



MASTERS ATHLETICS

FOOTSCRAY PRINTS



OCTOBER 2016



Perth Arrivals

ERROL AMERASEKERA	SIMON EVANS	JOHN MEAGHER	SHANE THIELE	KATHRYN HEAGNEY
BRETT ANTHONY	ANDREW FARR	BRIAN MEE	DIDIMO TONELLI	LIZA HENSHALL
RONALD ARTHUR	THOMAS FARR	DAVID MITCHELL	DAVID TRANTER	JULIE HERTZ
JAMES ATKINSON	GRAHAM FORD	TONY MORAN	RICHARD TREMBATH	MICHELE HOSSACK
STEPHEN BAIRD	PAUL FOSTER	GORDON MUIR	PAUL TURNER	SUSAN HOWELL
STEPHEN BARKER	ROBERT GARDINER	GRANT MURFETT	MATT UJMA	CAROLYN HUELL
COLIN BARNETT	MARK GIGLIO	GRAEME NODEN	PAUL VINEY	PIA HUNTER
MICHAEL BARRAND	ANTONIO GIULIANI	PHILIP NODEN	MAYER VORCHHEIMER	IRENE JAMES
GEOFF BARROW	BRIAN GREAVES	RUSSELL OAKLEY	JEFFREY WALKER	DORN JENKINS
IAN BEAUMONT	CRAIG GREEN	PETER O'DWYER	ANDREW WATTS	JANE KANIZAY
KEVIN BELL	MIKE HALL	GREGORY O'KEEFE	BARRIE WICKS	ANNA KASAPIS
RALPH BENNETT	LEONARD HALLETT	PAUL OLSSON	ANDREW WILCOX	GAELYNE KENSHOLE
DARREN BERNITSEN	JUSTIN HAMRAHAN	PAUL O'NEILL	DAVID WILKINSON BEARDS	MICHELLE KING
MICHAEL BISHOP	WARREN HATTWICH	TERRY O'NEILL	LESLIE WILLIAMS	KAREN KIRBY
PETER BLACK	GARY HENNESSY	DAVID PAGE	GREG WILSON	MICHELLE LAUFER
ROBERT BLUE	JOHN HERRIDGE	JOE PANE	ALLAN WOOD	NARELLE LEHMANN
CHRISTOPHER BOYLEN	JOHN HERTZ	ADAM PATTERSON	PETER WRZUSZCZAK	SYLVIA MACHIN
TONY BRADFORD	TERRY HICKS	TERRY PEARCE	CAMERON YORKE	CATHERINE MACRAE
LEON BROOKS	DAVID HIGGINBOTTOM	BRENDAN PEEL	PETER YOUNG	DALE MASINI
LEIGH BROWELL	MARK HIGNETT	STAN PESKA	JOHN ZELEZNIKOW	TONI MATTERS
DAMIEN BRUNEAU	JOHN HILDITCH	LEIGH PHELAN	HELEN ANDERSON	JANINE MCKERRON
MARK BURGMAN	WARREN HILL	GEOFFREY PITTMAN	MARGARET BEAUMONT	NARELLE MESSERLE
WILLIAM CARR	MARK HIPWORTH	RICHARD POLKINGHORNE	MARTINE BEER	PAMELA MEWS
PATRICK CARROLL	NICK HODGSON	JIM POULTER	LINDA BLACK	LEANNE MONK
TIMOTHY CHERRY	GEOFF HOLDEN	PRAMESH PRASAD	LORRAINE BRADBURY	SALLY MORRISON
DAVID CHISHOLM	ROBERT HOLZER	SEAN QUILTY	SARAH BRENNAN	WENDY MULDOON
JAMES CHRISTMASS	KEITH HOWDEN	STEVEN QUIRK	CHRISTINE BRIDLE	LORRAINE MUSSETT
ANDREW COCHRANE	ROB ITALIA	KULAN RAMASINGHE	BARB BRYANT	JULIE MORNEY
LEO COFFEY	JULIAN JACOTINE	CLYDE RIDDOCH	ANNE BUCKLEY	KARYN O'NEILL
ALLAN COOK	WAYNE JAMES	MICHAEL RYAN	DONNA BURGESS	JENNIFER PAYNE
MARCUS COOPER	ANDREW JAMIESON	ROSHAN SAMARASINGHE	JACINTA BURNS	LAVINIA PETRIE
PETER COWELL	JARROD KANIZAY	CRAIG SANFORD	LINDA BUTTIGIEG	TONI PHILLIPS
NATHAN CROWLEY	EERO KERANEN	JEFF SARGENT	LAURA CAMPBELL	SONYA POLLARD
REJI DANIEL	STUART KOLLMORGEN	GEORGE SCHILLINGER	KAREN CARAH	CARMEL QUIRK
LUKE DE BIASI	BRAD KRAWCZYK	ROBERT SCHWERKOLT	HEATHER CARR	CAROLYN ROSENBRICK
SAM DE FANIS	PETER LAMB	MARK SHARP	SHIRLEY COPPOCK	KELLY RUDDICK
DAVID DE VRIES	DUNCAN LARGE	GEOFF SHAW	LOUISE DAVEY	KATE SEIBOLD
JAMES DEANE	SCOTT LAWRENCE	GRAHAM SHAW	MICHELLE DEVERELL	ROBYN SHAW
TONY DELL	DAVID LAWSON	CAMERON SHERRY	GLORIA DEZWART	RAJWINDER SINGH
RUSS DICKENSON	PETER LE GET	RICHARD SHORTT	ANDREA DOWER	HELEN STANLEY
STEWART DOBRZYNSKI	TOM LEONG	COLIN SILCOCK DELANEY	ELIZABETH EASTWOOD	ANNE STOBBAUS
MARK DONAHOO	AARON LITTLE	JAMES SINCLAIR	DONNA EGGLESTONE	LAINIE TAYLER
LEON D'ONOFRIO	WILLIAM LITTLE	PAUL SKIPPER	DONNA MARIE ELMS	CARMEL TAYLOR
SHANE DRAPER	BRETT MAURER	BOB SMITH	JUDY FARRELL	ALISON THOMPSON
ANDREW DRUMMOND	ROB MAYSTON	DAVID SMYTH	CAROLYN FOX	PAM TINDAL
GEORGE DYER	DAVID MCCONNELL	KEVIN SOLOMON	SANDRA GEISLER	MARLA TRAUTMAN
MATTHEW EDDY	AARON MCDONOUGH	MICKAEEL SOUSSAN	CINDY GOY	MARGARET TWEEDIE
ELWYN EGAN	ASHLEY MCDOWALL	ROB STAGG	PENNY HALL	JEANNETTE VAN DEN BULK
ANDREW EGGINTON	JAMES MCENRY	RON STOBBAUS	AMANDA HARPER	ANDREA VIENET
MICHAEL EURY	CAMPBELL MCLENNAN	ANGUS SUTHERLAND	DAWN HARTIGAN	SUSANNE WILSON
				VAL WORRELL

Editorial

As our cover shows, 251 Victorians will be competing in the World Masters Athletics Championships in Perth this month. There will be 170 Men and 81 Women. There are 1415 Australians in total taking the rare opportunity to compete in a World Champs on home soil. (Hope it's not soil, but Mondo or similar). The Wassies put on a great Nationals so imagine how good this is going to be. I've heard free Margaret River shiraz and Marron skewers after each event. Or did I dream that ?

Well the Browne Shield is over for another year and to no-one's surprise Knox have won again. That's 10 years in a row and Lavinia and Paul Twinning won the individual titles just as they did 10 years ago.

After his double Gold in Rio, Mo Farah called me just to thank me for not being his coach. Then he asked me who Lavinia Petrie was. Apparently she phoned him to ask when he turned 30 and if he was free to run for Knox next year. You see, winning the Browne Shield takes forward planning.

It's taken too long to publish a tribute to one of Knox's favorite sons, Gary Stewart, who passed away last December but we've got two tributes in this edition. One from Melissa MacEoin and from Peter LeGet. You will get the gist of how popular Gary was.

Now Membership ! As happened last year, registration/renewals will open on 1st October. You can renew online or by paper entry. A paper copy of the 2017 Membership Form is in this issue. Either way, the rate stays the same as it has been since 1923 - \$35.00. If you don't renew by 31st December it goes up to an exhorbitant \$40.00. I've put a "Gift Voucher in Reverse" on the next page. If you give that to your friend or relative they can go online and renew you as a Christmas present.

Several people have contacted me to say they will be happy to read Footprints online and in doing so, save our club about \$20 per year per person. We would like to thank those people, but are there some more of you who could do this too ?

I'm really looking forward to catching up with all the Aussies and Kiwis in Perth and the great thing about "The Worlds" is that you meet up with like minded people from all over the world. Not a bad idea to take some tee shirts or singlets to swap. I had my eye on the Brazilian singlet in Porto Alegre and I managed to swap for one. Unfortunately, it was a size too small.

see 251 of you in Perth,

Russ Dickenson

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NAG FILE

*Athletes Moving into
a New Age Group*

KYLIE BARTON	into W45
MATT BOWDEN	into M50
DAMIEN BRUNEAU	into M40
ALAN BRYANT	into M70
TALITHA CRAWFORD	into W45
JUDITH DAVISON	into W80
ANDREW EGGINTON	into M55
MARLENE GOURLAY	into W65
DAWN HARTIGAN	into W60
PETER JOHNSTONE	into M80
SCOTT LAWRENCE	into M55
WILLIAM LITTLE	into M35
DAVID MARTINI	into M40
JOHN MATHEW	into M80
DOROTHY MAXWELL	into W80
MERYL MCCONNOCHIE	into W60
KATRINA PHILIP	into W55
SONYA POLLARD	into W50
MARK PRYN	into M55
GEORGE RENNIE	into M75
MICHAEL RYAN	into M55
MARK SHARP	into M50
BOB SMITH	into M75
ROBERT STAGG	into M50
GLENN SULLIVAN	into M50
MICHAEL THOMAS	into M45
PETER VIRTUE	into M55
JANICE WATSON	into W70
ROBERT WISHART	into M75

Masterpieces



Cut out this "Gift Voucher in Reverse" and give it to your friend, relative or whoever wants to give you a Christmas present. They will then go on line to :

<https://www.registernow.com.au/secure/Register.aspx?E=22827> and renew your VMA membership. It's a "Chrissie" present they don't have to wrap. Make sure you give them the information they need to renew by answering the questions on the membership form in this issue.

What's On

any queries on VMA running races can be directed to our Club Captain Lavinia Petrie 9728 3929 or captain@vicmastersaths.org.au

2016

- October 1-3 AMA Winter Throws Championships - *Wollongong* - see *AMA Website*
- October 8 AV Shield starts - www.athsvic.org.au/ - see *item P.4*
- October 13 Doug Orr Final - *East Burwood Venue*
- October 16 Melbourne Marathon - Also VMA Marathon -
To enter for VMA team : Team Name : "Victorian Masters Athletics" Password : "masters"
- Oct 26-Nov 6 World Masters Athletics T&F Championships - *Perth, Australia* - www.perth2016.com

2017

- January 7-8 2017 Australian Masters Combined Events Championships - *Bendigo* - Entries online at www.athleticsbendigo.org.au/ from 1/11/16
- Jan 15 AMA Half Marathon Championships - *Hobart*
- Jan 26-28 2017 Victorian Country Track & Field Championships, *Casey Fields, Cranbourne*
- March 18-25 World Masters Athletics Indoor Championships - *Daegu South Korea*
- Mar 25-26, 2017 Victorian Masters Championships - *Tom Kelly Aths Track, Doncaster*
- April 21-30 World Masters Games - *Auckland New Zealand*
- June 9-12 AMA Track and Field Championships - *Arafura Stadium Marrara Darwin NT*

2018

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

Masterpieces



Carmel Quirk tops a hill at Bundoora Park



Peter Cowell leading the youngsters at Cruden Farm



Antonio Giuliani and Steven Quirk plough through the mud at Bundoora



The 2016 Athletics Victoria Cross Country season is now over and our VMA teams have gone from strength to strength. We now have a great group of athletes competing for us. Once again we thank Team Manager David Sheehan and Team Captain Shane Draper for the wonderful job that they have done in recruiting, organising and assisting the athletes. Again we have to applaud our travellers Steve & Carmel Quirk from Mirboo North; Kevin Bell from Kyabram; Anne Buckley from Kyneton

Our teams Final Placings

Mens Division 3	4th.
Mens Division 7	1st.
Mens Over 40	11th.
Mens Over 50	4th.
Womens Division 3	12th.
Womens Over 40	13th.

These athletes represented us with distinction

Steven Quirk 1st M50+
 Shane Draper 8th M40+
 Peter Cowell 3rd M50+
 Matt Cutterham
 Shaun Green
 Mark Shalders
 Antonio Giuliani
 Michael Camilleri
 Kevin Bell 2nd M60+
 Ashley McDowall
 Sam Defanis 15th M60+
 Nicholas Van Raaphorst

Peter Black 8th M60+
 Adam Gregory
 Rob Italia
 Anne Buckley
 Helen Stanley 2nd W55+
 Nicola Hamilton-Morris
 Carmel Quirk 10th W50+
 Andrea Draper
 Linda Black 14th W50+
 Jeanne Bryan 11th W55+
 Maggie Armstrong
 Karen Ashton

VMA IN



Now that the XCR Season is over, we look forward to Athletics Victoria's Track and Field competition, *AV Shield*. It starts on Saturday 8 October. We will be fielding strong teams in both the Mens and Womens competition. As a VMA member you can compete for us. You need to join AV and pay the \$100 joining fee plus take out the Track and Field season's package which is \$125. For that you can compete in 12 rounds of competition and maybe the finals after that. You can go in any event - Throwing, jumping, running and walking and score points for us. It's a lot of fun and we now have a great group of people.

We desperately need throwers, jumpers and a hurdler or two would be great. It really is a case of "the more, the merrier". We will welcome you regardless of ability. I did the graphic on the right for Facebook to chase up some throwers.

**Throw your hat
into the ring
with us
this summer**



Masterpieces

Aberfeldie Advents

Members at Aberfeldie are excited about their new Club Singlet. These arrived in mid August, just in time for the finer weather coming up. On the first night, almost all who attended decided to purchase one... or more.

The Committee had been keen to develop its own Uniform for members to wear when at the venue, when participating at other non VMA runs or when training. Some preliminary work had been done by consulting members on design and colours. The navy and light blue singlet is designed to promote the Aberfeldie Club and Masters' Athletics more generally. The project was able to proceed when a grant from the Department of Health and Human Services was made available earlier this year.

Venue Manager Doug Stokes notes that members are already reporting improved times when wearing the new top! "It is great that there is significant interest from current members and those that we haven't seen for a while. The Club has incentives in place for members to wear the uniform during venue activities for the remainder of 2016," he said.

Brian O'Dea
Venue Secretary.

The singlet models are Ernie Stewart, Shane Draper, Tony Bradford, Brian O'Dea (we think), John Papworth, Adam Gregory, Carolyn Bowen and John Dean.



Croydon Calling

On 18th October Croydon Venue will be holding an *Aussie party* to celebrate the Masters Athletes going to compete in Perth. All to wear their Australian uniform for a photo! It's a special supper night. I'll make a croquembouche.....or not.

On 22 November 2016, Croydon Venue will be holding it's annual 3k Memorial walk for cancer. Other Venues very welcome to attend.

doncaster doings

Hurdles test is no obstacle

KEY TO SUCCESS IS HARD WORK AND FISH OIL

Kathryn Gawthorn

THREE mates in their 60s at Doncaster Athletics Club are tackling one of the sport's toughest events, the 300m hurdles.

Defying their ages, Graham Ford, 67, David McConnell, 63, and Greg Champion, 61, say there's no secret to this – just good luck in their genes, commitment to nutrition and training and a daily dose of glucosamine and fish oil.

In October, McConnell will represent Australia at the World Masters Athletics Championships in Perth.

He is in medal contention after winning two gold, four silver and one bronze at the national championships earlier this year.

Ford, a previous world masters champion, is hoping to join McConnell in Perth, if he can overcome injury.

Champion provides a healthy dose of humour and pragmatism when discussing the trio's exploits over the hurdles.

"There's nothing hard about it," he said. "It's very rare that anybody falls."

The decision to tackle the hurdles came relatively late in life for McConnell.

After participating in the occasional fun run, he took up athletics eight years ago only to discover he had talent.

All three agreed that not too many athletes attempt the hurdles, so the competition is less fierce.

There is, however, a large group of masters athletes training together at Doncaster, giving the trio plenty of momentum.

Masters athletes come in all ages, shapes, sizes and abilities, with only a few reaching world championship level.

Fun, developing friendships, losing weight, getting the buzz of competition, reliving their youth, improving physical and mental health and leaving the sidelines are among the reasons most have for participation.

Competing in age groups of five-year intervals, achieving a milestone birthday is eagerly awaited as this means moving to a better chance of a medal.

At 80, the long hurdles is reduced to 200m, another reason to celebrate a birthday.

Doncaster Masters' Athletics Club meets on Monday evenings (7pm) at the Tom Kelly track in George St, Doncaster and welcomes members of any athletic ability, with no pressure to participate in championships.

More information available at mastersathleticsdoncaster.org.au

Doncaster Venue runs both winter and summer pentathlon series', each of 6 months duration. The Summer Series is about to commence in October and there are great prizes up for grabs! Commencing at 7pm, every 3rd Monday evening of the month is Pentathlon Night. Athletes accumulate age-graded points throughout the series, with the best 5 rounds to count. Prizes are awarded for overall series winner, best in each event, and most improved – and no-one is eligible for more than 1 prize. Men's events – LJ, Jav, 200m, Discus, 1500m, and women's events – LJ, 100m, Jav, Shot, 800m. We welcome anyone who chooses compete in only a couple of these events and not the entire pentathlon, and men in women's events (and vice-versa).

The Winter Series has just finished and overall winner was Graham Ford (M65-69), with prizes also awarded to Bev Learmont (W65-69), David McConnell (M60-64), Graham Walter (M65-69) and Marla Trautman (W40-44) for their efforts in individual events. Congratulations to all!

For more information please contact Kath Gawthorn (kath_gawthorn@hotmail.com) or see the Doncaster Venue website (<http://www.mastersathleticsdoncaster.org.au/>).



From the Manningham Leader

Doncaster Masters Athletics Club members Greg Champion (left), Graham Ford, and David McConnell are clearing all hurdles.

Picture: KATHRYN GAWTHORN

RESULTS - 2016 VMA 10 miles

The VMA 10 mile Championship was conducted at Brimbank Park East Keilor on Sunday 21st August. A small field of 32 runners joined with 20 from the Victorian Cross County League for the event. A testing out and back course along the riverbank saw some close races in the M55 and M60 age groups.

Graeme Sayer M55 (Coburg) was a clear overall winner for VMA followed by Peter Gaunt (Collingwood) and Peter Rushen. In the M60 Greg Wilson, on the comeback trail, was pushed to the line by Yassine Belabed and Men's individual leader Les Williams (SVNP)

Collingwood's Heather Gaunt W45 was a runaway leader of the women with Knox athletes Lavinia Petrie W70 and Helen Stanley W60 rounding out the top 3.

We acknowledge the Victorian Cross Country League who sourced and marked the course.

A big Thank you also to Life Member Les Clark (Croydon) and Evelyn Kuys (Knox) who were timekeepers and recorders for the day.

Without their help we would not have been able to conduct the event.



Under 30

1	Samantha Byrne	-	28	1:39:20	49.68%
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W30

1	Nicola Hamilton-Morris	-	33	1:19:32	62.32%
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W35

1	Michelle Roberts	-	38	1:33:17	54.12%
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W45

1	Heather Gaunt	Collingwood	48	1:13:43	74.36%
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2	Tiffany Nangra	Knox	45	1:18:06	68.00%
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3	Michelle Quan	Knox	46	1:23:27	64.27%
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4	Liz Eastwood	East Burwood	47	1:28:34	61.20%
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W50

1	Monica Haddow-Cook	-	53	1:23:51	69.42%
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W55

1	Heather Cole	-	58	1:36:35	64.25%
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W60

1	Helen Stanley	Knox	60	1:17:31	82.22%
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W70

1	Lavinia Petrie	Knox	72	1:15:08	101.32%
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RESULTS - 2016 VMA 10 miles - continued

M40					
1	Simon Bull	Glen Eira	44	1:07:08	69.75%
2	Shane Draper	Aberfeldie	43	1:20:11	57.93%
3	Ed Lew	Invitation	40	1:31:18	49.71%
M50					
1	Tim Loveday	Knox	51	1:13:56	67.18%
M55					
1	Graham Sayer	Coburg	55	1:03:37	80.87%
2	Peter Gaunt	Collingwood	57	1:06:14	79.09%
3	Peter Rushen	-	56	1:06:59	77.51%
4	Joe Campisi	Glen Eira	59	1:15:31	70.67%
5	Stephen Murphy	Aberfeldie	55	1:21:21	63.25%
6	Christopher Worsnop	East Burwood	58	1:44:39	50.52%
M60					
1	Greg Wilson	-	64	1:07:22	83.08%
2	Yassine Belaabed	-	64	1:07:26	82.99%
3	Les Williams	Springvale / NP	60	1:08:05	79.12%
4	Greg Moore	Aberfeldie	64	1:14:20	75.29%
5	Chris Brown	Glen Eira	60	1:27:24	61.63%
6	Hank Kuys	Knox	62	1:32:12	59.54%
7	Clyde Riddoch	Aberfeldie	63	1:35:02	58.89%
M65					
1	Paul Twining	Knox	66	1:12:08	79.14%
2	Sam Defanis	East Burwood	68	1:23:31	69.73%
3	John Zeleznikow	Glen Eira	66	2:38:06	36.11%
M70					
1	John Dean	Aberfeldie	71	1:39:47	60.26%
M75					
1	Ashley Page	Mentone	75	1:34:31	67.32%



Lavinia Petrie with Sam DeFanis and right, John Dean after the 10 Mile.



RESULTS -

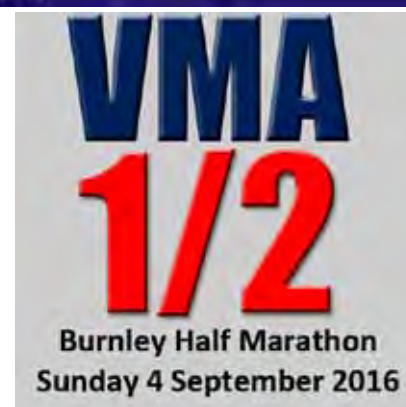
VMA 2016 Half Marathon Championships

The VMA Half Marathon was conducted at Burnley on Sunday 4th September, in conjunction with Athletics Victoria, from the Kevin Bartlett Reserve on The Boulevard in Burnley.

We had 45 starters in perfect running conditions, and some very close finishes in some of the age groups. All medals have been distributed either to Venue Managers or individually by post.

If you have not received your medal please contact captain@vicmastersaths.org.au

Individual outstanding performances were from Lavinia Petrie W70 1:39:47 - 100.79% and John Meagher M50 1:14:29 - 89.01%



W30			Age	Time	A.g %
1	Nicola Hamilton-Morris	-	33	1:46:09	61.69
W40					
1	Julie Aylward	Mentone	44	1:35:39	72.69
2	Kellie Macnamara	-	41	1:39:26	68.29
W45					
1	Julie Norney	Knox	48	1:24:09	86.06
2	Amanda Harper	-	48	1:34:36	76.55
3	Helen Bryan	Mentone	46	1:38:57	71.61
W50					
1	Susi Wilson	Knox	50	1:33:16	79.50
2	Pia Hunter	East Burwood	50	1:36:01	77.23
3	Kuni Bowden	Mentone	50	1:41:45	72.87
4	Merle Want	Glen Eira	54	2:06:07	61.74
5	Linda Black	Aberfeldie	54	2:18:26	56.25
W60					
1	Helen Stanley	Knox	60	1:40:46	83.56
W70					
1	Lavinia Petrie	Knox	72	1:39:47	100.79



*The Mentone ladies :
Kuni Bowden, Julie
Aylward and Helen
Bryan.*

RESULTS - VMA 2016 Half Marathon Championships

M35			Age	Time	A.g %
1	David Martini	-	39	1:22:29	72.34
2	Matt Cutterham	-	36	1:26:50	67.78
M40					
1	Liam Delaney	Collingwood	40	1:21:41	73.50
2	Antonio Giuliani	Aberfeldie	44	1:22:41	74.89
3	Shane Draper	Aberfeldie	43	1:24:12	72.94
M45					
1	Michael Bishop	Mentone	45	1:19:42	78.35
2	Ashley McDowell	-	46	1:27:31	71.94
3	Luke Goodman	Glen Eira	49	1:27:34	73.76
M50					
1	John Meagher	-	52	1:14:29	89.01
2	Peter Cowell	-	53	1:21:35	81.99
3	George Dyer	Knox	52	1:25:38	77.42
M55					
1	Steven Quirk	-	56	1:18:48	87.22
2	Peter Gaunt	Collingwood	57	1:24:45	81.84
3	Peter Rushen	-	56	1:27:45	78.32
4	Chris Murphy	Springval / NP	58	1:42:37	68.23
5	Stephen Murphy	Aberfeldie	55	1:44:45	65.02
M60					
1	Yassine Belabed	-	64	1:28:33	83.76
2	Terry Pearce	-	61	1:30:07	79.92
3	Peter Black	Aberfeldie	61	1:34:33	76.18
4	Greg Moore	Aberfeldie	64	1:35:31	77.65
5	Chris Brown	Glen Eira	60	1:56:38	61.17
6	Clyde Riddoch	Aberfeldie	63	2:07:31	57.59
M65					
1	Paul Twining	Knox	66	1:32:35	81.72
2	Kevin Bell	-	65	1:33:17	80.30
3	Kevin Solomon	-	69	1:45:09	74.2
4	Jim Hopkins	Collingwood	66	1:45:28	71.73
5	Sam Defanis	East Burwood	68	1:48:54	70.91
6	Bernie Leddin	Collingwood	68	1:55:26	66.89



Matt Cutterham



John Meagher

FINAL RESULTS - BROWNE SHIELD



The Browne Shield is an Inter-Venue event held throughout the Winter Season each year. Five events are contested: 8k Cross Country; 10k Track; 10k Road; 10 Miles; Half Marathon. Points are allocated to each finisher according to their score on the WMA Age graded percentage tables. The highest 3 scorers from each Venue are then totalled to determine the winning Venue for each round of competition.

Knox Venue came to the first round with their 'A' Game face on and never looked back. In fact they were the only Venue to field the mandatory 3 runners for the whole series, resulting in the biggest winning margin of the last 10 years.

Collingwood, Aberfeldie and Mentone battled it out for the minor placings with Collingwood just managing to stay ahead of Aberfeldie at the final count. Once again it is important to have at least 3 competitors to count for each Venue at each event.

Points for the individual Male and Female winners are taken from each athletes 4 best age graded % totals. Lavinia Petrie (Knox) was a runaway winner of the Female section with over 100% for 4 events.

In the Male section only 4 points separated Les Williams (Springvale Noble Park) and Paul Twining (Knox) going in to the last event. Unfortunately Les was unable to contest the Half Marathon and Paul had an exceptional run making him the winner by the smallest of margins.

This year was quite significant because the Knox Venue has now won The Shield for 10 years.

Also, as was the case in the first year of the event, Paul Twining and Lavinia Petrie were the individual winners.

In congratulating Paul Twining, we should acknowledge the fantastic efforts of Les Williams. His speciality is the 800m and he's entered for Perth (M60). He drove from Sale and home again each time to contest the Browne Shield events. Les also attends Springvale/NP at least once a month. He decided not to do the Half Marathon on the advice of his coach, and although he had outscored Paul in the 1st four races, Paul put in a great performance in the Half to just get over the top.

FINAL VENUE STANDINGS

Venue	10k Track	Cross Country	10k Road	10 Mile	Half Marathon	Cumulative
Knox	103.98 84.23 81.51	93.75 77.93 76.92	101.12, 82.81, 81.50	101.32, 82.22, 79.14	100.79, 86.06, 83.56	1316.84
Collingwood	78.15 73.76 67.51	79.74 77.70 71.90	80.19, 76.24, 75.12	79.09, 74.36	81.84, 73.50, 71.73	1065.80
Aberfeldie	75.82	74.5 72.25 69.92	79.20, 62.34, 76.20	75.29, 63.25, 60.26	76.18, 77.65, 74.89	937.75
Glen Eira	69.28	68.23 68.15 65.70	71.38, 64.86, 61.67	70.67, 69.75, 61.63	73.76, 61.74, 61.17	867.99
Mentone	76.38 74.00 72.43	67.17 45.61	84.61, 75.89, 73.76	67.32	78.35, 72.87, 72.85	861.24
East Burwood	-	63.89 66.74 55.18	60.62, 64.39, 72.02	69.73, 61.20, 50.52	77.23, 70.91	778.66
Springvale	82.89	79.29	83.35, 73.60, 69.40	-	68.23	535.88
Coburg	81.16 65.80	60.39 59.47	63.78, 55.74	-	-	467.21
Croydon	66.16	70.10, 52.10	74.10	-	-	262.46
Doncaster	73.45 63.98	68.07	-	-	-	205.50
Casey	-	68.58	75.30, 53.11	-	-	196.99
Sth. Peninsula	-	-	79.54, 74.68	-	-	154.22
Run2sday	-	-	60.94	-	-	60.94
Frankston	-	57.51	-	-	-	57.51

FINAL RESULTS - BROWNE SHIELD



FINAL WOMEN'S STANDINGS

Name	Venue	10k Track	Cross Country	10k Road	10 Mile	Half M'thon	Cumulative
Lavinia Petrie	Knox	103.98	93.75	101.12	101.32	100.79	407.21
Helen Stanley	Knox	-	77.93	81.50	82.22	83.56	325.21
Petrina Trowbridge	Collingwood	78.15	69.93	76.24	-	-	224.32
Heather Gaunt	Collingwood	-	71.90	75.12	73.46	-	220.48
Michelle Quan	Knox	61.38	61.03	-	64.27	-	186.68
Elizabeth Eastwood	East Burwood	63.89	-	60.62	61.20	-	185.71
Linda Black	Aberfeldie	-	56.08	62.34	-	56.25	174.67
Maria Barbetti	Coburg	65.80	60.39	-	-	-	126.19
Fiona Ely	Coburg	-	59.47	63.78	-	-	123.25
Julie Norney	Knox	-	-	-	-	86.06	86.06
Marlene Gourlay	Mentone	-	-	84.61	-	-	84.61
Heather Carr	Sth Peninsula	-	-	79.54	-	-	79.54
Susi Wilson	Knox	-	-	-	-	79.50	79.50
Pia Hunter	East Burwood	-	-	-	-	77.23	77.23
Kuni Bowden	Mentone	-	-	-	-	72.87	72.87
Jeannie Bryan	Mentone	-	-	-	-	72.85	72.85
Julie Aylward	Mentone	-	-	-	-	72.69	72.69
Helen Bryan	Mentone	-	-	-	-	71.61	71.61
Tiffany Nangra	Knox	-	-	-	68.00	-	68.00
Kath Gawthorn	Doncaster	63.98	-	-	-	-	63.98
Merle Want	Glen Eira	-	-	-	-	61.74	61.74
Evelyn Kuys	Knox	-	60.78	-	-	-	60.78
Toscha Stopar	Knox	-	60.30	-	-	-	60.30
Julie Hertz	Collingwood	-	59.54	-	-	-	59.54
Nicola Van Reenen	Knox	-	-	57.90	-	-	57.90
Maegen Kerr	Coburg	-	-	55.74	-	-	55.74
Vicki Thompson	Casey	-	-	53.11	-	-	53.11
Rosalind Dyer	Croydon	-	52.10	-	-	-	52.10
Pamela Mews	Knox	-	45.61	-	-	-	45.61

FINAL RESULTS - BROWNE SHIELD

FINAL MEN'S STANDINGS

Name	Venue	10k Track	Cross Country	10k Road	10 Mile	Half M'thon	Cumulative
Paul Twining	Knox	81.51	76.92	82.81	79.11	81.72	325.15
Les Williams	Springvale	82.89	79.29	83.35	79.12	-	324.65
Peter Gaunt	Collingwood	-	77.70	80.19	79.09	81.84	318.82
Greg Moore	Aberfeldie	75.82	74.50	79.20	75.29	77.65	307.96
Ashley Page	Mentone	72.43	67.17	73.76	67.32		280.68
Sam De Fanis	East Burwood	-	66.74	72.02	69.73	70.91	279.40
Chris Brown	Glen Eira	-	63.20	64.86	61.63	61.17	250.86
Christopher Worsnop	East Burwood	66.23	55.18	64.39	50.52		236.32
Peter Black	Aberfeldie	-	69.50	76.20	-	76.18	221.88
Jim Hopkins	Collingwood	73.76	67.41	-	-	71.73	212.90
Joseph Campisi	Glen Eira	-	68.15	71.38	70.67		210.20
Shane Draper	Aberfeldie	-	72.25	-	57.93	72.94	203.12
Stephen Murphy	Aberfeldie	-	59.26	-	63.25	65.02	187.53
Hank Kuys	Knox	-	56.00	66.45	59.54		181.99
Clyde Riddoch	Aberfeldie	-	61.22	-	58.89	57.59	177.70
Graeme Sayer	Coburg	81.16	-	-	80.87		162.03
Michael Bishop	Mentone	76.38	-	-	-	78.35	154.73
Ashley Birrell	Mentone	74.00	-	75.89	-	-	149.89
Tony Dell	Croydon	-	70.10	74.10	-	-	144.20
Mike Rennie	Knox	70.30	-	73.85	-	-	144.15
Rob Italia	Casey	-	68.58	75.30	-	-	143.88
Campbell McLennan	Doncaster	73.45	68.07	-	-	-	141.52
Greg Hughes	Glen Eira	69.28	68.23	-	-	-	137.51
Chris Murphy	Springvale	-	-	69.12	-	68.23	137.35
John Dean	Aberfeldie	-	59.60	-	60.26	-	119.86
Phillip Urquhart	Glen Eira	-	57.95	61.67	-	-	119.62
Peter Thorne	Knox	61.50	55.31	-	-	-	116.81
John Zeleznikow	Glen Eira	-	34.89	30.49	36.11	-	101.49
John Graham	Knox	84.23	-	-	-	-	84.23
Liam Delaney	Collingwood	-	79.74	-	-	73.50	79.74
George Dyer	Knox	-	-	-	-	77.42	77.42
Antonio Giuliani	Aberfeldie	-	-	-	-	74.89	74.89
Greg Lovejoy	Sth. Peninsula	-	-	74.68	-	-	74.68
Paul Connor	Knox	-	74.42	-	-	-	74.42
Luke Goodman	Glen Eira	-	-	-	-	73.76	73.76
Alan Bennie	Springvale	-	-	73.60	-	-	73.60
John Signorini	Knox	72.89	-	-	-	-	72.89
Westly Windsor	Collingwood	72.48	-	-	-	-	72.48
Ernie Stewart	Aberfeldie	-	69.92	-	-	-	69.92
Simon Bull	Glen Eira	-	-	-	69.75	-	69.75
Howard Rees	Springvale	-	-	69.40	-	-	69.40

FINAL RESULTS - BROWNE SHIELD

FINAL MEN'S STANDINGS cont.

Shaun Kemp	Springvale	-	-	67.58	-	-	67.58
Gerard Adrien	Collingwood	67.51	-	-	-	-	67.51
Rod Bayley	Collingwood	67.31	-	-	-	-	67.31
Tim Loveday	Knox	-	-	-	67.18	-	67.18
Bernie Leddin	Collingwood	-	-	-	-	66.89	66.89
Barry Murley	Croydon	66.16	-	-	-	-	66.16
Andrew Edwards	Glen Eira	-	65.70	-	-	-	65.70
Juan Perez	Springvale	-	-	63.73	-	-	63.73
Lindsay Oxenham	Springvale	-	-	63.00	-	-	63.00
Lou Buccieri	Springvale	-	-	62.10	-	-	62.10
Mark Pryn	Run2sday	-	-	60.94	-	-	60.94
Scott Lovell	Collingwood	-	60.51	-	-	-	60.51
Stephen Barker	Aberfeldie	-	60.43	-	-	-	60.43
Peter Thorne	Knox	-	-	59.75	-	-	59.75
Glen Claiden	Knox	-	-	57.57	-	-	57.57
David Dodson	Frankston	-	57.51	-	-	-	57.51
Gary Bell	Collingwood	53.29	-	-	-	-	53.29
John Herbstreet	Collingwood	52.81	-			-	52.81
Horacio Diaz	East Burwood	-	50.37			-	50.37

Vacancy - Club Captain

Victorian Masters Athletics is seeking a Club Captain

This role has been filled by Lavinia Petrie, but Lavinia stepped down at the last Annual General Meeting, although she will continue to oversee the remaining Browne Shield events for 2016.

The Committee thanks Lavinia for her significant contribution over the last few years as Club Captain and as a member of the VMA Committee, as well as an enthusiastic promoter of all things related to Masters Athletics.

One of the major tasks of the Club Captain is to manage the Victorian Masters teams in the Athletics Victoria Summer Shield and Winter XCR competitions. This activity will continue to be handled by Shane Draper and David Sheehan.

The remaining duties of Club Captain are varied and the committee would not expect a newcomer to initially take on all duties.

*Details are available from and applications should be emailed to :
Phil Urquhart at secretary@vicmastersaths.org.au*

RESULTS - 2016 AMA 20k WALK CHAMPIONSHIP

Held in Adelaide

Sunday 28th August

The 2016 AMA 20K Walk Championships were held this year in Adelaide for the first of a 3 year assignment. It had been held in Melbourne for many years and had attracted very few interstate competitors in recent years. That 6 interstaters attended looks good for the event, although it may have been influenced by the upcoming World Championship and walkers wanting to have a 20k hit out in the lead up.



MEN

M75			
1	Jim SEYMON	NSW	2:27.54
2	Rodger BARBER	S.AUST	2:39.33
M70			
1	Graham HARRISON	S.AUST	2:38.26
M65			
1	Gill McINROSH	S.AUST	2:25.55
M60			
1	Colin HEYWOOD	N.T.	1:54.39
M55			
1	Simon EVANS	VIC	1:58.32
2	Peter CRUMP	S.AUST	2:01.07
M50			
1	Gerard FEARN	VIC	2:10.55
2	John LEYDON	S.AUST	2:14.41
M40			
1	Pramesh PRASAD	VIC	1:52.30
M30			
1	Kim MOTTROM	S.AUST	1:43.43

WOMEN

W65			
1	Heather CARR	VIC	2:11.13
2	Avriill HILL	S.AUST	2:38.25
W55			
1	Marie MAXTED	S.AUST	2:20.09
W50			
1	Ann WEEKS	NSW	2:10.21
2	Raelene SCHILD	S.AUST	2:39.32
W45			
1	Cherie ROTHERY	S.AUST	2:20.20

THE DOUG ORR 880 YARDS INTER-VENUE FINAL

at East Burwood Venue (Bill Sewart Athletic Track, Burwood Hwy)
on Thursday 13th October 2016 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.

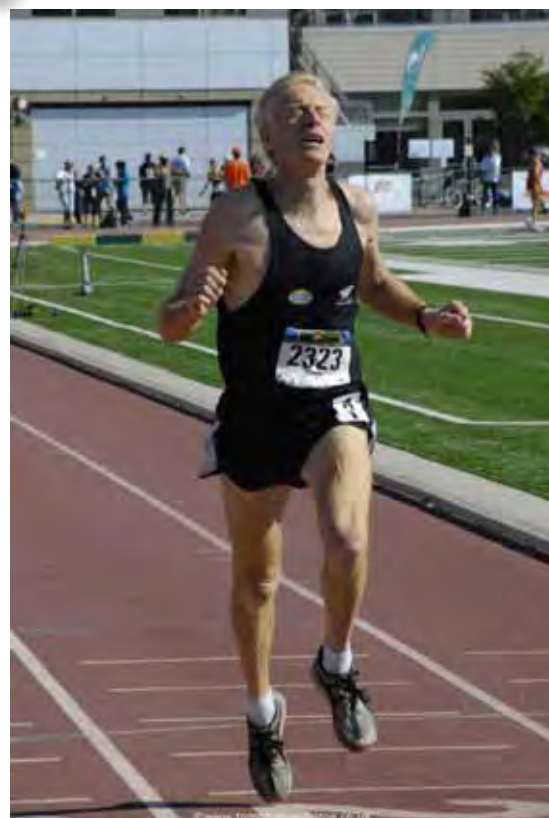
If there are any queries regarding this event don't hesitate to contact me.

Good Luck,

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

MUST SEES IN PERTH 2016

You don't have to look too far to find great athletes at the Worlds. Because I'm a walker, I'm looking forward to seeing our guns - Kelly Ruddick, Andrew Jamieson, Lyn Ventris, Heather Carr and Pam Tindal compete. Lavinia Petrie is in great form and looks a class above anyone else in the W70 distance events. How hot are the M50 middle distance events ? David Heath GBR, our own Richard Polkinghorne, Rob Schwerkolt and Allan Cook. Throw in a few more from overseas. The Womens W45 200m and 400m has NSW's Janelle Delaney, who took the double in Lyon, up against Emmanuelle McGowan of the USA and our Narelle Lehmann and Lenore Lambert who beat Janelle at the Nats. I'm betting our girls will back up their relay Golds from Lyon. Justin Hanrahan has had some injury problems but he's going for 3 Decathlon wins in a row. What an achievement that would be. Marie Kay has owned the Heptathlon, but she's been having injury problems as well. If you want to see a truly great all round athlete look in on some of Marie's events.



Ron Robertson NZ. An unparalleled record stretching back to Rome 1985. Ron has won multiple Gold medals at 9 World Championships setting a swag of World Records along the way in distance, CC and Steeple. Now M75 don't miss seeing him !



Bill Collins USA. Certainly in the top few all time great sprinters in Masters Athletics. Now M65 but has set World Records in many age groups along the way. Have a look.

Kathy Martin USA. Now in the W65 she has entered 800m; 1500m; 5000m; 10000m; Steeple; CC and Half Marathon. Holds the W60 W.R. in the Mile and Steeple.



VALE GARY STEWART - a tribute by Peter Le Get

Every club needs some stalwarts in order to survive. There are those who hold official positions and who keep the records, count the money and do their duties and they couldn't be done without. But there are also those who, while not pushing themselves forward, are the heart and soul of the place and in many ways are the glue which keeps a club together. Knox Masters Venue has been fortunate to have had Gary Stewart as such a member for many years.

Gary had always been a keen sportsman and was a football umpire in the Eastern Districts League. So even if he had not run formally with a group he had always been a pretty fit guy. His introduction to the Vets (now Masters) was when Jock Cravana, having started here the previous year, brought him along to our track in 1997. Jock recalls that Gary won the first event he ran in here but couldn't claim the prize as he was not yet registered as a Vets member. He obviously came on quite quickly as "Around the Grounds" July 1997 has him running a 10km PB in 40.39 and 1600 in 5.49 at age 51. Pretty good times to start with but of course he did far better later as he really got into it.

Gary quickly got into the swing of things as in that same year he ran the 25km road at Maribyrnong in 1.46.36. Apparently against his will Jock got him into the Melbourne Marathon, he wasn't happy with all the hours training and the 30km runs necessary for it, but was prepared to accompany Jock in his quest. First time up he ran it in 3.29. He did run another later but it wasn't his favourite distance. Ian U'ren used to keep Knox statistics and notes that in 1998 Gary held the record for fastest time in his age group for virtually all events from 400 to 10,000 metres. In 1999 aged 54 he did nearly the same, this time adding the 10 lap spiral which became one of his favourite events.

It all progressed from there - Gary put together a great record of achievements in important events.

Amongst them were half-marathons, including our Knox half-marathon handicap, where his actual time was 4th fastest overall in 1998 in 79.54 and 6th in 2001, even

though by then well in to his fifties. Other big ones were 10 miles road, 25km road, 10km road, track and cross-country. In these events it was Gary and others' strong running which resulted in Knox Venue's regular dominance of Browne Shield events. It seemed that in the late 1990's - early 2000's Gary's favourite distance was 10km, occasionally up to 25km and he was always well-placed in these races. Helen Stanley records that when a big event was coming up he devised his own program, watched what he ate, as well as going off beer, and went into an 8-week program with an increase in speed work. Once the campaign was completed he wasn't so fussy about what he ate and drank. In his own way Gary was a bit reticent in explaining how he went about it, but certainly held to his program of a couple of speed sessions a week, Wednesday evening competing here at Knox, and a long run on the weekend, often with Jock, and the results spoke for themselves.

Another event where Gary always put in was the Andy Salter relay at Springvale. While probably not often in our star-studded first team the teams he ran in were always well-placed and he recorded a lap time of 11.22 in 2000. From available records it appears Gary's best time for 10km was 37.40, also recorded in 2000 aged 55, at an age graded % of 83.1. Pretty good effort!

Gary was usually ready to contest whatever was on the Wednesday evening program. A typical effort was on 28th March 2001 when he ran creditable times in the 300, 1500 and 3000 metres. Another time, 6th



VALE GARY STEWART

August 2003 he chose to run last in each of the 90, 200 and 1500 metres ! Sprints weren't really his go but he loved to participate. Gary was the ultimate team man, doing his best for whatever team he was in but ready to drop back and run with those who needed some encouragement. There are many instances in the records where his time was the same as someone else's, meaning he had run along with them for company and to help them over the line. He had a strong running style, head and shoulders moving together and his cropped hairstyle was always easy to pick.

In latter years Gary seemed to specialise in 5km events and it was for his consistency in these that we now well remember him. In the years 2012/13/14 Gary ran 1st/2nd/1st in the Victorian Masters 5km in Mens 65-69, average time for those three years of a tick over 20 minutes. Furthermore, he ran the 5km and 8km cross country in the National Championships in Brisbane 2011 and Melbourne 2012, his best effort being silver in the Melbourne 5km in 19.31, at 84.8 %, and 3rd in each of the other events. And poignantly, as recently as 24th June 2015 he ran the 5km at Knox in 25.47, as well as completing a 3 lap spiral.

Gary was a star off the track as well. When it was suggested that we should run a raffle to raise funds for the venue he and Jock organised this between them. Later the opportunity came for a barbecue fund-raiser at Bunnings. Gary didn't hesitate - he took on the concept, put in all the hard work of organising rosters, purchasing the victuals and ensuring it ran smoothly on the day. He was always an effective worker without any fuss, always ready to volunteer to officiate on and off the track. Gary enlivened many Wednesday nights with his humorous remarks together with his cackling laugh, and was the owner of a piercing whistle to bring the group to order for any announcements. Gary of course possessed many other attributes in his life but this tribute attempts to summarise what we saw in connection with Masters athletics. All-in-all, a great clubman and a gentleman and we were fortunate to have him amongst us all those years.

Goodbye Gary - a tribute by Melissa MacEoin

On Remembrance Day, 11 November 2015, over 40 Victorian Masters runners joined a crowd of mourners, to celebrate the life of the unforgettable and much loved Gary Stewart.

Gary was a long term member of Victorian Masters and during that time showed himself to be a wonderful athlete. Gary was a part of the winning Browne Shield team on 9 occasions.

On a personal note, I am sure you all have one of those people who has been there to support and inspire your running. Well, that is who Gary was to me. There are members who have known Gary longer, and were closer to him, and I hope that I am able to do justice to what he meant to us all in this article. The reason I have been given this honour is that Gary once wrote an article about me - in this very publication (Footprints Aug 2014). I feel that he would not mind that it has taken me so long to write this article, as he was telling me for at least a year that he was going to write one about me! Sometimes it takes time to find the right words.

During the service, the most moving words were those from Gary himself, as he said farewell in his humble and caring way, in a letter he wrote while he was able. And the words that stuck with me were those of advice to his beloved grandchildren: 'Show respect and be kind'. Gary, your life embodied those values, and that is how we will remember you.

Yet, we will remember you in other ways as well! I asked the people at Knox for a word that came to mind when they thought of Gary, and here is the picture we painted:

Happy, cheery	Focused and funny,
Embracing, inclusive	Cheerful and sweet.
Determined, competitive, positive, stubborn.	Quietly dedicated, with no fuss.
A gentleman and a mainstay,	Wonderful perseverance,
Who steps up to the plate.	With a sweet, happy, smiling face.
Cheeky little bastard!	Jocular, Bald, Enthusiastic,
Champion runner,	Popular, Fast, Sharp,
Champion bloke.	

Gary, we love you and we miss you. We are sad that you had to leave us, but we will keep running with you inspiring us.

NEW RECORDS REPORT

Pending World Records :
Nil



Australian Records:

M50	Throws Pent	Stuart Gyngell	NSW	4192pts	-	5-10-15	Cook Islands
W45	H Weight Pent	Gabriele Watts	NSW	4174pts	-	6-2-16	Wollongong
W30	56lb Weight	Melissa Holahan	NSW	5.90m	-	7-2-16	Wollongong
M75	100lb Weight	Noel Donohoe	NSW	2.22m	-	7-2-16	Wollongong
M30	Triple Jump	Shaun Fletcher	NSW	14.59m	80.4%	5-3-16	SOPAC
W30	Heptathlon	Jitka Hiscock	NSW	4626pts	-	1-4-16	SOPAC
W35	4x1500m Relay	Erika O'Reilly	Qld	21:42.68	-	15-5-16	Gold Coast
		Petrina Brown	Qld				
		Katie Menzies	Qld				
		Renee Witt	Qld				
W85	400m	Christiane Dauphin	Qld	2:22.65	72.2%	31-7-16	Gold Coast
W75	56lb Weight	Fran Harris	ACT	2.58m	-	27-8-16	Turner ACT
W85	800m	Christiane Dauphin	Qld	5:34.89	78.7%	28-8-16	Gold Coast
W60	H Weight Pent	Dorn Jenkins	Vic	4815pts	-	25-9-16	Murrumbena
M80	100lb Weight	Bill Binks	Vic	2.21m	-	25-9-16	Murrumbena

Victorian Records:

W60	Triple Jump	Margaret Tweedie	8.24m	79.7%	10-12-15	Nunawading
W60	300m Hurdles	Margaret Tweedie	55.66s	86.0%	8-8-16	Doncaster
W60	300m Hurdles	Margaret Tweedie	54.9s	87.1%	17-8-16	East Burwood
W55	H Weight Pent	Narelle Messerle	2251pts	-	25-9-16	Murrumbena
W75	H Weight Pent	Jane Kinsey	1919pts	-	25-9-16	Murrumbena

Clyde Riddoch

VMA Records Officer

40 Beauchamp Street, Preston Vic 3072

Telephone 03 9470 1490(H), Mobile 0439 902 907, Email: clyderiddoch@msn.com

2017 Australian Masters Combined Events Championships

La Trobe University Athletics Complex

Retreat Road, Bendigo

7th and 8th January 2017

Draft Program

Entries on-line at www.athleticsbendigo.org.au from 1st November 2016

Enquiries to athleticsbendigo@ozemail.com.au

DAY 1 - SAT.

11:20	100 metres - Men
12:00	Long Jump - Men
13:00	Shot Put - Men
13:30	100m Hurdles - Women
13:45	80m Hurdles - Women
14:15	High Jump - Women
14:30	High Jump - Men
15:15	Shot Put - Women
15:50	200 metres - Women
16:15	400 metres - Men

DAY 2 - SUN.

10:00	110m Hurdles - Men
10:10	100m Hurdles - Men
10:20	80m Hurdles - Men
10:30	Long Jump - Women
10:45	Discus - Men
11:30	Javelin - Women
11:30	Pole Vault - Men
12:15	800 metres - Women
14:00	Javelin - Men
14:45	1500 metres - Men



2017 VICTORIAN MASTERS ATHLETICS -- MEMBERSHIP FORM

Family name: Other name(s):

Address: Suburb:

Postcode: Date of Birth: ... / ... / ... Home Ph:

Email: Mobile:

Emerg contact Name: Phone:

VMA venue attending: Newsletter distributed by: Post / Email

If AV member athlete club: Qualified coach: Y/N Area:

Occupation or area of expertise:

Circle amount of the membership category applying to you

Renewing members (from 2016)	Payment prior to 1/1/17	Payment from 1/1/17
Individual renewing member	\$35	\$45
Two members residing at the same address	\$55	\$75
Life members	Free	Free
Renewing 80+ member (if a member for the previous 5 consecutive years)	Free	Free
Volunteer (non competing)	Free	Free
Lapsed members		
Individual renewing member	\$45	\$45
Two members residing at the same address	\$75	\$75
Associate member (Under 30)	\$20	\$20
New members		
Individual renewing member	\$45	\$45
Two members residing at the same address	\$75	\$75
Current AV members	\$35	\$35

PAYMENT - Please make cheques or money orders payable to VMA and send the Subscription to: registrar – Ewen Wilson, 9-11 Cyril St 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 2017. 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:

Date: ... / ... /

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) 952 5260 (M) 0423 424185

Note: The regulation uniform must be worn for all championship events.



AUSTRALIAN MASTERS ATHLETICS CHAMPIONSHIPS

DARWIN 2017



**OVER 30'S ATHLETICS
FRIDAY 9TH - MONDAY 12TH JUNE 2017
ARAFURA STADIUM, MARRARA, DARWIN**



"We would like to acknowledge the Larrakia people who are the traditional custodians of this land. We would also like to pay respect to the elders past and present of the Larrakia nation and extend that respect to other Aboriginal people present."

QUICK FACTS

When:

Saturday 9th June – 12th June 2016

Where:

Darwin, Northern Territory

Travel:

You know you are at the top of the country when your flights in and out are at midnight. Be sure to check your flight times carefully when booking your flights.

Accommodation:

From local caravan parks to hotels and motels, there is plenty of accommodation on offer close by the track. For more information, please visit our website: www.ntathletics.org.au

Other Activities:

Being remote and a totally unique part of Australia, we invite all who have the opportunity to explore the Top End to visit some following attractions: go on an Indigenous Culture Tour, explore the Tunnels of WWII, view the Bombing of Darwin Exhibition, go on a Harbour Cruise, visit one of the many Wildlife Parks, see the Crocs Jump and there is **PLENTY** more on offer.



For further information refer to:
www.ntathletics.org.au
Hosted by Athletics NT



**IF YOU NEVER HAVE A GO
THEN YOU'LL NEVER NEVER KNOW**

DARWIN 2017

PROPOSED SCHEDULE OF EVENTS

THURSDAY 8TH JUNE 2017

Registrations open from 12noon

FRIDAY 9TH JUNE 2017

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

SATURDAY 10TH JUNE 2017

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

ATHLETICS FORUM

SUNDAY 11TH JUNE 2017

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

DINNER / AWARDS NIGHT

MONDAY 12TH JUNE 2017

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

DARWIN & THE NORTHERN TERRITORY

Relatively cool weather arrives in May, and until July, nights are crisp and the mornings are misty with temperatures ranging from 17-23 °C during the night and a pleasant 29-32°C degrees during the day. Darwin really comes alive at this time of year as everyone makes the most of the clear skies and heads outdoors.

This is a great time to recline in a deckchair and watch a movie under the stars at the open-air Deckchair Cinema; or watch the sunset over the Timore Sea after visiting the famous Mindil Beach Markets.

It is also the perfect time to explore the more remote areas of the region that can be off-limits during the wet.

'or watch the sunset
over the Timor Sea after
visiting the famous Mindil
Beach Markets".



Victorian Masters Athletics Inc. - Venue Managers

Venue	Manager	Address	Phone
Aberfeldie	Doug Stokes	stokedw@yahoo.com.au	0447595170
Casey	Paul Olsson	olssonpf@bigpond.net.au	0408 340 151
Coburg	Neville Wilson	nlw@melbpc.org.au	9459 7827
Collingwood	Helen Brown Heather Johnstone John Pocock	helenrbrown@bigpond.com johnno88@tpg.com.au pocockjr@bigpond.com	0419 363 905 0412 353 696 0412 077 223
Croydon	Karen Archer Barrie Wicks	quinarcher@aapt.net.au barriewicks40@gmail.com	0414 701 772 9735-5462 0407 865 779
Doncaster	Kath Gawthorn Katrina Philip	kath_gawthorn@hotmail.com	0447 494 509
East Burwood	Peter Dodgshun Gerald Burke Jack Fredrickson	peterdodgshun@optusnet.com.au geraldburke@optushome.com.au	0419 872 130 0408 315 471 9802 6926
Frankston	Frances Halton David Dodson	rfhalton@alphalink.com.au david.dodson@iinet.net.au	0405 474 472 9782 1712
Geelong	Alan Jenkins	alanjenkins4@bigpond.com	5221 7468 0419 314 568
Glen Eira	Andrew Edwards Judy Wines	Leedsfan2@optusnet.com judywines@bigpond.com	9555 4226 9885 4904
Knox	Tracey Carpenter	traceycarpenter@y7mail.com	0407 093 132
Mentone	Ashley Page	apa16161@bigpond.net.au	0448 866 025
Southern Peninsula	Meredith Radford Alan Radford John Sutton Greg Lovejoy	radfordguns@sctelco.net.au radfordguns@sctelco.net.au jsutton2@optusnet.com.au	5988 6221 5985 9017 5982 0449
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
Run2sday	Bronwen Cardy David Sheehan	bronwencardy@hotmail.com.au midget32@hotmail.com.au	0422 213 050 0448 213 200

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. <i>Sunday, field events</i>	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, <i>Fortnightly in winter on Sunday at 9:00 am</i>	Melway 169 E6

Victorian Masters Athletics Inc.

President	Russ Oakley	9720 8835	president@VicMastersAths.org.au
Vice President	Tony Bradford	9749 2248	vice-president@VicMastersAths.org.au
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Asst Secretary	Chris Murphy	9547 6324	assistant-secretary@VicMastersAths.org.au
Treasurer	Andrew Edwards	95554226	treasurer@VicMastersAths.org.au
Club Captain	Lavinia Petrie	9728 3929	captain@VicMastersAths.org.au
Committee	Graeme Rose	9836 2350	graeme.rose@VicMastersAths.org.au
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	Russ Dickenson	9870 8103 0418333569	dicko@iinet.net.au
Hon. Auditor	David McConnell	9849 0680	
VMA Team in AV	David Sheehan	95681061 0448 213200	PO Box 539, Gembrook 3783 midget32@hotmail.com
Uniforms	Ewen Wilson	9529 5260 0423 424185	uniforms@VicMastersAths.org.au
Subscriptions	Ewen Wilson	9529 5260 0423 424185	registrar@VicMastersAths.org.au
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Footprints Editor	Russ Dickenson	9870 8103 0418333569	dicko@iinet.net.au
Around The Grounds	Russ Dickenson	9870 8103 0418333569	dicko@iinet.net.au
Website (Interim only)	Russ Dickenson	0418333569	dicko@iinet.net.au
	Phil Urquhart	0419357823	secretary@VicMastersAths.org.au
Throwers' Group	Graeme Rose	9836 2350	graeme.rose@VicMastersAths.org.au