



FOOTPRINTS



OCTOBER 2015

LYON DONE AND DUSTED OUR FOCUS TURNS TO PERTH 2016



And the winner is Malaga 2018!!
Malaga, Spain will host the World Champs next.



**ALL THE
VICTORIAN
RESULTS FROM
LYON**

**FINAL BROWNE
SHIELD RESULTS**

ASK THE COACH

Editorial

It is with great sadness that we report the passing of Judy Walters. Judy and her husband Ken have been central to the success of first the Vic Vets and later VMA. We will have a tribute to Judy in our next edition.

Well all of our intrepid travellers who represented us so well at the World Championships in Lyon are home (maybe with the exception of John Zeleznikow who I believe is still travelling in Europe). But wait, starting in the next week we now have the Oceanias in the Cook Islands and the Australian Masters Games in Adelaide and some of our hardy group are off to one or the other of these. Allan Wood tells me that he and his spritely roommate from Lyon, Jimmy Sinclair, are off again to Raratonga.

Can't believe it's time to beat the drum again about Membership renewals but the on-line portal opens on 1st October and included in this issue is a Membership renewal Form. You know the drill from last year - **renew by 31/12/15 and you get the discounted price. Leave it until after then and pay an extra \$10.** I thought \$35 was ridiculously cheap to be a member of this club when I first joined in 2003 and here we are still paying the same amount. Talk about value !

We've got all the Victorian Results from Lyon and as usual some great performances. Top of the list for me were Lavinia Petrie with 5 Gold medals. Heather Carr won 3 Gold and a Silver. Justin Hanrahan backed up his Gold in the M40 Decathlon from Brazil with a Gold in the M45 age group. Of course, it's not all about medals but the medal that I loved was the Gold of Bill Carr in the M65 4x100m Relay. Congratulations to all that went there, it sounded like a wonderful event.

The Browne Shield was a ripper this year with Aberfeldie leading all the way only to get pipped on the post by Knox. Knox have, of course, won it every year but this was very close. Had Bronwen Cardy run one more race for Aberfeldie, who knows. Congratulations to Lavinia for winning the Womens section and to Greg Moore of Aberfeldie who just got over the line from Michael Bishop of Mentone in the Men's Division.

You should all note that there is a change of date for the final of the Doug Orr 880 yards. To avoid clashing with the Australian Masters Games, the Oceania Masters Championships and the Melbourne Marathon it will now be held on October 22nd.

We are holding "A Night in Bendigo" again this year on November 24 and there will be one again on February 16. For the first one at least, we are trying to get a bus as we did last year to take some Melbourne people along for the trip. Contact Phil Urquhart if you are interested in the bus.

If you are serious about your game you should be reading "Ask the Coach". Deep, deep insights !!

You are very very welcome,

Russ Dickenson

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Online Membership Renewal is open from 1st October 2015

[https://www.registernow.com.au/secure/ Register.aspx?E=18263](https://www.registernow.com.au/secure/Register.aspx?E=18263)

NAG FILE

Athletes Moving into
a New Age Group

JAMES SMITH	into M75
GRAEME MURFETT	into M75
IAN MORGAN	into M70
RUSS DICKENSON	into M70
COLIN WARING	into M70
KATHRYN HEAGNEY	into W65
ERNIE STEWART	into M65
JOHN HERRIDGE	into M65
TIM ERICKSON	into M65
ELIZABETH WRIGLEY	into W60
ROBERT BLUE	into M60
JOHN STAUNTON	into M60
ELAINE MCLEAN	into W60
ANDREW WATTS	into M60
PETER CARMODY	into M55
MICHELLE HOSSACK	into W55
PETER COUMAROS	into M55
LYNETTE PIMM	into W55
MEREDITH RADFORD	into W55
JANINE HIGHAM	into W55
ROB ITALIA	into M50
DAN BURGOINE	into M50
LISA IERARDO	into W50
SHELLEY VELLIN	into W40
LEIGH PHELAN	into M40



Interested in receiving updates on the WMA championships being held in Perth next year? Visit the website www.perth2016.com and register your name to receive the Perth2016 e-newsletter. You can also find them on Facebook "Perth 2016 World Masters Athletics Championships".



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

- October 3-5 AMA Winter Throwing Championships - Canberra T.B.A.
- October 5-10 Oceania Masters Athletics - Rarotonga Cook Islands
- October 3-10 2015 Australia Masters Games - Adelaide
- October 22** Doug Orr 880 Inter Venue Final - East Burwood - peterdodgshun@optusnet.com.au
- November 10 Living Legends Night - Glen Eira Venue
- November 5-13 Pan Pacific Masters Games - Gold Coast
- November 24 A Night in Bendigo - see P.7

2016

- January 10 2016 AMA Half Marathon Championship - Hobart
- January 20 Lindsay Thomas Memorial 10k - Braeside Park
- February 3 Andy Salter Memorial Relay - Ross Reserve, Noble Park
- February 16 A Night in Bendigo - Details TBA
- 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

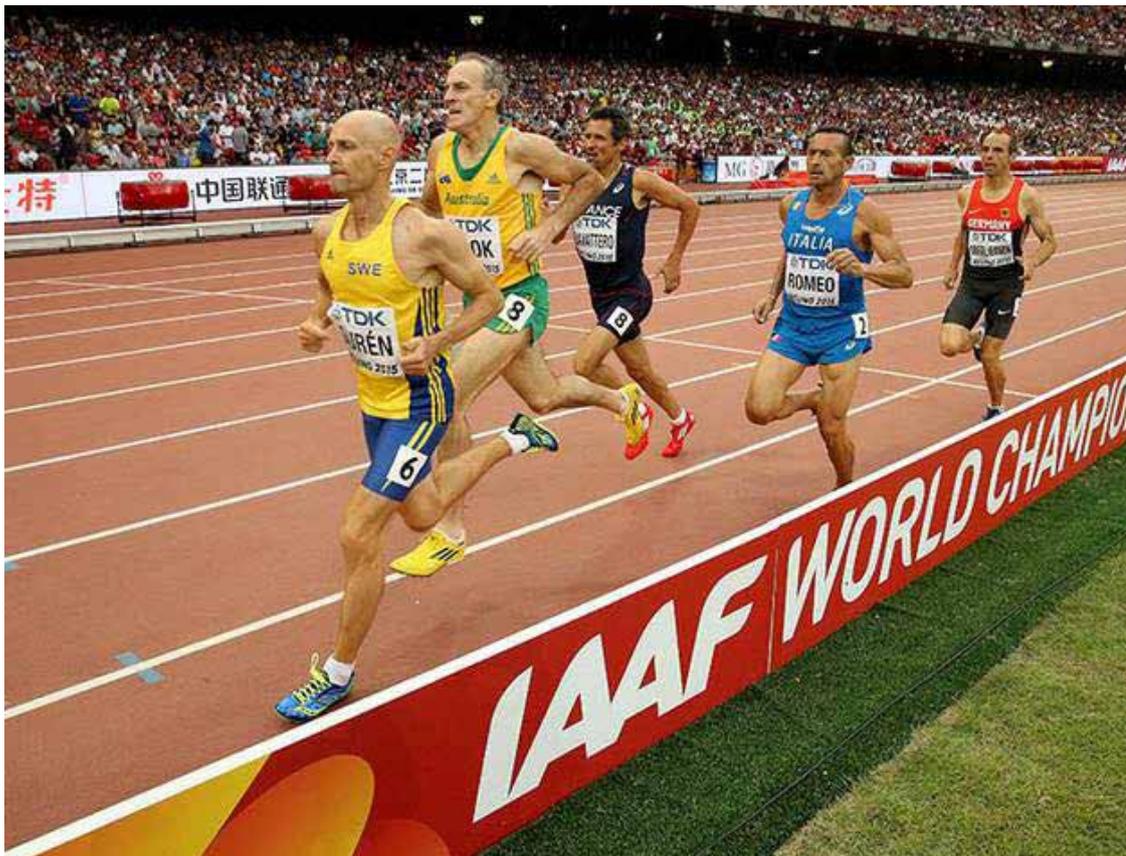
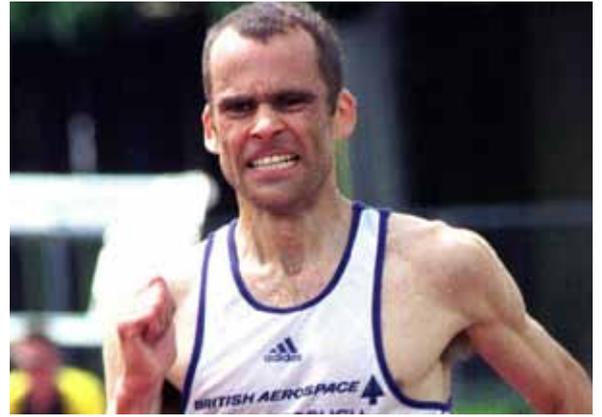
- March 18-25 World Masters Athletics Indoor Championships - Daegu South Korea
- April 21-30 World Masters Games - Auckland New Zealand

2018

- TBA World Masters Athletics T&F Championships - Malaga, Spain

Masterpieces

The oldest Masters World Record in the book, that set in the M50 1500 Metre Run by Victorian Tom Roberts in 1984, has finally been broken. England's David Heath, a former sub 4 minute miler, ran 4:01.02 in the Final at Lyon to smash Tom's record of 4:05.2. Isn't it strange how a record that took so long to break is broken by so much. David then went on to comfortably win the M50 800 at the IAAF World Championships mentioned below.



August 29 2015 - A great day for Masters Athletics as an M50 800m and a W50 400m were included in the program of the IAAF World Championships and 3 Aussies qualified - Allan Cook of Victoria and Gianna Mogentale and Julie Forster of NSW. Allan finished 7th, Julie 4th and Gianna 6th.

I got it wrong in the "NAG File" in August when I had Les Clark down as turning 80. He actually turned 85. Most of you will know Les as the omnipresent Official for AV and helper for VMA. Here he is cutting his Birthday cake at Croydon Venue.

Masterpieces

The VMA Teams in AV Shield competition (2015/2016) have moved to White Zone (East Burwood , Box Hill & Ringwood areas). We moved to a more central location in an attempt to grow the numbers & depth in our teams. I`m disappointed, but understand the reasons some members wished to stay in Blue Zone, and I thank those members for their support over the last 5 years . We had a great team spirit and enjoyed much success , however we lost members because of the travel involved for the inner city members.

The aim is to grow our numbers and have VMA Teams in 2 Zones , time will tell if this occurs. We have entered 2 x M40+ ,2 x W40+ Teams and 1 Men`s and 1 Women`s Teams in Div 2 , this will enable our younger members to compete and become a feeder for our 40+ teams.

I am hoping we all get involved in encouraging members from our or other Venues to join us in competition at White Zone. It is up to everyone to help grow our numbers, not just a few.

The 1st Round is at East Burwood on the 10th October starting at 1.30pm , lets make this a big and successful year for the Vic Masters.

David Sheehan

Victorian Masters have registered a team for all events in the Melbourne Marathon Festival. When entering just select Victorian Masters Athletics from the drop down team box and use the password "vicmasters"

I was talking with John Hertz who went to Lyon with his wife Julie. On their return flight they left Paris on 24th of August when John was 75. When they arrived in Melbourne on 26th of August he was 76. As John said "*Air travel really ages you*". I would have said "*Bloody long flight*".
Russ

Ewen Wilson advises a full range of uniforms are now available.

Singlets	\$40 (Men, Women and crop tops)
VMA shorts	\$35 (Bike Shorts, Ladies Boy Leg Shorts, Normal Running Shorts)
T-shirts	\$20
Long sleeve T-shirt	\$20
Caps	\$10 (3 styles)
Polo shirts navy	\$25
Polo shirts White	\$20
Track suit top	\$45
Track suit pant	\$35
Both Track top and pant	\$75

If posted out - \$8 for first 3 items, \$12 for 4 or more items.

Contact Ewen on 9529 5260 or 0423 424185

ewen.wilson@optusnet.com.au

Sexism Alert !! If we have boy leg shorts for women, why are there no girl leg shorts for men ? - Editor

Masterpieces

The Doncaster Pentathlon Challenge

Following a successful Pentathlon Challenge over summer, a hardy group of Doncaster pentathletes have continued over the winter in their regular Monthly Pentathlon competition.

The summer competition was very successful with a number of athletes from other venues joining in. At the end of the first winter competition, the Mattlow Medal Count was held over supper and results of the summer competition were:

Overall Male winner: David Featherston (40)
Most improved: Tom Leong (73)
Best Javelin Throw: Peter Coumaros (54)
Best Discus Throw: Matt Scholes (45)
Overall Female winner: Sheila Fanning (40)
Most Improved; Jenny Scholtz (50)

Top score: Graham Ford (65)
Best Long Jump: Paul Durrant (53)
Best 200 metres: David McConnell (63)
Best 1500 metres: Andrew Eggington (53)
Top Score: Pam Tindall (55)
Best 100 metres: Bev Learmont (66)



David Featherston, winner of the Mattlow medal, being presented with a Runners World Voucher by Matt Scholes, instigator of the event, and Doncaster treasurer, David McConnell.

There were fewer prizes for the women as no-one is entitled to win more than one prize. Some winners are still to collect their prizes.

As the winter series concludes, the summer Pentathlon Challenge will resume on the third Monday of October and continue until the Victorian Championships in March. Last year the overall winner received a Runners World voucher for \$100, with smaller vouchers for other prizes. Doncaster are looking to increase the prizes this year.

THE DOUG ORR 880 YARDS INTER-VENUE FINAL

at East Burwood Venue
(Bill Sewart Athletic Track, Burwood Hwy)
on Thursday 22nd October 2015 at 7:15pm



Note Change of date

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

A NIGHT IN BENDIGO

Athletics Bendigo and the VMA committee invite all Bendigo VMA members to a venue night along the lines of the weekly competitions at metropolitan venues.

All Melbourne VMA members are invited. We are planning to have a bus leaving from
Glen Eira Venue - Details TBA

Date: Tuesday November 24, 2015 commencing at 5:30 pm.

Entry to all events is free, prizes for all events and supper provided.

Location: La Trobe University

Events include:

Sprint Hurdle, 100m, 1500/3000m Walk, 400m,
800m 3000m (this is the last track event)
Shot Put, Discus, Long Jump, High Jump

Enquiries to Peter Barrett - p.barrett@ozemail.com.au
or Tony Bradford 0447 139 202



The 2015 VMA Half Marathon Championship



MEN				
M30				
1.	Mike Rennie	Knox	33	1:20:36 72.52
2.	Adam Gregory	-	30	1:22:57 70.38
M35				
1.	Matt Cutterham	-	35	1:22:43 70.94
M40				
1.	Michael Bishop	Mentone	44	1:19:40 77.73
2.	Shane Draper	Aber	42	1:20:28 75.71
3.	Andrew Prater	-	40	1:35:42 62.73
M45				
1.	Grant Simpson	Geelong	46	1:19:16 79.43
2.	Luke Goodman	G. Eira	48	1:19:55 80.13
3.	Craig Green	-	47	1:25:01 74.68
4.	John Papworth	Aber	46	1:31:04 69.14
M50				
1.	Peter Cowell	-	52	1:21:21 81.50
2.	Scott Lawrence	Coll	53	1:30:05 74.26
3.	Jim Hetjmanek	Coll	50	1:33:40 69.56
4.	Chris Grafen	G. Eira	51	1:34:05 69.85
5.	Tony Dell	Croy	52	1:43:28 64.08
6.	Stephen Murphy	Aber	54	1:46:25 63.43
M55				
1.	Mark Purvis	-	58	1:21:35 85.82
2.	Steven Quirk	-	55	1:24:18 80.79
3.	Peter Gaunt	Coll	56	1:27:12 78.82
4.	Barry Whittle	Donc	56	1:40:07 68.65
5.	Syd Bone	G.Eira	58	1:44:06 67.25
6.	Chris Worsnop	E Bur	57	1:45:59 65.45
7.	Chris Murphy	SVNP	57	1:50:43 62.65
8.	Chris Brown	G.Eira	59	1:50:56 63.71
M60				
1.	Peter Black	Aber	60	1:30:35 78.76
2.	Greg Moore	Aber	63	1:32:41 79.24
3.	John Signorini	Knox	61	1:38:08 73.39
4.	Peter Dodgshun	E Bur	63	1:44:44 70.12
5.	Ron Scholes	Coll	62	1:45:38 68.85
6.	Paul Ban	Coll	60	1:47:08 66.60
7.	Michael Meaney	Coburg	60	1:48:03 66.03
8.	Jon Holmes	E Bur	63	1:53:47 64.54
9.	Clyde Riddoch	-	62	1:54:49 63.34
10.	Kenneth Carter	Coburg	62	3:03:52 39.55
M65				
1.	John Graham	Knox	65	1:30:08 83.11
2.	Peter Moore	Coll	67	1:38:31 77.58
3.	Kevin Solomon	Coll	68	1:45:04 73.49
4.	Jim Hopkins	Coll	65	1:46:17 70.48
M70				
1.	Norm Franzi	Coll	71	1:56:25 68.47
2.	Ashley Page	Mentone	74	2:00:15 68.98
3.	Peter Battrick	G.Eira	72	3:10:52 42.27

WOMEN				
W30				
1.	Nicola Hamilton Morris	-	32	1:35:43 68.29
W45				
1.	Julie Norney	Knox	47	1:21:08 88.26
2.	Helen Bryan	Mentone	45	1:34:00 74.64
3.	Heather Gaunt	Coll	47	1:34:27 75.82
4.	Kuniko Bowden	Mentone	49	1:36:16 76.12
5.	Amanda Harper	-	47	1:41:27 70.59
W50				
1.	Merle Want	G.Eira	54	2:00:22 64.69
2.	Frances Halton	Frank	53	2:05:04 61.49
3.	Linda Black	Aber	53	2:11:08 58.65
W60				
1.	Annette Pelgrim	E Bur	61	1:42:02 83.66
2.	Marlene Gourlay	Mentone	63	1:42:38 85.52
W70				
1.	Lavinia Petrie	Knox	71	1:40:58 98.02



Helen Bryan

The 2015 VMA Half Marathon Championship

The 2015 VMA Half Marathon Championships was held in perfect conditions from the Kevin Bartlett Reserve, Burnley on Sunday morning 6th September.

The event, always our most popular of the Winter calendar, was conducted by Athletics Victoria which gave VMA members who belong to and race for AthsVic clubs a chance to be included in the VMA results.

Of the fifty-three VMA competitors, Grant Simpson (M45, Geelong Venue) was Fastest Male, followed closely by Michael Bishop (M40, Mentone Venue) and Luke Goodman (M45, Glen Eira Venue). Julie Norney (W45, Knox Venue) was outstanding amongst the Females, finishing 13 minutes ahead of Helen Bryan (W45, Mentone Venue) and Heather Gaunt (W45, Collingwood Venue)

Several athletes recorded outstanding Age Grade Percentage performances, with the top ten:

98.02	Lavinia Petrie	71	Knox
88.26	Julie Norney	47	Knox
85.82	Mark Purvis	58	-
85.52	Marlene Gourlay	63	Mentone
83.66	Annette Pelgrim	61	East Burwood
83.11	John Graham	65	Knox
81.50	Peter Cowell	52	-
80.79	Steven Quirk	55	-
80.13	Luke Goodman	48	Glen Eira
79.42	Grant Simpson	46	Geelong

Lavinia Petrie - Club Captain



John Signorini, Jim Hetjmanek and Nicola Hamilton Morris

REPORT

VMA 10 MILE ROAD CHAMPIONSHIP

PRINCES PARK - 23 August 2015

In excellent running conditions, forty two runners (31 male and 11 female) assembled at Princes Park to run the Clubs' 10 Mile Road Championship event and what an event it turned out to be with both male and female winners breaking the previous best times. The event, hosted by Aberfeldie Venue is the fourth in the five series Browne Shield competition and this year attracted excellent participant numbers resulting in a highly competitive event. It was pleasing to see that eleven of our fourteen venues were represented on the day.

With Aberfeldie's Shane Draper winning the event for three consecutive years (2011 to 2013) and Antonio Giuliani, also of Aberfeldie winning in 2014, it was thought that a fifth win for Aberfeldie may have been forthcoming but this was not to be the case with Geelong Venue runner Grant Simpson (M45) joining the field and running an excellent winning time of 58.42. Coming home in second place around the five-lap course was Shane Draper (M40) in 61.25 and in third place Antonio Giuliani (M40) in 62.15. Congratulations Grant on now holding the course record.

Julie Norney (W45) of Knox venue lead the women's race from start to finish and after five laps of hard running crossed the finish line in an excellent winning time of 63.37 placing her in fourth place overall. Julies' time is the event's fastest time beating Bronwen Cardy's 63.53 in 2008. Coming home in second place was Carolyn Huell (W45) in 67.41 and third place Stacey Van Dueren (W55) in 68.53. Congratulations Julie on now holding the fastest time for a female.

Notwithstanding the excellent finishing times, there were a number of outstanding Age Graded performances on the day with the highest percentage being that of Aberfeldie runner Bronwen Cardy with an Age Graded percentage of 95.50. An excellent score, Bronwen. Also pleasing to note is that fifty percent of runners achieved an Age Graded percentage of 70% or more. Other Age Graded performances that are worthy of mention are:

Stacey Van Dueren	88.91%	Grant Simpson	81.11%
Julie Norney	84.31%	Greg Moore	78.85%
Carolyn Huell	81.94%	Peter Black	78.68%
John Graham	81.50%	Paul Twining	78.21%

A special thank you to the following helpers for their support in planning, setting up and conducting of the event: John, Jamie and Imogen Papworth, Ernie Stewart, Doug Stokes, Stephen Barker, Maggie Armstrong, Brian and Lyn O'Dea, Peter Black, Margaret Cassidy, Andrea Draper, Les Clark for his help (once again) with the time-keeping and David Sheehan who assisted with the medal presentations.

Past winners of the race:	Male		Female	
2007	Shane Pettingill	59.22	Ged Smith	71.58
2008	Steven Barker	61.24	Bronwen Cardy	63.53
2009	Bert Pelgrim	61.01	June Petrie	66.25
2010	Bert Pelgrim	59.41	Julie Norney	65.49
2011	Shane Draper	62.28	Bronwen Cardy	69.52
2012	Shane Draper	62.24	Bronwen Cardy	70.18
2013	Shane Draper	60.50	Anna Kasapis	64.23
2014	Antonio Giuliani	59.55	Bronwen Cardy	70.27

John Dean - Run Convenor

RESULTS - 2015 VMA 10 MILE ROAD CHAMPIONSHIP

Sunday Aug 23 - Princes Park - Melbourne

Place	Name	Venue	Age	Time	AG%
W30					
1	Hamilton-Morris Nicky	No Venue	32	75.12	65.79
W45					
1	Norney Julie	Knox	46	63.37	84.31
2	Huell Carolyn	No Venue	49	67.41	81.94
W50					
1	Knight Louisa	Knox	50	93.41	59.91
2	Halton Frances	Frankston	53	96.13	60.51
3	Black Linda	Aberfeldie	53	103.27	56.27
W55					
1	Van Dueren Stacey	Coburg	57	68.53	88.91
2	Kuys Evelyn	Knox	58	93.41	66.24
W60					
1	Cardy Bronwen	Aberfeldie	63	69.34	95.50
W65					
1	Trowbridge Petrina	Collingwood	68	92.39	77.16
M40					
1	Draper Shane	Aberfeldie	42	61.25	75.03
2	Giuliani Antonio	Aberfeldie	43	62.15	74.62
3	Camilleri Michael	Aberfeldie	41	67.10	68.06
4	Prater Andrew	No Venue	40	73.07	62.07
M45					
1	Simpson Grant	Geelong	46	58.42	81.11
2	Sullivan Glen	Casey	48	66.47	72.49
3	Papworth John	Aberfeldie	47	70.00	69.16
M50					
1	Dell Tony	Croydon	52	73.40	68.01
2	Loveday Tim	Knox	50	78.37	62.64
3	Pryn Mark	No Venue	53	81.11	62.26
4	Ristevski Bill	Aberfeldie	50	109.24	45.01
M55					
1	Van Dueren Phillip	Coburg	56	72.38	71.48
2	Campisi Joseph	Glen Eira	58	73.10	72.26
3	Whittle Barry	Doncaster	55	75.51	67.83
4	Brown Chris	Glen Eira	59	83.15	64.10
5	Worsnop Chris	East Burwood	57	85.15	61.45
M60					
1	Black Peter	Aberfeldie	60	68.28	78.68
2	Graham John	Knox	64	68.40	81.50
3	Moore Greg	Aberfeldie	63	70.18	78.85
4	Leticq Graeme	Knox	60	71.57	74.87
5	Bayram Suat	Aberfeldie	62	76.54	71.39
6	Meaney Michael	Coburg	60	81.08	66.40
7	Edwards Andrew	Glen Eira	62	92.41	59.23
M65					
1	Twining Paul	Knox	65	72.16	78.21
2	Hallett Len	Collingwood	66	87.45	65.05
M70					
1	Page Ashley	Mentone	74	88.07	71.07
M75					
1	Cravana Jock	Knox	77	91.35	72.00
2	Howes John	Aberfeldie	79	123.08	55.81
M85					
1	Martin Tony	East Burwood	87	127.11	63.51

Invitation : Osmond Kim 70.04; Saxton Brett 73.38; Mudford Jason 83.52

RESULTS - 2015 VMA 10 MILE ROAD CHAMPIONSHIP - (continued)



Photos clockwise from top left -
 First two finishers Shane Draper and Grant Simpson;
 Bill Ristevski;
 Ernie Stewart and Les Clark;
 John Dean and Andrea Draper;





FINAL BROWNE SHIELD RESULTS

The Browne Shield is contested throughout the Winter Season of the Victorian Masters Athletics competition calendar. After each event points are allocated to each finisher according to their score on the World Masters Athletics Age-Graded Percent-of-World-Record scale. The highest three scorers from each venue are then totalled to determine the winning VMA Venue for each round.

Knox Venue has won the event for all eight years since the Browne Shield's inception, but this year was unable to field three finishers in Round 1 (10K Track), resulting in 2015 being the closest competition in the history of the event. Entering Round 2's 8K Cross Country in fifth position, Knox Venue moved its way back up the rankings throughout the season to return to second place at the end of Round 4's 10 Miles Road; leaving only the final Half Marathon of Round 5 to determine the winner between Knox and Aberfeldie Venues. Knox secured the win with the highest combined total of any of the events contested throughout the 2015 Season.

We hope that next year's competition will be as exciting as this year. It just goes to show that you need as many athletes as possible from each Venue to compete and therefore put the Venue in with a chance of success... unfortunately not all Venues were able to have the required 3 competitors this year.

Points for the Individual Male and Female winners are taken from each athlete's four best Age-Grade Percentages, dropping the lowest scoring round if all five were completed. This year, Greg Moore (M65) from Aberfeldie pipped Michael Bishop (M40) from Mentone at the post, so to speak, and Lavinia Petrie was the clear winner for the Females.

Lavinia Petrie
VMA Club Captain

VENUE RESULTS

Venue	10k Track	8k CC	10k Road	10 Miles	Half Marathon	TOTAL
Knox	103.78, 85.75	94.43, 82.29, 80.9	101.51, 84.90, 78.89	84.31, 81.50, 78.21	98.02, 88.26, 83.11	1225.82
Aberfeldie	96.33, 78.9, 72.23	74.86, 74.35, 68.4	77.94, 78.69, 94.56	95.50, 78.85, 78.68	79.24, 78.76, 75.71	1203
Glen Eira	82.37, 81.69, 68.05	67.96, 67.39, 63.46	70.80, 74.15, 75.19	72.26, 64.10, 59.23	80.13, 69.85, 67.25	1063.88
Coburg	94.57, 65.25, 69.9	81.21, 62.69	93.87, 69.47, 70.21	88.91, 71.48, 66.40	66.03, 39.55	939.54
Collingwood	77.26, 86.26, 79.95	73.99, 59.74, 64.38	77.15	65.05, 77.16	75.82, 78.82, 78.55	894.13
Mentone	79.24, 79.02	72.99, 56.42, 45.83	82.79	71.07	85.52, 76.12, 77.73	726.73
East Burwood	85.45		65.69, 74.32, 83.88	63.51, 61.45	83.66, 70.12, 65.45	653.53
Croydon	80.44, 70.56	67.77, 62.59, 56.53	73.44	68.01	64.08	543.42
Doncaster	72.43,	75.9	70.11	67.83	68.65	354.92
Springvale	79.65		74.66, 62.36, 63.00		62.65	342.32
Southern Peninsula			73.75, 72.03, 78.31			224.09
Frankston			61.31	60.51	61.49	183.31
Geelong				81.11	79.43	160.54
Casey					54.35	54.35

FINAL BROWNE SHIELD RESULTS

MEN'S RESULTS

Name	Venue	10k Track	8k CC	10k Road	10 Miles	Half M	Cumulative
Greg Moore	Aberfeldie	78.9	74.86	77.94	78.85	79.24	314.93
Michael Bishop	Mentone	79.02	72.99	82.79		77.73	312.53
Shane Draper	Aberfeldie		74.35	78.69	75.03	75.71	303.78
Tony Dell	Croydon	70.56	67.77	73.44	68.01	64.08	279.78
Michael Meaney	Coburg	69.9	62.69	70.21	66.4	66.03	272.54
Chris Brown	Glen Eira	68.05	63.46	68.03	64.1	63.71	263.89
Andrew Prater	N/A	62.39		64.49	62.07	62.73	251.68
Paul Twining	Knox		70.83	78.89	78.21		227.93
Joseph Campisi	Glen Eira		67.96	75.19	72.26		215.41
Barry Whittle	Doncaster			70.11	67.83	68.65	206.59
Chris Worsnop	East Burwood			65.69	61.45	65.45	192.59
Mike Bieleny	Knox	85.75	80.9				166.65
John Graham	Knox				81.5	83.11	164.61
Luke Goodman	Glen Eira	81.69				80.13	161.82
Grant Simpson	Geelong				81.11	79.43	160.54
Kevin Solomon	Collingwood	86.26				73.49	159.75
Peter Black	Aberfeldie				78.68	78.76	157.44
Graeme Leticq	Knox			77.16	74.87		152.03
Glen Sullivan	Casey			77.2	72.49		149.69
Jock Cravana	Knox			73.19	72		145.19
Antonio Guiliani	Aberfeldie		68.4		74.62		143.02
Jim Hopkins	Collingwood	72.46				70.48	142.94
Norman Franzi	Collingwood	74.05				68.47	142.52
Jim Hetjmanek	Collingwood	71.62				69.56	141.18
Michael Camilleri	Aberfeldie	72.23			68.06		140.29
Philip Van Dueren	Coburg			68.78	71.48		140.26
Ashley Page	Mentone				71.07	68.98	140.05
John Papworth	Aberfeldie				69.16	69.14	138.3
Syd Bone	Glen Eira		67.39			67.25	134.64
Len Hallett	Collingwood	65.84			65.05		130.89
Chris Murphy	Springvale			62.36		62.65	125.01
Phil Urquhart	Glen Eira	64.29	55.52				119.81
Glenn Claiden	Knox		53.35	62.24			115.59
Mark Purvis	No Venue						85.82
Yassine Belaabade	No Venue			83.14			83.14
Peter Bence	Glen Eira	82.37					82.37
Peter Cowell	No Venue					81.5	81.5
Steven Quirk	No Venue					80.79	80.79
Colin Page	Croydon	80.44					80.44
Steve Brennan	Collingwood	79.95					79.95

FINAL BROWNE SHIELD RESULTS

MEN'S RESULTS (continued)

Steven Barker	Springvale	79.65					79.65
David Mellings	Mentone	79.24					79.24
Peter Gaunt	Collingwood					78.82	78.82
Trevor Kelly	Bendigo		77.77				77.77
Peter Moore	Collingwood					77.58	77.58
Graham Sayer	Doncaster		75.9				75.9
Craig Green	No Venue					74.68	74.68
Howard Rees	Springvale			74.66			74.66
Sam De Fanis	East Burwood			74.32			74.32
Scott Lawrence	Collingwood					74.26	74.26
John Signorini	Knox					73.39	73.9
Greg Lovejoy	Sth Peninsula			73.75			73.75
Wes Windsor	Collingwood	73.23					73.23
Mike Rennie	Knox					72.52	72.52
Russell Dow	Sth Peninsula			72.03			72.03
Suat Bayram	Aberfeldie				71.39		71.39
Ashley McDowall	Aberfeldie						71.16
Mark Cutterham	No Venue					70.94	70.94
Rod Bayley	Collingwood	70.89					70.89
Adam Gregory	No Venue					70.38	70.38
Peter Dodgshun	East Burwood					70.12	70.12
Chris Grafen	Glen Eira					69.85	69.85
Jim Berrington	Glen Eira			69.62			69.62
Ron Scholes	Collingwood					68.85	68.85
Barry Jeffs	Sth Peninsula			68.82			68.82
Fraser Murray	Coburg			68.05			68.05
Paul Ban	Collingwood					66.6	66.6
Kevin Armstrong	Glen Eira			66.5			66.5
Jon Holmes	East Burwood					64.54	64.54
Shane Derby	Collingwood		64.38				64.38
Tony Martin	East Burwood				63.51		63.51
Stephen Murphy	Aberfeldie					63.43	63.43
Clyde Riddoch	No Venue					63.34	63.34
Lindsay Oxenham	Springvale			63			63
Ron Cracknell	Croydon		62.59				62.59
Mark Pryn	No Venue				62.26		62.26
Jim McLure	Glen Eira			62.18			62.18
Tim Loveday	Knox				62.04		62.04
Juan Perez	Springvale			61.87			61.87
Shaun Kemp	Springvale			60.32			60.32
Andrew Edwards	Glen Eira				59.23		59.23
H. Kuys	Knox			58.23			58.23

FINAL BROWNE SHIELD RESULTS

MEN'S RESULTS (continued)

Barry Murley	Croydon		56.53				56.53
David Dodson	Mentone		56.42				56.42
Ron Gregory	Aberfeldie		56.02				56.02
John Howes	Aberfeldie					55.81	55.81
David Jones	Aberfeldie		53.43				53.43
Bill Ristevski	Aberfeldie					45.01	45.01

WOMEN'S RESULTS

Name	Venue	10k Track	8k CC	10k Road	10 Miles	Half M	TOTAL
Lavinia Petrie	Knox	103.78	94.43	101.51		98.02	397.74
Stacey Van Dueren	Coburg	94.57	81.21	93.87	88.91		358.56
Pet. Trowbridge	Collingwood	77.76	73.99	77.15	77.16		306.06
Bronwen Cardy	Aberfeldie	96.33		94.56	95.5		286.39
Julie Norney	Knox		82.29		84.31	88.26	254.86
Annette Pelgrim	E. Burwood	85.45		83.88		83.66	252.99
N. Hamilton-Morris	No Venue	68.63			65.79	68.29	202.61
Frances Halton	Frankston			61.31	60.51	61.49	183.31
Carolyn Huell	No Venue			81.79	81.94		163.73
Fiona Ely	Coburg	65.25		69.47			134.72
Evelyn Kuys	Knox			66.52	66.24		132.76
Katherine Gibney	Collingwood	61.05	56.48				117.53
Linda Black	Aberfeldie				56.27	58.65	114.92
Melissa Maceoin	Knox		46.74	49.47			96.21
Marlene Gourlay	Mentone					85.52	85.52
Helen Stanley	Knox			84.9			84.9
Heather Carr	Sth Peninsula			78.31			78.31
Kuniko Bowden	Mentone					76.12	76.12
Heather Gaunt	Collingwood					75.82	75.82
Helen Bryan	Mentone					74.64	74.64
Connie Davy	Glen Eira			74.15			74.15
Heather Marasco	Doncaster	72.43					72.43
Janine McKerron	Glen Eira			70.8			70.8
Amanda Harper	No Venue					70.59	70.59
Celia Johnson	Glen Eira			66.38			66.38
Merle Want	Glen Eira					64.69	64.69
Jay Wright	Glen Eira			63.96			63.96
Kylie Barton	No Venue	60.81					60.81
Louisa Wright	Knox				59.91		59.91
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

Photos from Lyon

Terry and Karen O'Neill



Lavinia and Amanda Harper

Jimmy Sinclair "pipped"



The photos from Lyon come from several sources but I would like to thank Graeme Dahl and Steve McGugan in particular

Rob Lehmann



Narelle Lehmann (right)



More photos from Lyon



Heather Carr



Karen Carah



James Deane



Couldn't find a good shot of Justin in Lyon, but here is a good one of him in Mentone colors

Justin Hanrahan

VICTORIAN RESULTS FROM WMA OUTDOOR CHAMPIONSHIPS IN LYON, FRANCE



MEN

100 Meter Dash

M35

Preliminaries

11 Phelan, Leigh M39 11.46Q -0.4

Semi-Finals

18 Phelan, Leigh M39 11.59 -2.3

M40

Preliminaries

11 Lehmann, Robert M43 11.62Q -1.2

Semi-Finals

16 Lehmann, Robert M43 11.66 -2.4

M65

Preliminaries

35 Carr, William M66 14.81 -0.9

M75

Preliminaries

30 Wood, Allan M78 17.87 -0.6

M90

3 Sinclair, James M91 19.89 -2.6

200 Meter Dash

M35

Preliminaries

10 Phelan, Leigh M39 23.03q -0.8

Semi-Finals

-- Phelan, Leigh M39 DNF

M40

Preliminaries

8 Lehmann, Robert M43 23.23Q 0.1

Semi-Finals

10 Lehmann, Robert M43 23.32 1.4

M65

Preliminaries

28 Carr, William M66 30.79 0.4

M75

Preliminaries

22 Wood, Allan M78 38.12 +0.0

M90

3 Sinclair, James M91 43.30 0.8

400 Meter Dash

M40

Preliminaries

16 Deane, James M43 53.57q

Semi-Finals

17 Deane, James M43 53.92

M45

Preliminaries

2 Wilcox, Andrew M46 52.63Q

Semi-Finals

1 Wilcox, Andrew M46 51.28Q

Final

3 Wilcox, Andrew M46 51.44

M55

Preliminaries

4 Mayston, Robert M57 57.06Q

Semi-Finals

6 Mayston, Robert M57 57.11Q

Final

8 Mayston, Robert M57 58.01

M65

Preliminaries

27 Carr, William M66 1:10.56

M75

Preliminaries

14 Wood, Allan M78 1:36.68

M90

2 Sinclair, James M91 1:54.67

800 Meter Run

M40

Preliminaries

3 Deane, James M43 2:01.15Q

43 Soussan, Mickael M44 2:16.26

-- Petersen, Scott M41 DNF

Semi-Finals

6 Deane, James M43 2:00.69q

Final

7 Deane, James M43 1:59.03

VICTORIAN RESULTS FROM WMA OUTDOOR CHAMPIONSHIPS IN LYON, FRANCE

800 Meter Run (continued)

M65

Preliminaries

9 Solomon, Kevin M68 2:30.77q

Final

5 Solomon, Kevin M68 2:27.28

M70

Preliminaries

21 Egan, Elwyn M72 3:32.17

M40

Preliminaries

18 Deane, James M43 4:13.87

51 Soussan, Mickael M44 4:51.73

-- Petersen, Scott M41 DNF

1500 Meter Run

M60

19 Pearce, Terry M60 4:54.86

M65

Preliminaries

8 Solomon, Kevin M68 5:05.22q

32 Gray, Neil M67 6:14.36

Final

9 Solomon, Kevin M68 5:09.42

1500 Meter Run

M70

29 Egan, Elwyn M72 7:45.60

M60

19 Herridge, John M64 18:50.91

M75

13 Hertz, John M75 30:20.30

8000 Meter Cross Country

M60

16 Herridge, John M64 30:27.00

M75

19 Hertz, John M75 50:34.00

10000 Meter Run

M60

12 Herridge, John M64 39:40.36

Half Marathon

M65

27 Zeleznikow, John M65 3:25:44.00

2000 Meter Steeplechase

M70

12 Egan, Elwyn M72 12:29.32

4x100 Meter Relay

M40

5 Australia 46.38

1) Lehmann, Robert 43 2) Wilcox, Andrew 46

3) Elms, Mark 48 4) Lorenzi, Pierre 42

M55

6 Australia 58.32

1) Mayston, Robert 57 2) Harrell, Hayden 56

3) Miletic, Nick 64 4) Jermacans, Viddy 66

M65

1 Australia 53.05

1) Carr, William 66 2) Coleman, Alan 66

3) Lamb, John 65 4) Crombie, Peter 70

M75

4 Australia 1:06.04

1) Wood, Allan 78 2) Stevenson, Michael 75

3) O'Reilly, Michael 75 4) Carr, David 83

4x400 Meter Relay

M40

4 Australia 3:34.25

1) Elms, Mark 48 2) Lehmann, Robert 43

3) Deane, James 43 4) Wilcox, Andrew 46

M55

8 Australia 4:42.78

1) Carr, William 66 2) McDonnell, Roscoe J. 57

3) Harrell, Hayden 56 4) Mayston, Robert 57

M60

5 Australia 4:36.33

1) Begley, Joe 61 2) Fienieg, John 60

3) Marriott, Wayne 61 4) McConnell, David 63

M65

1 Australia 4:22.78

1) Coleman, Alan 66 2) Solomon, Kevin 68

3) Crombie, Peter 70 4) Lamb, John 65

M75

3 Australia 6:08.27

1) O'Reilly, Michael 75 2) Hertz, John 75

3) Wood, Allan 78 4) Stevenson, Michael 75

High Jump

M45

7 Hanrahan, Justin M45 1.75m

Long Jump

M40

Preliminaries

2 Lehmann, Robert M43 6.74mQ 2.6

Final

3 Lehmann, Robert M43 6.75m 2.3

VICTORIAN RESULTS FROM WMA OUTDOOR CHAMPIONSHIPS IN LYON, FRANCE

Triple Jump

M75			
12	Wood, Allan	M78	5.36m -0.1

Shot Put

M65			
<i>Preliminaries</i>			
11	Young, Peter	M68	10.87mQ
<i>Final</i>			
11	Young, Peter	M68	10.41m

Shot Put

M70			
<i>Preliminaries</i>			
19	Tonelli, Didimo	M71	9.28m

Discus Throw

M65			
<i>Preliminaries</i>			
21	Young, Peter	M68	35.13m
M70			
21	Tonelli, Didimo	M71	24.49m

Javelin Throw

M65			
<i>Preliminaries</i>			
10	Farr, Andrew	M65	40.08mQ
21	Young, Peter	M68	29.81m
<i>Final</i>			
10	Farr, Andrew	M65	38.83m
M70			
<i>Preliminaries</i>			
13	Tonelli, Didimo	M71	27.99m
M75			
8	Wood, Allan	M78	21.07m

Decathlon

M45			
1	Hanrahan, Justin	M45	7111

Throws Pentathlon

M65			
18	Young, Peter	M68	2980
M70			
18	Tonelli, Didimo	M71	2526

5000 Meter Race Walk

M45			
3	Kollmorgen, Stuart	M46	24:21.61

M55

3	Donahoo, Mark	M57	26:00.82
6	Evans, Simon	M55	26:44.64

M65

--	Jamieson, Andrew	M69	DNF
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M70

3	Bennett, Ralph	M73	29:21.00
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M75

12	Beaumont, Ian	M79	43:19.28
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10000 Meter Race Walk

M45

4	Kollmorgen, Stuart	M46	49:43.00
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M55

2	Donahoo, Mark	M57	52:01.00
10	Evans, Simon	M55	54:38.00
21	O'Neill, Terry	M59	59:59.00

M65

2	Jamieson, Andrew	M69	52:35.00
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M70

2	Bennett, Ralph	M73	59:54.00
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20000 Meter Race Walk

M45

6	Kollmorgen, Stuart	M46	1:55:27.00
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M55

7	Donahoo, Mark	M57	1:57:14.00
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M65

--	Jamieson, Andrew	M69	DQ
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M70

4	Bennett, Ralph	M73	2:13:25.00
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10000 Meter Race Walk Teams

M65

1	Australia	2h51'45"
	Jamieson, Andrew	52'35"
	White George	59'16"
	Bennett Ralph	59'54"

VICTORIAN RESULTS FROM WMA OUTDOOR CHAMPIONSHIPS IN LYON, FRANCE
WOMEN
100 Meter Dash
W45
Preliminaries

11 Lehmann, Narelle W45 13.34q -1.0

Semi-Finals

14 Lehmann, Narelle W45 13.53 -2.4

200 Meter Dash
W45
Preliminaries

14 Lehmann, Narelle W45 27.88q -1.3

18 Carah, Karen W47 28.06q 1.5

Semi-Finals

14 Lehmann, Narelle W45 27.94 0.9

20 Carah, Karen W47 28.26 1.3

400 Meter Dash
W50
Preliminaries

9 Hossack, Michele W54 1:08.13q

Semi-Finals

11 Hossack, Michele W54 1:09.50

1500 Meter Run
W45
Preliminaries

20 Harper, Amanda W47 5:28.50

W55
Preliminaries

14 Stanley, Helen W59 5:54.26q

Finals

12 Stanley, Helen W59 5:45.72

W70

1 Petrie, Lavinia W71 6:13.95

5000 Meter Run
W45

17 Harper, Amanda W47 20:36.97

W55

-- Hertz, Julie W58 DNF

W70

1 Petrie, Lavinia W71 22:01.27

8000 Meter Cross Country
W55

16 Stanley, Helen W59 36:09.00

33 Hertz, Julie W58 49:31.00

W70

1 Petrie, Lavinia W71 36:57.00

10000 Meter Run
W55

7 Stanley, Helen W59 44:33.10

W70

1 Petrie, Lavinia W71 45:02.26

Half Marathon
W55

9 Stanley, Helen W59 1:39:42.00

W70

1 Petrie, Lavinia W71 1:41:52.00

80m Short Hurdles
W50

-- Hossack, Michele W54 DNF

300 Long Hurdles
W50
Preliminaries

4 Hossack, Michele W54 51.39q

Final

3 Hossack, Michele W54 50.68

2000 Meter Steeplechase
W45

4 Harper, Amanda W47 8:15.92

2000 Meter Steeplechase
W65

2 Carr, Heather W65 11:00.39

4x100 Meter Relay
W40

6 Australia 56.29

1) Naylor, Janet 49 2) Long, Karen 40

3) Monk, Leanne 58 4) Townsend, Vicki 51

W45

-- Australia DQ

1) Lehmann, Narelle 45 2) Delaney, Janelle 45

3) Lambert, Lenore 45 4) Bezuidenhout, Jacq.48

W50

2 Australia 56.82

1) Forster, Julie 54 2) Hossack, Michele 54

3) Blute, Kathryn 54 4) Stagles, Sally 54

4x400 Meter Relay
W45

1 Australia 4:04.93

1) Lehmann, Narelle 45 2) Bezuidenhout, Jacq.48

3) Lambert, Lenore 45 4) Delaney, Janelle 45

VICTORIAN RESULTS FROM WMA OUTDOOR CHAMPIONSHIPS IN LYON, FRANCE
4x400 Meter Relay (cont)
W50

2	Australia	4:51.28
	1) Hossack, Michele 54	2) Stone, Gail 56
	3) Kay, Marie 55	4) Suttor, Robyn 56

High Jump
W45

11	Carah, Karen	W47	1.40m
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W50

9	Hossack, Michele	W54	1.35m
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Pole Vault
W55

7	Monk, Leanne	W58	1.70m
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Shot Put
W60

8	Schultz, Christine	W64	8.95m
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W80

7	Worrell, Valerie	W80	6.45m
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Discus Throw
W60

6	Schultz, Christine	W64	26.12m
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W80

4	Worrell, Valerie	W80	16.43m
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Hammer Throw
W60

11	Schultz, Christine	W64	26.56m
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W65

17	Mussett, Lorraine	W66	18.33m
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W80

2	Worrell, Valerie	W80	25.63m
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Weight Throw
W60

10	Schultz, Christine	W64	10.74m
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W65

14	Mussett, Lorraine	W66	6.46m
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W80

5	Worrell, Valerie	W80	8.81m
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Heptathlon
W45

6	Carah, Karen	W47	4832
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Throws Pentathlon
W80

3	Worrell, Valerie	W80	3568
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5000 Meter Race Walk
W60

4	Bryant, Barb	W60	29:06.31
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W65

1	Carr, Heather	W65	29:28.21
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W75

11	Beaumont, Marg	W77	45:56.82
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10000 Meter Race Walk
W60

4	Bryant, Barb	W60	58:43.00
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W65

1	Carr, Heather	W65	1:00:02.00
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W75

9	Beaumont, Marg	W77	1:32:54.00
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20000 Meter Race Walk
W60

2	Bryant, Barb	W60	2:02:28.00
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W65

1	Carr, Heather	W65	2:06:09.00
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10000 Meter Race Walk Teams
W55

2	Australia	2h59'38"
	Ventris Lyn	53'27"
	Bryant Barb	58'43"
	O'Neill Karen	1h07'28"

W65

5	Australia	3h52'28"
	Carr Heather	1h00'02"
	Lauchlan Lorna	1h25'50"
	Mison Michelle	1h26'36"

20000 Meter Race Walk
W55

1	Australia	6h02'33"
	Ventris Lyn	1h53'56"
	Bryant Barb	2h02'28"
	Carr Heather	2h06'09"



MEDAILLES/MEDALS

August 16th, 2015



	Country / Rank	OR/ GOLD	ARGENT/ SILVER	BRONZE/ BRONZE	TOTAL
1	France	106	97	81	284
2	Germany	105	78	75	258
3	Great Britain and Northern Ire	60	49	55	164
4	United States of America	57	60	43	160
5	Australia	52	44	44	140
6	Spain	47	37	35	119
7	Italy	23	28	26	77
8	Finland	21	31	25	77
9	Netherlands	20	18	9	47
10	Canada	17	14	16	47
11	Russia	15	10	26	51
12	Poland	14	12	7	33
13	Austria	14	10	7	31
14	Estonia	13	9	9	31
15	Switzerland	12	6	2	20
16	Denmark	12	5	7	24
17	Portugal	10	28	7	45
18	Japan	10	17	10	37
19	Sweden	9	13	20	42
20	Brazil	9	11	12	32
21	Belgium	9	11	4	24
22	Mexico	9	8	8	25
23	Ireland	8	8	10	26
24	Ukraine	7	6	5	18
25	Colombia	7	5	9	21
26	New Zealand	6	4	3	13
27	Trinidad and Tobago	6	3	4	13
28	Hungary	6	1	2	9
29	Latvia	4	11	12	27
30	Czech Republic	4	9	9	22
31	South Africa	4	7	8	19
32	Norway	4	7	3	14
33	India	4	0	2	6
34	Argentina	3	6	3	12
35	Chile	3	5	3	11
36	Greece	3	5	2	10
37	Guyana	3	0	0	3



**AUSTRALIAN MASTERS ATHLETICS
HALF MARATHON CHAMPIONSHIPS**



(Incorporating the Tasmanian Masters Athletics Half Marathon Championships)

- Where:** Start/finish at the Cadbury Chocolate Factory, Claremont, Tasmania.
- When:** 6.30am, Sunday, 10 January 2016.
- Background:** The Masters Half Marathon Championships will be conducted in conjunction with the Cadbury Marathon and Half Marathon which are open events. These events have been held annually since 1984. **A maximum of 800 entries will be accepted in the Cadbury Half Marathon so early entry is advised. Last year there were 680 entries.**
- Eligibility:** All financial members of a State Masters Athletics Club will be eligible.
All entries will be validated with the State Club prior to race day.
- Entries:** The entry fee is \$80.00. Please enter online at <http://cadburymarathon.com.au>
A 10% discount is available to currently registered **Athletics Tasmania** members.
No championship entries will be accepted after 6pm on Tuesday, 5th January 2016.
- Acknowledgement of Entry:** Online entries will receive an automatic email acknowledgement.
- Awards:** Medals will be awarded to the first three place-getters in the usual 5 year age categories for both males and females commencing with the 30-34 age group.
There is no upper age limit. In addition, all finishers will receive a **t-shirt, medal, badge a goodies bag and a chance to win some great spot prizes.** The master's award ceremony will commence at 9.15am.
- Course:** The course is flat, fast and scenic. The turn is on the eastern side of the Bowen Bridge. There are no major hills and the course surface is road/bitumen for the entire distance. This is an officially measured IAAF course.
- Weather Conditions:** The conditions are generally very pleasant for distance running. Historically the temperature has been in the low 20's with the past few years providing generous sunshine throughout the event, without being scorching hot.
- Websites:** www.tasmastersathletics.org.au <http://cadburymarathon.com.au>
- Further Information:** Further information can be obtained from Michael Walker, Secretary,
Tasmanian Masters Athletics: (03) 62446229 / mikewalker.tma@gmail.com

A TRAIL RUNNING ADVENTURE By John Graham (Knox Venue)

Hi everyone, I thought I would let all you cool dudes out there in this big huge wide world that there are indeed other events on other than those organised by Vic Masters or Athletics Victoria. Yes indeed other events! A great web site for exploring events further afield is called 'Coolrunning Australia'. No doubt many athletes are already aware of this site, however there may be a few newbie's on the scene that haven't heard of it. It's well worth a look. One such event that is listed on this web site is the Salomon Trail Running Series. This would have to be one of my favourite non Vic Masters events on the running calendar. The series run by 'Rapid Ascent', commenced in 2011 and consists of 4 event days at various locations around Melbourne, spaced out over a period of 4 months. The first location for race 1 is Studley Park followed by Plenty Gorge, Silvan and concluding with Race 4 at the beach location of Anglesea down on the Great Ocean Road surf coast.

At each event day there are 3 distances one can choose from ranging from Short, Medium or Long with the distances increasing in length as the series progresses from one location to the next over the 4 months.

Sunday 20th September 2015 at the beautiful seaside village of Anglesea, hundreds of sinewy, lycra clad athletes of all ages and abilities, some accompanied by their families and friends, descended upon the tiny picturesque township in preparation for the final race day of the 4 event series. The weather was perfect for this final event, blue sky, calm seas, no wind was the order of the day. The Salomon Trail



running event also coincided with the Surf Coast Century 100k event being run on the previous day. There were hundreds and hundreds of people all up for this fantastic 2 day festival of athletic prowess.

I started the series by running in the medium distance (Studley Park 11k time 49:46) for Race 1 but then, decided to swap to the LONG course for the remaining 3 races. As a result, my first race didn't count. For the chance to win the overall series, I needed to score highly in each of the following 3 races. Plenty Gorge (Race 2) was a mud bath, one needed to fit snow chains to their runners to clamber up the slippery slushy embankments. At Silvan (Race 3) you needed a grappling hook to get up some of the Everest like hills. I recall passing some mountain climbers that were decked out in all their boot spikes, ropes and back packs. Race 4 at Anglesea was awash (sea water lol) but the best. A 7km run along the beach at the bottom of the cliff face, before clambering upwards to the cliff top then snaking your way back to and fro, through the prolific Tea Trees along single trails, and finally opening up to a beautiful hiking trail on the edge of the cliff top with beautiful panoramic views to distract you from pain as we all inched our aching muscles all the way back those last remaining kilometres to the soft sanded beach at Anglesea with one final river crossing to the finish line. There is definitely adventure to be had with trail running. Maybe Vic Masters could consider including a fair dinkum trail run in its yearly itinerary or better still, run an event in conjunction with one of the Salomon races.

There are some great aspects about the Salomon Trail Running Series. It is well organised, caters for a range of Age Categories, the quality of the prizes are exceptional, through to great scenic locations and to top it all off, meeting some fantastic people along the way. I have run in the event since inception and would definitely run in the event again. Check it out.

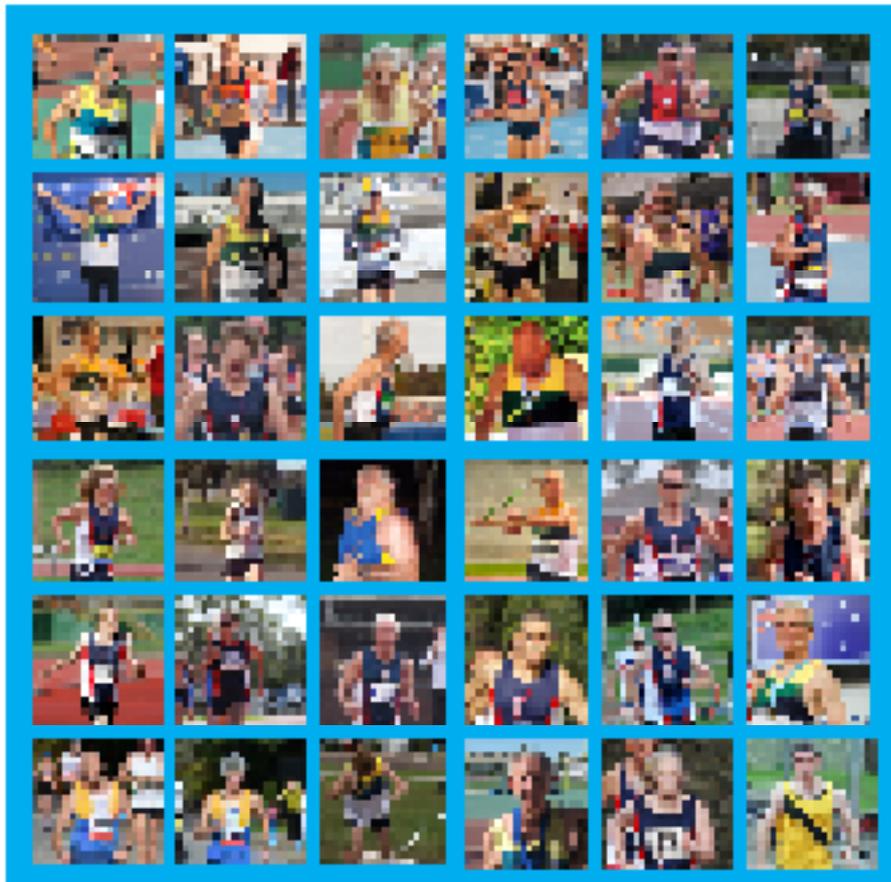


To be eligible for the series win, you needed to have competed in 3 out of the 4 races. For the more technically minded. My 3 race results were as follows, Race 2 - Plenty Gorge (July) 18k 1st Time 1:49:22. Race 3 - Silvan (August) 19k 1st Time 1:52:53. Race 4 - Anglesea (Sept) 23k 1st Time 1:58:14. These results gave me an overall series win with a picket fence in my Age Category (Archaeological relics).

I had to ask John what a picket fence is. It turns out it's when you get a series of wins 11111. Must be a Knox thing. I only knew what an Audi was 0000. Yep, that's more my speed - Russ

I'LL SUE...

My graphic from 1st August of the Vic Masters Team for Lyon



Athletics Australia's graphic from 10th August of the Australian Team for



ASK THE COACH

THE JAVELIN

KEEP YOUR FOCUS

I was working with a javelin thrower when she pulled her throw badly to the left and unfortunately skewered two racewalkers who were racing down the back straight. Clean through both of them.

"Oh God !!! No, no, no !!! What have I done ? What can I do ? What can I do ?" she said.

"Look, pull yourself together. Calm down" I said *"All you have to do is practise, practise, practise. It's a minor problem. Just look at how much distance you got to hit those guys"*.

You have to recognise the positives in all situations. "And be grateful that you only hit racewalkers and not runners. That would be more serious".

I have always taught my throwers to throw at a target. In my case it was always the guy with the spike waiting to measure the throw. Usually, they will stand a little out of range so with your first couple of throws just take it easy and lure them in. Then you can uncork the big one. Some spikers will stand off to the side so you may have to throw a couple to the other side to make them come into the sector.

Just to digress, have you noticed how sprinters when settling into their starting blocks always put their feet in the blocks then kick each leg backwards thinking it's loosening up the muscles. This is a bit like the young lady asking her mother why she had always cut a few inches off the Sunday roast. She said "I just copied my Mum". The mother then asked her mother who told her it was because her oven tray was so small a full roast wouldn't fit in. She had all just copied her without question.

It's the same with this thing of back kicking your legs in the starting blocks. It goes way back to Paddy "The Mule" Bolt, a very good sprinter but a nasty piece of work. Paddy would get into his blocks early and hope another competitor would walk behind him then *bang !* out lashed the leg. If he got an official, that was a bonus. For generations sprinters have done this without knowing the real genesis of the action. Someone copied Paddy Bolt and it continued on down the generations. It's a bit like AFL players crying when they retire. I didn't cry when I retired. I let everyone know what I thought of them. But someone cries and they all copy.

RUN UP

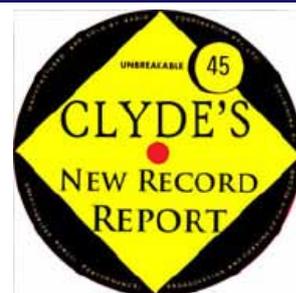
So to get back to the Javelin. People have always thrown the Hammer and the Discus by pirouetting one one foot. The shot put used to be done without this rotation but now it is "the norm". In keeping with my standing as an innovator, I am teaching my throwers to add this rotation to the Javelin as well. Your normal run up - 9-12 steps for you, 49 for me and rotate on the last steps.

Does this work ? You ask. Well not yet. No-one has mastered it yet and like all innovators I have opposition to my idea. A lot of Officials say it is dangerous. I had constructed nets like they have for the Hammer Cage along the runway at the Croydon track, but unfortunately we had an accident with the javelin going through the nets. Who could have anticipated that ? (Damn, I had had that dog for years. And I had trained him to fetch the javelins). I now have a quote to construct safety glass shields down both sides of of the runway for \$187,000 but am having trouble getting Maroondah Council to pay for this.

This is the same roadblock I met when I tried to introduce "The Dickenson Drop" into high jumping, then that upstart Fosbury pinched my idea and was able to get it approved in USA. But I digress.

At left is a diagram of the last steps before release. If you are a left hander transpose this. That means turn it over. (Got to spell things out for "leftys").





NEW RECORDS REPORT

Pending World Records:

W55	Heptathlon	Marie Kay	Qld	6682pts	-	6-8-15	Lyon France
W70	200m Hurdles	Marge Allison	Qld	36.71s	-	11-8-15	Lyon France
W60	Throws Pent	Dorn Jenkins	Vic	4437pts	-	16-8-15	Murrumbeena
W70	4x400m Relay	Peggy Macliver	WA	5:32.95	-	16-8-15	Lyon France
		Jean Hampson	Qld				
		Anne Lang	SA				
		Marge Allison	Qld				
W70	Half Marathon	Lavinia Petrie	Vic	1:41:52	97.2%	16-8-15	Lyon France
W75	50k Walk	Val Chesterton	ACT	8:06:47	87.6%	5-9-15	Canberra

Australian Records:

W60	3000m	Anne Ryan	Qld	11:46	95.5%	26-7-15	Sippy Downs
W70	80m Hurdles	Jean Hampson	Qld	18.70s	88.2%	4-8-15	Lyon France
W70	Heptathlon	Jean Hampson	Qld	4732pts	-	5-8-15	Lyon France
M45	Long Jump	Justin Hanrahan	Vic	6.55m	86.3%	5-8-15	Lyon France
W65	Heptathlon	Wilma Perkins	Qld	5415pts	-	6-8-15	Lyon France
W70	Javelin	Mary Thomas	NSW	24.31m	76.1%	7-8-15	Lyon France
W75	5000m	Lorraine Lopes	WA	27:03.79	90.8%	7-8-15	Lyon France
W65	Pole Vault	Wilma Perkins	Qld	2.11m	81.2%	8-8-15	Lyon France
W55	200m	Marie Kay	Qld	27.30s	98.5%	10-8-15	Lyon France
M75	300m Hurdles	Mick Stevenson	Tas	55.47s	94.4%	10-8-15	Lyon France
W65	Long Jump	Wilma Perkins	Qld	4.02m	84.9%	12-8-15	Lyon France
W75	Long Jump	Miriam Cudmore	SA	3.39m	91.6%	12-8-15	Lyon France
W45	400m	Janelle Delaney	NSW	57.37s	96.5%	15-8-15	Lyon France
W55	80m Hurdles	Marie Kay	Qld	13.03s	94.5%	15-8-15	Lyon France
M75	80m Hurdles	Mick Stevenson	Tas	14.98s	85.6%	15-8-15	Lyon France
W35	Triple Jump	Melissa Foster	WA	12.16m	85.0%	15-8-15	Lyon France
W70	Throws Pent	Mary Thomas	NSW	4407pts	-	16-8-15	Lyon France
W65	4x100m Relay	Paula Moorhouse	NSW	63.46s	-	16-8-15	Lyon France
		Evelyn Peake	SA				
		Margaret Taylor	ACT				
		Wilma Perkins	Qld				
W60	Javelin	June Lowe	NSW	23.80m	56.9%	16-8-15	Cairns
W85	Half Marathon	Norma Wallett	ACT	2:42:43	84.6%	23-8-15	Canberra
M70	30k Walk	George White	SA	3:14:05	83.5%	29-8-15	Adelaide
M70	50k Walk	Robin Whyte	ACT	6:06:34	75.8%	5-9-15	Canberra
W65	30k Walk	Heather Carr	Vic	3:37:02	88.8%	13-9-15	Middle Park

Victorian Records:

W70	Hammer	Rhondda Dundas		31.50m	80.0%	5-7-15	Murrumbeena
W45	Heptathlon	Karen Carah		4832pts	-	6-8-15	Lyon France
M45	400m	Andrew Wilcox		51.28s	95.3%	14-8-15	Lyon France
W65	Shot Put	Chris Schultz		8.95m(=)	74.1%	14-8-15	Lyon France
W60	Hammer	Dorn Jenkins		43.84m	86.9%	16-8-15	Murrumbeena
W60	Weight Throw	Dorn Jenkins		17.00m	91.8%	16-8-15	Murrumbeena
W70	Weight Throw	Rhondda Dundas		11.85m	81.9%	16-8-15	Cairns

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

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'



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.



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.



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, air fares and accommodation should be readily available and cheaper.

www.samastersathletics.org.au/nationals2016/



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

For further information refer to :
www.samastersathletics.org.au/nationals2016/
Hosted by SA Masters Athletics



Photographs courtesy of Michael Slagter and John Martin

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

2016 VMA MEMBERSHIP FORM



NAME

ADDRESS

SUBURB POSTCODE

EMERG CONTACT DOB

TELEPHONE MOBILE

EMAIL

VMA VENUE ATTENDING WOULD YOU LIKE TO RECEIVE THE VMA NEWSLETTER BY EMAIL?

OCCUPATION OR AREA OF EXPERTISE

APPLICANT'S SIGNATURE DATE

Please tick the category you are applying in. (see following explanation of categories)

	Sub to 31/12/15	from 1/1/16
Renewals -		
<input type="checkbox"/> Member's subscription	\$35	\$45
<input type="checkbox"/> Two members residing at the same address	\$55	\$75
<input type="checkbox"/> Life Members		free
<input type="checkbox"/> Renewing 80+ (if immed. 5 consecutive years prev.)		free
<input type="checkbox"/> Venue Volunteer (non competing)		free
Lapsed Members -		
<input type="checkbox"/> Individual fees	\$45	\$45.
<input type="checkbox"/> Two members residing at the same address	\$75	\$75
Associate Members		
<input type="checkbox"/> Subscription	\$20	\$20
New Members		
<input type="checkbox"/> Individuals	\$45	\$45
<input type="checkbox"/> Two members residing at the same address	\$75	\$75
<input type="checkbox"/> AV Members	\$35	\$35

PAYMENT - Please make cheques or money orders payable to VMA and send to the Subscription registrar- Ewen Wilson, 9-11 Cyril Street, Windsor, 3181. (Ph. 0423 424 185).

Credit Card - Visa Mastercard Card No.

Expiry Date Name on Card Signature

DISCLAIMER

I hereby declare that I am in good health and will be properly conditioned for the activities which I will enter with the Victorian Masters Athletics Inc. during the year 2016. I absolutely relieve Victorian Masters Athletics Inc. of any responsibility for any injury or damage to myself which I may sustain in the course of competing in events organised by the Association.

Signed

VMA PRIVACY STATEMENT

Personal information collected by the Association for registration purposes will not be passed to third parties except those sporting bodies with which the Association is affiliated for the purposes of registering the member with that body. Any member may at any time check their personal details as held by the Association.

UNIFORMS & ASSOCIATED MERCHANDISE

For information on VMA uniforms contact Ewen Wilson Ph. 9529 5260 (M) 0423 424 185
 Note: The regulation uniform must be worn for all championship events.

Victorian Masters Athletics Inc. - Venue Managers

Venue	Manager	Address	Phone
Aberfeldie	Doug Stokes	stokedw@yahoo.com.au	0447595170
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Springvale/ Noble Park	Alan Bennie Anthony Doran	alanbennie@optushome.com.au anthonyjdoran@y7mail.com	9547 2978 0425796740
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

2015 Committee

President	Russ Oakley	+61 419 873 137	president@VicMastersAths.org.au
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