

News and Results

Victorian Masters Athletics Inc.

September 2008

CROYDON VENUE

VICTORIAN VETERANS / MASTERS ATHLETICS.

30 YEARS ON

The Croydon Venue of the Victorian Veterans Athletic Club competed for the first time on Tuesday evening 4th July 1978 under the guidance of Ray and Anne Callaghan. Others who were instrumental in bringing the Venue into fruition were, Peter Alderson, Lavinia Petrie and Maryann Dowling.

The Victorian Veterans Athletics Club was formed by a group of older athletes past their prime but wanting to keep fit with a weekly Tuesday evening get together at the Box Hill track. As the numbers of athletes increased on these nights so did the cost of hiring the track. After futile talks with the Box Hill track management, the Collingwood track was offered which was accepted by the Veteran competitors. As the distance from Croydon to Collingwood on a weekly basis was not a good option, Ray Callaghan negotiated with the local council and the Croydon Little Athletic Club for the Vets. to compete on Tuesdays at the present location in Norton Road and use the Little Aths. equipment shed for the purpose of (a) recording results and (b) changing from wet and /or sweaty clothes. For lighting we relied on the reflections of the street lights from the green shiny track surface and an electric cable was run from the shed to the finish line with a 150 watt globe as lighting for the timekeeper and recorder.



Thus Croydon became the first break-a-way venue.

Some Founding Members
- Ray & Anne Callaghan
& Judy Walters

From a slow start the first year of operation ended averaging 25 competitors each week. In the second year 1979-80 numbers increased to 50 per week. Flood lights were installed during this year for the soccer club which proved beneficial to our purposes. 1980-81 numbers were steadily increasing so much so that 35 Croydon regulars finished the Melbourne Marathon. Breaking 3 hours for this event was the aim of all veteran distance runners at this time. 10 km events were prominent at Croydon during this "Marathon craze" period.

An end of year dinner was held at the home of Rodna Beveridge which saw 75 people attending. The idea for a yearly Christmas party eventuated from this and the Upwey Community hall was booked for this occasion. Over the years we danced to the music of a brilliant jazz band and the fun of a square dance caller. The years 2005 to present day, Christmas parties have been held in the hall adjoining our clubrooms with the emphasis on fun and games.

Victorian Masters Athletics Inc.

President	Russ Oakley	9720 8835	12 Danielle Court Heathmont 3135 oakanru@bigpond.com
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Others

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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 3440

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

CROYDON VENUE - 30 Years on (cont.)

After a period of time we were allowed the use of the dirty football club rooms which was used also as our supper room. The odours emanating from both the men and ladies toilets did nothing for the flavour of the meat and cheese sandwiches.

1980 to 1982 saw the numbers grow and by the end of 82 lining up on the start line was similar to a fun run with 70 to 80 competitors each night. During the year of 1983 it was decided to form a venue committee. Ray Callaghan was officially appointed venue manager and John Irvine Treasurer. Judy Walters was elected Handicapper, after taking over Ray's card system she introduced the computer for the first time.



Ken Walters & Karen Archer cut birthday cake

1984-85, more than 40 Croydon runners completed the Melbourne Marathon. Ken Walters initiated the "Bush Ranges" Classic. This was in the form of a relay over 100Km through the Dandenong Ranges. Teams of 5 with each runner required to run 20Km in 4 stages of 5km. Twenty five teams lined up for the first event, seven of which represented Croydon. The Croydon number one team comprising Jim Seymon, Dot Browne, Neil Rowleron, Saul Bakaitis and Neil Griffen were winners with a total time of 5hours 47 minutes and 6 seconds. This event lasted for 12 years until increasing road traffic made conditions on the roads too dangerous to continue.

Dot and Colin Browne conducted weekly twilight pack runs from Schwerkoltz Cottage in Deep Creek Road on the Mullum Mullum Creek trails followed by a B.B.Q. tea. 1986 Ken and Judy Walters trialed a run-ride-run event at V.F.L Park. Although very popular with competitors, the amount of traffic, both racing cyclists and learner car drivers during the next two years, plus a V.F.L management problem put an end to that event.

Dot and Colin Browne conducted a very successful 24 hour run event at Box Hill. A group of Croydon Venue members started a Saturday morning run through the then Sherbrooke Forest (Now Dandenong Ranges National Park. This run was followed with breakfast at a popular hills café.

Another Croydon group started up a Wednesday morning run/walk which would be held at a different member's home each week followed by morning tea. Anne Callaghan promoted the holding of a Christmas lunch each year. These events are still held and members are invited to join in at any time.

1987 saw the World Veteran's Track and Field Championships being held in Melbourne. Croydon Venue people took to the games in big numbers both as organisers and competitors. Ray Callaghan, Arnold Smith and John and Phyllis Gosbell worked long hours before and during the games on setting up the results computer system. Ken Walters with help from Bob Loader and Ron Young set up the lap scoring system which was copied at future world championships and is still used at our state and national championships. Lap score sheets printed by Ron are still being used for our State titles.

At the conclusion of the Melbourne world track and field Championships the large orange clock which we still use was donated to Croydon. At venue level Bob Petrie took over as treasurer from John Irvine and Lindsay Howard gave Ray Callaghan a well deserved break from his duties as Venue manager.

CROYDON VENUE - 30 Years on (cont.)

Tuesday 4th April 1989 reached the ultimate of 100 competitors lining up for the 3k/ 5km run/ walk. It was about 1990 when after months of lobbying, the Council agreed to build the rooms which we use today. A portable room was put on site for us to use whilst building was going on. The three organizations using the facility were the Veterans, the Little Aths. and the Eastern Ranges Football Club each of who contributed financially the sum of \$10,000.

1994 and John Gosbell took over as handicapper from Judy Walters

After competition each night the results of all events were read out as there was no notice board. Judy Walters took home the weekly results and entered them by hand onto each individual's performance card which was then distributed at the end of each year. John Gosbell took over this responsibility by use of computer which has been continued to this day by Ray Callaghan.



President Russell Oakley & Venue
co- managers Ken Walters & Karren
Archer

The scrub runners relay was introduced in November 1995 at the Silvan Reservoir as a replacement for the bush ranges classic but was not well attended and after four attempts was discontinued.

First year competitors who are still regulars after 30 years are, Colin and Dorothy Browne, Anne and Ray Callaghan, Vern Gerlach and Ken Walters. Before the establishment of the Knox and East Burwood Venues, it was common to see 80 to 100 people competing in the final event of the night at Croydon.

David Sheehan organised a trip to Norfolk Island in 1992 to compete in the Oceania Games. All members wore a special uniform of white singlets and blue shorts representing Croydon. This brought about the strict rules we have today regarding the wearing of official Australian uniforms only.

During the formative years there was no lighting as there is today and runners disappeared into the very dark bend at the 200 metre mark. The track was of a hard asphalt surface covered in green paint. This was eventually ripped up and "upgraded" to a rubberised bitumen. After nearly 30 years wearing the reputation of having one of the worst surfaces a new first class red porous polyurethane surface was installed.

Club Secretary Peter Colthup Around the grounds publication was highly sought after. Peter published and delivered them to venues for quite a few years and the Publication is still enjoyed for its Venue results and information. Printed, published and distributed by Judy and Ken Walters and Les Clark and ably assisted by each Venue results recorder person and Ron Young and Tony Johnson as distributors.

Of course the Venue could not operate so successfully without the wonderful regular helpers who are always on hand to do whatever is needed each Tuesday to lighten the work load for Karen and Ken. Laurie Pierson, Danny Pollock (with his heavy Scottish Accent) Evergreen Les Clark, Ray Callaghan, Dot and Colin Browne, Allison Thompson, Barry Wicks and Frank Tutchener are people who come to mind. Sincere apologies to any person not mentioned.

CROYDON VENUE - 30 Years on (cont.)

Phyllis Gosbell has been a tireless worker in formatting the weekly results for inclusion into Around the Grounds plus the computer work for our various inter venue events.

The Betty Leigh Memorial walk was held in 1991 when approx. 100 persons took up the challenge to walk 3km for cancer research. This is an annual event re-named The Memorial Walk and is supported by members from other Venues.

Venue Managers over the 30 years have been;

1978-1987	Ray and Anne Callaghan
1987-1988	Ray and Anne Callaghan. Lindsay Howard (Partial)
1989-1990	Lindsay Howard, Arnold Smith
1990-1993	Jeff Briggs
1993-1998	David Sheehan and Lavinia Petrie.
1998-2003	Les Clark
2000-2003	Les Clark and Ken Walters
2003- ?	Ken Walters and Karen Archer.



Current & past members toast the 30 years

OVERALL:

The venue has also made major contributions to the club organization by way of club committee and other avenues as follows:

Club Presidents	Doug Orr and Russell Oakley.
Vice Presidents	Ray Callaghan and Alan Lucas.
Secretary	Dot Browne.
Assistant Secretary	Colin Browne.
Treasurers	Bob Petrie and Al Willey.
	Plus various committee members.

It is worth noting that the Croydon Venue has provided the personnel for controlling the processing and recording of club summer competition for most of its lifetime, as well as the lap scoring.

No doubt there are events or happenings missed for publication in this small resume of 30 years at Croydon, We are sure there will be many more wonderful happenings over the next 20 years for inclusion in 50 years at Croydon.

At Croydon because of your attitude and friendliness, the Venue is attracting more persons who just want to enjoy a social night out doing what they enjoy, in the company of their peers.

CONGRATULATIONS and may we enjoy many more years of doing what we do together at Croydon.

ERIC GREAVES MEMORIAL 10 KM ROAD RACE

Sunday 20 July 2008 saw the 10th annual running of the Eric Greaves memorial 10km road race at Braeside Park. Rain early in the morning was a concern but fortunately cleared and though cool, these were good conditions for road running. The rain however meant the course was a bit heavy underfoot and probably made times a bit slower than normal.

The race is run in conjunction with the Victorian Cross Country League. Eric was a very determined competitor with both clubs as well as being a tireless worker for both organizations.

A combined field of 120 took off when the starter's gun was fired by Eric's father Ted. The first VMA runner home was Steven Barker M45, closely followed by John Duck M55 and Paul Twining M55. However the standout performance was from Bronwen Cardy F55 who finished a mere 91 seconds behind Steven. There were several close tussles in a number of age groups, particularly for minor medals, as you can see from the results.

In the battle for the best age graded performance, females filled the first three places. Bronwen Cardy with 94.18% took the award but didn't have it all her own way with Lavinia Petrie at 92.87% close behind. Petrina Trowbridge managed a very creditable 85.89%. Among the males Paul Twining 84.97%, Ted Paulin 84.78% and John Duck 83.36% did best.

Again it was great to see members of Eric's family present. Wendy presented the age graded trophy while his parents Linda and Ted presented the medals. They were delighted that 3 great grand children were present.

Special awards were presented to four runners who have completed all ten Eric Greaves races. They are Lou Buccieri, Juan Perez, Howard Rees and Paul Twining.

An event such as this doesn't run successfully without organizers and officials. As usual a number of members from Springvale/Noble Park ably assisted by a few from other venues made sure of a smoothly run event. Particular thanks to Tony Doran, Chris Murphy, Mick Colgan and Lou Buccieri who took charge of organizational arrangements while I was holidaying overseas.

Alan Bennie

VMA 10KM ROAD CHAMPIONSHIP – ERIC GREAVES MEMORIAL
Sunday 20 July 2008 at Braeside Park in conjunction with VCCL

Age group	Place	Name	Venue	Age	Time	AG%
F 30	1	DOYLE Sandy	Croydon	34	45.42	66.85
F 35	1	NORNEY Julie	Knox	39	41.16	75.69
	2	ELY Fiona	Coburg	38	51.29	60.31
F 45	1	HANNS Bronwyn	Mentone	45	43.54	74.56
	2	HIGGINS Sharon	Caulfield	49	47.45	71.73
	3	McKERRAN Janeen	Caulfield	47	51.24	65.05
F 50	1	ALEXANDER Jenny	Aberfeldie	50	43.47	79.22
	2	STANLEY Helen	Knox	52	46.41	75.83
F 55	1	CARDY Bronwen	Croydon	56	39.48	94.18
	2	CARR Heather	Southern Peninsula	58	52.24	73.51
F 60	1	PETRIE Lavinia	Knox	64	45.13	92.87
	2	TROWBRIDGE Petrina	Collingwood	61	46.47	85.89
F 70	1	WINES Judy	Caulfield	70	63.26	72.81
	2	DAVISON Judy	Springvale	71	64.27	72.87
	3	MEWS Pam	Mentone	73	103.37	47.79
F 75	1	YOUNG Shirley	Collingwood	78	74.52	71.15
M30	1	SELLECK Will	Springvale	34	42.08	64.75
M 35	1	McLEAN Andrew	none	39	38.55	72.46
	2	HECKER Danny	Collingwood	39	42.54	65.73
M 40	1	GRIMMETT Mal	Springvale	42	38.54	74.12
	2	HEARN Craig	Knox	44	46.17	63.27
M 45	1	BARKER Steven	Springvale	49	38.17	79.54
	2	KEMP Shaun	Springvale	47	42.51	69.93
	3	ARMSTRONG Kevin	Caulfield	47	43.20	69.15
	4	PIGNATARO Frank	East Burwood	47	44.48	66.89
	5	DODSON David	Mentone	49	46.36	65.34

VMA 10KM ROAD CHAMPIONSHIP – ERIC GREAVES MEMORIAL (cont.)

M 50	1	BROOKS Leon	Mentone	53	39.09	80.33
	2	CAMPISI Joseph	none	51	41.07	75.27
	3	NEAL Rod	Croydon	51	41.15	75.03
	4	MURPHY Chris	Springvale	50	41.38	73.74
	5	FIELD Peter	Springvale	50	46.06	66.59
	6	BROWN Chris	Caulfield	52	47.19	65.94
	7	BUCCIARI Lou	Springvale	53	47.36	66.07
	8	WALSH Kevin	Southern Peninsula	51	48.28	63.86
	9	CLAIDEN Glenn	Knox	54	49.00	64.73
	10	LENDVAI Alfred	Aberfeldie	54	50.39	62.62
M 55	1	DUCK John	none	55	38.22	83.36
	2	TWINING Paul	Knox	58	38.36	84.97
	3	WILSON Greg	none	56	39.35	81.47
	4	SOFIANOS Gerald	none	59	41.37	79.54
	5	CLUTTERBUCK Rob	Springvale	55	43.50	72.97
	6	UREN Ian	Knox	57	44.59	72.32
	7	CARR Mick	Knox	55	47.14	67.71
	8	OXENHAM Lindsay	Springvale	58	48.37	67.47
	9	GALLAGHER Tom	Springvale	59	53.52	60.40
	10	RICHARDSON Tom	Knox	55	54.28	58.72
	11	TREGEAR Ian	Springvale	58	54.32	60.15
	12	DAVIN Michael	Springvale	58	60.43	54.02
	13	ZELEZNIKOW John	Caulfield	58	78.27	41.81
M 60	1	LEDDIN Bernie	Collingwood	60	42.22	78.80
	2	REES Howard	Springvale	60	45.38	73.16
	3	HENDERSON Robert	Knox	61	48.44	69.12
	4	DEAN John	Aberfeldie	63	52.00	65.93
	5	HOUGH Ken	Springvale	63	55.47	61.46
	6	SELEMADAS M	none	61	56.53	59.21
M 65	1	PHILPOTT Graham	East Burwood	65	47.33	73.43
	2	PEREZ Juan	Springvale	69	49.04	73.91
	3	PAGE Ashley	Mentone	67	49.14	72.24
	4	BARKER Stephen	Aberfeldie	65	50.18	69.42
	5	MAHONY John	Caulfield	68	64.27	55.70
M 70	1	PAULIN Ted	Collingwood	70	43.16	84.78
	2	LYNCH Brian	Springvale	73	54.01	70.69

VMA 10KM ROAD CHAMPIONSHIP – ERIC GREAVES MEMORIAL (cont.)

M 75	1	PAGE Bill	Aberfeldie	77	53.37	76.34
	2	DAVISON Tom	Springvale	75	56.30	67.79
	3	MARKHAM John	Mentone	78	56.40	73.74
	4	JENNINGS Roy	none	75	59.57	65.78
	5	YOUNG Ron	Collingwood	77	74.52	54.67
M 80	1	LEWIS Bob	East Burwood	80	56.15	77.77

Best age graded performance – Bronwen Cardy – W55 – 94.18%



Top Left - Wendy presenting age graded Trophy to Bronwen Cardy

Top Right - Howard Rees, Paul Twining, Lou Buccieri & Juan Perez

Left - Ted & Linda Greaves with Shirley Young (Eric used to fondly call Shirley ("Nanna"))



Victorian Masters Athletics

DINNER DANCE

DATE FRIDAY 14TH NOVEMBER 2008

WHERE HAWTHORN RECEPTIONS
55 GLENFERRIE ROAD
HAWTHORN (just over Riversdale Rd)

COST \$50.00

DRINKS BYO or DRINKS AT BAR PRICES

7.00pm SHEERRIES/NIBBLES

7:30pm Sit down 3 course meal - Live Band

Tables of 8 or 10 are available or we can place you at a table if there is less than 10 people in your group.

*Please contact your Venue Manager to book or
David Sheehan – Ph. 9725 5801*

*7 Natanya Way
KILSYTH 3137*

Credit card facilities available - all money payable by 7th November



VICTORIAN MASTERS ATHLETICS EAST BURWOOD VENUE *PRESENTS*

THE WHITEHORSE 3,000 METRES TEAMS CHALLENGE RUN IN AID OF THE CANCER COUNCIL'S "RELAY FOR LIFE"

As part of our fund raising efforts for this year's Relay For Life conducted by the Cancer Council at East Burwood on 15/16 Nov, VMA will be conducting a team's race challenge run over 3,000 metres (7 & « laps) at the Bill Sewart Athletic Track, East Burwood Reserve on Thursday 23 Oct 2008. The event will be held in 4 divisions with some great prizes to be won in both team and individual categories. There are separate events for males and females and the total ages of team members must fit within the limits nominated.

TROPHIES

Trophies for the team with the lowest point score in each division

Trophies for the male and female teams with the highest age graded percentages *

Medals for the fastest 3 competitors in each division

Medals for the 3 males and 3 females with the highest age graded percentages*

GREAT RANDOM PRIZES TO BE WON!

2 x Breville Coffee Makers (Value \$125ea)

3 x Major Brand 2 gigabyte Media Players (Value \$80ea)

4 x Sports Bags 4 x Bottles of Wine and more

ENTRY CONDITIONS

Teams consist of 4 members and the team with the lowest finishing score is the winner in each division. Entry is open to all persons over 29 with a limit of 2 VMA members in any one team. There will be 2 separate divisions for both men and women with Division A having a total team age between 120 years and 189 years with no individual runner under 29 years and Division B would have a total age of 190+ years with no individual competitor under 47 years.

Team entry fee is \$64 (\$28 goes to Cancer Council, Relay For Life run). Entries to

Alan Lucas, 29 McIver St, Ferntree Gully 3156 by Thursday 16th Oct 2008.

For more info Ph Alan 0424 012344, 9758 9345 or Gerald 9884 4825.

Or email lucasar@y7mail.com

*Age Graded Percentages is a system that applies factors to a performance that converts it into a comparable time as compared to the current world record making allowances for the effects of ageing.

VICTORIAN MASTERS ATHLETICS – EAST BURWOOD VENUE

THE WHITEHORSE 3,000 METRES TEAMS CHALLENGE RUN

EAST BURWOOD RESERVE 23rd OCTOBER 2008

TIMETABLE AND ENTRY FORM

TEAMNAME _____ **DIVISION** * Male/Female

*Teams with an age total exceeding 189 years may compete in Division A if they have one or more members under 47.

TEAMMEMBERS

1..... **AGE ON 23/10/08**.....

2..... ..

3..... ..

4..... ..

CONTACT PERSON..... PH.....

MAIL ADDRESS.....

EMAIL.....

TIMETABLE

6.30pm 75 seconds Nominate own start point (VMA members)

6.40pm 100m Sprint (VMA Members)

6.50pm 800m Walk Handicap (VMA Members)

7.00pm Div A Men (120 – 189 years) Teams Challenge 3,000m run

7.25pm Div B Men (190 years +) Teams Challenge 3,000m run

7.50pm Div A Women (120 – 189 years) Teams Challenge 3,000m run

8.15pm Div B Women (190 years +) Teams Challenge 3,000m run

8.45pm Presentation of Trophies and Prizes followed by supper

Send entries to Alan Lucas, 29 McIver St, Ferntree Gully, Vic 3156. Please make cheques payable to Victorian Masters Athletics. Team entry is \$64 (\$28 goes to Cancer Council “Relay For Life” 15/16 Nov). Entries close Thursday 16th October 2008. Ph Alan 0424 012344 or 9758 9345 or Gerald 9884 4825 for more info.

VICTORIAN 10 MILES CHAMPIONSHIP 17/8/08

The Aberfeldie venue successfully conducted the 10 miles Championship again in near perfect conditions for running at Princes Park. Les Clarke (Croydon) was also on hand to provide his time-keeping expertise.

Numbers were about the same as last year which is encouraging because of the poor participation in the last couple of events. Collingwood venue provided 1/3 of the field.

Steven Barker M45 from the Springvale Venue led the field home again with a time of 61.24. closely followed by Tony Dell M45(Croydon).

Bronwen Cardy W55 (Croydon) ran a blistering 63.53 to finish 5th outright and first female. This gave her a 96.1%.

Jim Crawford (Collingwood) didn't disappoint, producing another spectacular fall whilst trying to dispose of his cap after 4 laps. He recovered very quickly to take out second place in his age group.

Medal presentations had to be delayed whilst we awaited the arrival of the RACV to retrieve our Captain's keys from inside the boot of the car.

A novel presentation ceremony saw each successive medallist present the medals to each other. Fortunately the medals were rescued in time and all correct presentations were subsequently completed.

We still have competitors running out of uniform. Some missed out on medals because of this.

We would encourage all members to wear the uniform in Championship events. Vic. Vets uniforms are not appropriate uniforms.



VMA 10 MILE CHAMPIONSHIP PRINCES PARK 17/8/08

W30	1	Sandra Doyle	Croydon	34	77.01
W35	1	Donna Smith	no uniform	36	81.06
		Fiona Ely	Coburg	38	85.18
W40	1	Carmel Pardy	Collingwood	40	72.33
W45	1	Sharon Higgins	Caulfield	49	77.25
		Janeen McKerran	Caulfield	48	83.06
		Merle Want	Caulfield	47	87.28
W50	1	Jenny Alexander	Aberfeldie	50	83.09
W55	1	Bronwen Cardy	Croydon	56	63.53
		Sonia McLennan	Mentone	56	84.49
		Jane Sturzaker	Caulfield	55	90.28
W60	1	Lavinia Petrie	Knox	64	73.13
		Petrina Trowbridge	Collingwood	61	76.40
W75	1	Shirley Young	Collingwood	78	2.00.44
M30	1	Craig Servinis	Collingwood	33	74.50
M35	1	Danny Hecker	Collingwood	39	69.31
M40	1	Mal Grimmett	Springvale	42	63.27
M45	1	Steven Barker	Springvale	49	61.24
		Tony Dell	Croydon	45	62.56
		Steve Smith	Knox	47	74.24
		Frank Pignataro	E. Burwood	47	74.58
M50	1	Peter Black	Aberfeldie	53	66.32
		Paul Ban	no uniform	53	69.35
		Graeme Paul	Collingwood	54	77.05
		Andrew Tunne	Croydon	50	77.17
M55	1	Paul Twining	Knox	58	63.34
		Jim Hopkins	Collingwood	58	73.33
		Lindsay Oxenham	no uniform	59	79.24
		Clyde Riddoch	no venue	55	82.03
		Len Hallett	no uniform	59	82.48
		Ian U'ren	Knox	57	84.25
		John Zeleznikow	Caulfield	58	2.16.57

VMA 10 MILE CHAMPIONSHIP PRINCES PARK 17/8/08 (cont.)

M60	1	Sam Defanis	E. Burwood	60	70.12
	2	Westly Windsor	Collingwood	64	70.37
M65	1	Ashley Page	Mentone	67	79.23
	2	Stephen Barker	Aberfeldie	65	80.43
	3	Juan Perez	Springvale	69	83.59
	4	Mal Brown	Collingwood	67	84.06
M70	1	Ted Paulin	Collingwood	70	68.49
	2	Jim Crawford	Caulfield	73	95.09
M75	1	Bill Page	Aberfeldie	77	90.20
	2	Roy Jennings	Aberfeldie	75	95.34
	3	Ron Young	No uniform	77	2.00.45
M80	1	Bob Lewis	E. Burwood	80	87.45
	2	Tony Martin	E. Burwood	80	104.59

Invitation

Jade Alexander	72.38
Natalie Black	77.21
Donna Smith	81.06
Ian Fisher	85.35
Pen Kavanagh	104.54



NEW RECORDS REPORT

Age Event Name State Performance %Std Date Location

Pending World Records:

W40 One Hour Run	Jackie Fairweather	ACT	16,056m	-	24-1-08	AIS ACT
M90 Mile	Peter Brownbill	Vic	10:30.9	81.7%	18-6-08	Mentone
M60 30k Road Walk	Andrew Jamieson	Vic	2:29:45.7	98.9%	27-7-08	Middle Park

Australian Records:

W65 100lb Weight	Jan Banens	ACT	1.40m	-	24-5-08	Turner ACT
M50 100lb Weight	Geoff Crumpton	ACT	4.22m	-	24-5-08	Turner ACT
M40 60m	Michael Roden	ACT	7.25s	94.7%	25-5-08	AIS ACT
W60 Triple Jump	Margaret Taylor	ACT	9.03m	87.3%	25-5-08	AIS ACT
M90 1500m	Peter Brownbill	Vic	9:32	81.6%	4-6-08	Mentone
W45 56lb Weight	Jayne Hardy	ACT	4.33m	-	28-6-08	Turner, ACT
W65 56lb Weight	Raylea Rudov	ACT	3.24m	-	28-6-08	Turner, ACT
M85 56lb Weight	Ewen Drummond	ACT	2.34m	-	28-6-08	Turner, ACT
W60 Triple Jump	Margaret Taylor	ACT	9.22m	89.2%	29-7-08	Townsville
W60 High Jump	Margaret Taylor	ACT	1.26m	86.3%	31-7-08	Townsville
W60 Long Jump	Margaret Taylor	ACT	4.38m	85.0%	1-8-08	Townsville

Victorian Records:

W30 Weight Throw	Raelene Warren		13.26m	65.7%	8-3-08	Murrumbena
M70 Pole Vault	Rob Barclay		2.70m	78.2%	5-7-08	Parkville

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

Please note that deadline for articles in the November
2008 issue of this magazine is 18th October

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

Browne Shield Competition

Here is the latest scoring for The Browne Shield and individual competitions including the result of the 10 miles at Princes Park on 17th August. In the men's competition Paul Twining is edging away from Bob Lewis but still needs to finish the half marathon in a respectable time to be assured of victory. In the women's section Bronwen Cardy continues to set a stunning standard but like Paul also needs to finish the half marathon to seal the result. Petrina Trowbridge has done wonderfully well and although trailing Bronwen by 38 points her total is higher than the leader in the men's comp. In the inter-venue comp Collingwood put in a huge effort with 14 of the 50 competitors and picked up 10 points on leaders Knox but with only 1 race to go the task may be too great to make up the difference, though stranger things have happened. At the venue manager's meeting in early September we will be discussing ways to make the competitions even more closely contested so keep an eye out for changes in that area. The final event in this series is the half marathon to be held at Burnley on Sunday September 7th with an early start at 8am. We look forward to seeing as many members as possible there.

Regards

Alan Lucas

More
Picture
from
10-Mile
run



Browne Shield Competition

NAME	VENUE	10k Track	10k CC	10k Road	10 Miles	CUMULATIVE
Paul Twining	Knox	81.39	80.42	84.97	84.97	331.65
Bob Lewis	East Burwood	81.85	77.85	77.77	81.80	319.27
Bill Page	Aberfeldie	77.04	73.57	76.34	74.48	301.43
Mal Grimmett	Springvale	73.48	72.34	74.12	74.45	294.39
Ian U'ren	Knox	72.78	71.69	72.32	63.42	280.21
Ted Paulin	Collingwood	87.02		84.78	88.00	259.88
Steven Barker	Springvale	82.33		79.54	81.40	243.27
Tony Dell	Croydon	75.50	73.59		76.87	225.96
Ashley Page	Mentone		70.92	72.24	74.01	217.17
Stephen Barker	Aberfeldie	69.01		69.42	71.40	209.83
Lindsay Oxenham	Springvale	67.68		67.47	68.65	203.80
Glen Claiden	Knox	71.76	64.59	64.73		201.08
Frank Pignataro	East Burwood	66.15		66.89	65.59	198.63
Bert Pelgrim	Knox	85.84	84.99			170.83
John Duck	No Venue	84.47		83.36		167.83
Westly Windsor	Collingwood	79.97			80.84	160.81
Gerald Sofianos	No Venue		78.31	79.54		157.85
David Jones	Aberfeldie	80.42	75.96			156.38
Alan Jenkins	Geelong	78.61	76.52			155.13
Peter Black	Aberfeldie	76.46			77.70	154.16
Jim Hopkins	Collingwood	76.21			73.44	149.65
Graham Philpott	East Burwood	76.17		73.43		149.60
Joseph Campisi	No Venue		73.90	75.27		149.17
John Markham	Mentone	73.80		73.74		147.54
Paul Ban	Collingwood	72.72			74.30	147.02
Rod Neal	Croydon		71.91	75.03		146.94
Juan Perez	Springvale			73.91	71.35	145.26
Malcolm Brown	Collingwood	72.92			69.86	142.78
Peter Field	Springvale	73.38		66.59		139.97
Graeme Paul	Collingwood	71.87			67.65	139.52
Mick Carr	Knox	70.32		67.71		138.03
Danny Hecker	Collingwood			65.73	69.31	135.04
Roy Jennings	Aberfeldie			65.78	67.90	133.68
Andrew Tunne	Croydon	68.06			65.22	133.28
Chris Brown	Caulfield		66.20	65.94		132.14
David Dodson	Mentone		63.60	65.34		128.94
Steve Smith	Knox		62.82		66.09	128.91
Craig Hearn	Knox		60.53	63.27		123.80
Ron Young	Collingwood			54.67	55.72	110.39
Kevin Solomon	Collingwood	83.85				83.85
George Rennie	Collingwood	83.46				83.46
Gilbert Olsen	Knox		82.00			82.00
Gary Stewart	Knox	81.81				81.81
Greg Wilson	No Venue			81.47		81.47
John Zeleznikow	Caulfield			41.81	39.44	81.25
Tim Byrne	Collingwood	80.63				80.63
Leon Brooks	Mentone			80.33		80.33
Jeff Walker	Geelong	79.99				79.99
Bernie Leddin	Collingwood			78.80		78.80

Browne Shield Competition

NAME	VENUE	10k Track	10k CC	10k Road	10 Miles	CUMULATIVE
Russell Johnson	Geelong	78.53				78.53
Sam De Fanis	East Burwood				78.34	78.34
Greg Moore	Aberfeldie	77.70				77.70
Paul Van Kopplen	Croydon	76.89				76.89
Frank Prowse	East Burwood	74.72				74.72
Chris Murphy	Springvale			73.74		73.74
Howard Rees	Springvale			73.16		73.16
Rob Clutterbuck	Springvale			72.97		72.97
Shane Derby	Collingwood	72.78				72.78
Noel Eastwood	Knox		72.67			72.67
Murray Hutchinson	Knox	72.66				72.66
Gary O'Dwyer	Coburg	72.65				72.65
Andrew McLean	No Venue			72.46		72.46
Rod Bayley	Collingwood	71.85				71.85
Stan Belcher	Altona	71.12				71.12
Brian Lynch	Springvale			70.69		70.69
Fred Bichsel	Caulfield	69.98				69.98
Shaun Kemp	Springvale			69.93		69.93
Tom Davison	Springvale			69.79		69.79
John Howes	Aberfeldie		69.64			69.64
Kevin Armstrong	Caulfield			69.15		69.15
Rob Henderson	Knox			69.12		69.12
Tony Martin	East Burwood				68.38	68.38
Jim Hejtmanek	Collingwood	67.91				67.91
Jim Crawford	Collingwood				66.11	66.11
Lou Buccieri	Springvale			66.07		66.07
John Dean	Aberfeldie	64.23		65.93		65.93
Len Hallett	No Venue				65.83	65.83
Hawley Thomas	East Burwood	65.20				65.20
Robert Dunning	Collingwood		65.12			65.12
Will Sellick	Springvale			64.75		64.75
Clyde Riddoch	No Venue				64.11	64.11
Kevin Walsh	Southern Peninsula				63.86	63.86
Gerald Burke	East Burwood		63.70			63.70
Kevin Pardy	Collingwood	63.44				63.44
Gary Bell	Collingwood	62.84				62.84
Alfred Lendvai	Springvale			62.62		62.62
Andrew Fletcher	Coburg	61.49				61.49
Ken Hough	Springvale			61.46		61.46
Tom Gallagher	Springvale			60.40		60.40
Ian Tregear	Springvale			60.15		60.15
Craig Servinis	Collingwood				59.58	59.58
M Selemadas	No Venue			59.21		59.21
Tom Richardson	Knox			58.72		58.72
Bernie Goggin	Coburg	57.38				57.38
Bryan Kelly	Collingwood	56.61				56.61
Michael Davin	Springvale			54.02		54.02
Colin Silcock-Delaney	Geelong	53.48				53.48

Browne Shield Competition

NAME	VENUE	10k Track	10K CC	10K ROAD	10 MILE	CUMULATIVE
Bronwen Cardy	Croydon	96.32	91.38	94.18	96.1	377.98
Petrina Trowbridge	Collingwood	86.62	81.47	85.89	85.86	339.84
Sharon Higgins	Caulfield	71.21	71.74	71.73	72.47	287.15
Lavinia Petrie	Knox		88.99	92.87	93.97	275.83
Jenny Alexander	Aberfeldie		76.26	79.22	68.31	223.79
Sandra Doyle	Croydon	68.45		66.85	64.98	200.28
Janine McKerron	Caulfield		62.55	65.05	66.69	194.29
June Petrie	Knox	76.67	77.58			154.25
Helen Stanley	Knox	77.95		75.83		153.78
Shirley Young	Collingwood			71.15	72.26	143.41
Carmel Pardy	Collingwood		67.47		70.94	138.41
Fiona Ely	Coburg			60.31	59.63	119.94
Julie Norney	Knox			75.69		75.69
Bronwyn Hanns	Mentone			74.56		74.56
Heather Carr	South Peninsula			73.51		73.51
Judy Davison	Springvale			72.87		72.87
Sonia McLennan	Mentone				72.38	72.38
Pam Tindall	Croydon	71.84				71.84
Pauline Allen	Caulfield		68.97			68.97
Jane Sturzaker	Caulfield				66.96	66.96
Sofie Fabre	Collingwood	66.61				66.61
Kylie Irshad	Croydon	66.45				66.45
Merle Want	Caulfield				62.62	62.62
Liz Eastwood	Knox		62.33			62.33
Kerrin Braithwaite	East Burwood	59.84				59.84
Pam Mews	Mentone			47.79		47.79

Browne Shield Competition- Venue

VENUE	10K TRACK	10K CC	10K ROAD	10 MILES	CUMULATIVE
KNOX	245.6	255.98	253.67	244.76	1000.01
COLLINGWOOD	257.49	214.06	249.47	254.7	975.72
CROYDON	248.71	236.88	236.06	238.19	959.84
ABERFELDIE	158.12	225.79	224.98	220.49	829.38
CAULFIELD	141.19	206.91	206.82	178.87	733.79
EAST BURWOOD	217.86	141.55	151.2	160.14	670.75
SPRINGVALE	155.81	72.34	226.53	155.85	610.53
MENTONE	73.8	134.52	228.63	146.39	583.34
GEELONG	158.6	76.52			235.12
COBURG	134.14		60.31		194.45
SOUTHERN PENINSULA			137.37		137.37
ALTONA	71.12				71.12

Oceania Masters Championships - 28/07/08 to 3/08/08 Townsville - Australia

	Name	Age	Team	Finals	Wind
Event 6	Men Discus Green Cage 60-64 years				
3	Graeme Rose	M64	AUS	36.69m	
6	John Reynolds	M64	AUS	31.07m	
10	David Wookey	M64	AUS	23.20m	
Event 7	Women Hammer Silver Cage 70-74 years				
1	Val Worrell	W73	AUS	23.91m	
Event 8	Women Hammer Silver Cage 75-79 years				
2	Glad McKeown	W76	AUS	18.96m	
Event 14	Women Hammer Silver Cage 40-44 years				
3	Kristin Henricks	W41	AUS	32.96m	
Event 17	Women Hammer Silver Cage 55-59 years				
2	Christine Schultz	W57	AUS	29.74m	
5	Lorraine Mussett	W59	AUS	20.81m	
Event 18	Men Discus Green Cage 70-74 years				
1	Thomas Hancock	M72	AUS	37.10m	
Event 19	Women Hammer Silver Cage 60-64 years				
1	Rhondda Dundas	W63	AUS	31.82m	
3	Astrid Rose	W64	AUS	26.29m	
Event 21	Men Discus Green Cage 75-79 years				
5	Alexander Harris	M78	AUS	22.18m	
Event 83	W45 5000 Metre Run				
4	Pam Tindal	W48	AUS	22:25.50	
Event 83	W50 5000 Metre Run				
6	Julie Hertz	W51	AUS	27:06.21	
Event 83	W60 5000 Metre Run				
1	Lavinia Petrie	W64	AUS	21:54.07	
Event 84	M75 5000 Metre Run				
1	Roy Stanway	M75	AUS	22:53.30	
7	Colin Silcock-Delaney	M75	AUS	32:49.83	
Event 84	M80 5000 Metre Run				
1	Gordon McKeown	M84	AUS	36:00.23	
Event 86	M55 5000 Metre Run				
3	John Herridge	M57	AUS	17:37.44	
4	Greg Wilson	M56	AUS	18:22.88	
6	Wayne Sabransky	M56	AUS	19:08.80	
Event 87	M75 10000 Metre Race Walk				
1	Colin Silcock-Delaney	M75	AUS	1:14:05.00	
Event 88	W55 10000 Metre Race Walk				
1	Heather Carr	W58	AUS	56:06.00	
2	Marlene Gourlay	W56	AUS	1:01:06.00	
3	Janet Holmes	W55	AUS	1:01:29.00	
Event 88	W60 10000 Metre Race Walk				
1	Celia Johnson	W60	AUS	1:10:01.00	
Event 88	W65 10000 Metre Race Walk				
2	Gwen Steed	W66	AUS	1:02:35.00	
3	Sylvia Machin	W67	AUS	1:06:53.00	

Oceania Masters Championships (cont.)

	Name	Age	Team	Finals	Wind
Event 88	W70 10000 Metre Race Walk				
1	Margaret Beaumont	W70	AUS	1:16:19.00	
Event 105	Men 60 Metre Sprint 55-59 years				
2	Bill Carr	M59	AUS	8.72	-0.5
Event 107	Men 60 Metre Sprint 65-69 years				
5	Allan Elliott	M65	AUS	9.25	-0.2
Event 110	Men 60 Metre Sprint 80-84 years				
4	Jim Sinclair	M83	AUS	11.52	0.4
Event 114	Women 800 Metre Run 45-49 years				
2	Katrina Philip	W46	AUS	2:33.71	
Event 129	Men 800 Metre Run 65-69 years				
2	Richard Trembath	M66	AUS	2:30.51	
Event 131	Men 800 Metre Run 75-79 years				
4	Colin Silcock-Delaney	M75	AUS	4:51.91	
Event 132	Men 800 Metre Run 80-84 years				
1	Jim Sinclair	M83	AUS	4:16.90	
Event 134	Women Shot Put Shot 3 70-74 years				
2	Val Worrell	W73	AUS	6.58m	
Event 137	Women Shot Put Shot 1 40-44 years				
3	Kristin Henricks	W41	AUS	7.45m	
Event 138	Men Hammer Green Cage 60-64 years				
2	Graeme Rose	M64	AUS	45.58m	
4	John Reynolds	M64	AUS	35.31m	
7	David Wookey	M64	AUS	26.23m	
Event 140	Women Shot Put Shot 3 75-79 years				
3	Glad McKeown	W76	AUS	5.96m	
Event 159	Men Hammer Silver Cage 70-74 years				
2	Thomas Hancock	M72	AUS	41.87m	
4	Donald Chambers	M71	AUS	26.40m	
Event 161	Women Shot Put Shot 1 60-64 years				
2	Rhondda Dundas	W63	AUS	9.49m	
5	Astrid Rose	W64	AUS	7.10m	
Event 162	Women Shot Put Shot 1 55-59 years				
1	Christine Schultz	W57	AUS	10.28m	
8	Lorraine Mussett	W59	AUS	5.97m	
Event 219	W50 8000 Metre Run				
4	Julie Hertz	W51	AUS	46:58.00	
Event 219	W55 8000 Metre Run				
1	Marlene Gourlay	W56	AUS	39:10.00	
Event 219	W60 8000 Metre Run				
1	Lavinia Petrie	W64	AUS	38:28.00	
Event 220	M55 8000 Metre Run				
3	John Herridge	M57	AUS	30:33.00	
4	Greg Wilson	M56	AUS	31:56.00	
6	Wayne Sabransky	M56	AUS	34:15.00	
Event 220	M65 8000 Metre Run				
12	Anthony Johnson	M68	AUS	44:50.00	

Oceania Masters Championships (cont.)

	Name	Age	Team	Finals	Wind	Points
Event 220	M75 8000 Metre Run					
1	Roy Stanway	M75	AUS	40:25.00		
Event 228	Men Shot Put Shot 2 60-64 years					
1	Graeme Rose	M64	AUS	12.95m		
	12.95m 12.55m 11.97m 11.84m 12.15m 12.33m					
7	John Reynolds	M64	AUS	8.87m		
	8.85m 8.64m 8.67m 8.87m 8.65m FOUL					
8	David Wookey	M64	AUS	8.69m		
	8.50m 8.48m 8.66m 8.30m 8.69m 8.55m					
Event 231	Women Javelin Throw Jav 2 40-44 years					
3	Kristin Henricks	W41	AUS	18.42m		
	15.94m 15.46m 18.42m FOUL 15.82m 13.84m					
Event 242	Men Weight Throw Shot 2 70-74 years					
2	Thomas Hancock	M72	AUS	15.16m		
	14.12m FOUL FOUL 14.32m 15.16m FOUL					
3	Donald Chambers	M71	AUS	13.83m		
	12.69m 13.16m 13.40m 13.45m 13.56m 13.83m					
Event 245	Women Weight Throw Shot 3 55-59 years					
1	Christine Schultz	W57	AUS	10.26m		
	8.70m 10.17m 9.39m PASS 10.26m 9.83m					
5	Lorraine Mussett	W59	AUS	6.75m		
	4.93m 5.52m 6.45m 6.75m PASS 6.56m					
Event 246	Women Weight Throw Shot 3 60-64 years					
1	Rhonda Dundas	W63	AUS	11.73m		
	11.35m 11.73m FOUL 11.67m 11.45m 10.80m					
5	Astrid Rose	W64	AUS	9.26m		
	8.31m 8.89m 8.83m 9.26m 8.82m 8.22m					
Event 259	Women Javelin Throw Jav 2 55-59 years					
2	Christine Schultz	W57	AUS	19.56m		
	18.92m 18.94m PASS PASS 19.56m 19.56m					
5	Lorraine Mussett	W59	AUS	11.20m		
	10.10m 11.18m 9.92m 9.68m 11.20m 10.38m					
Event 260	Women Javelin Throw Jav 2 60-64 years					
2	Astrid Rose	W64	AUS	19.43m		
	18.47m 17.47m 18.20m 18.07m PASS 19.43m					
5	Rhonda Dundas	W63	AUS	17.68m		
	17.68m 15.21m 17.59m 16.82m PASS PASS					
Event 261	Women Weight Throw Shot 2 70-74 years					
2	Val Worrell	W73	AUS	9.61m		
	9.49m 9.20m FOUL FOUL 9.61m 8.84m					
Event 262	Women Weight Throw Shot 2 75-79 years					
4	Glad McKeown	W76	AUS	6.35m		
	6.33m 6.35m 6.09m 5.76m 5.04m 6.28m					

Oceania Masters Championships (cont.)

	Name	Age	Team	Finals	Wind	Points
Event 267	Men High Jump	High Jump 2	70-74 years			
1	Thomas Hancock	M72	AUS	1.27m		
	1.13 1.17 1.19 1.21 1.23 1.25 1.27					
	O O O O P XO O					
5	Donald Chambers	M71	AUS	1.05m		
	1.00 1.05 1.10					
	O O XXX					
Event 268	Men High Jump	High Jump 2	75-79 years			
2	Alexander Harris	M78	AUS	1.10m		
	0.90 0.95 1.00 1.05 1.10 1.13					
	O P O O O XX					
Event 271	Men Weight Throw	Shot 2	60-64 years			
1	Graeme Rose	M64	AUS	16.97m		
	16.97m 16.20m FOUL 16.32m FOUL FOUL					
4	John Reynolds	M64	AUS	13.81m		
	13.21m FOUL 13.34m 13.81m 13.76m FOUL					
6	David Wookey	M64	AUS	10.55m		
	9.47m 10.10m FOUL 10.55m 9.82m FOUL					
Event 272	Men Shot Put	Shot 1	70-74 years			
1	Thomas Hancock	M72	AUS	11.65m		
	10.79m 10.84m 11.65m 11.28m 11.20m 11.55m					
4	Donald Chambers	M71	AUS	9.55m		
	9.48m 9.17m 9.55m 9.40m 9.13m FOUL					
Event 273	Men Shot Put	Shot 1	75-79 years			
4	Alexander Harris	M78	AUS	6.96m		
	6.96m FOUL PASS PASS PASS PASS					
Event 275	Women Weight Throw	Shot 3	40-44 years			
2	Kristin Henricks	W41	AUS	10.26m		
	FOUL 10.13m 9.92m 8.72m 9.70m 10.26m					
Event 278	Women Javelin Throw	Jav 2	70-74 years			
3	Val Worrell	W73	AUS	14.49m		
	14.49m 14.00m 13.44m 13.31m 13.13m 13.58m					
Event 279	Women Javelin Throw	Jav 2	75-79 years			
4	Glad McKeown	W76	AUS	10.35m		
	9.35m 9.65m 9.57m 9.97m 10.35m 8.96m					
Event 281	Men 200 Metre Sprint	55-59 years				
Preliminaries						
4	Bill Carr	M59	AUS	28.24Q	1.51	
Event 282	Men 200 Metre Sprint	60-64 years				
6	Dennis Aspinall	M61	AUS	27.96Q	1.11	
7	Garry Maher	M61	AUS	28.75Q	1.92	
Event 283	Men 200 Metre Sprint	65-69 years				
6	Allan Elliott	M65	AUS	30.46Q	1.71	
7	Richard Trembath	M66	AUS	31.22Q	1.71	
Event 288	Men Long Hurdles	76.2cm	65-69 years			
1	Richard Trembath	M66	AUS	50.28		

Oceania Masters Championships (cont.)

	Name	Age	Team	Finals	Wind	Points
Event 298 W45 5000 Metre Race Walk						
1	Pam Tindal	W48	AUS	27:03.05		
Event 298 W55 5000 Metre Race Walk						
1	Heather Carr	W58	AUS	26:52.52		
2	Janet Holmes	W55	AUS	28:59.08		
3	Marlene Gourlay	W56	AUS	29:08.26		
Event 298 W65 5000 Metre Race Walk						
1	Gwen Steed	W66	AUS	29:53.16		
2	Sylvia Machin	W67	AUS	32:35.44		
Event 313 Men 100 Metre Sprint 50-54 years						
3	Grant Stewart	M51	AUS	13.49	0.5	
Event 314 Men 100 Metre Sprint 55-59 years						
5	Bill Carr	M59	AUS	13.98	0.7	
Event 315 Men 100 Metre Sprint 60-64 years						
3	Dennis Aspinall	M61	AUS	13.78	0.3	
4	Garry Maher	M61	AUS	14.23	0.3	
Event 316 Men 100 Metre Sprint 65-69 years						
6	Allan Elliott	M65	AUS	14.56	0.6	
Event 319 Men 100 Metre Sprint 80-84 years						
3	Jim Sinclair	M83	AUS	18.81	0.1	
Event 329 Men Javelin Jav 2 60-64 years						
1	Graeme Rose	M64	AUS	41.45m		
2	David Wookey	M64	AUS	36.23m		
5	John Reynolds	M64	AUS	21.68m		
Event 330 Men Javelin Jav 2 70-74 years						
1	Thomas Hancock	M72	AUS	33.87m		
6	Donald Chambers	M71	AUS	21.06m		
Event 331 Men Javelin Jav 2 75-79 years						
4	Alexander Harris	M78	AUS	21.10m		
Event 337 Women Discus Silver Cage 40-44 years						
4	Kristin Henricks	W41	AUS	22.07m		
Event 342 Men Long Jump Pit 1 50-54 years						
1	Grant Stewart	M51	AUS	4.73m	0.4	
Event 345 Women Discus Green Cage 55-59 years						
1	Christine Schultz	W57	AUS	28.93m		
7	Lorraine Mussett	W59	AUS	15.67m		
Event 347 Women Discus Silver Cage 60-64 years						
2	Rhondda Dundas	W63	AUS	23.01m		
4	Astrid Rose	W64	AUS	17.51m		
Event 355 Women Discus Silver Cage 70-74 years						
1	Val Worrell	W73	AUS	18.90m		
Event 356 Women Discus Silver Cage 75-79 years						
3	Glad McKeown	W76	AUS	12.90m		
Event 364 Outdoor Pentathlon: #1 Men Long Jump 50-54 years Outdoor Pentathlon						
1	Grant Stewart	M51	AUS	4.60m	-1.2	537
Event 390 Outdoor Pentathlon: #2 Men Javelin Jav 1 50-54 years Outdoor Pentathlon						
2	Grant Stewart	M51	AUS	33.60m		485

Oceania Masters Championships (cont.)

	Name	Age	Team	Finals	Wind	Points
Event 408	Outdoor Pentathlon: #3 Men 200 Metre 50-54 years Outdoor Pentathlon					
1	Grant Stewart	M51	AUS	27.23	0.9	741
Event 418	Outdoor Pentathlon: #4 Men Discus 50-54 years Outdoor Pentathlon					
2	Grant Stewart	M51	AUS	27.30m		412
Event 436	Outdoor Pentathlon: #5 Men 1500 Metre Run 50-54 years					
3	Grant Stewart	M51	AUS	6:28.25		390
Event 468	Men 200 Metre Sprint 35-39 years					
3	Matthew Scholes	M38	AUS	25.97	1.4	
Event 471	Men 200 Metre Sprint 50-54 years					
4	Grant Stewart	M51	AUS	27.66	0.8	
Event 472	Men 200 Metre Sprint 55-59 years					
Finals						
6	Bill Carr	M59	AUS	28.39	1.1	
Event 474	Men 200 Metre Sprint 65-69 years					
7	Allan Elliott	M65	AUS	31.91	1.2	
Event 476	Men 200 Metre Sprint 75-79 years					
4	Colin Silcock-Delaney	M75	AUS	47.66	0.6	
Event 477	Men 200 Metre Sprint 80-84 years					
3	Jim Sinclair	M83	AUS	40.30	0.8	
Event 489	M75 2000 Metre Steeplechase 76.2cm Multi-Age					
2	Colin Silcock-Delaney	M75	AUS	14:09.81		
Event 490	W30-89 2000 Metre Steeplechase 76.2cm Multi-Age					
5	Heather Carr	W58	AUS	10:24.42		
Event 491	M55 3000 Metre Steeplechase 91.4cm Multi-Age					
2	Wayne Sabransky	M56	AUS	12:15.43		
Event 522	Weight Pentathlon: #1 Men Hammer Throw Silver Cage 60-64 years					
1	Graeme Rose	M64	AUS	45.46m		908
	41.88m 43.88m 45.46m					
4	John Reynolds	M64	AUS	35.05m		664
	34.92m 33.75m 35.05m					
6	David Wookey	M64	AUS	28.64m		516
	28.64m 28.44m 28.37m					
Event 524	Weight Pentathlon: #2 Men Shot Put 60-64 years Weight Pentathlon					
1	Graeme Rose	M64	AUS	12.58m		850
	12.58m 12.03m 12.39m					
4	David Wookey	M64	AUS	8.98m		570
	8.98m 8.74m 8.92m					
5	John Reynolds	M64	AUS	8.87m		562
	8.78m 8.78m 8.87m					
Event 526	Weight Pentathlon: #3 Men Discus Throw 60-64 years Weight Pentathlon					
2	Graeme Rose	M64	AUS	38.17m		723
	31.06m 38.17m FOUL					
4	John Reynolds	M64	AUS	32.37m		591
	32.37m FOUL 27.59m					
7	David Wookey	M64	AUS	25.79m		444
	22.42m FOUL 25.79m					

Oceania Masters Championships (cont.)

	Name	Age	Team	Finals	Wind	Points
Event 528 Weight Pentathlon: #4 Men Javelin Throw 60-64 years Weight Pentathlon						
1	Graeme Rose	M64	AUS	39.48m		714
	36.69m 39.48m FOUL					
2	David Wookey	M64	AUS	34.48m		604
	32.11m 33.20m 34.48m					
6	John Reynolds	M64	AUS	21.44m		324
	20.15m 21.44m 20.13m					
Event 530 Weight Pentathlon: #5 Men Heavy Weight 60-64 years Weight Pentathlon						
1	Graeme Rose	M64	AUS	16.78m		972
	16.78m FOUL 16.39m					
4	John Reynolds	M64	AUS	13.40m		750
	13.12m 13.40m 13.02m					
6	David Wookey	M64	AUS	10.47m		560
	10.47m 9.40m 9.73m					
Event 532 Weight Pentathlon: #1 Men Hammer Throw Silver Cage 70-74 years						
1	Thomas Hancock	M72	AUS	37.98m		863
	33.58m 37.33m 37.98m					
3	Donald Chambers	M71	AUS	21.79m		433
	21.60m 21.79m FOUL					
Event 534 Weight Pentathlon: #2 Men Shot Put 70-74 years Weight Pentathlon						
1	Thomas Hancock	M72	AUS	11.50m		787
	11.31m 11.26m 11.50m					
3	Donald Chambers	M71	AUS	9.31m		613
	9.31m 8.86m FOUL					
Event 536 Weight Pentathlon: #3 Men Discus Throw 70-74 years Weight Pentathlon						
1	Thomas Hancock	M72	AUS	32.49m		785
	17.95m 30.84m 32.49m					
6	Donald Chambers	M71	AUS	17.50m		362
	17.50m 16.36m 16.41m					
Event 538 Weight Pentathlon: #4 Men Javelin Throw 70-74 years Weight Pentathlon						
1	Thomas Hancock	M72	AUS	32.82m		697
	31.25m 32.73m 32.82m					
4	Donald Chambers	M71	AUS	18.86m		341
	17.11m 18.86m 16.76m					
Event 540 Weight Pentathlon: #5 Men Heavy Weight 70-74 years Weight Pentathlon						
1	Thomas Hancock	M72	AUS	15.29m		1011
	14.27m 15.29m FOUL					
2	Donald Chambers	M71	AUS	12.10m		773
	11.77m 11.55m 12.10m					
Event 549 Weight Pentathlon: #1 Women Hammer Throw Silver Cage 40-44 years						
3	Kristin Henricks	W41	AUS	33.84m		799
	33.84m 32.77m 31.49m					
Event 553 Weight Pentathlon: #2 Women Shot Put 40-44 years Weight Pentathlon						
4	Kristin Henricks	W41	AUS	7.08m		418
	6.46m 6.83m 7.08m					
Event 557 Weight Pentathlon: #3 Women Discus Throw 40-44 years Weight Pentathlon						
4	Kristin Henricks	W41	AUS	19.47m		306
	19.47m 18.91m 17.46m					

Oceania Masters Championships (cont.)

Name	Age	Team	Finals	Wind	Points
Event 561 Weight Pentathlon: #4 Women Javelin Throw 40-44 years Weight Pentathlon					
4 Kristin Henricks	W41	AUS	17.70m		277
17.59m 17.70m 16.29m					
Event 565 Weight Pentathlon: #5 Women Heavy Weight 40-44 years Weight Pentathlon					
3 Kristin Henricks	W41	AUS	9.68m		712
FOUL 9.68m 9.22m					
Event 568 Weight Pentathlon: #1 Women Hammer Throw Silver cage 55-59 years					
3 Christine Schultz	W57	AUS	27.26m		655
25.28m 24.56m 27.26m					
5 Lorraine Mussett	W59	AUS	19.11m		413
18.43m 16.99m 19.11m					
Event 570 Weight Pentathlon: #2 Women Shot Put 55-59 years Weight Pentathlon					
1 Christine Schultz	W57	AUS	9.88m		861
9.24m 9.54m 9.88m					
5 Lorraine Mussett	W59	AUS	6.11m		482
5.73m 6.11m 5.64m					
Event 572 Weight Pentathlon: #3 Women Discus Throw 55-59 years Weight Pentathlon					
1 Christine Schultz	W57	AUS	25.82m		597
19.34m 25.82m 25.75m					
5 Lorraine Mussett	W59	AUS	14.80m		300
14.80m 14.36m 13.64m					
Event 574 Weight Pentathlon: #4 Women Javelin Throw 55-59 years Weight Pentathlon					
1 Christine Schultz	W57	AUS	18.24m		442
15.70m 17.76m 18.24m					
5 Lorraine Mussett	W59	AUS	11.59m		250
10.85m 10.34m 11.59m					
Event 576 Weight Pentathlon: #5 Women Heavy Weight 55-59 years Weight Pentathlon					
1 Christine Schultz	W57	AUS	9.78m		696
8.31m FOUL 9.78m					
5 Lorraine Mussett	W59	AUS	5.78m		363
5.38m 5.57m 5.78m					
Event 577 Weight Pentathlon: #1 Women Hammer Throw Silver cage 60-64 years Weight Pentathlon					
1 Rhonda Dundas	W63	AUS	31.55m		891
31.54m 29.47m 31.55m					
3 Astrid Rose	W64	AUS	23.71m		627
23.71m 22.98m 23.01m					
Event 579 Weight Pentathlon: #2 Women Shot Put 60-64 years Weight Pentathlon					
2 Rhonda Dundas	W63	AUS	9.00m		868
8.89m 9.00m 8.96m					
4 Astrid Rose	W64	AUS	7.21m		667
6.83m 7.05m 7.21m					
Event 581 Weight Pentathlon: #3 Women Discus Throw 60-64 years Weight Pentathlon					
2 Rhonda Dundas	W63	AUS	21.01m		528
21.01m 20.79m 18.36m					
4 Astrid Rose	W64	AUS	19.43m		480
18.58m 19.43m 18.07m					

Oceania Masters Championships (cont.)

	Name	Age	Team	Finals	Wind	Points
Event 583	Weight Pentathlon: #4 Women Javelin Throw 60-64 years Weight Pentathlon					
3	Rhondda Dundas	W63	AUS	17.88m		500
	17.88m 14.54m 15.27m					
4	Astrid Rose	W64	AUS	17.61m		491
	17.61m 16.86m 16.84m					
Event 585	Weight Pentathlon: #5 Women Heavy Weight 60-64 years Weight Pentathlon					
1	Rhondda Dundas	W63	AUS	11.82m		804
	11.11m 10.87m 11.82m					
5	Astrid Rose	W64	AUS	8.62m		553
	7.78m 8.62m 8.41m					
Event 587	Weight Pentathlon: #1 Women Hammer Throw Silver Cage 70-74 years					
1	Val Worrell	W73	AUS	23.74m		853
	FOUL 23.24m 23.74m					
Event 588	Weight Pentathlon: #1 Women Hammer Throw Silver Cage 75-79 years					
1	Glad McKeown	W76	AUS	18.90m		778
	18.90m 17.72m 17.26m					
Event 591	Weight Pentathlon: #2 Women Shot Put 70-74 years Weight Pentathlon					
4	Val Worrell	W73	AUS	6.10m		723
	6.00m 6.10m 6.08m					
Event 592	Weight Pentathlon: #2 Women Shot Put 75-79 years Weight Pentathlon					
3	Glad McKeown	W76	AUS	5.84m		813
	5.84m 5.40m 5.55m					
Event 595	Weight Pentathlon: #3 Women Discus Throw 70-74 years Weight Pentathlon					
1	Val Worrell	W73	AUS	18.41m		606
	16.56m 18.41m 16.36m					
Event 596	Weight Pentathlon: #3 Women Discus Throw 75-79 years Weight Pentathlon					
3	Glad McKeown	W76	AUS	13.03m		479
	12.92m 12.99m 13.03m					
Event 599	Weight Pentathlon: #4 Women Javelin Throw 70-74 years Weight Pentathlon					
3	Val Worrell	W73	AUS	13.39m		472
	FOUL 13.08m 13.39m					
Event 600	Weight Pentathlon: #4 Women Javelin Throw 75-79 years Weight Pentathlon					
4	Glad McKeown	W76	AUS	6.27m		218
	FOUL 6.27m FOUL					
Event 603	Weight Pentathlon: #5 Women Heavy Weight 70-74 years Weight Pentathlon					
2	Val Worrell	W73	AUS	9.34m		816
	7.91m 9.34m 9.20m					
Event 604	Weight Pentathlon: #5 Women Heavy Weight 75-79 years Weight Pentathlon					
4	Glad McKeown	W76	AUS	6.48m	633	
	5.81m 6.12m 6.48m					
Event 617	Men Triple Jump 50-54 years					
1	Grant Stewart	M51	AUS	9.70m	2.1	
	8.87m(2.2) 9.55m(2.2) 9.70m(2.1)					
Event 619	Men Pole Vault 35-39 years					
1	Rob Hill	M38	AUS	4.40m		
	4.00 4.20 4.40 4.61					
	XO XO XXO XXX					

Oceania Masters Championships (cont.)

	Name	Age	Team	Finals	Wind	Points
Event 621	Men Pole Vault 50-54 years					
2	Grant Stewart	M51	AUS	1.10m		
	1.10					
	O					
Event 622	Men Pole Vault 55-59 years					
2	Wayne Sabransky	M56	AUS	1.90m		
	1.70 1.80 1.90 2.00					
	O O XO XXX					
Event 627	M65 3000 Metre Race Walk					
1	Anthony Johnson	M68	AUS	17:54.80		
Event 627	M75 3000 Metre Race Walk					
2	Colin Silcock-Delaney	M75	AUS	22:04.45		
Event 628	W45 3000 Metre Race Walk					
1	Pam Tindal	W48	AUS	15:45.53		
Event 628	W55 3000 Metre Race Walk					
1	Heather Carr	W58	AUS	15:45.92		
2	Marlene Gourlay	W56	AUS	17:08.88		
Event 628	W65 3000 Metre Race Walk					
1	Gwen Steed	W66	AUS	17:53.10		
Event 628	W70 3000 Metre Race Walk					
2	Margaret Beaumont	W70	AUS	22:58.67		
Event 641	Men 400 Metre Sprint 35-39 years					
4	Matthew Scholes	M38	AUS	57.42		
Event 645	Men 400 Metre Sprint 55-59 years					
5	Bill Carr	M59	AUS	1:06.06		
Event 647	Men 400 Metre Sprint 65-69 years					
3	Richard Trembath	M66	AUS	1:04.82		
Event 649	Men 400 Metre Sprint 75-79 years					
3	Colin Silcock-Delaney	M75	AUS	2:08.09		
Event 650	Men 400 Metre Sprint 80-84 years					
1	Jim Sinclair	M83	AUS	1:39.17		
Event 653	W60 1500 Metre Run					
1	Lavinia Petrie	W64	AUS	6:01.84		
Event 655	M55 1500 Metre Run					
1	John Herridge	M57	AUS	4:46.86		
3	Greg Wilson	M56	AUS	4:51.28		
4	Wayne Sabransky	M56	AUS	5:03.89		
Event 657	M75 1500 Metre Run					
4	Colin Silcock-Delaney	M75	AUS	10:03.44		
Event 657	M80 1500 Metre Run					
1	Gordon McKeown	M84	AUS	9:07.43		
Event 670	M55 Half Marathon					
1	John Herridge	M57	AUS	1:23.10		
3	Greg Wilson	M56	AUS	1:27.03		
Event 670	M75 Half Marathon					
3	Colin Silcock-Delaney	M75	AUS	3:01.40		
Event 671	W60 Half Marathon					
1	Lavinia Petrie	W64	AUS	1:41.06		

What's On

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 - Kevin Bartlett Reserve, Burnley, (Melway 59 B1)
- 13th MPAC Jubilee Park 1.5, 4, 8km, Hillcrest Rd, Frankston, 2PM, (Melway 102 H5) peninsularoadrunners@hotmail.com
- 14th Sri Chinmoy Yarra Boulevard Run, 9853 4731, www.srichinmoyraces.org/au
- 21st Dingley Dozen Fun Run/Walk, 12km, 6km,3km 9AM, 9551 2135, rdo40224@bigpond.net.au
- 21st Medi Half Marathon, Ballarat, genevieve.martin@sjog.org.au
- 28th Coburg Fun Run & Walk, 12km & 6km, Harold Stephens Athletic Track (Melway 18 A10) 9AM, 9850 4958, gogginbj@bigpond.com
- 29th 60 Minutes - Doncaster (Melway 33 J11) - 7:30pm - See page 20 for details

October 2008

- 4th-6th AMA Winter Throwing Championships - Canberra
- 4th VRR Tan Time Trial, 8km & 4km, Birdwood Ave opposite Shrine forecourt, (Melway 2F K12) 7.30AM, 9744 1072
- 4th Snowy Hydro Upper Murray Challenge, 25km, the dixies1@optusnet.com.au
- 5th Coburg Fun Run & Walk, 12km & 6km, Harold Stephens Athletic Track (Melway 18 A10) 9AM, 9850 4958, gogginbj@bigpond.com
- 12th Melbourne Marathon inc VMA Marathon - all divisions Half, 10km, 5km. melbournemarathon.com.au - MCG
- 19th Sri Chinmoy Maribyrrong River Run, 9853 4731, www.srichinmoyraces.org/au
- 23rd The Whitehorse 3,000 metres teams challenge run - East Burwood Reserve - see page 14 for details.
- 26th Coburg Charity Fun Run & Walk, 12km & 6km, Harold Stephens Athletic Track (Melway 18 A10) 9AM, 9850 4958, gogginbj@bigpond.com
- 26th Maroondah Steps Up Fun Run & Walk, 8km, 4km, kimberly.williamson@easternhealth.org.au
- 26th Brackenbury Classic, Half Marathon, 10km & 5km runs, 9AM, Former PO, Creswick, 5345 2530, marge@bigpond.net.au

November 2008

- 1st VRR Tan Time Trial, 8km & 4km, Birdwood Ave opposite Shrine forecourt, (Melway 2F K12) 7.30AM, 9744 1072
- 9th VRR Jells Park (South) Fun Run, 15km (start 8AM), 10km & 5km, (start 8.30AM) Ferntree Gully Road Entrance (Melway 72 B10) 9744 1072
- 9th Sri Chinmoy Eastern Beach Run, Geelong, 9853 4731, www.srichinmoyraces.org/au

Masters Team for Summer Competition

All members interested in competing in inter club competition over the summer (October to March), would you please give me a call at 9725 5801(Home) or 9215 6111 (Work).

We require men and women for all running, jumping, throwing and walking events. The more the merrier, so we can spread the work load.

Thanking you in anticipation

David Sheehan.

