.

VMA BY LAWS (cont.)

1.2 Elections shall be conducted by an "Electoral Officer" appointed by the general consensus of members at the venue. Elections shall be held in February each year and results of the elections must be reported to the VMA Secretary by the 15th of March. If a venue cannot agree on the appointment of an Electoral Officer then the VMA General Committee shall appoint a person to the position.

1.3 The Electoral Officer shall notify members at the venue of the day that elections are to be held at least 14 days before the election. Notice shall be by written notice on the noticeboard and announcements at the venue. Nominations for a position shall be given to the Electoral Officer before the conduct of the elections. In the event that there is a contest for a position the election shall be held by secret ballot. All parties to the election are required to be financial members of VMA.

1.4 Each venue shall maintain a bank account in the name of "Victorian Masters Athletics [*insert name of venue*] venue". All cheques must be signed by two authorised persons. Each venue shall submit financial reports as follows: For period 01 Jan to 30 Jun by 31 Jul, and for the period 01 Jan to 31 Dec by 31 Jan of the following year. The Venue Manager shall submit a report on the activities of the venue for the calendar year to the VMA Secretary no later than 28 Feb of the following year.

1.5 The Venue Manager shall be responsible for the safe and orderly conduct of events at a venue and these duties are detailed in the Venue Hand Book.

Conduct of VMA Championship Competitions

2 Victorian Masters Athletics Championships shall be conducted annually in accordance with the technical rules of the International Amateur Athletic Federation (IAAF) except as modified by the Constitution and By-Laws of World Masters Athletics (WMA), Australian Masters Athletics (AMA) and VMA.

2.1 VMA conducts the following state Masters championships for its members:

Track & Field

100 metres,	200 metres,	400 metres,	800 metres,
1500 metres,	3000 metres,	5000 metres,	
1500 metres race walk,	3000 metres race walk,		
Men 30-59	3000 metres steeplechase,		
Women and Men 60+	2000 metres steeplechase,		
Sprint Hurdles,	Long Hurdles,		
Long Jump,	High Jump,	Triple Jump,	Pole Vault,
Discus Throw,	Hammer Throw,	Weight Throw,	
Javelin Throw,	Shot Put,		
Pentathlon,			
Weight Pentathlon			
5000 metres track race walk			
10000 metres track run			

VMA BY LAWS (cont.)

Road & Cross Country

10000 metres race walk,	20000 metres race walk,
10000 metres run,	10000 metres cross country,
8000 metres (men) cross country,	6000 metres (women) cross country,
10 miles,	Half Marathon, Marathon

2.2 Technical specifications and weights of throwing implements shall be those approved by WMA or as modified by AMA & VMA for use in Australia.

2.3 Only current financial members of VMA shall be entitled to win medals at VMA championships. The track referee shall have the power to decide if persons wanting to compete by invitation shall be allowed to do so.

2.4 An athlete's age group shall be determined by their age on the day of competition or the first day of a multi day program.

2.5 VMA Championship entry shall not be subject to any prior achievement or qualifying standard.

2.6 Current Association uniform must be worn at all VMA championships. Competitors not wearing the correct singlet/crop top will not be eligible to receive medals.

2.7 Two or more age groups may compete together in a single event provided that there shall be separate results and awards for each age group.

2.8 Allegations at VMA championships of the offences listed below shall be considered and adjudicated by the VMA Committee in accordance with the Constitution and in consultation with the Competition Director according to the procedures set out in the WMA By-Laws. Offences include but are not limited to:

- . Un-sportsmanlike conduct
- . Conduct likely to bring the sport into disrepute
- . Improper use of drugs as specified by the World Anti-Doping Agency (WADA) code
- . Incorrect statement of age or age group or gender

VMA Performance Records

3 VMA shall issue record certificates for performances in events conducted at championship level by AMA or VMA or that are conducted in regular competition by Athletics Victoria. The Association may agree to record and recognise performances in other events for record purposes not covered by the foregoing principle by resolution at a general meeting. The list of events currently recognised for record purposes is listed in clause 3.6.

3.1 Victorian and Championship records and best performances on record shall be recognized in all five year age groups for all approved events subject to the fulfillment of the necessary criteria.

VMA BY LAWS (cont.)

3.2 Victorian records or best performances can only be set by current financial members of VMA.

3.3 Championship records or best performances can be set by any current financial member of a masters/veterans athletic club affiliated with AMA or WMA, including clubs outside of Australia.

3.4 Record or Best Performance on Record applications must be made on the official VMA, AMA or WMA application form. Applications must be lodged with the VMA Records Officer within 28 days of the performance. The Records Officer shall review each application to see that it meets the necessary criteria and forward a summary of the performances to the general committee for final approval before certificates are issued and records declared. If the Records Officer or General Committee reject an application because of incomplete documentation then the athlete must supply the missing documentation within 28 days of being notified of the rejection for the claim to be reconsidered. If an athlete feels that their application has been rejected in error then they can lodge an appeal to present their case in person at a general committee meeting and if still not satisfied then may follow the procedures as set out in the Disputes section of the Constitution.

3.5 Performances must have been done on recognised certified tracks and grounds, or road or other courses where certification is provided by a registered course measurer. Regulations as set out in the IAAF handbook shall apply to all record applications except where specifically modified by WMA, AMA or VMA.

3.6 Events to be recognized for records - VMA

Running - Track

60m	100m
200m	400m
800m	1500m
1 mile	3000m
5000m	10000m

Running - Road

10000m	10 Miles
Half Marathon	Marathon

Steeplechase

3000m	M30 to 59
2000m	M60+
2000m	Women

Hurdles

Per current WMA, AMA or VMA specifications

Jumps

High Jump	Long Jump
Triple Jump	Pole Vault

VMA BY LAWS (cont.)**Field Events**

Shot Put
Discus Throw
Hammer Throw
Javelin Throw
Weight Throw
56lb Weight Throw
100lb Weight Throw
Heavy Hammer

Multiple Events

Decathlon
Pentathlon
Weight Pentathlon

Racewalking

1500m track
2000m track
3000m track
5000m track
10000m
15000m
20000m
30000m
50000m

Relays

4 x 100
4 x 400
4 x 800

Events approved by resolution at a General Meeting for record purposes:

1 hour run

3.7 When a new event is approved for addition to the list of events no certificates shall be awarded until 12 months after the date of approval.

3.8 Record claims for performances recorded more than 28 days ago shall be considered only if that performance was done at a Championship level and the athlete signs a Statement that they were a financial member of VMA or another Masters/Veterans athletic club affiliated with AMA/AAVAC at the time of recording the performance.

3.9 The Records Officer shall also maintain a register of "Best Performances by VMA members in approved athletic events". These are events that are either not conducted within Australia or at a championship level. Currently the approved events are :

Indoor events as conducted by WMA
Double Decathlon

NEW RECORDS REPORT

<i>Age Event</i>	<i>Name</i>	<i>State</i>	<i>Performance</i>	<i>%Std</i>	<i>Date</i>	<i>Location</i>
Pending World Records:						
W55 One Hour Run	Bronwen Cardy	Vic	15,323m	-	24-9-07	Doncaster
M75 4x1500 Relay	David Carr	WA	34:17.0	-	31-1-08	Perth
	Kenneth Whistler	WA				
	Robert Hayres	WA				
	Cecil Walkley	WA				
M60 4x1500 Relay	Bruce Wilson	WA	21:48.4	-	31-1-08	Perth
	Jim Klinge	WA				
	John Oldfield	WA				
	Jim Langford	WA				
W45 4x1500 Relay	Gillian Young	WA	24:32.0	-	31-1-08	Perth
	Karen March	WA				
	Karyn-Sue Gower	WA				
	Robin King	WA				
M35 4x1500 Relay	Christopher Neale	WA	20:11.9	-	31-1-08	Perth
	Paul Burke	WA				
	Eldon George	WA				
	Brett Roach	WA				
M75 800m	David Carr	WA	2:34.3(=)	97.9%	16-3-08	Perth
M75 2k Steeple	David Carr	WA	8:56.59	97.3%	23-3-08	Blacktown
W35 4 x 100m Relay	Ranell Hobson	NSW	47.74s	-	24-3-08	Blacktown
	Julie Brims	Qld				
	Kylie Strong	NSW				
	Gianna Mogentale	NSW				

Australian Records:

M40 60m	Greg Potts	Qld	7.51s	91.7%	29-10-04	Southport
W35 4x800m Relay	Sue Gore	NSW	10:21.03	-	7-11-07	Homebush
	Cris Penn	NSW				
	Sue Ward	NSW				
	Gianna Mogentale	NSW				
M80 2k Steeple	Rad Leovic	ACT	11:17.54	84.3%	3-1-08	AIS ACT
W30 20k Road walk	Justijana Roseman	Vic	1:56:56	76.6%	13-1-08	Middle Park
W35 4x1500 Relay	Saskia Letham	WA	25:01.1	-	31-1-08	Perth
	Toni Phillips	WA				
	Carol Bowman	WA				
	Elizabeth Neville	WA				

NEW RECORDS REPORT (Cont.)

<i>Age Event</i>	<i>Name</i>	<i>State</i>	<i>Performance</i>	<i>%Std</i>	<i>Date</i>	<i>Location</i>
M65 4x1500 Relay	Bob Schickert	WA	22:15.3	-	31-1-08	Perth
	David Roberts	WA				
	Bert Carse	WA				
	David Carr	WA				
W80 Weight Throw	Raema McMillan	WA	9.33m	79.9%	12-2-08	Perth
W45 4x800 Relay	Margaret Saunders	WA	11:53.3	-	14-2-08	Perth
	Karen March	WA				
	Kay Burt	WA				
	Robin King	WA				
M30 4x800 Relay	Graeme Watson	WA	9:21.0	-	14-2-08	Perth
	Paul Burke	WA				
	Joel Burns	WA				
	Chris Neale	WA				
M75 4x800 Relay	Brian Paxman	WA	16:07.1	-	14-2-08	Perth
	Ken Whistler	WA				
	Bob Hayres	WA				
	Cecil Walkley	WA				
W60 4x800 Relay	Peggy MacIver	WA	13:04.9	-	14-2-08	Perth
	Jackie Halberg	WA				
	Christine Oldfield	WA				
	Gillian Young	WA				
M65 4x800 Relay	Bert Carse	WA	11:19.6	-	14-2-08	Perth
	Dave Roberts	WA				
	Mike O'Reilly	WA				
	Bob Schickert	WA				
M75 2k Steeple	David Carr	WA	9:17.60	93.6%	17-2-08	Perth
W80 Javelin	Raema McMillan	WA	14.93m	58.5%	19-2-08	Perth
M85 Shot Put	Feliks Jekabsons	Qld	8.39m	83.5%	23-2-08	Brisbane
W70 60m	Annette Horsnell	Qld	10.22s	92.0%	23-2-08	Brisbane
W80 5k	Lorna Thompson	Qld	36:05.23	67.6%	23-2-08	Brisbane
W35 4x800 Relay	Petrina Brown	Qld	11:31.70	-	23-2-08	Brisbane
	Karen Lakin	Qld				
	Donna Emerson	Qld				
	Glenda Banaghan	Qld				
M55 4x800 Relay	Jason Collie	Qld	9:34.44	-	23-2-08	Brisbane
	Bruce Bodsworth	Qld				
	Bob Grayson	Qld				
	Terry Dauphinet	Qld				
M65 4x800 Relay	Alan Bradford	Qld	11:15.37	-	23-2-08	Brisbane
	Brian Morling	Qld				
	Colin McLeod	Qld				
	Colin Buyers	Qld				

NEW RECORDS REPORT (Cont.)

Age	Event	Name	State	Performance	%Std	Date	Location
W45	56lb Weight	Jayne Hardy	ACT	4.32m	-	23-2-08	Turner ACT
W65	56lb Weight	Jan Banens	ACT	2.71m	-	23-2-08	Turner ACT
M30	400m Hurdles	Cameron Yorke	WA	54.83s	85.9%	24-2-08	Perth
M75	Hammer	Wim Van Weenen	Vic	43.84m	91.9%	2-3-08	Murrumbreena
W70	60m	Annette Horsnell	Qld	9.99s	94.1%	2-3-08	Southport
M75	400m	David Carr	WA	67.7s	93.1%	6-3-08	Perth
W45	Long Jump	Marie Kay	Qld	5.52m	95.2%	8-3-08	Brisbane
M75	Pentathlon	David Carr	WA	3,462 pts	-	8-3-08	Perth
M75	1500m	David Carr	WA	5:28.1(=)	93.6%	8-3-08	Perth
M85	Shot Put	Feliks Jekabsons	Qld	9.66m	96.1%	9-3-08	Brisbane
M85	Discus	Feliks Jekabsons	Qld	23.97m	68.8%	9-3-08	Brisbane
M60	1500m Walk	Andrew Jamieson	Vic	6:52.50	94.5%	9-3-08	Olympic Park
M65	1500m Walk	Ralph Bennett	Vic	7:30.84	91.2%	9-3-08	Olympic Park
M75	Weight Throw	Wim Van Weenen	Vic	15.90m	84.4%	9-3-08	Olympic Park
M35	Discus	Darron Haworth	Qld	50.33m	70.8%	15-3-08	SAF Brisbane
W80	Discus	Raema McMillan	WA	17.29m	65.9%	16-3-08	Perth
W80	Shot Put	Raema McMillan	WA	7.12m	92.0%	16-3-08	Perth
W30	10k	Billinda Schipp	NSW	35:07.4	85.9%	21-3-08	Blacktown
M80	1500m	Bob Lewis	Vic	6:34.57	83.7%	22-3-08	Blacktown
W30	Hammer	Karyne Di Marco	NSW	56.30m	74.0%	22-3-08	Blacktown
W30	Weight Throw	Karyne Di Marco	NSW	17.61m	87.3%	23-3-08	Blacktown
W30	Weight Pent	Karyne Di Marco	NSW	3,828 pts	-	23-3-08	Blacktown
W30	Hammer	Karyne Di Marco	NSW	59.27m	77.9%	23-3-08	Blacktown
W30	Weight Throw	Karyne Di Marco	NSW	18.57m	92.1%	23-3-08	Blacktown
M85	Weight Pent	Feliks Jekabsons	Qld	4,505 pts	-	23-3-08	Blacktown
M85	Discus	Feliks Jekabsons	Qld	25.28m	78.6%	23-3-08	Blacktown
M70	20k Road Walk	Margaret Beaumont	Vic	2:45:11	76.9%	24-3-08	Blacktown
W80	Pentathlon	Shirley Brasher	Tas	2,558 pts	-	24-3-08	Blacktown
M75	400m	David Carr	WA	66.92s	97.1%	24-3-08	Blacktown
W45	100lb Weight	Jayne Hardy	ACT	2.27m	-	29-3-08	Turner ACT
W40	4 x 800m Relay	Karen Lakin	Qld	11:17.3	-	31-3-08	SAF Brisbane
		Paula Moorhouse	Qld				
		Julie Brims	Qld				
		Glenda Banaghan	Qld				
W60	4 x 800m Relay	Marge Allison	Qld	12:18.0	-	31-3-08	SAF Brisbane
		Jean Hampson	Qld				
		Irene Davey	Qld				
		Betty Menzies	Qld				
M90	5k	Peter Brownbill	Vic	36:56.1	79.1%	21-5-08	Mentone

Australian Indoor Records from 2008 British Masters Championships

M45	1500m	John Lisiewicz	SA	4:28.51	84.7%	23-2-08	Lee Valley UK
M50	3k Walk	Mark Wall	Tas	15:21.33	79.6%	24-2-08	London

NEW RECORDS REPORT (Cont.)

<i>Age Event</i>	<i>Name</i>	<i>State</i>	<i>Performance</i>	<i>%Std</i>	<i>Date</i>	<i>Location</i>
Australian Indoor Records from 2008 WMA Indoor Championships, Clermont-Ferrand, France, 17-22 March 2008						
M40 60m	Ken Telfer	ACT	7.44s	91.6%		
W40 60m	Jacqueline Bezuidenhout	NSW	8.36s	85.8%		
W65 60m	Noreen Parrish	Qld	9.88s	86.0%		
M40 200m	Ken Telfer	ACT	23.90s	88.5%		
M50 200m	Stuart Paterson	NSW	29.07s	77.1%		
W40 200m	Jacqueline Bezuidenhout	NSW	27.57s	82.1%		
W45 200m	Marie Kay	Qld	25.85s	96.2%		
						also World Masters Record
M40 400m	Ken Telfer	ACT	52.99s	88.4%		
M80 400m	Rad Leovic	ACT	88.33s	80.4%		
W45 400m	Marie McKay	Qld	56.99s	100.0%		
M50 800m	Stuart Paterson	NSW	2:18.25	84.1%		
M55 800m	Robert Pearce	SA	2:31.33	80.8%		
M65 800m	Peter Sandery	SA	2:30.46	88.1%		
M80 800m	Rad Leovic	ACT	3:44.71	72.5%		
M50 1500m	Stuart Paterson	NSW	4:41.99	85.5%		
M65 1500m	Peter Sandery	SA	5:07.61	89.6%		
M80 1500m	Rad Leovic	ACT	8:58.06	61.4%		
M45 3k	John Lisiewicz	SA	9:23.74	85.8%		
M60 3k	Kevin Solomon	Vic	10:11.85	89.4%		
M65 3k	Peter Sandery	SA	10:39.33	90.3%		
M80 3k	Rad Leovic	ACT	15:56.73	74.9%		
M55 60m Hurdles	Steve McGugan	NSW	10.42s	82.8%		
M80 60m Hurdles	Rad Leovic	ACT	15.33s	76.0%		
M80 High Jump	Rad Leovic	ACT	0.99m	73.1%		
M80 Long Jump	Rad Leovic	ACT	3.11m	71.3%		
W45 Long Jump	Marie Kay	Qld	5.57m	90.6%		
M80 Triple Jump	Rad Leovic	ACT	6.98m	77.1%		
M80 Shot Put	Rad Leovic	ACT	7.37m	56.8%		
W40 Shot Put	Caroline Layt	NSW	9.58m	51.9%		
W40 Weight Throw	Caroline Layt	NSW	11.22m	69.4%		
M80 Pentathlon	Rad Leovic	ACT	3,036 pts	-		
M50 4x200m Relay	Robert Pearce	SA	2:00.17	-		
	Peter Sandery	SA				
	Kevin Solomon	Vic				
	Stuart Paterson	NSW				
W40 4x200m Relay	Jacqueline Bezuidenhout	NSW	1:49.48	-		
	Caroline Layt	NSW				
	Janet Naylor	NSW				
	Marie Kay	Qld				

NEW RECORDS REPORT (Cont.)

<i>Age Event</i>	<i>Name</i>	<i>State</i>	<i>Performance</i>	<i>%Std</i>	<i>Date</i>	<i>Location</i>
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Australian Indoor Records from USA Masters, Boston, 28-30 March 2008

M65 400m	Peter Sandery	SA	68.16s	81.3%		
M30 800m	Brendan Whelan	Qld	2:04.24	81.4%		
M55 800m	Robert Pearce	SA	2:27.34	83.0%		
M30 Mile	Brendan Whelan	Qld	4:31.43	83.3%		
M55 Mile	Robert Pearce	SA	5:25.02	82.3%		
M60 Mile	Kevin Solomon	Vic	5:01.62	91.8%		
						also World Masters Record
M65 Mile	Peter Sandery	SA	5:22.70	90.5%		
M30 3k	Brendan Pearce	SA	9:02.38	82.4%		
M65 3k	Peter Sandery	SA	10:36.54	90.7%		

Australian Championship Record from 2006 Canberra Marathon

M70 Marathon	Colin McLeod	Qld	3:04:07	91.3%	9-4-06	Canberra
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Australian Championships Records from Blacktown at Easter, 21st to 24th March 2008, in addition to those that are Australian Records and shown above:

M40 60m	Greg Fopp	SA	7.74s	87.3%		
M45 60m	David Isackson	NSW	7.63s	92.0%		
M50 60m	Leo Kennedy	ACT	7.71s	93.6%		
M60 60m	Wayne Cousins	Qld	8.39s	92.7%		
M65 60m	Neville McIntyre	NSW	8.41s	95.0%		
M70 60m	David Janssan	SA	8.85s	93.1%		
W3560m	Ranell Hobson	NSW	8.05s	86.0%		
W4560m	Debbie Lance	Tas	8.66s	88.6%		
W7060m	Annette Horsnell	Qld	10.00s	96.6%		
W70100m	Annette Horsnell	Qld	16.14s	91.8%		
W40200m	Julie Brims	Qld	25.14s	92.2%		
W70400m	Miriam Cudmore	SA	84.63s	85.1%		
M75 800m	David Carr	WA	2:39.46	94.7%		
W305k	Billinda Schipp	NSW	17:03.13	84.5%		
M85 80m Hurdles	Stan Stankovic	Vic	34.62s	50.6%		
M70 2k Steeple	Colin McLeod	Qld	8:35.31	96.8%		
W6520k Road Walk	Joan Purcell	NSW	2:34:56	76.8%		
M55 High Jump	Clayton Tompkins	NSW	1.68m(=)	88.9%		
M40 Shot Put	Stuart Gyngell	NSW	17.68m	83.7%		
M85 Shot Put	Feliks Jakobsons	Qld	8.54m	70.1%		
M85 Discus	Feliks Jakobsons	Qld	23.40m	72.8%		
M85 Hammer	Feliks Jakobsons	Qld	25.70m	71.8%		
M60 Hammer	Graeme Rose	Vic	47.56m	84.8%		

NEW RECORDS REPORT (Cont.)

<i>Age Event</i>	<i>Name</i>	<i>State</i>	<i>Performance</i>	<i>%Std</i>	<i>Date</i>	<i>Location</i>
W60Javelin	Mary Thomas	NSW	32.72m	83.6%		
M85 Hammer (WP)	Feliks Jekabsons	Qld	27.36m	76.5%		
M85 Shot Put (WP)	Feliks Jekabsons	Qld	9.10m	74.8%		
W80200m	Shirley Brasher	Tas	49.20s	73.2%		

Victorian Records:

M30 Discus	Yohan Amerasekera		46.16m	64.9%	3-12-05	Frankston
M80 Triple Jump	Syd Elks		6.77m	72.4%	18-3-07	Murrumbena
M35 Discus	Yohan Amerasekera		46.35m	65.2%	27-10-07	Knox
M35 Decathlon	Steven Polizzi		5,314pts	-	13-1-08	Doncaster
W50Heptathlon	Christine Bridle		4,619pts	-	13-1-08	Doncaster
M60 1500m	Kevin Solomon		4:39.89	92.2%	8-3-08	Olympic Park
M80 1500m	Bob Lewis		6:37.74	83.5%	8-3-08	Olympic Park
W801500m	Jean Knox		10:41.9	62.3%	8-3-08	Olympic Park
M80 60m Hurdles	George Goode		17.4s	66.6%	8-3-08	Olympic Park
W353k Walk	Kylie Irshad		15.21.6	79.8%	8-3-08	Olympic Park
W30Hammer	Raelene Warren		46.50m	77.5%	8-3-08	Olympic Park
M80 5k	Bob Lewis		26:23.97	76.9%	9-3-08	Olympic Park
M55 60m	Philip Rosevear		8.1s	90.6%	17-3-08	Doncaster
M30 60m	Damien Downing		8.07s	79.2%	21-3-08	Blacktown
M70 60m	Don Chambers		9.19s	90.0%	21-3-08	Blacktown
M75 60m	Nino Stankovic		15.28s	56.5%	21-3-08	Blacktown
M80 10k	Bob Lewis		52:24.4	81.9%	21-3-08	Blacktown
M85 80m Hurdles	Stan Stankovic		34.62s	50.6%	21-3-08	Blacktown
M80 5k	Bob Lewis		25:09.27	81.7%	23-3-08	Blacktown

Record Certificates Not Received

Please contact me if you haven't received a Victorian, Australian or World record certificate, which you believe you should have.

Unrecognized Records

Please contact me if you are aware of any athletic performance better than any of the records in the Victorian or Australian Masters record lists, no matter how old the performance, or how little detail you have. The more time that passes before record claims are investigated, the more difficult it is.

Clyde Riddoch

VMA Records Officer

5/1236 Old Burke Road, Kew East Vic 3102

Telephone 03 9859 9855 (H), Mobile 0439 902 907, Email: clyderiddoch@msn.com

AUSTRALIAN MASTERS ATHLETICS INC

2009 WORLD MASTERS ATHLETICS CHAMPIONSHIPS

LAHTI, FINLAND, 28 JULY - 8 AUGUST 2009

CALL FOR EXPRESSIONS OF INTEREST

AMA Appointment: Team Sports Masseur

Australian Masters Athletics is calling for expressions of interest from members interested filling the role of Team Sports Masseur, for the group travelling to the WMA Championships at Lahti, 28 July - 8 August 2009. The provision of massage services at Riccione was very well received by the 182 Australian athletes competing. It is expected that a similar number of Australian competitors will go to Lahti.

Funding:

Partial funding for travel and accommodation costs (est \$2,500) will be available. The masseur will also have an opportunity to supplement travel and massage supply costs by charging a set fee to Australian athletes using the massage services, either by way of pre-paid vouchers issued prior to departure for Lahti or during the competition. It is expected that the sports masseur would be available for a minimum number of hours each day at the main stadium.

Details of charges and hours worked at Riccione can be obtained from the AMA Secretary. To determine the appointment applicants should submit a resume to the AMA Secretary which addresses the following:

Sports Masseur:

Personal details: name, age, address, other contact details including email
Medical qualifications, Masters athletics background, Similar team experiences
Outline on how the applicant expects to be able to fulfil the position
References for the AMA Board to contact

Role of Sports Masseur

- § On appointment, send resume and details of service and charges to the AMA Travel Director for dissemination to club newsletters and website.
- § Liaise with Travel Director on number of athletes, accommodation details, and emergency contact details.
- § On arrival, determine a suitable place for routine contact with athletes to book for sports masseur services at the main track.
- § To be available for an agreed time period each day.
- § Option to compete in several events and be part of the competition experience.
- § Enjoy the experience.

Expressions of interest are to be forwarded to the AMA Secretary at the address below, or by email : hazelmcd@bigpond.com . Applications are required by **15 August 2008** and an appointment will be made shortly thereafter.

Hazel McDonnell

Secretary AMA Inc.

13 Sevenoaks Street

Alexandra Hills Qld 4161

Ph: 07 3206 3243 (h)

Email: hazelmcd@bigpond.com

THE SIXTY MINUTES

Doncaster one-hour run is on again

NO, it's nothing to do with the popular television program, but if you're a distance runner and you've ever dreamed of holding a Victorian record, this could be for you.

The Doncaster venue is planning to again run its feature event, *The Sixty Minutes*, which will be held on the night of Monday, September 29. As the name implies, the event will be a One-Hour Run, which will be open to runners of all age groups.

What makes it such a great opportunity for records lies in the fact that in several age groups, both men and women, no Victorian record exists. What is interesting to note, however, is that of the times listed as Victorian Masters Athletics records, more than half have been set during previous editions of *The Sixty Minutes*.

If you're lucky enough to be in one of the 'vacant' age groups and you want to have a go, all you have to do is to produce the best performance in your category on the night to establish a record. And if there's already a record, you can have a go at it and perhaps set a PB in the process, whether you set a new mark or not.

Of course if you're in an age group which already has a record, you'll have the benefit of knowing what you have to aim for and perhaps some extra satisfaction if you make it.

Four of Victoria's top female distance runners, Bronwen Cardy (W55), Jennie Dowie (W45), Lavinia Petrie (W60) and Corrie De Groot (W75) have set world records in recent years at *The Sixty Minutes*, while numerous other runners have set Victorian and Australian records.

The event has been re-scheduled by popular demand and will provide a warm-up for those intending to contest the Melbourne Marathon, three weeks later on October 14.

The Sixty Minutes will not be restricted to runners making a record attempt, but those who are will be required to declare their intention to do so and supply their own lap scorer if possible.

It is hoped to get as many 'support' runners as possible but those attempting records will be required to wear colour-coded competition numbers, supplied by the Doncaster venue, so they can be easily identified for the purpose of accurate lap counting and distance measurement.

Due to a disappointing response the last time the event was scheduled, pre-post entries will be required at a fee of \$10, of which \$5 will be refunded to runners who take their place on the night. This will be in line with Doncaster's normal competition fee and will include supper.

Doncaster officials have made it clear, however, that *if less than 12 entries are received, the event will not be held*. If such is the case, entrants will have their fees refunded in full.

A full program of events up to 400 metres will also be held on the night so athletes from all venues are encouraged to come and have a run and support their colleagues who are contesting the feature event.

Inquiries may be directed to venue manager Richard Trembath (94316963) or Bryan Bottomley (94577674). Entries will close with Bryan Bottomley, PO Box 271, Rosanna, 3084 on Friday, September 12.

ENTRY FORM

THE SIXTY MINUTES

*(Open to all athletes affiliated with Australian Masters' Athletics controlling bodies)
Rieschiecks Reserve, George St, Doncaster (Melway: 33, J10)*

DONCASTER

Monday, September 29, 2008 (Approx. 7.30pm)

Name (PRINT): _____ **Age (on Sep 29):** _____

I understand and acknowledge that:

- **ENTRIES CLOSE** with the last mail delivery on **Friday, September 12, 2008**. Entries may be posted to **The Sixty Minutes, C/o P.O. Box 271, ROSANNA, 3084, Victoria, Australia**, or e-mailed to bbots@ozemail.com.au.

I hereby declare that I am in good health and will be properly conditioned to actively participate in events at THE SIXTY MINUTES meeting at the Doncaster venue of the Victorian Masters' Athletic Club Inc. on September 29, 2008. I absolutely relieve the said club and organisers of any responsibility for any injury or personal damage I may sustain in the course of competing in events organised by that branch of the VMACI. I further agree to be bound by all conditions set down by the organisers.

I enclose my entry fee of \$10 (cheques payable to 'VMA Doncaster')*

(To be refunded in full in the event of cancellation of The Sixty Minutes. Starters to be refunded \$5).*

SIGNED: _____ **Phone:** _____

Address: _____

e-mail: _____

OFFICE USE ONLY:

NUMBER

COLOUR

VMA 10k Cross Country - Sunday 15th June 2008

Results - VMA Cross Country - Age Grading: 1 Yr Indiv & 5 yr Multi

Name	Age	Team	Finals	Age-Grading	Points
1 Jade Alexander	INV	Aberfeldie	45:45.18		
2 Kylie Alexander	INV	Aberfeldie	53:10.35		
W35 10000 Metre Run					
1 Liz Eastwood	W39	Knox	50:06.46	48:40.18	62.33%
W40 10000 Metre Run					
1 June Petrie	W40	Knox	40:29.68	39:05.38	77.58%
2 Carmel Pardy	W40	Collingwood	46:33.84	44:56.90	67.47%
W45 10000 Metre Run					
1 Sharon Higgins	W49	Caulfield	47:44.33	42:16.66	71.74%
2 Pauline Allan	W46	Caulfield	47:58.08	43:59.49	68.97%
3 Janine McKerron	W47	Caulfield	53:27.00	48:29.08	62.55%
W50 10000 Metre Run					
1 Jenny Alexander	W50	Aberfeldie	45:29.00	39:47.06	76.26%
W55 10000 Metre Run					
1 Bronwen Cardy	W56	Croydon	41:01.06	33:11.74	91.38%
W60 10000 Metre Run					
1 Lavinia Petrie	W64	Knox	47:11.91	34:04.93	88.99%
2 Petrina Trowbridge	W61	Collingwood	49:19.31	37:13.69	81.47%
M35 10000 Metre Run					
1 Noel Eastwood	M37	Knox	38:13.96	36:56.43	72.67%
M40 10000 Metre Run					
1 Mal Grimmett	M42	SPR	39:51.42	37:06.42	72.34%
2 Craig Hearn	M44	Knox	48:22.62	44:21.42	60.53%
M45 10000 Metre Run					
1 Alan Jenkins	M47	Geelong	39:09.64	35:04.81	76.52%
2 Tony Dell	M45	Croydon	40:06.45	36:29.63	73.59%
3 Steve Smith	M47	Knox	47:42.00	42:43.79	62.82%
4 David Dodson	M49	no venue	47:52.46	42:12.65	63.60%
M50 10000 Metre Run					
1 Bert Pelgrim	M51	Knox	36:25.04	31:35.75	84.99%
2 Gilbert Olsen	M52	Knox	38:02.99	32:44.75	82.00%
3 Joseph Campisi	M51	no venue	41:52.96	36:20.25	73.90%
4 Rod Neal	M51	Croydon	43:02.28	37:20.39	71.91%
5 Chris Brown	M52	Caulfield	47:07.83	40:33.64	66.20%
6 Robert Dunning	M51	Collingwood	47:31.63	41:14.08	65.12%
7 Glenn Claiden	M54	Knox	49:06.40	41:34.13	64.59%
M55 10000 Metre Run					
1 Paul Twining	M58	Knox	40:47.28	33:22.86	80.42%
2 Gerald Sofianis	M59	no venue	42:16.14	34:17.58	78.31%
3 David Jones	M57	Aberfeldie	42:49.85	35:21.16	75.96%
4 Ian U'Ren	M57	Knox	45:22.84	37:27.44	71.69%
— Greg Wilson	M56	no venue	DNF		
M65 10000 Metre Run					
1 Ashley Page	M67	Mentone	50:09.11	37:51.88	70.92%
2 Gerald Burke	M68	East Burwood	56:21.62	42:09.12	63.70%
M70 10000 Metre Run					
1 John Howes	M72	Aberfeldie	54:02.42	38:33.15	69.64%
M75 10000 Metre Run					
1 Bill Page	M77	Aberfeldie	55:38.41	36:29.67	73.57%
M80 10000 Metre Run					
1 Bob Lewis	M80	East Burwood	56:11.79	34:29.61	77.85%

What's On

July 2008

- 20th VMA Eric Greaves Memorial - 10am - 10km Road Championship. Braeside Park- See page 18 for details
- 20th Sri Chinmoy Princes Park Run, 9853 4731, www.srichinmoyraces.org/au
- 22nd 30th Year Celebration - Collingwood Venue - George Knott Athletic Track, Clifton Hill - 7pm (refer page 19 for details)
- 27th - 3rdAug Oceania Masters Athletics Championships, Townsville, Qld
www.athleticsnorthqld.org.au/oceania2008 - contact Yvonne Mullins 07- 4725 1022, oceania@attglobal.net

August 2008

- 2nd VRR Tan Time Trial, 8km & 4km, Birdwood Ave opposite Shrine forecourt, (Melway 2F K12) 7.30AM, 9744 1072
- 16th VMA Race Walk Championships - 2:15pm Men & Women 10km Middle Park
- 17th VMA 10 miles Championship 10am - All Divisions - Princes Park
- 17th VRR Princes Park Half Marathon (8AM start), 10km & 5km (start 8.30AM) Royal Parade, near Carlton Football Club (Melway 29 G12) 9744 1072
- 31st Winter Weight Pentathlon - 12:00 - Caulfield Venue

September 2008

- 6th VRR Tan Handicap & Breakfast, 8km & 4km, Pillars of Wisdom on Tan on Alexandra Ave, (Melway 2G A9) 7.30 AM, 9744 1072. Breakfast free to members, \$3 to visitors
- 7th Athletics Victoria & VMA Half Marathon Championships - 8am - All divisions - Burnley
- 29th 60 Minutes - Doncaster (Melway 33 J11) - 7:30pm - See pages 32-33 for details

October 2008

- 4th-6th AMA Winter Throwing Championships - Canberra
- 12th Melbourne Marathon inc VMA Marathon - all divisions - MCG

10k Cross Country 15th June 2008

Collingwood Venue again excelled to host the Cross Country Championship. Unfortunately we only had 32 entries 11 of which were from Knox Venue.

The course was very well marked and they even had the grass mowed to make running easier!! Numbers were well down on last year maybe because of clashes with other events (Comrades Marathon in South Africa, Traralgon Marathon and Open Day on the new East-Link Freeway). The run was again combined with the Victorian Cross Country League whose numbers were also severely depleted.

Bert Pelgrim (Knox) led home the Masters with an excellent run, less than 1 minute behind Commonwealth Games Representative Shaun Quilty from the Cross Country League. Gilbert Olsen and Noel Eastwood both from Knox were second and third respectively. June Petrie (Knox) led the women home with Bronwen Cardy (Croydon) and Jenny Alexander (Aberfeldie) second and third.

The course at Collingwood is always a tough one and they even put on good weather for us. It has been suggested to me that we make our CC event 8k to fall in line with National CC which is held during T&F Championships at Easter.

If anyone has any thought on this can they please let me know so that we can adjust our events for next year.

Lavinia Petrie, Club Captain



ROSS



MARATHONS

www.rossmarathons.org.au

Ross, Tasmania

Sunday September 7th 2008

Marathon (42.195 km)

Half Marathon (21.1 km)

10 km Run and Walk

Children's Fun Run Challenge

Bring your family along and participate in an event that suits you.
Enjoy being active in Ross this Father's Day.

*Special Father's Day prizes

*Certificates for all participants

*Spot prizes

Please contact Casey Mainsbridge at the University of Tasmania for
event details and application forms

Casey.Mainsbridge@utas.edu.au

6324 3471 or 0439381927

An event coordinated by the University of Tasmania

