



FOOTPRINTS

AUGUST 2015

À vos marques, prêts, partez
("On your marks, get set, go")
These lucky athletes are in Lyon, France



Editorial

It was a dark and stormy night.....

Well, that seems to describe most recent nights at our Venues this winter. Cold, rainy. Pretty bleak. But “doesn’t matter” because we are athletes and the show must go on.

It certainly went on at Braeside Park for the Eric Greaves/VMA 10k Road Championships. This is a terrific event as evidenced by the strong turnout. Congratulations to the Springvale Noble Park crew for once again putting on a well organised event

I want to talk about Facebook. We are doing more and more with Facebook and it is a terrific way to disseminate and receive information. With our own VMA Facebook page, we are posting regular results and information on upcoming events. During the World Championships, which start on 4th August, I will be putting up “hot off the press” results. If you are not yet on Facebook you are missing out on a great way to be in touch. Further, some of our Venues have their own page, *and why not - it's free*, and can post news or requests. I noticed recently someone at Knox couldn't fulfil their roster duties, so they posted it on Facebook and it was instantly there for all to see.

I've included a new segment in this issue. It probably won't surprise you to learn that I am quite an authority on athletics and athletic support, so to speak. This new segment “The Coach” will be invaluable to you as you strive to be the best athlete that you can be. I was only going to do one segment per newsletter but because there is very little to put in this edition I have put in two pages of “The Coach”.

Some of our athletes who are France bound stopped off in Birmingham for the British Masters Championships and performed pretty well. We've got the results on P.5.

The Browne Shield is extremely close and neither Aberfeldie or Knox can afford to have anything but their three best performers and maybe a back up just in case. Will the VMA half marathon be the event that decides it? More can go wrong in a HM and it's harder to sustain a high percentage. Good luck to all.

Have you ever done the Sixty Minutes? It's a different proposition to most events where you have your focus on running 12.5 laps or 25 laps. This time you are running as far as you can in a given time. Maybe you just run a 10k (or less) and then keep going until you run out of time.

Fancy a holiday? Plenty of options. There's the Oceania Masters in the Cook Islands or the Australian Masters Games in Adelaide, both in October. Or the Pan Pacific Masters on the Gold Coast in November. I'm thinking of going to Adelaide, body permitting.

Good luck to all our friends in Lyon,

Russ Dickenson

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NAG FILE

Athletes Moving into a New Age Group

WILLIAM	PAGE	into M80
LES	CLARK LM	into M80
JOHN	HOWES	into M75
LENA	GUERRA	into W75
PETER	DUGGAN	into M75
PENNY	HALL	into W75
PAUL	MULLINS	into M75
KEITH	HOWDEN	into M70
NATALIE	IRVINE	into W70
GARY	STEWART	into M70
GARRY J	BLAKE	into M65
JOHN	GRAHAM	into M65
ANNETTE	HAWKINS	into W60
DORN	JENKINS	into W60
HELEN	STANLEY	into W60
KEVIN	CASSIDY	into M55
SHANE	DERBY	into M55
TAMAMI	HOLMES	into W55
PETER	WRZUSZCZAK	into M55
LESLEY	GRIMES	into W55
JOHANNES	SCHUIJERS	into M55
SCOTT	LOVELL	into M50
MICHAEL	GILLIES SMITH	into M50
PAUL	O'NEILL	into M50
DAVID	TRUDGIAN	into M45
SERGE	FOMIN	into M45
KYLIE	DOYLE	into W45
CLARE	GARGANIS	into W45
KYNAN	DAWES	into M45
STEVEN	BRIGGS	into M35
SUZANNE	COCKERILL	into W30
KATHERINE	GIBNEY	into W30
TIM	SULLIVAN	into M30

Masterpieces

Our Cover

This collage (*now there's a French word*) is made up of some of our Members who are going to Lyon, France for the 2015 World Masters Athletics Championships.

Left to Right from top

1. Neil Gray, Michelle Hossack, Kevin Solomon, Narelle Lehmann, Rob Lehmann, David McConnell
2. Val Worrell, Bill Carr, Heather Carr, Simon Evans, Mark Donahoo, Lavinia Petrie
3. Stuart Kolmorgen, Barbara Bryant, Jim Sinclair, Peter Young, Leigh Phelan, Karen Carah
4. Helen Stanley, Amanda Harper, John Zeleznikow, Andrew Farr, Andrew Wilcox, Andrew Jamieson
5. Rob Mayston, Leanne Monk, Allan Wood, John Herridge, Aaron McDonnagh, Ralph Bennett
6. Terry O'Neill, Karen O'Neill, Chris Shultz, Ian Beaumont, Marg Beaumont, Justin Hanrahan

Unfortunately, I didn't have photos of James Deane; Elwyn Egan; Julie Hertz; John Hertz; Lorraine Mussett; Scott Peterson; Mickaell Soussan; Ryan Taylor or Didimo Tonelli who are also going.

On 23 May, Justi Tonti-Filippinii walked in the AV 10k walk at Albert Park. **Justi is 39**. Somehow the MastersRankings.com website, which is an excellent site and gives age graded rankings for athletes from all competitions around the world, got Justi's age a little wrong and put her down as **109 !!**

It would surely be a record that would never be broken and works out to 198.2% Age Graded !!

W105 10000 Meter Race Walk [Click here to view Complete W105 10000 Meter Race Walk L](#)

1 1:09:13.0h Justijana Tonti-filippinii (109)



Middle Park , Melbourne, AU-VI, AUS or

Many of you will remember Irie Hill who lived in Australia and now resides in England. She has been rewriting the W45 World Records in the Pole Vault progressively taking it from 3.65 to 3.70 and now to 3.76.

What's On

any queries on VMA running races can be directed to Club Captain
Lavinia Petrie 9728 3929 or ljpetrie@alphalink.com.au

2015

August 4-16	World Masters Athletics T&F Championships - Lyon, France - www.lyon2015.com
August 6	Bendigo Winter Twilights - Latrobe Uni. Athletics Track -
August 23	VMA 10 Mile Road - Princes Park #
September 3	Bendigo Winter Twilights - Latrobe Uni. Athletics Track -
September 6	VMA Half Marathon - Kevin Bartlett Reserve. #
October 3-5	AMA Winter Throwing Championships - Canberra T.B.A.
October 8	Doug Orr 880 Inter Venue Final - East Burwood - peterdodgshun@optusnet.com.au
October 5-10	Oceania Masters Athletics - Rarotonga Cook Islands
October 3-10	2015 Australia Masters Games - Adelaide
November 10	Living Legends Night - Glen Eira Venue
November 5-13	Pan Pacific Masters Games - Gold Coast

2016

January 10	2016 AMA Half Marathon Championship - Hobart
April 16-19	2016 Australia Masters Athletics Championships - Adelaide
Oct 26-Nov 6	World Masters Athletics T&F Championships - Perth, Australia - www.perth2016.com

2017

March 18-25	World Masters Athletics Indoor Championships - Daegu South Korea
April 21-30	World Masters Games - Auckland New Zealand

Browne Shield Events

Masterpieces

WHAT'S HAPPENING AT GLEN EIRA VENUE ? from Judy Wines

New Grandstand and Clubrooms

Glen Eira Venue still dreaming of hot showers after 3 years!

Sad news re our new building at Duncan Mackinnon Reserve which was to be completed by August this year, but we have now been told by Council it will be November before it will be ready. Our plan was to christen it for the Living Legends Relay being held this year on the 10th November, - this may still be possible and we are keeping fingers crossed.

We are not happy, having been inconvenienced for almost three years now and a very cold winter this year has not helped.

Track events

We have a monthly points night which runs from February to November for two sprints, a middle distance, a walk and 5Km Handicap distance run. Right now it is a close competition between a few. Sprints, Bob Wishart and Bill Carr have a good lead. Middle, Mark Cant and Janet Holmes are ahead, Walk, Des Middleton and Jim Berrington have a one point lead over Sandra Middleton. Finally the big one, the 5Km run sees Chris Grafen, Mark Cant and Jim McLure separated by 8 points. Kevin Browne (the handicapper) for the distance run, closes his ears to the abuse if the handicaps are not what they want!

It is all good fun and each month the placegetters get a nice large chocolate or a bottle of wine for their efforts. With the ultimate glory and large sashes for the winner's at the end of the year.



Croydon's Neville Gardner recently umpired his 800th Southern Football League game of Aussie Rules. After playing nine seasons with Box Hill Baptist Pioneers during which time they won 4 Flags, Neville was talked into taking up umpiring. This was in 1970 when he was 26.

While this has been going on Neville has continued with his marathon running being one of the few Spartans to have run all Melbourne Marathons.

Eight Victorians competed in the British Masters Athletics Championships in Birmingham over the weekend of 25-26 July.

Some excellent results as usual. Anyone going to beat Jimmy Sinclair and Heather Carr in Lyon ? I doubt it !!



M60 1500 Meter Run		W60 Weight Throw	
4 John Herridge	5:06.63	4 Christine Schultz	9.26m
W50 80 Short Hurdles		M75 Javelin Throw	
4 Michele Hossack	14.10	2 Allan Wood	22.31m
W55 1500 Meter Run		W65 2000 Meter Steeplechase	
3 Helen Stanley	5:55.60	1 Heather Carr	11:16.95
W65 3000 Meter Race Walk		W55 5000 Meter Run	
1 Heather Carr	17:04.51	4 Helen Stanley	21:46.88
W50 300 Long Hurdles		W50 200 Meter Dash	
2 Michele Hossack	53.04	5 Michele Hossack	31.30
M90 100 Meter Dash		M90 200 Meter Dash	
1 James Sinclair	19.93	1 James Sinclair	43.68
M75 100 Meter Dash		M75 200 Meter Dash	
5 Allan Wood	17.68	5 Allan Wood	38.65
M65 100 Meter Dash		M65 200 Meter Dash	
6 William Carr	14.87	4 William Carr	30.83
M75 400 Meter Dash		W65 5000 Meter Race Walk	
3 Allan Wood	1:43.04	1 Heather Carr	28:38.56
M65 400 Meter Dash		M60 800 Meter Run	
4 William Carr	72.58	3 John Herridge	2:31.87
W50 High Jump		M75 High Jump	
3 Michele Hossack	1.30m	3 Allan Wood	1.00m
W60 Hammer Throw		W60 Discus Throw	
3 Christine Schultz	25.82m	1 Christine Schultz	23.17m
M75 Long Jump		M75 Triple Jump	
2 Allan Wood	3.11m	1 Allan Wood	5.64m
W60 Shot Put			
2 Christine Schultz	8.59m		



Jim Sinclair with Helen Stanley and Allan Wood

26.07.2015

THE DOUG ORR 880 YARDS INTER-VENUE FINAL

at East Burwood Venue (Bill Sewart Athletic Track, Burwood Hwy)
on Thursday 8th October 2015 at 7:15pm

A Self Handicap Event

You decide what time you'll run in order to cross the finish line first
(to be written on the event sheet by each competitor upon arrival)

5 minutes LESS your time (e.g. 5:00 - 2:47 = 2:13) is the handicap start time you will run from after the starting gun.

You must not run 4 seconds faster than your specified time or you'll be disqualified.
(Overall time under 4 : 56 will not be allowed).

The track clock will be switched off after the last competitor commences running.

The WINNER is the first person across the finish line with a legal time (i.e. after 4 : 56)

Teams will wear their venue singlets/t-shirts. A maximum of 4 entrants from each venue
(the best 3 finishers from each venue score points for their team).

The team with the LEAST number of points is the winning team.

Medals will be awarded for 1st, 2nd and 3rd placegetters.

The Team trophy will be presented to the winning team.

If there are any queries regarding this event don't hesitate to contact me.

Good Luck,

Peter Dodgshun
VMA East Burwood Venue Manager
peterdodgshun@optusnet.com.au M: 0419 872 130



The 2015 VMA Half Marathon Championship



The 2015 VMA Half Marathon Championships will be held conjunction with the Athletics Victoria Half Marathon Championships, at Kevin Bartlett Reserve, Burnley on Sunday 6th September.

With its dead-flat course along the banks of the Yarra River, the Burnley Half Marathon has deservedly gained a reputation as one of the fastest half marathons in Australia. With that in mind, the race is the perfect opportunity to shoot for a personal best or tune up for the Melbourne Marathon.

Event Information:

Date: Sunday 6th September, 2015

ENTRIES CLOSE: 12pm (midday)
Wednesday 2 September, 2015

ONLINE ENTRIES ONLY - Through Athletics Victoria website -
www.athsvic.org.au

NO LATE or ON DAY entries will be accepted.

If you are having trouble entering please contact AV on 8646 4500 or via email xcr@athsvic.org.au before the closing deadline.



Here's a little graphic I did.....



.....because I could.

VMA

10 Mile Road Championship

PRINCES PARK, CARLTON
SUNDAY, 23 AUGUST 2015



Antonio Giuliani about to cross the finish line nine seconds ahead of Bendigo runner Trevor Kelly and third place getter Shane Draper.

An invitation is extended to all Victorian Masters Athletes to take part in our 10 Mile Road Championship which will again be held at Princes Park, Carlton.

Hosted by Aberfeldie Venue, the event is the 4th of the 5 Browne Shield events.

Last year Aberfeldie Venue runner Antonio Giuliani, M40 won the event in 59.55.

WHERE: Northern Pavilion, Princes Park, Carlton

WHEN: Sunday, 23 August 2015. **START TIME:** 8.30 am

ELIGIBILITY: To be eligible for an age category award and to receive points in the Browne Shield Competition, all runners must be financial and wear their VMA singlet.

ENTRY FEE: \$10.00. Entries will be taken on the day from 7.30 am.

COURSE: Very flat and fast course consisting of 5 laps of Princes Park.

ENQUIRIES: John Dean, Aberfeldie Venue. Phone: 9337 7179.

ENTRY FORM***THE SIXTY MINUTES***

(Open to all athletes affiliated with Australian Masters' Athletics controlling bodies)

Tom Kelly Athletics Track, George St, Doncaster (Melway: 33, J10)

DONCASTER**Monday, September 28, 2015 (Approx. 7.30pm)**

Name (PRINT): _____ **Age (on Sep 28)** _____

I understand and acknowledge that:

- **ENTRIES CLOSE** with the last mail delivery on **Monday, September 21, 2015**. Entries may be posted to **The Sixty Minutes, C/o 9 Pitura Place, ELTHAM, 3095, Victoria, Australia**, or e-mailed to gford@bigpond.net.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 to be conducted by the Doncaster venue of the Victorian Masters' Athletic Club Inc. on September 28, 2015. 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).
Please bring your own lap timer.*

SIGNED: _____ **Phone:** _____

Address: _____

e-mail: _____

OFFICE USE ONLY:

NUMBER

COLOUR

RESULTS - JOHN GOSBELL INTER-VENUE 5 km TEAMS RACE

18th JUNE 2015

	Name	Age	Team	Time	Age %
1	Craig HARRIS	44	EAST BURWOOD	17.36	78.18
2	Andrew EGGINTON	53	CROYDON	18.22	80.47
3	Gabor JAKUS	40	EAST BURWOOD	19.41	67.82
4	Tony DELL	52	CROYDON	19.49	73.98
5	Julian HARRIS	INV		20.14	
6	John GRAHAM	64	KNOX	20.24	79.69
7	Colin PAGE	61	CROYDON	20.30	77.20
8	Geoff WHEELER	58	EAST BURWOOD	20.32	75.08
9	Andrew GOSBELL	50	TEAM GOSBELL	21.06	68.36
10	Graham WALTER	57	DONCASTER	21.53	69.85
11	Stephen DAY	45	EAST BURWOOD	21.54	73.46
12	Pia HUNTER	48	EAST BURWOOD	22.11	73.46
13	Lavinia PETRIE	71	KNOX	22.13	102.83
14	Helen STANLEY	59	KNOX	22.20	84.56
15	Peter DODGSHUN	63	EAST BURWOOD	22.22	72.02
16	Pam TINDAL	55	CROYDON	22.22	79.82
17	Michael RICHARDS	63	EAST BURWOOD	22.32	71.49
18	Chris WORSNOP	57	EAST BURWOOD	22.40	67.44
19	Annette PELGRIM	61	EAST BURWOOD	22.53	84.99
20	Joel GOSBELL	INV	TEAM GOSBELL	23.19	
21	Bob HENDERSON	68	KNOX	24.08	69.90
22	Liz EASTWOOD	46	DONCASTER	24.11	66.75
23	Toscha STOPAR	45	DONCASTER	24.48	63.37
24	Janet HOLMES	62	EAST BURWOOD	24.51	79.44
25	Rob BAULCH	67	EAST BURWOOD	25.36	65.28
26	Emma GOSBELL	18	TEAM GOSBELL	26.52	54.22
27	Janine JAMES	67	DONCASTER	28.19	75.41
28	Leonie GILLIES	57		28.39	64.07
29	Ben GOSBELL	INV	TEAM GOSBELL	32.11	
30	Kerryn GOSBELL	46	TEAM GOSBELL	32.17	49.26



Team Results

Division 1	Points
1 East Burwood	28
Division 2	
1 Croydon	30
2 Knox	57
3 Doncaster	85
4 East Burwood 3	88

Winners - Men	Time	Age %
1 Craig HARRIS - East Burwood	17.36	78.18
2 Andrew EGGINTON - Croydon	18.22	80.47
3 Gabor JAKUS - East Burwood	19.41	67.82

Winners - Women	Time	Age %
1 Pia HUNTER - East Burwood	22.11	73.46
2 Lavinia PETRIE - Knox	22.13	102.83
3 Helen STANLEY - Knox	22.20	84.56

Age Grade Percentage Winners

Men -	Andrew EGGINTON -	Croydon	18.22	80.47
Women -	Lavinia PETRIE -	Knox	22.13	102.83



The winning East Burwood Team - Stephen Day, Gabor Jakus, Pia Hunter and Craig Harris



BROWNE SHIELD RESULTS AFTER 3 EVENTS

Can Aberfeldie hold off Knox ? That seems to be the main interest in this years Browne Shield after Collingwood fell right away with only one competitor in the 10k Road and both Glen Eira and Coburg slipped well back from the leaders.

Aberfeldie would be wishing their highest scoring athlete, Bronwen Cardy, had done the Cross Country to increase their buffer.

VENUE RESULTS

Venue	10k Track	8k CC	10 Road	Cumulative
Aberfeldie	96.33, 78.9, 72.23	74.86, 74.35, 68.4	77.94, 78.69, 94.56	716.26
Knox	103.78, 85.75	94.43, 82.29, 80.9	101.51, 84.90, 78.89	712.41
Glen Eira	82.37, 81.69, 68.05	67.96, 67.39, 63.46	70.80, 74.15, 75.19	651.06
Coburg	94.57, 65.25, 69.9	81.21, 62.69	93.87, 69.47, 70.21	607.17
Collingwood	77.26, 86.26, 79.95	73.99, 59.74, 64.38	77.15	518.73
Mentone	79.24, 79.02	72.99, 56.42, 45.83	82.79	416.29
Croydon	80.44, 70.56	67.77, 62.59, 56.53	73.44	411.33
East Burwood	85.45		65.69, 74.32, 83.88	309.34
Springvale	79.65		74.66, 62.36, 63.00	279.67
Sth Peninsula			73.75, 72.03, 78.31	224.09
Doncaster	72.43,	75.9	70.11	218.44
Frankston			61.31	61.34

MEN'S RESULTS

Name	Venue	10k Track	8k CC	10k Road	Cumulative
Michael Bishop	Mentone	79.02	72.99	82.79	240.8
Greg Moore	Aberfeldie	78.9	74.86	77.94	231.7
Tony Dell	Croydon	70.56	67.77	73.44	211.77
Michael Meaney	Coburg	69.9	62.69	70.21	202.8
Chris Brown	Glen Eira	68.05	63.46	68.03	199.54
Mike Bieleny	Knox	85.75	80.9		166.65
Shane Draper	Aberfeldie		74.35	78.69	153.04
Paul Twining	Knox		70.83	78.89	149.72
Joseph Campisi	Glen Eira		67.96	75.19	143.15
Andrew Prater	N/A	62.39		64.49	126.88
Phil Urquhart	Glen Eira	64.29	55.52		119.81
Glenn Claiden	Knox		53.35	62.24	115.59
Kevin Solomon	Collingwood	86.26			86.26
Yassine Belaabed	No Venue			83.14	83.14
Peter Bence	Glen Eira	82.37			82.37
Luke Goodman	Glen Eira	81.69			81.69
Colin Page	Croydon	80.44			80.44
Steve Brennan	Collingwood	79.95			79.95

BROWNE SHIELD RESULTS AFTER 3 EVENTS



MEN'S RESULTS (continued)

Steven Barker	Springvale	79.65			79.65
David Mellings	Mentone	79.24			79.24
Trevor Kelly	Bendigo		77.77		77.77
Glen Sullivan	Casey			77.2	77.2
Graeme Leticq	Knox			77.16	77.16
Graham Sayer	Doncaster		75.9		75.9
Howard Rees	Springvale			74.66	74.66
Sam De Fanis	East Burwood			74.32	74.32
Norman Franzi	Collingwood	74.05			74.05
Greg Lovejoy	Sth Peninsula			73.75	73.75
Wes Windsor	Collingwood	73.23			73.23
Jock Cravana	Knox			73.19	73.19
Jim Hopkins	Collingwood	72.46			72.46
Michael Camilleri	Aberfeldie	72.23			72.23
Russell Dow	Sth Peninsula			72.03	72.03
Jim Hetjmanek	Collingwood	71.62			71.62
Ashley McDowall	Aberfeldie				71.16
Rod Bayley	Collingwood	70.89			70.89
Barry Whittle	Doncaster			70.11	70.11
Jim Berrington	Glen Eira			69.62	69.62
Barry Jeffs	Sth Peninsula			68.82	68.82
Philip Van Dueren	Coburg			68.78	68.78
Antonio Guiliani	Aberfeldie		68.4		68.4
Fraser Murray	Coburg			68.05	68.05
Syd Bone	Glen Eira		67.39		67.39
Kevin Armstrong	Glen Eira			66.5	66.5
Len Hallett	Collingwood	65.84			65.84
Chris Worsnop	East Burwood			65.69	65.69
Shane Derby	Collingwood		64.38		64.38
Lindsay Oxenham	Springvale			63	63
Ron Cracknell	Croydon		62.59		62.59
Chris Murphy	Springvale			62.36	62.36
Jim McLure	Glen Eira			62.18	62.18
Juan Perez	Springvale			61.87	61.87
Shaun Kemp	Springvale			60.32	60.32
H. Kuys	Knox			58.23	58.23
Barry Murley	Croydon		56.53		56.53
David Dodson	Mentone		56.42		56.42
Ron Gregory	Aberfeldie		56.02		56.02
David Jones	Aberfeldie		53.43		53.43
John Zeleznikow	Glen Eira		38.23		38.23

BROWNE SHIELD RESULTS AFTER 3 EVENTS



WOMEN'S RESULTS

Name	Venue	10k Track	8k CC	10k Road	Cumulative
Lavinia Petrie	Knox	103.78	94.43	101.51	299.72
Stacey Van Dueren	Coburg	94.57	81.21	93.87	269.65
Petrina Trowbridge	Collingwood	77.76	73.99	77.15	228.9
Bronwen Cardy	Aberfeldie	96.33		94.56	190.89
Annette Pelgrim	E. Burwood	85.45		83.88	169.33
Fiona Ely	Coburg	65.25		69.47	134.72
Katherine Gibney	Collingwood	61.05	56.48		117.53
Melissa Maceoin	Knox		46.74	49.47	96.21
Helen Stanley	Knox			84.9	84.9
Julie Norney	Knox		82.29		82.29
Carolyn Huell	No Venue			81.79	81.79
Heather Carr	Sth. Peninsula			78.31	78.31
Connie Davy	Glen Eira			74.15	74.15
Heather Marasco	Doncaster	72.43			72.43
Janine McKerron	Glen Eira			70.8	70.8
Nicola Hamilton-Morris	No Venue	68.63			68.63
Evelyn Kuys	Knox			66.52	66.52
Celia Johnson	Glen Eira			66.38	66.38
Jay Wright	Glen Eira			63.96	63.96
Frances Halton	Frankston			61.31	61.31
Kylie Barton	No Venue	60.81			60.81
Rebekah Lyness	Casey			59.76	59.76
Catriona Brown	Collingwood		59.74		59.74
Toscha Stopar	Knox		58.07		58.07
Maggie Armstrong	Aberfeldie			54.97	54.97
Andrea Draper	Aberfeldie		46.58		46.58
Pamela Mews	Mentone		45.83		45.83

How the Browne Shield Scoring works. Each competitor's finish time is age graded. In the Individual Competition the competitors best 4 scores over the 5 events count. In the Venue Competition, the best 3 scores for each event are tallied and all events are counted. It is a big disadvantage for a Venue not to have 3 competitors at each event.

RESULTS - VMA 10KM ROAD CHAMPIONSHIP - ERIC GREAVES MEMORIAL

Sunday 19 July 2015 at Braeside Park
in conjunction with VCCL



Age group		Name	Venue	Age	Time	AG%
F35	Inv	MORGAN Charlotte	no venue	38	51.33	60.14
F40	1	LYNESS Rebekah	Casey	41	52.47	59.76
	2	MACEOIN Melissa	Knox	44	65.13	49.47
F45	1	HUELL Carolyn	no venue	49	41.30	81.79
	Inv	BOWDEN Kuni	Mentone	49	44.12	76.79
	2	ELY Fiona	Coburg	45	49.43	69.47
F50	1	McKERRON Janine	Glen Eira	54	51.03	70.80
	2	HALTON Frances	Frankston	53	58.12	61.31
	3	ARMSTRONG Maggie	Aberfeldie	53	64.55	54.97
F55	1	VAN DUEREN Stacey	Coburg	57	40.04	93.87
	2	STANLEY Helen	Knox	59	45.30	84.90
	3	KUYS Evelyn	Knox	58	57.19	66.52
	4	WRIGHT Jay	Glen Eira	56	58.01	63.96
F60	1	CARDY Bronwen	Aberfeldie	63	43.17	94.56
	2	PELGRIM Annette	East Burwood	61	47.24	83.88
	3	DAVY Connie	Glen Eira	62	54.24	74.15
F65	1	CARR Heather	Southern Pen	65	53.51	78.31
	2	TROWBRIDGE Petrina	Collingwood	68	57.16	77.15
	3	JOHNSON Celia	Springvale	67	65.31	66.38
F70	1	PETRIE Lavinia	Knox	71	45.42	101.51
M40	1	BISHOP Mike	Mentone	43	35.06	82.79
	2	DRAPER Shane	Aberfeldie	42	36.39	78.69
	3	McDOWALL Ashley	Aberfeldie	44	41.09	71.16
	4	MURRAY Fraser	Coburg	43	42.42	68.05
	5	PRATER Andrew	no venue	40	44.03	64.49
M45	1	SULLIVAN Glenn	Casey	48	39.08	77.20
M50	1	DELL Tony	Croydon	52	42.29	73.44
	Inv	PRYN Mark	no venue	53	47.25	66.34
	2	ARMSTRONG Kevin	Glen Eira	54	47.42	66.50
	3	KEMP Shaun	Springvale	53	52.09	60.32
M55	1	CAMPISI Joe	Glen Eira	58	43.38	75.19
	2	DOW Russell	Southern Pen	55	44.24	72.03
	3	WHITTLE Barry	Doncaster	53	45.37	70.11
	4	VAN DUEREN Philip	Coburg	56	46.54	68.78
	5	BERRINGTON Jim	Glen Eira	59	47.32	69.62
	6	BROWN Chris	Glen Eira	59	48.39	68.03
	7	WORSNOP Chris	East Burwood	57	49.31	65.69
	8	MURPHY Chris	Springvale	57	52.10	62.36

M60	1	BELAABED Yassine	no venue	63	41.14	83.14
	2	LETICQ Graeme	Knox	60	43.16	77.16
	3	MOORE Greg	Aberfeldie	63	43.59	77.94
	4	MEANEY Michael		60	47.33	70.21
	Inv	RIGA Claudio	Springvale	60	50.48	65.71
	Inv	BUCCIERI Lou	Springvale	60	52.17	63.85
M65	5	CLAIDEN Glenn	Knox	61	54.07	62.24
	6	KUYS Hank	Knox	60	57.20	58.23
	1	TWINING Paul	Knox	65	44.15	78.89
	2	REES Howard	Springvale	67	47.38	74.66
	3	DEFANIS Sam	East Burwood	67	47.51	74.32
	4	JEFFS Barry	Southern Pen	66	51.12	68.82
M70	5	OXENHAM Lindsay	Springvale	65	55.25	63.00
	6	McLURE Jim	Glen Eira	69	58.20	62.18
	1	LOVEJOY Geg	Southern Pen	73	51.47	73.75
		IRWIN Alan	no venue	73	DNF	
	1	CRAVANA Jock	Knox	77	55.56	73.19
	2	PEREZ Juan	Springvale	76	64.54	61.87

Inv - no VMA uniform

Best age graded performance - Lavinia Petrie- 101.51%

Invitation 10 km

1	DAVIN Shane	39.52
2	OSMAND Kym	43.18
3	BARDEN Lorcan	43.31
4	NORMOYLE Norman	45.59
5	MAPLESON Sue	51.02
6	PROUT Debbie	52.39

Invitation 5km walk

1	LYNCH Brian	46.39
2	NEGROS Eric	56.33

Invitation 5 km run

1	VELLIN Marc	21.45
2	DAVIN Jamie	24.46
3	BOWDEN Matt	24.51
4	BOWDEN Ken	25.17
5	HOLMES Janet	26.10
6	SULLIVAN Heather	27.05
7	DICKSON Geoff	27.13
8	TREGEAR Ian	29.46
9	WALSH Kevin	29.47
10	DEVINE Allison	30.23
11	MEWS Pam	56.02



W55 Placegetters - Evelyn Kuys (3rd), Stacey Van Dueren (1st) and Helen Stanley (2nd)



M65 Placegetters - Sam Defanis (3rd), Paul Twining (1st) and Howard Rees (2nd)



Braeside Park, Braeside
Sunday 19 July 2015

RESULTS - AMA and VMA 20k Walk Championships

Fine, still but very chilly weather greeted the walkers for the AMA 20km walk championships held in Melbourne on the 21st June 2015.

The fields were up slightly on 2015 with 16 entrants and 14 finishers. Still, there were no interstate competitors and for the next 3 years the AMA event will be held in Adelaide. This will most likely result in smaller fields, but perhaps some Victorians will make the trip over there to compete.

The fastest time was by Kelly Ruddick (W40-45) with an outstanding time of 1:36:45.

First in the mens event was Stuart Kollmorgen (M45-50) in 1:41:41 closely followed by Aaron McDonough (M40-45) in 1:44:52.

Best age adjusted performances were Kelly Ruddick, Heather Carr and Barb Bryant and Ralph Bennet whilst Margaret Beaumont again showed extreme endurance for another good time of 3:01:23 in the (W75-80).



Simon Evans

Women

W40

1	Ruddick, Kelly	1:36:45	92.71%
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W50

1	Elms, Donna	2:18:57	72.82%
---	-------------	---------	--------

2	Howorth, Sandra	2:34:04	64.21%
---	-----------------	---------	--------

W60

1	Bryant, Barb	1:59:36	91.15%
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W65

1	Carr, Heather	2:07:10	92.09%
---	---------------	---------	--------

W75

1	Beaumont, Margaret	3:01:23	80.24%
---	--------------------	---------	--------

Men

M40

1	McDonough, Aaron	1:44:52	78.11%
---	------------------	---------	--------

M45

1	Kollmorgen, Stuart	1:41:41	82.44%
---	--------------------	---------	--------

2	Gillies-Smith, Michael	1:54:53	74.73%
---	------------------------	---------	--------

3	Smyth, David	2:04:43	66.70%
---	--------------	---------	--------

M50

1	Keirl, Bernie	2:02:04	71.47%
---	---------------	---------	--------

M55

1	Evans, Simon	1:54:25	78.82%
---	--------------	---------	--------

2	Donahoo, Mark	2:00:13	76.31%
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DQ Moritz, Paul

M70

1	Bennett, Ralph	2:02:22	89.61%
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RESULTS - VMA 10k Walks Championships

Held 18 July 2015 at Albert Park

Some “red hot” performances in these Championships. Kelly Ruddick, who is in hard training mode for her walk in the IAAF World Championships, breezed through her 10k in 46.55. Four of our “Lyon Bound” walkers and I would say likely medallists, Barb Bryant, Heather Carr, Andrew Jamieson and Ralph Bennett, all recorded age graded results in the 90’s, as did Gwen Steed, a dual Gold Medallist from Brazil, who should be going as she would be very hard to beat over there. Also tuning up for Lyon were Mark Donahoo, Simon Evans, Marg and Ian Beaumont and Terry and Karen O’Neill.

W35	1.	Sandra Geisler	56:48	73.44%	
W40	1.	Kelly Ruddick	46:55	92.11%	
	2.	Clare Garganis	1:16:13	57.64%	
W50	1.	Carolyn Rosenbrock	58:26	81.83%	PB 2:16
	2.	Donna-Marie Elms	1:02:44	77.03%	PB 0:12
	3.	Robyn Shaw	1:13:33	65.70%	
W55	1.	Pam Tindal	55:28	88.06%	
W60	1.	Barb Bryant	56:56	90.96%	PB
	2.	Karyn O’Neill	1:05:46	78.74%	PB 1:23
	3.	Alison Thompson	1:10:45	75.09%	
W65	1.	Heather Carr	57:50	95.68%	
W70	1.	Gwen Steed	1:08:27	91.68%	
W75	1.	Margaret Beaumont	1:26:26	78.21%	

M40	1.	Adam Patterson	1:04:57	61.34%	
M45	1.	Michael Gillies-Smith	53:30	78.15%	PB 2:56
	2.	David Smyth	1:00:56	66.43%	
M55	1.	Mark Donahoo	52:39	85.04%	
	2.	Simon Evans	52:56	83.10%	
	3.	Paul Moritz	1:07:55	65.34%	
	4.	Chris Worsnop	1:23:14	53.79%	
M60	1.	Clyde Riddoch	1:06:33	69.90%	
M65	1.	Andrew Jamieson	53:05	95.75%	
	2.	Russ Dickenson	1:02:47	80.96%	
M70	1.	Ralph Bennett	57:59	92.29%	
M75	1.	Bob Gardiner	1:05:40	88.96%	
	2.	Barrie Wicks	1:23:02	66.26%	
		Ian Beaumont	DQ		
M80		William Lotherington	DQ		

The lucky Victorian walkers who are going to Lyon. Heather Carr, Kate Suich (partner of Mark Donahoo), Marg Beaumont, Simon Evans, Karen O’Neill, Ian Beaumont, Barb Bryant, Mark Donahoo and Andrew Jamieson. Also going are Terry O’Neill, Ralph Bennett, Aaron McDonough and Stuart Kollmorgen



OCEANIA MASTERS CHAMPIONSHIPS

Cook Islands 5-10 October 2015

STADIUM FACILITIES

The facilities at the National Stadium have been host to the Pacific Mini Games in 2009 and the Oceania Area Championships in 2014.

The facility boasts:

- ☑ All weather Synthetic Surface
- ☑ 6 lanes
- ☑ 2 jump pits
- ☑ Steeple Chase Facilities
- ☑ 2 throwing rings
- ☑ Car Parking and Bus access
- ☑ Covered Grandstand
- ☑ Provision for Photo Finish Equipment
- ☑ Full Administrative Services

ACCOMMODATION

The Cook Islands offers a number of different accommodation styles from motel to fully self-contained

units and houses. Edgewater Resort has offered participants a Championships' deal, which includes hotel and self-contained options.

ABOUT THE COOK ISLANDS

If you've ever fantasised about escaping to a remote desert island, far from the hustle and hum of the modern world, then look no further than these 15 fascinating islands, where you'll find a thousand years of Polynesian culture sitting side by side with some of the most spectacular natural scenery in the South Pacific. The jewel in the crown is Rarotonga, the largest island - a bewitching blend of craggy mountains, dense jungle and glorious bone-white beaches. Rarotonga is the capital of the Cook Islands. The Cook Islands' Parliament buildings and international airport are on Rarotonga. Because it is the most populous island, Cook Islanders may often be referred to as Rarotongan, but they may come from one of the other 14 islands in the group, such as Aitutaki or Mangaia. Rarotonga is a very popular tourist destination with many resorts, hotels and motels. The chief town, Avarua, on the north coast, is the capital of the Cook Islands.

For further information regarding the event please contact: Bob Schickert: rschicke@bigpond.net.au
or Mike Weddell: mweddell@xtra.co.nz
or visit: www.oceaniamastersathletics.org

LIKE TO RELAX WHEN YOU COMPETE ?



PROGRAM / DATES

Monday 5 October

10000 Metre Race Walk
Javelin (All)
Discus (M)
Long Hurdles
5000 metres
Combined Event
— Men
Heptathlon
— Women

Tuesday 6 October

Weight Throw (W)
Triple Jump (W)
Hammer (M)
Shot Put (W)
60m
800m
Combined Event
— Men
Heptathlon
— Women

Wednesday 7 October

Cross Country
Throws Pentathlon (W)
Long Jump (W)
Shot Put (M)

Wednesday 7 October (cont)

High Jump (M)
100m
400 m Heats
5000 m walk

Thursday 8 October

T & F Pentathlon
Hammer (W)
Weight Throw (M)
High Jump (W)
Long Jump (M)
200 metres
1500 metres
Short Hurdles

Friday 9 October

Throws Pentathlon (M)
Triple Jump (M)
Discus (W)
Steeplechase
400 metre Finals
3000 metre walk
4 X 100 Relays
Medley Relays

Saturday 10 October

Half Marathon

Online Registration open now -
<https://reg.emlsports.com/>



Thanks Al. Willey

At this year's AGM long time Treasurer Al Willey retired from the position

Al didn't take up running until he turned 50 years of age and whilst he was never among the elite runners, nevertheless he enjoyed being involved in running even to just be out in the fresh air. He lived in Ringwood so he decided to join the Croydon Venue.

One of his reasons for taking up running was to run a Marathon. In his second year of running he completed his first Marathon in 3 hours 37 minutes. What exhaustion! but the elation of having run a Marathon was worth it. Two years later he ran his second Marathon and finished much better due to being fitter. The amount of training required for a Marathon took its toll as injuries were more prevalent and took longer to recover so he stopped entering Marathons. Nine years later (when he retired from work) he felt he had more time to train so he decided to see if he had one more Marathon in him and at 63 years of age completed his third Marathon.

He competed in many VMA and Fun Runs, particularly enjoying the camaraderie of competing with other runners. It was always a great pleasure to receive a medal, even if it was a bronze medal as it gave him the confidence to keep trying to improve.

One of his achievements was competing in the "Olympic Dream Run" around the City of Melbourne which ran for 20 years. Al. ran every year and collected a medal featuring past Olympic competitors. This was capped off by receiving a gold medal for having completed the whole 20 events.

After 15 years of enjoying the benefits of running with somebody else doing most of the volunteering; Al. noticed the VMA Committee required a new Treasurer and being an ex CPA he felt it was an opportunity to give something back to running so he joined the Committee in the Treasurer's role.

It was a very challenging but enjoyable position and during his tenure; the National Championships were held which involved additional records for the event and the VMA finished with a nice surplus of funds. (The commendable efforts of everybody assisting made the event highly successful.)

Al. completed 10 years as VMA treasurer and then decided to retire from the position to enable some "new younger blood" to be introduced. During the 10 years; the funds of the VMA steadily grew through judicious investment, even through the Global Financial Crisis. These funds can now be used for the benefit of members and hopefully to increase membership.

Al. continues to enjoy the benefits of being a Croydon Venue member including the social aspect of joining in with other members. He has now been running for 26 years and even at 76 years of age hopes to continue running into the future.



VALE REG AUSTIN

We are sad to report that one of the greatest Masters Athletes of all time, Reg Austin of NSW, has passed away.

Reg Austin has been an outstanding sprinter from his early days in the professional running ranks to his extended career in Masters Athletics. Including his pre masters days. Reg set 7 world records, in the M35, M40, M45 and M50 age groups over 100M, 200M and 400M, along with some 15 world titles. In the process setting Australian and New South Wales Masters Records for the same distances and picking up numerous National and State titles. Reg has been an inspirational athlete and an ardent supporter of Masters Athletics, being awarded the Order of Australia Medal in 1990 for his services to sprinting.

Reg was among a small number of athletes to compete in all of the first 14 World Masters Athletics Championships. Aussie officials tried to bar Reg from competing as an M40 since the IAAF at that time had a prohibition against "professionals." He was the first M40 sprinter to go sub-22 in the 200, and he set at least seven world records over the next two decades while winning 15 world titles.

Reg was one of only 14 athletes to compete in every one of the Masters' World Track Championships between 1975 and 1999, winning 15 world titles. He was as good in the long sprint as he was in the short ones. Many older masters' athletes will remember the great duels between Reg and the late Kenny Dennis (U.S) at 100m. Kenny would get out to a huge lead in the first 50, then Reg would reel him in.

Some of Reg's highlights would include 100m times of **11.24 at 51** and **11.78 at 57**; 200m times of **22.40 at 46** and **22.88 at 52**; and a **51.81 400m at age 51**. He was awarded the Order of Australia Medal in 1990 for his contributions to Veteran Athletics.



Before the start of competition in 1977 at the World Veterans Championships in Gothenburg, Sweden, bitter controversy arose over the participation of known professional runners. Two who caused most debate were Reg (M40) and Queenslander Bernie Hogan (M55). Although their entry was opposed by Australian team managers, as they believed it was against IAAF regulations, the Swedish LOC granted them the right to compete. Both Reg and Bernie won the 100 and 200m sprint double in their respective age-groups.

Reg had to compete for the USA in the first WAVA world meet because Australia wouldn't let him on its team.

At the time of the WAVA Championships in Brisbane 2001, Reg Austin was one of only a few men who had participated in all 14 World Championships that began in Toronto in 1975. In fact the 2001 championships were the first at which Reg did not win a gold medal in one of the sprints.

Until a few years ago Reg was also a regular participant at the nationals. He won the 'champion of champions' sprint handicap in 1999 and 2001 and at the time of his induction still held six Australian Records.



Reg with his great mate Peter Crombie

VALE REG AUSTIN



"THE VETERAN ATHLETE"

A NATIONAL PUBLICATION DEVOTED EXCLUSIVELY TO VETERAN ATHLETES

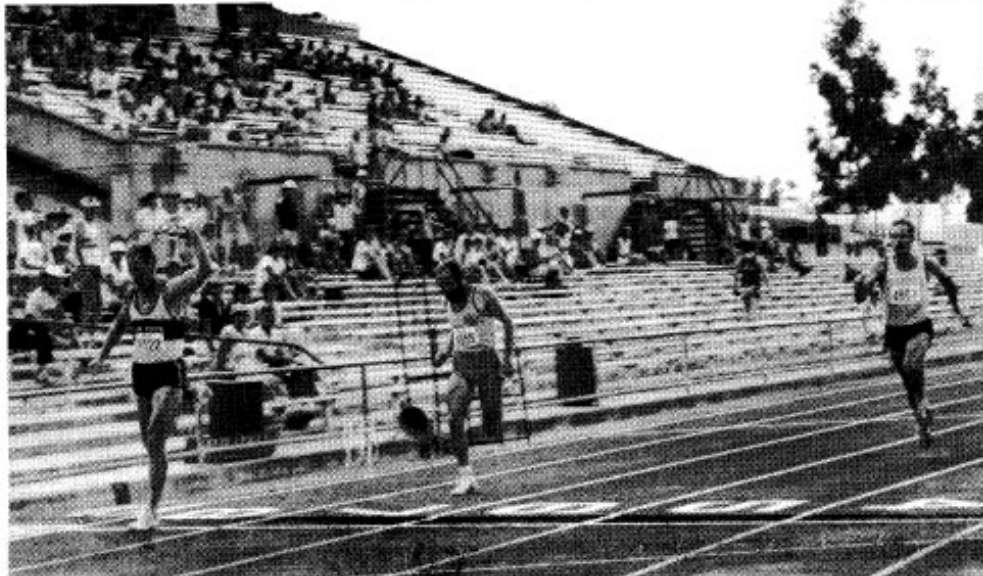


Vol. 1 No. 5
OCTOBER 1986
PRICE \$2

Reg Austin sets new world record for 200 metres

(BY HARRY STANLEY)

— Photo Peter Griffin



Previous mark held by G. Rhoden (Jamaica) 22.30 had lasted fourteen years.

The seemingly invincible Reg Austin, 49, from Sydney N.S.W., continued his awesome form in the Waratah Winter Sprint Series, at the Hensley field, Pagewood.

Reg blitzed the field of all ages, to win in 22.14 seconds, lowering the existing world mark of 22.30, held by G. Rhoden (Jamaica), since 1972, for the M45 200 metres.

Pending ratification (there were three independent official times and no wind assistance) Reg's new world mark for M45 was achieved with only weeks to spare, as he moves into the M50 category in October this year.

His sights now firmly set on the great Ron Taylor's recent world record of 22.91 at the V European Games in Sweden, Reg is supremely confident of making it two in a row in the very near future. Evidence of this can be illustrated by his recent brilliant performances over the Winter Series, where on no fewer than five occasions, he recorded sub 23 seconds, for the 200 metre sprint, and this achieved in cold, windy and unfavourable conditions!

Austin's record breaking run was very imminent on what was possibly the warmest winter night for years, and the enthusiastic, expectant crowd witnessed, perhaps, the greatest sprint exhibition ever, by an Australian. Reg powered through the final 20 metres to the finish, leaving three junior 'A' Grade athletes in his wake, to create a record that will be hard to match by anyone.

Calculating the equivalent time in a younger person, using renowned author Hal Higdon's slow-down tables, (Refer under the Watchful Ey, Page 4), which indicate that a 49 year old athlete loses in efficiency or declines in performance by 15% for that age group, then Reg's time of 22.14 would convert to an unbelievable 18.81 seconds almost a full second better than Pietro Menias' current world record of 19.72.

Ironically, when we were in Sydney this year for the Nationals, I saw that Reg had attended one day and I had missed him. I had never met Reg but had been struck by his exploits and would have liked to do an article on him. The next day I spoke to Stan Perkins who referred me to Reg's great mate Peter Crombie who gave me Reg's email address and phone number. Alas, I never got to contact him before I heard the tragic news.

Russ.

ASK THE COACH

People are always asking me for advice and while I won't claim to know it all, I have sometimes been called a "know-it-all".

Today I am going to help you with :

RUNNING INTO A HEADWIND

Confusing, I know, because the wind hits your head whether it is blowing from in front of you or behind you but it's only a headwind when it's blowing into your face. That's why I would have called it a "Facewind". These are very old terms and "Tailwind" dates way, way back to when humans had tails. To be modern you could call it a "Backwind" but but that has other connotations.

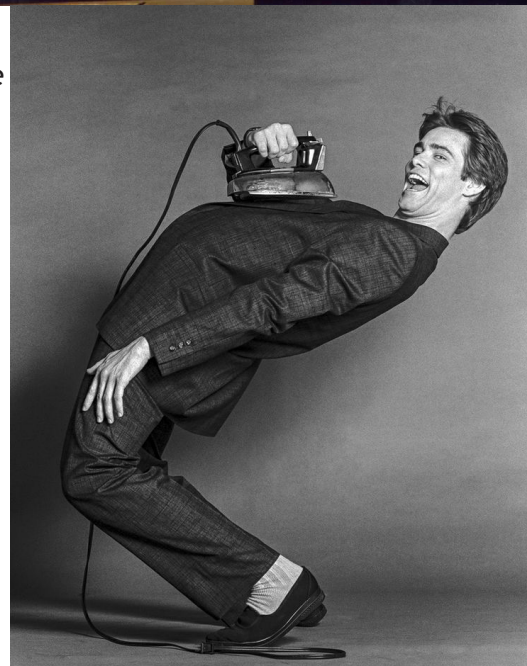
Now, running into a ~~headwind~~ facewind can be difficult for inferior athletes like you. I like it personally because it's just one more advantage that I have over you.

When you run into a ~~headwind~~ facewind the wind is trying to push you back and, let's face it, your body shape isn't doing you any favors. You present a pretty big target out there.



TIPS

- I like to grease myself up. Smear baby oil all over my body and run without clothes. It is amazing how you cut through the wind and how it deflects off onto the policemen who are chasing you in their baggy, wind catching uniforms.
- Choose the biggest person in the race and shelter behind them. Let them be the one to *break wind*. I realise for some of you that you *are* the biggest person in the race, so disregard this point or offer to let someone run in the voluminous sheltered area behind you. At least that way you can actually be in front of someone for a time.
- Lean forward into the wind. When I was coaching Michael Jackson I had him and his team doing these leans to help strengthen their achilles'. You will see how the elite sprinters can start with this sort of forward lean, but because they don't do this exercise they can't sustain it for more than a few strides.
- Or lean backwards. This is very controversial and many of you may laugh, but when I coached Jim Carrey I had him practice this. He would run in the position shown in the photo and cut down on the wind resistance by presenting only half the surface area. Jim was a brilliant backward leaning runner but not so good at "stand-up" Boom boom.
- Practice running pulling a car tyre behind you on a rope tied around your waist. The drag this creates will simulate the effect of the wind and make you stronger. It is best if you don't do this on the "Baby Oil Days" as the rope keeps slipping down around your ankles. Here's another handy tip - take the tyre off the car first and make sure you have your phone and the RACV number with you so you can get the tyre put back on your car.



THE COACH

ASK THE COACH

STRETCHING

Do you stretch a bit before you run ?

A bit of a stretch ?

I'll tell you what's a bit of a stretch - \$150 to run in the Melbourne Marathon !

Who do they think they are charging that much, The Australian Ballet ?

Some people say stretching is of no use. Others swear by it.

Try this one on the right and I'll bet you start swearing.

I like to do this before I race as it helps me get the whole spine loosened in preparation for whatever may happen in the race. You can pull a muscle reaching for your drink bottle if it is not at the front of the drinks table. Have you noticed how those types that have 3 or 4 different bottles push your bottle out of the way so that their bottles are all lined up neatly in the front ? All color coded too. *"Lap 3, that means the blue bottle. But wait ! I'm down 3 seconds on my race plan ! Better go for the red bottle. I need a gel !! Hmm Passionfruit or Cauliflower ? More sugar in Passionfruit. Yes, Passionfruit it is."*

When I was in my heyday it was considered weak to have a drink during a race. I can remember during the 1947 Australian Marathon one fellow was seen running with his mouth open and his head back to catch some rain. He was disqualified and got a 2 year ban. *Ah, those were the good old days.* But I digress.

I don't want to get too technical as you won't understand it, but our bodies are made up of muscles, ligaments, bones and those other things that are like ligaments but not ligaments. Anyhow, your muscles and those other things that are like ligaments but not ligaments may need stretching before you run. Most people like to stretch their Hamstrings (What a funny name for a muscle), and you can use either of these methods. It may take you a few tries to get the hang of these but believe me if you are serious about stretching, this is what it takes.

Figure A



Figure B



Go Figure

Now, I don't expect you to do both of these on the same day, you can alternate them. Remember with the Figure B to do both legs otherwise you may run in circles. If you can't reach your ankle you can use a towel around your heel. If you can't *see* your ankle, you may need someone to lift it up until it comes into view. I like to do Figure B in bed in the morning before I get up. You know, women can be intolerant ! Kath says I rip the doona of her when I do this !

Now, lots of people neglect stretching the fingers. Your fingers have got to be on the job right from the gun to start your watch and then get your splits. I have a little piano keyboard that I take to all races. About 15 minutes of Rachmaninoff and my pinky can handle anything. I think using all the functions of your smart watch can give you a tactical advantage. I have all sorts of tones going off to tell me I am behind my target pace, that my Heart Rate is too high or low, that I am calorie depleted. *It can drive the others in the race mad.* A little winter tip for you. Cut the end off the index finger of your gloves so that you can grip the screen of your Garmin.

It's all about preparation !

Australian Masters Athletics Championships Adelaide 2016

Over 30s Athletics

Saturday 16th—Tuesday 19th April 2016
SA Athletics Stadium, Mile End, Adelaide



'Reach for your Vision'



The logo for the Nationals is an adaptation of the SAMA logo incorporating an outline of Colonel William Light. He laid out Adelaide's streets and parklands and his statue with his outstretched arm over-

looks Adelaide from a spot known as 'Light's Vision'. Join us for the 2016 Adelaide Nationals and 'Reach for your Vision'.



SA Athletics Stadium

Only 5 minutes drive from the CBD

The Stadium sits within the Adelaide Parklands located between West Terrace on the edge of the CBD and Mile End.

Amenities

- National standard 9 lane 400m track (12 lane front straight and 12 lane back straight)
- On site parking for 500 cars with additional parking adjacent to site.

Adelaide in April

For AFL fans, a redeveloped Adelaide Oval has created a new and vibrant economy in the CBD. Close by, and over the Torrens Footbridge, is the Adelaide Festival Centre. Only a short walk away on North Terrace is a kilometre-long avenue of galleries, museums and historical buildings - a brilliant blend of new and old.



For visitors with time to spare

Take a tram ride from the city to the popular Glenelg beach or visit some of the world's best wine regions. Just 1 hour from the city are the McLaren Vale, Barossa Valley and Adelaide Hills wine regions. All regions have farmers markets, food trails and cellar doors.

Accommodation

From local caravan parks to hotels and motels there is plenty of accommodation on offer close by the track. As the Championships are not held during Easter, airfares and accommodation should be readily available and cheaper.

www.samastersathletics.org.au/nationals2016/



For further information refer to :

www.samastersathletics.org.au/nationals2016/

Hosted by SA Masters Athletics

PROPOSED SCHEDULE OF EVENTS

FRIDAY April 15th

Registration open from 12.00 noon

SATURDAY April 16th

10,000m, 60m, 100m, 800m, 1500m Walk
Long Jump, Hammer, Shot Put

SUNDAY April 17th

5000m Walk, Sprint Hurdles, 1500m,
200m Steeplechase, 400m Heats, Discus,
Javelin, High Jump

Dinner / Awards Night

MONDAY April 18th

5000m, 400m Finals, 4 x 100m relay,
Long Hurdles, Sprint Championship,
Throws Pentathlon, Triple Jump,
Pole Vault

Athletics Forum

TUESDAY April 19th

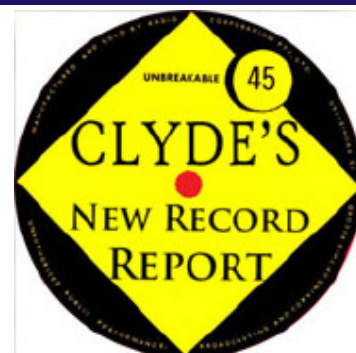
Cross Country, Road Walks,
4 x 400m Relay, Pentathlon, Weight
Throw, Throws Championship



Photographs courtesy of Michael Slagter and John Martin

The 2016 AMA Championships
is great preparation for the
World Masters Championships in Perth.

NEW RECORDS REPORT



Pending World Record:

Australian Records:

M85 2k Steeple	I. Barrett-Leonard	WA	12:30.4	90.1%	12-5-15	Perth
M70 1500m	Donald Mathewson	NSW	5:02.28	93.0%	6-6-15	Campbelltown
M70 3000m	Donald Mathewson	NSW	11:06.68	90.2%	6-6-15	Campbelltown
M80 Throws Pent	Ronald Simcock	NSW	4520pts	-	15-6-15	Wollongong
M80 Shot Put	Ronald Simcock	NSW	11.08m	85.4%	15-6-15	Wollongong
W75 1500m	Lorraine Lopes	WA	7:09.6	94.4%	16-6-15	Perth
W55 High Jump	Marie Kay	Qld	1.45m	92.3%	20-6-15	SAF Nathan
W55 Long Jump	Marie Kay	Qld	5.00m	89.8%	20-6-15	SAF Nathan
M85 5000m	I. Barrett-Leonard	WA	28:28.5	86.5%	23-6-15	Perth

Victorian Records:

W40 15k Walk	Kelly Ruddick	70:12	94.3%	3-7-15	Middle Park
W65 15k Walk	Heather Carr	89.14	96.1%	3-7-15	Middle Park

Clyde Riddoch

VMA Records Officer

14 Joan Street, Sunshine West Vic 3020

Telephone 03 9363 2515 (H), Mobile 0439 902 907, Email: clyderiddoch@msn.com

**20th****AUSTRALIAN MASTERS ATHLETICS
WINTER THROWING CHAMPIONSHIPS****WHEN:** Oct 3rd -5th 2015**WHERE:** Canberra, ACT to be notified**CONTACT:** Jayne Hardy 0421 610 053 or email jayne.hardy@anu.edu.au**CONDUCTED BY:** ACT Veterans Athletic Club Inc.**ELIGIBILITY:** Athletes registered with a Masters/Veterans Club.**PROGRAM:**Saturday Oct 3rd – 10 am start- Hammer, Shot, Discus, Javelin, WeightSunday Oct 4th – 9.30 am start – Throws Pentathlon,20th Anniversary Dinner followsMonday Oct 5th – 9am start – Heavy Weight Pentathlon,
56lb & 100lb Super Heavy Weight Throws.

In the Heavy Weight Pentathlon competitors throw their normal weight, two weights lighter and two weights heavier. Three throws of each weight, and points are scored like the throws pentathlon.

T-shirts are limited orders.

ENTRIES CLOSE Saturday 26th SEPTEMBER 2015
NO LATE ENTRIES WILL BE ACCEPTED.

Name..... M / F

Address.....

Email.....

Age Group..... Birth date..... Masters/Veterans Club.....

FEES:

Throws Pentathlon	\$6
Hammer	\$3
Shot Put	\$3
Discus	\$3
Javelin	\$3
Heavy Weight	\$3
Heavy Weight Pentathlon	\$6
56 lb Super Heavy Weight	\$3
100lb Super Heavy Weight	\$3
Anniversary dinner no charge for entrant and partner. X in box. One <input type="checkbox"/> or Two <input type="checkbox"/>		
T-Shirt (circle size) 3XL, 2XL, XL, L, M	\$20
Administration Fee + commemorative booklet:	\$20	\$ 20

TOTAL: (include admin fee \$20)

Credit card payment:

Name on card:

Expiry Date: ____ / ____ / ____

Card type only : Visa ____ / Mastercard ____ Amount: \$ ____

Card number:

____ / ____ / ____ / ____

Signature: _____ Phone: _____

Make **cheques** payable to **ACT Veterans Athletic Club**

SEND TO : Jayne Hardy, PO Box 8007, Gundaroo, NSW 2620

Credit card payments by email to Jayne Hardy jayne.hardy@anu.edu.au

Ray Green, Convenor.

Victorian Masters Athletics Inc. - Venue Managers

Venue	Manager	Address	Phone
Aberfeldie	Doug Stokes	stokedw@yahoo.com.au	0447595170
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Geelong	Alan Jenkins	alanjenkins4@bigpond.com	5221 7468 0419 314 568
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Throwers	Graeme Rose Ken Priestley	grarose@yahoo.com knjoy@bigpond.net.au	9836 2350 0417 134 601

Victorian Masters Athletics Inc.

Venues

ABERFELDIE Athletic Track	Aberfeldie Park, Corio Street, Moonee Ponds Wednesday nights, 7 - 9pm	Melway 28 D6
CASEY	160 Berwick - Cranbourne Rd, Cranbourne East Monday nights, 7-9pm	Melway134 E8
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	Tom Kelly Athletic TrackRieschieks Reserve, George Street, East Doncaster Monday nights, 7.30pm	Melway 33 J11
EAST BURWOOD Athletic Track	Burwood Road, opp. Mahoneys Road, behind basketball stadium Thursday nights, 7 - 9pm	Melway 62 C7
FRANKSTON Athletic Track	Ballam Park, Bananee Terrace, Frankston Thursday nights, 7 - 9pm	Melway 103 B4
GEELONG Athletic Track	Landy Field, off Barwon Terrace, Geelong Wednesday nights, 6 - 8pm	Melway 228 C7
GLEN EIRA Athletic Track	Duncan McKinnon Reserve, cnr North Road & Murrumbeena Road Tuesday nights, track events, 7 - 9pm. Sunday, field events	Melway 68 K9
KNOX Athletic Track	Bunjil Way, off Ferntree Gully Road, Scoresby Wednesday nights, 7 - 9pm	Melway 73 D7
MENTONE Athletic Track	Dolamore Reserve, 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, Tootgarook, (off Nepean Hwy) Wednesday nights from 6 pm in daylight saving, Fortnightly in winter on Sunday at 9:00 am	Melway 169 E6

Victorian Masters Athletics Inc.

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