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FOOTPRINTS

JUNE 2017

**SHAUN
TAYLOR "THE
FLYING COP"**

**LIST OF
VICS
GOING TO
DARWIN**

**BROWNE
SHIELD RESULTS
AFTER ONE
EVENT**

Editorial

This has been a hard edition to finish because this weekend has been 24 hour "Schapelle watch". Yes I've been distracted, but how often do you get an event as exciting as this. I thought the "O.J. Simpson chase" was pretty special but this was better. What's more Season 3 of "House of Cards" starts today on Netflix so I'm gearing up for a binge watching session. If you have any complaints about this issue *I don't care*. Of course I will care again in a week or two but by then I'll be in Darwin.

I'm into pebble arranging. Wasn't sure what to do on the cover so I slipped out to the back yard and made some Footprints.

I've been training hard for Darwin. Clocking up the "k"s during the day and in the evenings sitting in the sauna drinking wine. I've had my feet in a bowl of water to simulate sitting by the pool. I'm aiming at a full 24 hour preparation.

Did I say what a great job the Darwinians have done promoting the Nationals? There are a record number of entries. Maybe there are lots of people like me who've never ever been there and really want to know.

The Browne Shield is off and running and guess who is instantly in the lead? Well, it's Knox!! You could have knocked me over. Lots of people would.

There are details of the next 3 Browne Shield events in this edition. The 8k CC is next; then the 10k road followed by the 10 Miler, which returns to Princes Park. Do you think they should just change the name to Princess Park because that's what everybody calls it? Note that the date has changed for the AV/VMA Half Marathon. It's now on 10 September.

I'm pretty stoked about our XCR teams in the AV competition. What a great job David Sheehan and Shane Draper have done in putting together a really strong crew. As I've said before Peter Cowell, Steve and Carmel Quirk, Greg Wilson and Anne Buckley all travel long distances to compete for us. As we go to print, the Cruden Farm event has been run but we don't have team results.

*Been watching the weather,
33 degrees everyday in Darwin.*

Russ Dickenson

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NAG FILE

Athletes Moving into a New Age Group

Dennis Aspinall	INTO M70
Carolyn Aughey	INTO M75
Lorraine Beale	INTO W75
Linda Black	INTO W55
Christine Bridle	INTO W60
Anne Buckley	INTO W50
Simon Bull	INTO M45
Brad Buyck	INTO M40
Mark Cauchi	INTO M60
Mark Challen	INTO M60
Betty Collier	INTO W75
Gina Denholm	INTO W40
Peter Dodgshun	INTO M65
Margaret Dunbar	INTO W80
Nikki Eadie	INTO W45
William Harrison	INTO M75
Chris Joseph	INTO M50
Robert Lewis	INTO M70
Annette Major	INTO W55
David McConnell	INTO M65
Aaron McDonough	INTO M45
Sonya McLennan	INTO W65
Susumu Miura	INTO M50
Denis Phillips	INTO M75
Mark Purvis	INTO M60
Gwen Steed	INTO W75
Gary Stopar	INTO M70
Paul Viney	INTO M55
Jeff Walker	INTO M70
Greg Wilson	INTO M65
Allan Wood	INTO M80

Masterpieces

MEA CULPA

(This is Latin for “There’s a mistake, but it’s not my fault “)
 In April Footprints I captioned a photo wrongly, saying Ian Ure was following Mark Purvis when in fact it was Ian Dent. Sorry Ian. Here’s that photo again. (It was Mark’s fault for obscuring Ian’s number)

The results of the VMA 5000m Walk that were sent to me didn’t include Frank Prowse or Geoff Barrow :

M65

1	Frank Prowse	33:37.0
2	Geoff Barrow	34:19.0

Also the Victorian Records shown in our Results were out of date.

And, Beverley Hugo won the W75 Shot Put not finished 2nd as the results showed.

From the Daegu World Indoor’s I didn’t include the Australian half marathon team result. In the M50 category, we finished second. The team was : Clemens Schmitt 50, Roger Pilkington 55 and Victorian Yassine Belaebad 65. (Sort of my fault but not really)



What’s On

any queries on VMA running races can be directed to our Secretary Phil Urquhart 0419357823 or secretary@vicmastersaths.org.au

2017

- June 8 The John Gosbell Memorial 5km Teams Run - *East Burwood Venue - 7.40*
- June 9-12 AMA Track and Field Championships - *Arafura Stadium Marrara Darwin NT*
<http://ntmastersathletics.com.au/>. **ENTRIES CLOSED**
- June 25 VMA 20k Walk Championship - *Middle Park - 8.30 am - Enter on day or thru VRWC site*
- June 25 2017 VMA Cross Country Championship - *9am - George Knott Reserve, Clifton Hill*
- July 22 VMA 10k Walk Championship - *Middle Park - 2.15pm - Enter on day or thru VRWC site*
- August 6 2017 VMA 10k Road Race (Eric Greaves Mem.) *10am Braeside Park, Braeside - Enter Online - https://www.registernow.com.au/secure/Register.aspx?E=25630*
- August 6 AMA 20k Walk Championship - *Adelaide Harriers Clubrooms, Adelaide Parklands*
- August 20 2017 VMA 10 Mile Road Race - <https://www.registernow.com.au/secure/Register.aspx?E=25627>
- September 10 2017 VMA Half Marathon - *Burnley - Entries AV Website*
- September 25 The Sixty Minutes - *7.30pm - Doncaster - Entry Form in this edition*
- September 24-28 Asian Masters Athletics Championships - *Ruago, China - http://www.AMAC2017.cn*
- October 27-29 Japan Masters Athletics Championships - *Wakayama - http://www.j-master.gr.jp/*

2018

- January 20-27 Oceania Masters Championships - *Dunedin NZ - www.oceaniamastersathletics.org*
- April 26-29 2018 AMA T&F Championships - *Perth -*
- TBA World Masters Athletics T&F Championships - *Malaga, Spain*
www.rfea.es/competi/2018_Malaga_WMA/

Masterpieces

We are pleased to welcome Helen Stanley to the VMA Committee. Helen is very well known to most of our members as someone who regularly competes in the Browne Shield, State, National and World Championships, Inter-Venue events and is a long term member of Knox Venue.

Unfortunately, Chris Murphy our Assistant Secretary has not stood for re-election and we will miss his secretarial skills and intelligent contributions to discussions on the Committee.

With Helen's addition we are delighted to be able to say we now have 3 Women on the Committee. I think it would be a long time since we have had that number.



Helen Stanley

I couldn't find a photo of Chris Murphy in my files, but this is a sketch I did of him.



The 20th Asia Masters Athletics Championships will be held on September 24-28, 2017 in Rugao, China. The Organizing Committee hereby invites various Affiliates of Asia Masters Athletics and individuals to the 20th Asia Masters Athletics Championships, regardless of their races, nationalities, ideologies or religious beliefs. We wish that athletic masters and entourages from various countries worldwide can visit Rugao and enjoy this event together.

Southern Peninsula recently had their annual May Withers ET Trophy. This small but hardy group are still continuing to meet until their track is fixed up. The event is a combined run and walk as May was a walker with the group over 20 years ago. She is now aged 97. The race consists o a 760 walk, 760 run, 760 walk 760 run, and the race winner was Bryan Baldwin, below is a picture of the happy Southern Peninsula group.



Recently, scurrying across the floor of the luxurious new Glen Eira clubrooms was a mouse. Or as Phil Urquhart said, possibly a small rat ! As most people were reportedly standing on seats, screaming (even some of the women), into the fray charged Heather Carr.

After a chase, and with the help of a couple of the men, Heather grabbed the rodent and despite being bitten for her trouble, saved the day.

She needed a tetanus shot but the finger still became nasty and she had to return to Hospital a few days later and go on a drip.

I had a look at her finger some weeks later and it's still not a pretty sight. But I don't know if it ever was !



Masterpieces

Lavinia Petrie has been named by Athletics Australia as the recipient of its prestigious Edwin Flack Award for 2015.

The Award acknowledges distinguished service to the sport by athletes only. Named in honour of this country's first ever Olympian and gold medallist, just one award is made in respect of each year. Not long after her arrival in Australia in 1966, Lavinia became a trailblazer for women's distance running - among the first women in the world to run as far as ten miles and then the marathon.

Lavinia was national cross country champion in 1993 and was women's captain of the first Australian team to compete in a World Cross Country Championships - in Morocco in 1975. Never one for avoiding a challenge she again represented her country 18 years later in the 100km World Challenge.

But that was of course far from it for this amazing athlete. She is now one of the most successful masters' athletes in the World. In 2014 she was recognised by the IAAF as the World's best Female Masters Athlete. In recent times she has re-written the masters' world record book in the 70-74 age group, adding to the three records she holds in younger age groups.

AGE GRADING

We have had several complaints about the age grading coming out of "Meet Manager". It seems that the 2014/2015 update of the software program used at most of our events - State, National and International is being done in age groups instead of yearly calculations. The 2006/2010 version that we have used gives a percentage for an athlete's actual age. Therefore if a 53 year old ran the same time as a 50 year old they would achieve a higher percentage. And rightly so. Should we be asking for our age grading to revert to what it was? I for one will continue to use the old factors for, say, The Browne Shield. Lots of our events are based on age grading so to let it slip back to 5 year age groups works against one of the basic tenets of Masters Athletics. That is competing against your own age group.

The winner of the Women's Stawell Gift on Easter Monday was 16-year-old Liv Ryan.

Liv often trains at Doncaster as part of the squad coached by professional runner Craig Mair. Craig, who won the 400 metres at Stawell a few years back, is often at Doncaster when participants start arriving for the Masters meeting each Monday night. Liv's connection with Masters came last year when David Mc-Connell was training for the World Championships in Perth. Richard Trembath, who was coaching him at the time, decided a 'pacemaker' was needed to extract David's maximum effort in the final stages of his session. With no other suitable runner available at the time, Richard asked Craig if he could 'borrow' one of his team. Thus it was that anyone watching closely would have seen David training with the winner of the Stawell Gift.

VMA IN XCR

The 2017 XCR Season is under way and VMA has fielded Men's teams in Open Division 3 & 6 and two teams in 50+. We have a Women's team in Div 3 and 40+. After Round 2 our Men's 50+ team and our Women's Div 3 teams

are in 2nd place. Several of our athletes are doing well on the individual tables.

The athletes who competed for us in the opening two rounds are Shane DRAPER, Peter COWELL, Steven QUIRK, Adam GREGORY, Antonio GIULIANI, Greg WILSON, Peter BLACK, Rob ITALIA, Paul EARLE, Mark PRYN, Sam DEFANIS, Mark SHALDERS, Nicola HAMILTON-MORRIS, Kym OSMAND, Anne BUCKLEY, Helen STANLEY, Carmel QUIRK and Linda BLACK, Erica DRANGSHOLT.

Carmel Quirk and Shane Draper plough through the mud and climb the hills on a very tough course at Cruden Farm





VMA



2017 Cross Country Championship



9 am
Yarra Bend Park
Sunday 25th June 2017
Meet at George Knott Reserve

Online Entry Only -

<https://www.registernow.com.au/secure/Register.aspx?E=25205>

Entries Close Weds 21st June 11.59pm

DONCASTER VENUE

Summer Series - "Winners and Grinners"

Three competition series have been running over summer - 120m gift (handicap), Doncaster 8 (800m time handicap) and of course the pentathlon. A huge thank you to Graham Ford who has been chief organiser, handicapper, collated results each week and presented them last night, after which prizes were awarded.

All results:

Doncaster 8

The Doncaster 8 (800 metres nominating own starting time) was won convincingly by Graham Walter, who won the Doug Orr 800 last year. He was so far ahead he didn't have to turn up for the last race. However, Gary Zuccala and Jeffrey Sim were equal second, and had a clock-off to determine the placings, which Gary won. Elizabeth Grover was just outside the placings. There were 22 competitors over the six month series.

Doncaster Gift (120m) (our version of the Stawell Gift)

Another exciting event, this came down to the wire with Gary Zuccala and Matt Scholes equal first, narrowly ahead of David McConnell. A clock off was won by Matt. Graham Ford and Phil Rosevear were not far behind.

The photo shows third placegetter, treasurer David McConnell, handing cheques to Matt and Gary.

There were seventeen competitors.

Pentathlon

The Summer Pentathlon Series was level pegging going into the last day, the Victorian Championships, and David Featherston prevailed over David McConnell ahead of Tom Leong and Matt Hughes.

Winners were:

Overall: David Featherston

Long Jump: David McConnell

Javelin Throw: Matt Hughes

200 metres: Graham Ford

Discus Throw: Bev Learmont (shot put)

1500 metres: Graham Walter

The Winter Series (April to September) are all commencing this month.

2nd Monday of the month - Doncaster 1000 (time handicap)

3rd Monday of the month - winter pentathlon

4th Monday of the month - 300m gift (handicap)

Be sure to be part of the action and win yourself great prizes !



2017 VMA 10 KM ROAD CHAMPIONSHIP (ERIC GREAVES MEMORIAL)

SUNDAY 6 AUGUST 2017 AT BRAESIDE PARK

(Entrance Lower Dandenong Road – Melways Ref 88 D 7)

**Run in conjunction with the Victorian Cross Country League on a
fast flat course.**



ON LINE ENTRIES ONLY

<https://www.registernow.com.au/secure/Register.aspx?E=25630>

(refer VMA website vicmastersaths.org.au).

Entries close Wednesday 2 August.

Start time 10 am – check in by 9.30 am.

**As this is a Championship event VMA uniform
(not venue singlets) must be worn to be eligible for medals.**

Enquiries to Tony Doran 0425796740.



VMA

10 Mile Road Championship

PRINCES PARK, CARLTON
SUNDAY, 20 AUGUST 2017

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

This event is the 4th of the 5 Browne Shield events.

- WHERE:** Northern Pavilion, Princes Park, Carlton
- WHEN:** Sunday, 20 August 2017. **START TIME:** 8.30 am
- ELIGIBILITY:** To be eligible for an age category award and to receive points in the Browne Shield Competition, all runners must be financial and wear their VMA singlet.
- ENTRY FEE:** \$10.00. Online Entries Only
<https://www.registernow.com.au/secure/Register.aspx?E=25627>
- COURSE:** Very flat and fast course consisting of 5 laps of Princes Park.
- ENQUIRIES:** Phil Urquhart (Club Secretary) 0419357823

THESE LUCKY PEOPLE ARE GOING TO DARWIN



M30
Shaun Taylor

M35
Tim Hui
William Little

M40
Leigh Browell
Shane Draper
Mark Giglio
Mark Harper
Brad Krawczyk
Pramesh Prasad
Rupert van Dongen
Travis Wilson

M45
Patrick Carroll,
Dave Chisholm,
Allan Connolly,
James Deane,
Stewart Dobrzynski,
Craig Green,
Warren Hill,
Brendan Peel,
Craig Sanford,
Grant Simpson,
David Smyth,
Andrew Wilcox,
David Woods

M50
Allan Cook,
Peter Cowell,
Tony Dell,
Rob Italia,
Grant Murfett,
Paul O'Neill,

M55
Andrew Egginton,
Simon Evans,
Paul Foster,
John Hilditch,
David Mitchell,
Paul Moritz,
John Steward,
Peter Wrzuszczyk,

M60
John Cooper
Terry Hicks
Rob Mayston
David McConnell
Paul Olsson
Stan Peska
Mark Purvis
Clyde Riddoch
Paul Thomas
Andrew Watts

M65
Michael Barrand
Bill Carr
Joe Dilworth
Bob Holzer
Frank Prowse
Paul Scully
Geoff Shaw
Geoff Whitehall
Greg Wilson


M70
Russ Dickenson
Elwyn Egan
Tom Goode
Andrew Jamieson
Kevin Solomon
Didimo Tonelli
Phillip Urquhart
Peter Young

M75
Allan Wood
Andrew Fraser
Mike Hall
John Hallo
Gunther Ilgoutz
Ross Kent
Tom Leong
Graeme Noden
Russell Oakley
Ewald Seibold
Graham Stockdale
Bob Wishart

M80
Brian Greaves
Tom Hancock
John Howes
Kevin Onley
Colin Silcock-Delaney
George Simons

M85
Leo Coffey

M90
James Sinclair

W30
Jessica Dux 
Shannon Tindal

W35
Kim Gleeson
Rhiannon Lester
Heather Whitaker

W40
Andrea Draper
Kath Gawthorn
Monica Hinson
Sally Morrison
Kelly Ruddick
Kate Seibold
Stephanie Thomas

W45
Julie Aylward
Dale Masini
Toni Matters
Yvette Owens
Sharon Pedersen

W50
Linda Black
Anne Buckley
Pia Hunter
Mairead Macdougall
Annette Major
Louise McLean
Sonya Pollard
Raj Singh
Susanne Wilson

W55
Sharon Barr
Janine Higham
Julie Hovey
Susan Howell
Narelle Messerle
Katrina Philip
Pam Tindal

W60
Karen Kirby
Helen Stanley

W65
Heather Carr
Vivienne Cash
Lorraine Mussett

W70
Judy Farrell
Lavinia Petrie
Gwen Steed
Glad Wishart

W75
Margaret Beaumont
Jeanne Bryan

W80
Margaret Howes
Pam Mews
Valerie Worrell

The John Gosbell Memorial 5km Teams Run

To be held at East Burwood Venue

Thursday 8th June 2017, 7:40pm

This year marks the twelfth running of this very popular event in memory of John Gosbell, a former Life Member of VMA and manager of East Burwood venue. John was very much loved, admired and respected by those who knew him. This race has become a fitting tribute to his legacy. We invite all members of Victorian Masters Athletics to this special event to be held in John's memory.

Prize Categories

- Fastest Male
- Fastest Female
- Best Age-Graded Male Performance
- Best Age-Graded Female Performance
- Medals for winning team members for 1st and 2nd Division as per below
- 6 spot prizes decided by place disc draw

NOTE - Now to be held on 8th JUNE

Eligibility

1st Division teams are to be of four runners (at least one runner must be female)

2nd Division teams are to be of four runners (at least one runner must be female)

Shield winners decided by placing (Not Times). The team with the lowest number of points in each division is the winner. Venue teams are based on placings over the finish line. Venues may have more than one team entered. Each venue shall have one team in 1st Division. If a venue has more teams the remaining teams will be in 2nd Division. The venue teams are encouraged to wear venue singlets. Team members must be current financial VMA members. If unable to be fitted into a venue team, individuals may compete and be eligible for individual prizes but do not figure in team results.

Entry Fees: \$20 per team or \$5 per individual. Pay on the night.

Program – Also included on the night are:

- | | |
|--------|---------------|
| 7:00pm | 80m sprint |
| 7:00pm | Discus |
| 7:15pm | 1200m walk |
| 7:35pm | 100m handicap |

Enquiries to Christopher Worsnop (VMA East Burwood Venue Manager)

0403 910 183 Christopher.WORSNOP@austin.org.au

Rowville police dig deep to get colleague to Australian Masters Athletics Championships

*Kiel Egging, Knox Leader
May 15, 2017 10:45am*



WHEN Rowville police officer Shaun Taylor couldn't afford to pay the entry fee to this year's Australian Masters Athletics Championships, his colleagues rallied to give him another chance of sprinting glory.

Senior Constable Taylor, dubbed the "Usain Bolt of Victoria Police" by his workmates, won the 60m, 100m and 200m sprints in his age group at the games in Adelaide last year.

But Sen-Constable Taylor was unable to gather enough money to cover the entry fee to compete at this year's games, being held in Darwin next month.

Workmate Senior Constable Jo Malec heard of his plight and secretly "passed round the hat" to raise \$1600 in three days, allowing Sen-Constable Taylor to register for the games.

"I came in for work and Jo basically pulled me into the hallway ... I thought I was set up for something," Sen-Constable Taylor said.

"I was extremely surprised at how many people had put in and the amount they were able to get.

"I had to get straight back on to my coach and tell him we're back on for Masters."

Sen-Constable Malec said her colleague had "been through a lot" recently and she wanted to give him every chance to explore his major passion outside of his day job.

"He was just venting and really upset he couldn't go and defend his title and once he started doing that, I just started putting the hat around," Sen-Constable Malec said.

"He's a hard worker and very dedicated and clearly loved and supported by his troops."

Shaun winning the 100m at the Nationals in Adelaide last year. Imagine doing a smash and grab and finding Shaun was chasing you.



RESULTS - PETER COLTHUP 5 MILES SELF HANDICAP

HELD 26 APRIL 2017



The 23rd Annual Peter Colthup 5 mile Road Handicap was conducted at Dolamore Reserve, Mentone, on the cold and wet evening that marked the start of winter. Eleven runners turned out to honour Peter and brave the conditions which included heavy showers.

It was very pleasing that Marge Colthup attended with her grandson, Luke, and they presented the medals and trophies after the event.

It was also pleasing that runners from Frankston, Glen Eira, and Knox joined the field.

The event was conducted as a Self Handicap whereby competitors nominated their own finishing time aware that running more than 40 seconds too quickly could bring about a disqualification.

The backmarker, Andrew Edwards of Glen Eira, gave a start of 35.30 minutes to the limit marker, marathon man John Zeleznikow.

The runners in this year's event started on the track, ran out onto the road circuit to complete nine 834 metre laps of the perimeter around Dolamore Reserve and then returned to run one lap on the track.

John Zeleznikow was first across the line but he and seven other competitors were relegated as they ran faster than the 40 second tolerance below their estimate and the rest of the field finished in a 3.26 minute spread with Andrew Edwards leading David Dodson of Frankston by 3.21minutes and Lavinia Petrie of Knox 5 seconds back in third place. .

For the first time in the 23 year history of the event the fastest runner was also the winner on handicap. Lavinia was once again the fastest lady.

Andrew is the also the first competitor to win the trophy three times. Congratulations !!

Our sympathies go out to Judy Wines who was a mere 4 seconds over the margin.

An oddity of the placings is that they were filled by the Venue Manager at Glen Eira, the Venue Manager at Frankston and the former Venue Manager at Knox. Seems that they relish running away from their home track. The Mentone Manager was substantially disqualified yet again !!

Following the running of the event we retired to the warmth of the clubrooms to join Marge and Luke and enjoy a generous supper and presentations. Andrew received the wooden trophy, crafted by Louis Waser, as well as Peter's family's own trophy and the winner's medal while the placegetters and fastest time winners received medals specific to the event.

Special thanks go to those who assisted in managing the event and preparing and serving the supper.

Ashley Page - Venue Manager

PHOTOS FROM THE PETER COLTHUP 5 MILES



Andrew Edwards and Lavinia Petrie are presented with their respective trophies as Male and Female winners by Peter Colthup's grandson Luke.

PHOTO FROM THE VMA 3000m



The boys and girl (Helen Stanley) get away in the "fast" heat of the VMA 3000m

RESULTS - VMA 3000m Championship

Held 23rd April - Duncan McKinnon Track



WOMEN

W40				
1.	Andrea Draper	40	Aberfeldie	15.44
W55				
1.	Maggie Armstrong	55	Aberfeldie	22.28
W60				
1.	Helen Stanley	61	Knox	13.06
2.	Janet Holmes	63	Glen Eira	14.30
W65				
1.	Rhonda Trengrove	69	Glen Eira	18.22
W70				
1.	Vicki Thompson	71	None	23.37
W75				
1.	Judith Wines	79	Glen Eira	21.25
W80				
1.	Pam Mews	82	Mentone	28.50

MEN

M40				
1.	Shane Draper	43	Aberfeldie	9.42
M45				
1.	Michael Bishop	45	Mentone	11.40
M50				
1.	Rob Italia	51	Casey	10.46
2.	Matt Morris	51	Knox	11.29
3.	Tony Dell	54	Croydon	11.57
M55				
1.	Greg Wilson	64	None	11.46
2.	Andrew Edwards	63	Glen Eira	12.00
M65				
1.	John Graham	66	Knox	11.26
2.	Greg Moore	65	Aberfeldie	12.19
3.	Frank Prowse	65	Doncaster	15.10
4.	Peter Thorne	68	Knox	15.23
M70				
1.	Tony Guttman	72	None	13.39
2.	Phil Urquhart	72	Glen Eira	16.25
3.	Russ Dickenson	71	Croydon	17.15
M75				
1.	Ashley Page	76	Mentone	14.43
2.	Graham Stockdale	75	Glen Eira	18.24
3.	Robert Davey	77	Coburg	22.28
M80				
1.	Colin Silcock - Delaney	84	Geelong	21.04

ENTRY FORM

THE SIXTY MINUTES

Run or walk as far as you can in 60 minutes, great prizes up for grabs!

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

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

DONCASTER

Monday, September 25, 2017 (Approx. 7.30pm)

Name (PRINT): _____ **Age (on Sep 25)** _____

I understand and acknowledge that:

I hereby declare that I am in good health and will be properly conditioned to actively participate in events at THE SIXTY MINUTES meeting to be conducted by the Doncaster venue of the Victorian Masters' Athletic Club Inc. on September 25, 2017. I absolutely relieve the said club and organisers of any responsibility for any injury or personal damage I may sustain in the course of competing in events organised by that branch of the VMACI. I further agree to be bound by all conditions set down by the organisers.

To enter:

- **Email entry form to gford@bigpond.net.au OR**
- **Post by the last mail delivery on Monday, September 18, 2017 to The Sixty Minutes, C/o 9 Pitura Place, ELTHAM, 3095, Vic OR**
- **Enter on the night by 7pm**

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

(To be refunded in full in the event of cancellation of The Sixty Minutes).
Please bring your own lap timer.*

SIGNED: _____ **Phone:** _____

Address: _____

e-mail: _____

OFFICE USE ONLY:

NUMBER

COLOUR

Neighbours' Night 2017 - Aberfeldie Goes Back to Back

On a warm February evening, the Barb Dagleish Memorial Relay, also known as Neighbours' Night, was held at the Aberfeldie venue.

The Barb Dagleish 4x 200m Relay started in 2004. This year was the first occasion that Aberfeldie had hosted the event. The Coburg, Collingwood, Doncaster and Aberfeldie clubs compete for the perpetual trophy. This year there were 11 teams competing overall, including 5 teams from Collingwood.

After a breakthrough victory in 2016, Aberfeldie through the "Thunderbolts" saluted again this year, in another record time. Pushed by a gallant Doncaster outfit, the "Thunderbolts" were able to pull away convincing winners, in 1.42.37. In a good night for the hosts, Aberfeldie "Hornets" were third.

The winning team of Cathy Matthews, Dave Chisholm, Mark Harper and Brett Maurer performed well and deserved their victory.

While there was a trophy at stake, and the venue rivalry and competitiveness that went with that, there was a great spirit evident on the night. After the trophy presentation by VMA Vice President Tony Bradford, a long standing Aberfeldie member, competitors and supporters enjoyed supper provided by every Aberfeldie member.

Thanks to all venues for their participation and goodwill yet again. Aberfeldie looks forward to [defending its title in 2018](#).

Full results of the Barb Dagleish Relay Final are-

1. Aberfeldie Thunderbolts 1.42.37
 2. Doncaster 1.47.69
 3. Aberfeldie Hornets 1.51.50
 4. Collingwood Cheetahs 1.58.09
 5. Coburg Bluestones 2.05.69
 6. Aberfeldie Nighthawks 2.12.28
 7. Collingwood Centurions 2.18.22
- Collingwood Comets DNF

Brian O'Dea (Aberfeldie Venue Manager)



Brett Maurer, Cathy Matthews, Mark Harper and Dave Chisholm

UNIFORMS OFFICER/ REGISTRAR REQUIRED

Ewen Wilson has done a great job in both the above roles but has other commitments that no longer allow him to continue. These roles can be split so if you are interested in only one, that's ok.

UNIFORMS OFFICER

No experience in this field is necessary, but some knowledge of the rag trade may help.

The main tasks are:

- Maintaining adequate supplies of merchandise, especially singlets as they are compulsory for club competition.
- Ordering merchandise through suppliers taking into account the cost, sizes required and the time frame for delivery.
- Attending to the dispatching of orders as required by members.
- Reviewing the range of merchandise held and liaising with the committee if necessary regarding costs, updating stock etc.
- Attending certain club events such as the Victorian championships to display and sell merchandise.
- Bank takings from sales and advise the treasurer accordingly.
- Supply the treasurer with a stock take of items held as at the 31st December.
- Having patience and a good sense of humour.

The successful candidate will usually be able to work from home, but will also need to attend some major events. The reward will be the satisfaction gained from seeing our members compete in our stylish uniforms.

REGISTRAR

The Registrar's role involves maintaining the list of Members, receiving payment and adding new Members to the list. As we now have online membership renewal, the Registrar needs some computer skills including familiarity with Excel. This role also involves managing online entry to some VMA events, most notably 4 of the Browne Shield events.

Interested members please contact the VMA secretary Phil Urquhart on 0419 357 823

RESULTS - 2017 VMA 10K TRACK CHAMPIONSHIP and EVENT 1 of THE 2017 BROWNE SHIELD

HELD AT COLLINGWOOD VENUE, TUESDAY 9TH MAY.



WOMEN

W30	1	Hamilton-Morris Nicola	Run2days	34	42.23	71.32%
W35	1	Gooley Megan	Glen Eira	39	58.04	53.18%
W45	1	Fabre Sofie	Coll'wood	48	52.50	63.19%
	2	Quan Michelle	Knox	47	53.00	62.27%
	1	Haddow-Cook Monica	None	54	50.07	72.08%
	2	Barbetti Maria	Coburg	51	53.15	65.13%
W60	1	Kuys Evelyn	Knox	60	58.50	66.96%
W70	1	Petrie Lavinia	Knox	73	48.04	101.96%

MEN

M30	1	Gregory Adam	Aberfeldie	32	40.51	64.97%
M35	1	Grund Shane	Knox	35	34.47	77.35%
	2	Buyck Brad	Run2days	39	41.53	66.04%
	3	Shalders Mark	None	38	43.57	62.47%
M40	1	Draper Shane	Aberfeldie	43	37.19	76.37%
M45	1	Bishop Michael	Mentone	45	35.29	81.56%
	2	Giuliani Antonio	Aberfeldie	45	38.31	75.14%
M50	1	Langelaan Tony	Doncaster	51	38.27	78.94%
	2	Bieleny Mike	Knox	54	39.06	79.56%
	3	Loveday Tim	Knox	52	39.41	77.11%
	4	Hejtmanek Jim	Coll'wood	52	44.47	68.33%
	5	Earle Paul	E Burwood	53	45.34	67.70%
	6	Elliott Andrew	Coll'wood	50	48.16	62.37%
M55	1	Purvis Mark	Coll'wood	59	36.54	87.96%
	2	Gaunt Peter	Coll'wood	57	38.38	82.58%
	3	Worsnop Christopher	E Burwood	59	47.39	68.12%
	4	Pryn Mark	Run2days	55	47.46	65.67%
	5	Adrien Gerard	Coll'wood	56	47.59	65.93%
	6	Bone Syd	Glen Eira	59	48.18	67.20%
M60	1	Wilson Greg	None	64	41.48	81.17%
	2	Wilson Ewen	Glen Eira	64	42.13	80.37%
	3	Johnson Russell	Aberfeldie	64	42.32	79.77%
	4	Black Peter	Aberfeldie	62	43.16	77.02%
	5	Scholes Ron	Coll'wood	63	43.30	77.29%
	6	Edwards Andrew	Glen Eira	63	44.54	74.88%
	7	Carr Michael	Knox	64	48.20	70.02%
	8	Meaney Michael	Coburg	61	49.22	66.91%
M65	1	Twining Paul	Knox	67	41.54	83.24%
	2	Aponte Villamarin Luis	Coll'wood	65	43.16	79.14%
	3	Moore Greg	Aberfeldie	65	46.47	73.19%
	4	Hopkins Jim	Coll'wood	67	47.05	74.08%
	5	Uren Ian	Knox	66	51.45	66.78%
	6	Thorne Peter	Knox	68	58.45	59.93%
	7	Herbststreet John	Coll'wood	65	61.53	55.33%
M70	1	Windsor Westly	Coll'wood	72	52.57	69.71%
	2	Bayley Rod	Coll'wood	70	54.13	66.36%
M75	1	Page Ashley	Mentone	76	52.32	74.96%

Underage Competitors

		Phillips Emma	None	29	45.29	66%
		Hansen Anders	Coll'wood	26	35.15	75%

BROWNE SHIELD RESULTS AFTER THE 10K TRACK CHAMPIONSHIPS



The 2017 Browne Shield Competition got under way with the VMA 10k Track Championships at Collingwood Venue.

On a cool but pleasant evening there were two heats. The outstanding results were Lavinia Petrie's run in achieving a whopping 101.76 %. In the Men's section, Mark Purvis leads from Paul Twining and Peter Gaunt.

In the team's event, Knox has gone to a lead from Collingwood with Aberfeldie not far behind.

Mentone showed the importance of fielding 3 runners as although both Michael Bishop and Ashley Page scored very well they are a long way behind the leaders.

It's great to see Bronwyn and David's *Run2sday* team fielding a full team and doing so well.

VENUE RESULTS		
VENUE	10K TRACK	CUMULATIVE
KNOX	101.96; 83.24; 79.56	264.76
COLLINGWOOD	87.96; 82.58; 79.14	249.68
ABERFELDIE	79.77; 77.02; 76.37	233.16
GLEN EIRA	80.37; 74.88; 67.20	222.45
RUN2SDAYS	71.32; 66.04; 65.67	203.03
MENTONE	81.56; 74.96	156.52
E. BURWOOD	68.12; 67.70	135.82
COBURG	66.91; 65.13	132.04
DONCASTER	78.94	78.94

WOMEN'S RESULTS	Venue	Score
Petrie Lavinia	Knox	101.96%
Haddow-Cook Monica	None	72.08%
Hamilton-Morris Nicola	Run2days	71.32%
Kuys Evelyn	Knox	66.96%
Barbetti Maria	Coburg	65.13%
Fabre Sofie	Coll'wood	63.19%
Quan Michelle	Knox	62.27%
Goey Megan	Glen Eira	53.18%

MEN'S RESULTS	Venue	Score
Purvis Mark	Coll'wood	87.96%
Twining Paul	Knox	83.24%
Gaunt Peter	Coll'wood	82.58%
Bishop Michael	Mentone	81.56%
Wilson Greg	None	81.17%
Wilson Ewen	Glen Eira	80.37%
Johnson Russell	Aberfeldie	79.77%
Bieleny Mike	Knox	79.56%
Aponte Villamarin Luis	Coll'wood	79.14%
Langelaan Tony	Doncaster	78.94%
Grund Shane	Knox	77.35%
Scholes Ron	Coll'wood	77.29%
Loveday Tim	Knox	77.11%
Black Peter	Aberfeldie	77.02%
Draper Shane	Aberfeldie	76.37%
Giuliani Antonio	Aberfeldie	75.14%
Page Ashley	Mentone	74.96%
Edwards Andrew	Glen Eira	74.88%
Hopkins Jim	Coll'wood	74.08%
Moore Greg	Aberfeldie	73.19%
Carr Michael	Knox	70.02%
Windsor Westly	Coll'wood	69.71%
Hejtmanek Jim	Coll'wood	68.33%
Worsnop Christopher	E Burwood	68.12%
Earle Paul	E Burwood	67.70%
Bone Syd	Glen Eira	67.20%
Uren Ian	Knox	66.78%
Bayley Rod	Coll'wood	66.36%
Buyck Brad	Run2days	66.04%
Adrien Gerard	Coll'wood	65.93%
Meaney Michael	Coburg	66.91%
Pryn Mark	Run2sdays	65.67%
Gregory Adam	Aberfeldie	64.97%
Shalders Mark	None	62.47%
Elliott Andrew	Coll'wood	62.37%
Thorne Peter	Knox	59.93%
Herbststreet John	Coll'wood	55.33%



NEW RECORDS REPORT



Australian Records:

W45	400m Hurdles	Lenore Lambert	NSW	63.85s	97.7%	31-3-17	SOPAC
W40	Weight Throw	Byrony Glass	WA	15.83m	94.0%	1-4-17	Perth
W40	Hammer	Byrony Glass	WA	49.27m	83.2%	9-4-17	Perth
M30	4x100m Relay	Jay Stone	NSW	43.96s	-	28-4-17	Auckland
		Mark Rossiter	ACT				
		William Little	Vic				
		Adam Farlow	ACT				
M30	4x400m Relay	Mark Rossiter	ACT	3:37.27	-	29-4-17	Auckland
		Adam Farlow	ACT				
		Jay Stone	NSW				
		Jonathon Stefaniak	ACT				
W70	80m Hurdles	Marge Allison	Qld	17.35s	97.5%	27-4-17	Auckland
W70	Heptathlon	Marge Allison	Qld	5342pts	-	28-4-17	Auckland

Victorian Records:

M60	Long Jump	Robert Mayston		5.24m	84.4%	25-3-17	Doncaster
W40	400m Hurdles	Jeanette Van Den Bulk		67.45s	83.6%	26-4-17	Auckland

Clyde Riddoch

VMA Records Officer

40 Beauchamp Street, Preston Vic 3072

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

WELCOME TO THE VCCL 2017 SEASON

30/4/17 - 16/9/17

The Victorian Cross Country League would like to invite you to run with us this 2017 season and offer a **FREE membership for any current VMA member.**

- There are 14 VCCL events including some in conjunction with AV and of course VMA at Brae-side.
- We will also be fielding teams in the AV relays
- All levels and age groups are welcome and due to handicapping everyone has a chance to win.
- Our events are on Saturday and Sunday mornings.
- Each Event is \$20 , however, you can purchase a bulk entry for \$100.
- Your VCCL Singlet with your Runners No. is \$40 and will last your entire career with the VCCL.
- The prize money for each race stretches to the Top 5 place makers.
- We have various distances to keep things interesting, from 5km to 15km.
- After the event there is tea and coffee and the presentations, so there is a good chance to chat and meet people. Of course children are more than welcome!
- Each event gives you points and you can achieve:-
Aggregate Champion - Over 40 - Over 50 & Over 60 Championships.
Club Champion is our Fastest Competitor for the season.
- Please check out our Website at www.vccl.org.au. It will give you all the information that you need!
- If you enjoy Trail running in some of Victoria's wonderful parks and a challenge -

WE ARE FOR YOU!

Event	Date	Time	Distance	Venue	Handicaps
Fred Grubb & Bob Charlton Mem'l	Sun 30 April	10:00am	6.5km	Westerfolds Park	Sealed
28th Rendina Family Handicap	Sat 6 May	9:00am	8km	Warringal Park, Heid'g	Handicaps
Brimbank Handicap	Sun 14 May	9:00am	5km	Brimbank Park, Keilor E	Handicaps
Moran Stable Handicap	Sat 20 May	9:00am	5km	Karkarook Park, Oakleigh	Sealed
22nd Caruana Cross C'try Classic	Sun 4 June	10:00am	8km	Woodlands Park, Greenvale	Handicaps
18th Westgate Bridge Handicap	Sun 11 June	9:00am	5km	Westgate Park, Pt Melb	Handicaps
Yarra Bend Handicap	Sat 24 June	9:00am	8km	Westfield Reserve, Clif Hill	Handicaps
AB Phillips Handicap	Sat 1 July	9:00am	6.5km	Lysterfield Park	Sealed
AV Road Relays	Sat 8 July		6.2km	Sandown Racecourse	
AV 10km Road Race	Sun 16 July		10km	Lakeside Stadium, Albert Park	
AV 15km Road Race	Sat 29 July		15km	Lake Wendouree, Ballarat	
19th Eric Greaves Mem H'cap	Sun 6 August	10:00am	10km	Braeside Park, Braeside	Sealed
AV Ekiden Relays	Sat 12 August			Anglesea	
Jells Park Handicap	Sat 19 August	9:00am	5km	Jells Park - South Entrance	Handicaps
33rd H & M Prentler H'cap	Sun 27 August	9:00am	6.5km	Churchill Park, Rowville	Handicaps
Presidents & Ted Paulin Handicap	Sun 10 September	9:00am	3km	Woodlands Park, Greenvale	Sealed
AV Princes Park Relays	Sat 16 September		3.2km	Princes Park, Parkville	
Annual General Meeting	Sun 15 October			McKinnon Hotel, McKinnon	

POLLY Want a Net ?

When Croydon got it's track upgrade
 A "schmicko" throwing cage was made
 All galvanised with a great big net
 But the problem hadn't come up yet
 For as we watched on with excite
 The trees were full of beasts of flight
 200 Corellas only saw
 The net as something they could gnaw
 So down they came with beaks not soft
 And chewed their little asses off
 Then a cock or two of them got trapped
 And couldn't move tho' wings were flapped
 But came a good Samaritin
 Unhappy with the Parrot in, distress
 She went somewhere and got a knife
 to save the bloody cockie's life
 And then she did the same next day
 Allowing more to get away
 I can understand she was bereft
 But soon there'd be no damned net left
 But then one day to our amaze
 The birds all went on holiday



FROM INSULT TO INJURY

By **Richard Trembath**

Written in 2002, soon after the author won the gold medal in the Men's 300 metre hurdles at the World Masters' Games at Olympic Park in Melbourne, this is a true story.

I KNOW writing about winning a gold medal at the World Masters' Championships sounds self-indulgent, but bear with me, it's not like that.

The fact is I've got no particular ambitions to show my medal to anyone other than my grandchildren. Except for one bloke.

Let me paint the scene.

We're back a couple of months before the Games and this particular morning I'm jogging through the leafy back-blocks of Eltham to the local oval to do some training on the grass.

A few hundred metres from the oval there's a tip-truck parked beside the track with the truckie obviously having his breakfast/morning-tea/lunch or whatever you call it when you're eating a pie about 10am. At a guess I'd say he's about half my age (i.e. about 30) and twice my weight (i.e. about 160kg) although perhaps that's a tad uncharitable, but not much. In any case, he's in proper truckies' uniform -- big bushy beard, blue singlet, tats etc. and obviously doesn't have anything particularly urgent to attend to at the time.

Anyway, it's a pretty quiet spot, there's no-one else around and as I jog past I offer the usual Australian greeting: "How are yer, mate...?"

Nothing. Not even a nod.

Now perhaps he was deaf and couldn't lip read, but I don't think so.

What I do think is that sometimes, despite the silence, you just know there's a thought-conversation going on.

And in this case it went something like this:

Truckie: *Doddering old fool...*

Me: *Get stuffed. Fat slob.*

Now even if he was a mind-reader, I was still going to be okay because he couldn't get his truck where I was going and I knew if it came to the worst, there was no way he could catch me on foot.

But I digress.

A short time later I arrived at the oval and was jogging quietly around the perimeter when, in the space of one stride, I was in mortal agony. Something had happened to my calf. I didn't know what but was pretty sure it was career-threatening, or possibly even life-threatening (as you do!). Ultimately it turned out to have been just a cramp, but that's not the point.

At the time I couldn't walk, let alone run, and I wasn't at all sure how I was going to get home, which was about a kilometre away.

As it was, after a bit of self-massage I set off, doing the best I could, knowing full well I had no choice. If I didn't, I would certainly die of exposure and my body wouldn't be found until the next time the local footy team played at home.

Ultimately, of course, as I limped painfully back the way I'd come, I rounded the bend to where, only a few minutes earlier, with long smooth strides, I'd swept past the truckie. He was still there.

This time I made no attempt at greeting, or even making eye contact. I didn't need to. He didn't say a word, but the mental telepathy began the instant I came into view.

HAH..! TOLD YOU SO. SILLY OLD PRICK...

Yes, I'd like to show *him* my medal!

This is a short-story from Richard Trembath's book In The Company Of Strangers published last year by

OCEANIA MASTERS TRACK & FIELD CHAMPS

Dunedin 20-27th January 2018

The Oceania Champs at Dunedin will attract a big number as apart from the championships the event is close to many of the best scenic spots in NZ.

I have booked some rooms at the University, 18-28th January. These are 1.2km away from the track. Drive, walk or taxi.

At the University most rooms have single beds with shared facilities. The beds are large singles. Couples who were prepared to have these rooms would be able to be room alongside Cost \$85 a night per room bed & breakfast. We need numbers promptly to confirm room bookings with the University.

Apart from the motel style rooms the university rooms have shared bathroom and toilet facilities which are on all 3 floors. There are kitchenettes on each floor which have fridge, microwave, toaster and utensils. Tea and coffee supplied. Laundry facilities are available but you need your own washing powder.

There are 5 double rooms. Two are motel style about one minute walk from the main block. Motel Style, \$145 a night, (gone) and the 1 double room \$125 a couple for B&B at the Uni, We also have 6 motels which are very nice. Details on email. A\$195 a night



University accommodation



Naseby Curling

There is a restaurant on site and breakfast is included. However dinner would need to be pre ordered with your booking and everyone will be different. We need about 50 for the restaurant to open for dinner. If most are in agreement we could have dinner included on odd date nights, ie. 19th 21st 23rd 25th 27th January. Cost. \$22 buffet style. Drinking allowed in the bedrooms and the common room.

We can arrange the airfares which would be the best available. Instant purchase. Hotel rooms also available but not as close to the track.

After the Champs, the options are many but we should not miss Otago & Queenstown.

Sunday 28th January. Those not flying home. Taxi to Dunedin Railway Station. Scenic train to Middlemarch up the Taieri Gorge. Those who are keen, cycle on the rail trail from Middlemarch to Hyde (electric bikes available) 28km. Bus will go ahead with non cyclists.

Monday 29th January Cyclists to Waipiati and on to Wedderburn 39km. Non cyclists on to Naseby for Curling where they wait for cyclists. Bus group will have sightseeing as well.

Tuesday 30th Jan. Coach from Naseby through Clyde to Lakeview Motels Manapouri.

Wednesday 31st January. Day trip to Manapouri Hydro Electric Scheme, cross the lake on launch and then travel down the 2km spiral road inside the mountain. View the amazing construction of the scheme and then take the ferry to the coast. See seals, penguins, porpoises and a variety of sea and bird life. Return to the Manapouri motel.

Thursday 1st February. Coach to Milford Sound and cruise. We will try and get the Motor Sailer Under sail the trip is amazing.



Mitre Peak in Milford Sound



Shotover Jet

Friday 2nd February After a night at Milford or Te Anau we return to Queenstown. Free afternoon.

Saturday 3rd February Shotover Jet boat ride. The thrill of a lifetime. Followed by a visit to Arrowtown. Eat at one of the lunch spots. Visit the original Chinese village and pan for gold.

Colleen & I consider the Otago, Queenstown area one of the most beautiful in the world.

Sunday 4th Feb. Free day in Queenstown, option of cruise on the Earnslaw with farm visit?

Monday 5th February. Return home or back to Dunedin for the Masters Games and more competition.

AFTER CHAMPS TOUR \$1940.00 (estimate) Need numbers as travel is high season.

Contact. Roy Skuse Online Sports Tours PO Box 57 Gisborne 4040

Ph 06 8687700 Email. roy@netfares.co.nz www.onlinesportstours.co.nz

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 from 1/1/17
Individual renewing member	\$45
Two members residing at the same address	\$75
Life members	Free
Renewing 80+ member (if a member for the previous 5 consecutive years)	Free
Volunteer (non competing)	Free
Lapsed members	
Individual lapsed member	\$45
Two members residing at the same address	\$75
Associate member (Under 30)	\$20
New members	
Individual new member	\$45
Two members residing at the same address	\$75
Current AV members	\$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) 9529 5260 (M) 0423 424185

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

Victorian Masters Athletics Inc. - Venue Managers

Venue	Manager	Address	Phone
Aberfeldie	Brian O'Dea	blodea@bigpond.net.au	0417 397 709
Casey	Paul Olsson	olssonpf@bigpond.net.au	0408 340 151
Coburg	Neville Wilson	neville.wilson3084@outlook.com	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	Christoper Worsnop Gerald Burke Jack Fredrickson	christopher.worsnop@austin.org.au geraldburke@optushome.com.au	0403 910 183 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	radfordguns@sctelco.net.au radfordguns@sctelco.net.au	5988 6221 0414 463 556 0414 463 557
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 Track Rieschieks 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	<i>Fortnightly in winter on Sunday at 9:00 am Contact Managers for details. Truemans Road track no longer in use.</i>	

Victorian Masters Athletics Inc.

President	Russ Oakley	9720 8835	president@VicMastersAths.org.au
Vice President	Tony Bradford	9749 2248	anthonybradford@bigpond.com
Secretary	Phil Urquhart	9572-0805 0419357823	secretary@VicMastersAths.org.au
Asst Secretary	Helen Stanley	0425743977	assistant-secretary@VicMastersAths.org.au
Treasurer	Andrew Edwards	95554226	leedsfan2@optusnet.com.au
Club Captain	Shane Draper		shane.draper@VicMastersAths.org.au
Committee	Graeme Rose	9836 2350	grarose@yahoo.com
	Andrew Edwards	95554226	leedsfan2@optusnet.com.au
	Shane Draper		shane.draper@VicMastersAths.org.au
	Russ Dickenson	9870 8103 0418333569	dicko@iinet.net.au
	Leanne Monk	0402083445	blmonk1@optusnet.com.au
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