

# FOOTPRINTS

AUGUST 2017



How to  
pick up  
Chicks in  
Fun Runs

THE KALE DIET -  
Lose your appetite  
completely

**RUNNING  
CAN KILL  
YOU**  
NEW STUDY

Clive Palmer-  
My marathon debut

TRANSFORM  
YOUR BODY IN 3  
WEEKS MEN CAN DO THIS TOO!

FROM THIS  
TO THIS

**ATHLETES  
LIVE  
LONGER**  
SCIENTISTS SAY

*Trying  
to look  
like  
Russ*



## Editorial

The cover shows my real calling. Trashy journalism! Don't look for the touted articles - it was just to attract your attention.

I reckon Darwin has earned itself another crack at holding the Nationals when their turn rolls around in 8 years. I absolutely loved it up there. But in 8 years, I might have to be a volunteer.

Speaking of volunteers, (nice segue, Russ) we are keen to restore the culture of volunteering in our club again. I know we have a lot of volunteers at Venue level and a dedicated handful who help out at our Championships, but we need more.

I do mention further in about how great it was in Darwin to see a lot of new faces. People doing their first or second Nationals and hopefully loving it. You know the ropes at Masters, Cheer for you mates and anyone else from your State but encourage everyone. And make friends with your opponents. Some of you newer athletes may compete against the same people for decades and it's interesting how the wheel can turn. People you couldn't beat at 40, you may beat at 60. Or vice-versa (dammit).

Even though there's still a lot of this year left, some will be looking ahead to Perth next year. Knowing that it will be a good place to go, and maybe relive the good times you had last year.

Mike Hall has written a piece on Bob Wishart and anyone who saw him at the State Champs this year, or in Darwin will know that he would give anyone in the world in his age group a run for their money. Bob's wife Glad also ran beautifully in Darwin and I think they should issue a World challenge for a couple's relay over 70. They'd be hard to beat.

Oh, getting back to the volunteering. When I have helped out at the 50k walks they always bring you a nice cappuccino (or two), so if you help out at the 10 Miler at Princes Park we'll bring you coffee.

*Now, I think it goes one step at a time.*

*I'll go out and train,*

*Russ Dickenson*

FOOTPRINTS is free to download and a great way to spread the message of what is happening in our sport. We invite everyone who may be interested in Masters Athletics to read it. If you have friends who are not members of our club but may like it, please share the link.

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## NAG FILE

### Athletes Moving into a New Age Group

Helen BAYLEY	Into W70
Fred BISSETT	Into M35
Syd BONE	Into M60
Colin BROWNE	Into M85
Joan COCKWILL	Into W65
John COOPER	Into M65
Terry DUNN	Into M80
Tanya FIORE-YATOMI	Into W50
Mark GIGLIO	Into M45
Leonie GILLIES	Into W60
Rodney GOODWIN	Into M75
Michael HORN	Into M65
Janine JAMES	Into W70
Celia JOHNSON	Into W70
Anna KASAPIS	Into W40
John KNEEN	Into M75
Dale MASINI	Into W50
Tim McMAHON	Into M60
Charles McRAE	Into M85
Robert NEWTON	Into M75
Kathryn OWENS	Into W55
Howard REES	Into M70
Diane REYNOLDS	Into W60
Maureen SEEDSMAN	Into W80
Graham SHAW	Into M60
Ursula TONELLI	Into W75
Peter WISNIEWSKI	Into M60
Christopher WORSNOP	Into M60
John YATES	Into M90
Gary ZUCCALA	Into M55

## Masterpieces

I omitted to mention in June Footprints that the Mike O'Neill Trophy, which is awarded at the VMA T&F Championships for the best Age Graded 1500m, Male or Female and was initially given to

John Graham should have gone to Marlene Gourlay. The age grading that had been done by AV was wrong. So congratulations, Marlene and apologies to John. Perhaps, we were a bit over zealous in knocking on your door at 2 am to demand you return the trophy.

### VOLUNTEERS WANTED

For the VMA 10 Mile Road Race - Princes Park, Sunday, August 20

We need 6 volunteers for this race which is an Browne Shield event. Ideally, some of the stronger Venues fielding teams could supply a volunteer, but we would appreciate your help for a couple of hours if you can make it.

Contact Phil Urquhart 0419357823 or Russ Dickenson 0418333569

### Judy Farrell takes over as VMA Registrar

Judy Farrell, who does such an excellent job of looking after the AMA website and Facebook page has put her hand up to take over as VMA Registrar from Ewen Wilson. Ewen has taken on the Position of President of Melbourne Bowling Club but will continue to look after our Uniforms for the time being.



## What's On

any queries on VMA running races can be directed to our Secretary Phil Urquhart 0419357823 or [secretary@vicmastersaths.org.au](mailto:secretary@vicmastersaths.org.au)

### 2017

- 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 - ENTRIES CLOSED
- August 20 2017 VMA 10 Mile Road Race - <https://www.registernow.com.au/secure/Register.aspx?E=25627>
- Sept 10 2017 VMA Half Marathon - Burnley - Entries AV Website
- Sept 25 The Sixty Minutes - 7.30pm - Doncaster - Entry Form in this edition
- Sept 24-28 Asian Masters Athletics Championships - Ruago, China - <http://www.AMAC2017.cn>
- Sept 30-Oct 2 AMA Winter Throwing Championships - Wollongong - See P.38
- October 21-28 Australian Masters Games - Burnie, Tasmania - <http://www.australianmastersgames.com/>
- 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](http://www.oceaniamastersathletics.org)
- March 4 2018 VMA T&F Pentathlon - Duncan McKinnon
- March 24-25 2018 VMA T&F Championships - Tom Kelly Doncaster - TBC
- April 26-29 2018 AMA T&F Championships - Perth
- Sept 5-16 World Masters Athletics T&F Championships - Malaga, Spain <http://www.malaga2018.com/>

### 2019

- March 24-30 World Masters Indoors Championships - Torun, Poland - [www.wmaci2019.com](http://www.wmaci2019.com)

## Masterpieces

Mentone Venue has had SIX of it's members turn 75 within a few months of each other. They have labelled them "the septandahalfgenerians" They are (from left) Jeanne Bryan, Gwen Steed, Ross Kent, Ralph Bennett, Heidi Engel and Natalie King.



From A.M.A. President Wilma Perkins  
Hi Everyone

*I am aware that some of you go to [MastersRankings.com](http://MastersRankings.com) to check on performances by athletes or to see if your own performances have been noted. The site costs quite a bit of money to run and lots of time. There are a number of people around the globe who contribute results from competitions for the website. Don Quinn from Queensland has contributed many of the Aussie competition results. Note that the website provides information on competitions around the world as well as profiles on different athletes. To continue to keep the website operating by John Seto funds are needed. There are a number of ways we can all contribute.*

1. Share the website with as many of your master athletic friends as possible so as to increase awareness.
2. Join up as a member to the website so that you can view additional information available on the site
3. Encourage others to join as members
4. Make an additional donation

*Thank you for taking the time to read my email. Please share and let's make Australia a major supporter of the masters rankings website.*

Regards  
Wilma



## Masterpieces



After Round 6 of the AV XCR Season our Men's & Womens teams are enjoying a very successful season. We have always suggested if we increase the numbers the results will take care of themselves and this has proven to be the case.

I would like to congratulate all members who have competed to date, your presence has ensured we have fielded full teams in every round. The support and spirit within the teams is fantastic. Well done to you all.

Six rounds down, only four to go before the end of the season. Lets keep the intensity up and see if we can maintain or even improve the fantastic results achieved so far.

### MEN & WOMENS TEAMS:

**ABERFELDIE** : Peter Black, Michael Camilleri, Shane Draper, Antonio Giulliani , Adam Gregory , Linda Black & Andrea Draper.

**BENDIGO**: Anne Buckley, Peter Cowell.

**CASEY**: Rob Italia,

**DONCASTER**: Elizabeth Grover,

**EAST BURWOOD/RUN2DAYS**: Sam Defanis .

**GLEN EIRA**: Ewen Wilson.

**KNOX**: Helen Stanley,

**RUN2DAYS**: Paul Earle, Mark Pryn , Mark Shalders, Nicky Hamilton-Morris, Kym Osmand .

**NO VENUE** : Carmel Quirk, Steve Quirk, Greg Wilson , Erica Drangsholt.

### TEAM RESULTS:

#### Men's Teams

Div. 3: 8th of 12

Div. 6: 6th of 16

50+ : 2nd of 37

#### Women's Teams

Div. 3: 1st of 14.

Div. 5: 18th of 20.

40+ : 13th of 25.

### INDIVIDUAL RESULTS

M 40+: Shane Draper 6th.

M 50+: Peter Cowell 4th.

M 55+: Steve Quirk 1st.

M 60+: Peter Black 4th. Ewen Wilson 7th.

W45+: Anne Buckley 9th.

W55+: Helen Stanley 9th.

David Sheehan  
Team Manager

Four of our XCR gals :  
Anne Buckley, Helen Stanley, Nicky Hamilton-Morris and Erica Drangsholt



NOTE : Our Run2sday Group has just started a 12 week build up for the Melbourne Marathon. If you are thinking of doing the Marathon you could benefit from some training with this group.

Ring David Sheehan 0448 213 200 or Bronwen Cardy 0422 213 050

## Masterpieces

### Gary's 4th Anniversary of Running!

Gary Zuccala (54) is a regular on a Monday evening at Doncaster Venue, and has had great success in both sprints and middle/long distance, including recently running his first marathon in 3:25. However, things haven't always been this way for Gary who only took up running 4 years ago. Just look at him now! Prompted by health concerns after being sedentary for 25 years, Gary started his transformation with the popular "couch to 5km" program. This involved a 9-week structured and progressive approach to eventually running 5km continuously (more information (<http://www.theage.com.au/lifestyle/the-app-that-will-turn-you-into-a-runner-20130523-2k503>)). With that, Gary caught the running "bug". He also made positive changes to his diet, and with marked changes in his health, *it's enough to send his doctor broke!* Gaining confidence following the "couch to 5km" program Gary's running expanded to parkrun, GenRun, Melbourne Midday Milers and the VMA. Gary explains: "Masters Athletics has proven to me that there could be decades of running ahead for me to look forward to, which is something that I might not have otherwise thought was possible!". He attributes his success to the generous support and encouragement he has received from the running community and the positive impact he is having on his kids. Gary's wife Janis would like him home more evenings instead of out running, but is otherwise delighted with the new Gary! Furthermore, Gary is not afraid to have check-ups with his GP anymore! Congratulations to Gary on an inspiring journey!




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### Nothing lasts for ever !!

Lavinia Petrie's W70 World Record of 21:34.08 set in 2014 has been broken by Angela Copson of G.B. with a run of 20:56.13.

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A 60-year-old race walker failed a drug test for anabolic steroids and was banned four years by the U.S. Anti-Doping Agency.

Scott McPherson "tested positive for the presence of an exogenous androgenic anabolic steroid and/or its metabolites" at the USATF Masters Indoor Championships in Albuquerque, N.M., on Feb. 18, according to USADA.

McPherson was the only competitor in his age group at the meet, covering a mile in 10 minutes, 37.67 seconds and the 3K in 20:06.27.

McPherson went on to compete at the world championships in Daegu, South Korea, in March, finishing fifth in his age group in the 3K and 10K.

# **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

**VOLUNTEERS NEEDED**  
**CONTACT Phil Urquhart**

## 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



## JOHN GOSBELL MEMORIAL 5 KM TEAMS RACE

*“Knox Knox Knocking on East Burwood’s door.”*

It was great to see a large enthusiastic group gather at the East Burwood venue for the annual John Gosbell 5 km Teams Race. Thirty-nine keen distance runners lined up on the still, but rather cool evening.

A group of Knox runners took off quickly – not only were they trying to beat the cold, but they were intent on reclaiming the title. This they did in a dominant fashion. Shane Grund set the pace from the start lapping the field in metronomic fashion. He won easily in 16:32. The next two runners, both from Knox, kept each other company. Matt Morris was second in 19:14, and Paul Connor third in 19:21.

With teams of four though the job was not yet done. Not only did each team have to contain four runners from the same venue, but at least one of them had to be female. Michelle Quan ran 25:12 to join the winning team.

Knox were the clear winners with 32 points, but the next two places were close with Glen Eira second with 52 points, and the home Team East Burwood third with 54. Frankston runners made the drive up the freeway and had their first entries in the Gosbell. They came fourth with 69. Croydon was fifth with 90.

Knox sort of had it all their own way with Liz Eastwood being the fastest woman with 24:08. She is a regular at East Burwood, but is also recognized as a Knox runner. Michelle Quan was second, and Toscha Stopar, also from Knox, was third with 25:25.

For venues with lots of keen distance runners there was also a Division Two. Guess who won this - Knox with 81 points, then Frankston in second place with 142.

Of course a Masters event has to also have age graded awards. It was great to have Phyllis Gosbell not only recording all the results as runners finished, but also calculating the team results and the age graded placings. And yet again the winner was Knox with Paul Twining running 20:12 giving him a grading of 82.76 %. The women’s best graded performance was by Janet Holmes from Glen Eira finishing in 25:36, 78.32 %.

Special thanks must go to all those East Burwood who helped on the night and who put together a wonderful supper.

**Christopher Worsnop - Venue Manager**

*The winning Knox team : Michelle Quan, Paul Connor, Shane Grund and Matt Morris*



**JOHN GOSBELL INTER-VENUE 5 km TEAMS RACE**  
8th JUNE 2017

Place	Name	Age	Team	Time	Age %	Team Results		
1	Shane GRUND	35	KNOX	16.32	77.92			
2	Matt MORRIS	51	KNOX	19.14	75.65	<b>Division 1</b>		<u>Points</u>
3	Paul CONNOR	54	KNOX	19.21	77.00	1	Knox	32
4	Robert TAYLOR	48	FRANKSTON	19.45	71.90	2	Glen Eira	52
5	Ewan WILSON	64	GLEN EIRA	19.49	82.00	3	East Burwood	54
6	Paul TWINING	67	KNOX	20.12	82.76	4	Frankston	69
7	Joseph CAMPISI	60	GLEN EIRA	21.41	72.33	5	Croydon	90
8	Chris SHEEDY	49	FRANKSTON	21.52	65.47			
9	Travis MOORE	34	EAST BURWOOD	22.15	57.60	<b>Division 2</b>		
10	Andrew EDWARDS	63	GLEN EIRA	22.23	72.00	1	Knox	81
11	Peter SCHROETER	34	CROYDON	22.34	56.79	2	Frankston	142
12	Ashley RYAN	62	EAST BURWOOD	22.36	70.65			
13	Joel GOSBELL	17	TEAM GOSBELL	22.38	58.39	<b>Winners - Men</b>		<u>Time</u> <u>Age %</u>
14	Christopher WORSNOP	59	EAST BURWOOD	22.41	68.55	1	Shane GRUND - Knox	16.32 77.92
15	Peter DODGSHUN	65	EAST BURWOOD	22.44	72.14	2	Matt MORRIS -Knox	19.14 75.65
16	Sam GOSBELL	13	TEAM GOSBELL	22.50	62.12	3	Paul CONNOR - Knox	19.21 77.00
17	Andrew GOSBELL	52	TEAM GOSBELL	23.06	63.49			
18	Paul EARLE	53	EAST BURWOOD	23.16	63.49	<b>Winners - Women</b>		
19	Bob HENDERSON	70	KNOX	23.54	72.11	1	Liz EASTWOOD - East Burwood	24.08 67.54
20	Liz EASTWOOD	48	EAST BURWOOD	24.08	67.54	2	Michelle QUAN - Knox	25.12 63.89
21	Trevor GOSBELL	49	TEAM GOSBELL	24.12	59.16	3	Toscha STOPAR - Knox	25.25 63.34
22	Rob STAGG	50	CROYDON	24.20	59.25			
23	Mike CLAPPER	55	GLEN EIRA	24.31	61.32			
24	Sam DEFANIS	69	EAST BURWOOD	25.01	62.69			
25	David DODSON	58	FRANKSTON	25.09	61.30			
26	Michelle QUAN	47	KNOX	25.12	63.89			
27	Cec McKEOWN	77	CROYDON	25.22	75.82	<b>Age Grade Percentage Winners</b>		
28	Toscha STOPAR	47	KNOX	25.25	63.34	Men - Paul TWINING - Knox	20.12	82.76
29	Nicola van REENEN	45	KNOX	25.30	61.63	Women - Janet HOLMES - Glen Eira	25.36	78.32
30	Janet HOLMES	63	GLEN EIRA	25.36	78.32			
31	Tania NEALE	39	CROYDON	25.57	57.42			
32	Bronwyn HANNS	53	FRANKSTON	26.06	66.60			
33	Charlie MALLIA	68	FRANKSTON	26.24	63.89			
34	Peter THORNE	69	KNOX	26.56	63.30			
35	Frances HALTON	55	FRANKSTON	27.48	64.21			
36	Caitlin O'CONNELL	42	FRANKSTON	28.31	53.48			
37	Jo COCKWILL	65	GLEN EIRA	29.28	70.19			
38	Emma HANNAH	41	FRANKSTON	31.26	48.09			
39	Kerryn GOSBELL	48	TEAM GOSBELL	33.10	49.15			

*The runner up Knox team : Nicola Van Reenan, Bob Henderson, Paul Twining and Toshar Stopar*



## Bob Wishart an article by Mike Hall

If there is in our sport such a thing as "AGE SHALL PROVE NO BARRIER IN THE PURSUIT OF EXCELLENCE" then there is no doubt that it is personified by Mentone/Glen Eira sprinter Bob Wishart.

Bob is indeed a classic example of LEGEND STATUS, purely based on his remarkable achievements spanning more than half a century.

Over a period of thirty five years in Masters Athletics alone, covering no less than eight age-group divisions Bob's 100 metre times have varied a mere 2.36 seconds and barely six seconds for 200 metres.

A quiet unassuming achiever he is widely regarded in the athletics fraternity as a typical unsung hero to all of us, Born on the 27.11.1941 he first showed promise as a teenager before becoming a professional sprinter at the age of eighteen in 1959. His first major win in the professional ranks in 1963 was in fact a major upset in the BENDIGO THOUSAND meeting, where he ran from the seven yards handicap mark to win the 130yds Gift in 12.2! In the event Bob was initially considered a rank outsider at 33-1 to then becoming odds on favourite in the final. The following year he then ran the fastest time in all heats of the Stawell Gift but just missed qualifying for the final. For his performances in 1964 he was then duly awarded the Victorian Professional Sprint Champion of that year, and later achieved life membership of the Stawell Athletic Club in 1987 after competing in twenty-five consecutive Stawell Gift events.

This then set the scene for a remarkable period of twenty-six years, winning a further twenty-four professional Gift events.

Currently at seventy-five years of age and still combining pro events with Masters Athletics, has somewhat restricted his involvement in the latter, Bob has continued to make his mark, particularly in the prestigious Landy Trophy which event over many years held regularly at Doncaster, where he won twice in 2009 and 2013, was runner up on several occasions, and was never beaten in the 200 metres heats.

In Masters Athletics Bob has continued his remarkable success at the highest level, having competed in four World Championships - 1987 Melbourne; 1989 Eugene; 1995 Buffalo USA and 1999 Gateshead UK, winning many medals in the process. He currently holds seventeen Victorian and five Australian records in six individual age groups. His remarkable 200 metre time of 22 seconds was recorded in 1982, thirty five years ago and still remains unbeaten! At the recent National Championships in Darwin, Bob won all his events, including the prestigious "Champion of Champions" event against all the sprint gold medallists! This at 75 years of age!

It seems clear his consistent refusal to let age become any sort of factor in his determination to compete at the highest level of our sport will no doubt guarantee many more World class performances in the near future. A great ambassador for Masters Athletics, Bob readily admits the competition, camaraderie and life-long friendships he enjoys in the sport are what he lives for.



*Bob winning the Champion of Champions event in Darwin.  
All of the younger runners are out of picture*

## OLD OLYMPIC MOMENTS



*"I know that I said that if you did my tax return you could run in the relay, but then Fred did such an amazing job of painting my house"*



*"That was a great 400m but you were supposed to run the other way"*

*Having just knocked his opponent down this boxer goes after his trainer.*



*"I don't care if they are the official uniform, I'm not running in these shorts"*

*The great Finnish runner Paavo Nurmi lights the flame. The organisers thought he was a basketballer and made the cauldron a little too high*



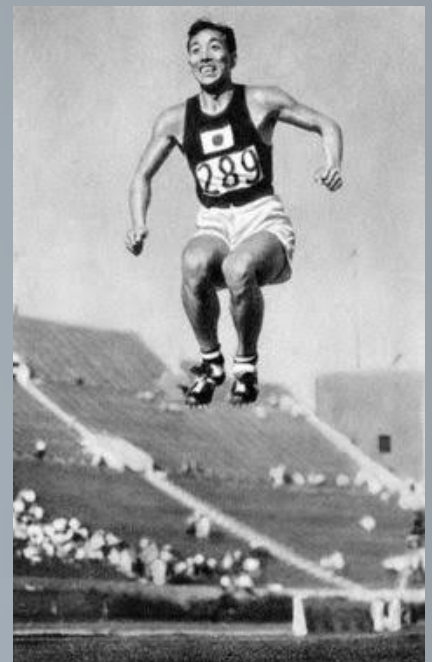
**OLD OLYMPIC MOMENTS**



*Not many people know that in the Olympic 100 metres it was a requirement that all runners ran with their hands in the air. Competitors were often disqualified like the two ladies on the right for lowering them*



*The thrower on the left is Nathaniel Bolt from Jamaica. Can you see the resemblance?*



*A hugely popular event in the 1920's was the standing jump for joy. Sushi Sashimi of Japan was pretty much unbeatable*



*Betty Cuthbert hugs Judy Pollock after the 400m in Tokyo. But who is that in the foreground?*



## KIM MOTTROM - A ROTTEN DEAL ?

- an article by Russ Dickenson with help from articles by Tim Erickson

Nobody likes a drug cheat, but all fair minded Australians would hope that anyone who was charged with an offense would be given a fair hearing. Worse, you would hope that they got the support of those in the sport that could help them, given that a serious doubt existed about their guilt. In 2014, Racewalker Kim Mottrom was drug tested after winning the Australian 50k walk. Kim did not expect to win. The win was only handed to him compliments of Jared Tallent and Chris Erickson not competing and the disqualification of Ian Rayson. His time was 4:28.12. At the Rio Olympics, Jared walked 3:41.16, Chris 3:48.40. Kim was not an international level athlete and was not even on the ASADA monitoring list. His racing results over the previous 5 years showed a steady improvement without any spikes - a standard training response for any athlete training honestly and consistently.

*"It is the first time an athlete has been sanctioned for using dextran anywhere in the world, and ASADA's success in proving the violation was ultimately determined by complex scientific evidence."  
ASADA's gloating press release*

### So what happened ?

Kim's urine sample taken after the event was found to have extremely high levels of Dextran. Dextran is a naturally occurring sugar that is used extensively in many products ranging from lollies to sports supplements. It is what is known as a plasma expander and that is why it is banned. When present in large amounts as it can act as a masking agent for other substances such as EPO. Dextran is virtually impossible to obtain without a prescription. Kim had massive levels of Dextran in his system. Had he taken it intravenously it would have required him to take several litres to have the levels in his system. Can you imagine someone in a hotel room the night before an arduous race that he may finish 30 minutes behind the winner hooking himself up to a drip to do this ?

According to the Doctor that Kim went to for help, Sports and Exercise Physician Dr. Geoffrey Verrall, the WADA testing focussed solely on whether the Dextran had been taken orally or by I.V. They were not interested in whether it had occurred naturally. But there are various medical conditions that can result in increased absorption of dextran into the bloodstream and Crohn's disease is one of these. **Kim suffers from Crohn's disease.** In spite of Kim providing ample evidence of him suffering this condition, ASADA refused to consider it. Worse, there is a WADA approved test, costing \$200 that could prove whether the drug was artificially injected or produced by the bacteria in the urine. ASADA refused to have the test done or to allow the test to be done at Kim's instigation.

I would urge all of you to listen to this excellent podcast by Tracy Holmes, of the ABC. It raises so many questions about the process, and the way Kim was treated.

[http://mpegmedia.abc.net.au/newsradio/audio/theticket/201604/r1557749\\_23371002.mp3](http://mpegmedia.abc.net.au/newsradio/audio/theticket/201604/r1557749_23371002.mp3)

If you look at the "credit seeking" ASADA statement above and you consider the shambles of the Essendon F.C. case, could it be that they needed a successful "Kill" ? Preferably against an athlete with little fame or resources.

### Why am I raising this ?

Well, Kim recently turned 30 and has started to compete in Masters athletics. He competed very successfully in Darwin and I hope he has found a place where he will be welcomed. The racewalking community in my state, Victoria has supported Kim, believing in his innocence and we welcome his return to competition.



## Sub 3 @ 60

*This is an excellent Blog produced by Mark Purvis. It covers lots of his thoughts on running. This post is about his successful attempt on the Victorian M60 HM record.*

*You can find the blog at : <https://hutz224.tumblr.com/>*

In my last blog, I wrote that “pacing is the most fun you can have in a race other than being paced” and “I won’t get a better chance to set a Victorian record than this Sunday on the Gold Coast”. The latter was a reference to the Gold Coast half marathon on Sunday 1 July and was largely prompted by the decision of friend, training partner and teammate, Luke Goodman, to travel to Queensland to pace me in the race. This is the second time that I have been the beneficiary of such incredible generosity of spirit from a fellow runner. In 2014, fellow Midday Miler Stephen “House” Paine casually mentioned to me on a Sunday morning training run that he would be happy to come to Tokyo to pace me in the marathon there! And he was as good as his word, going every step of the way with me for 2 hours and 53 minutes, a truly selfless act. This time it was Luke who was prepared to sacrifice his own race to help me achieve my goal of a Victorian M60+ age record. Eight days prior to Gold Coast, we had something of a rehearsal in the APSOC half marathon at hilly Westerfolds Park. We ran with another Midday Miler, Nicole Joseph, and achieved coach Steve Dinneen’s targets of 4:15 and 4:05 per km for the first and second halves of the race. Although this was good for my confidence, I privately wondered if two half marathons in eight days was too much.

The Victorian M60+ record was 82:39, set by Barry Brooks in 2003. A few days prior to the race, I put a race plan to Luke and Steve. To be honest, it was a complete guess as to what I could do. The plan was to run around 38:45 for the first 10 kilometres (3:52.5 per km), then 39:05 for the second 10 km (3:54.5 per km), then 4:10 for the last 1.1 km for a finishing time of around 82:00. The schedule was intended to allow for a minor slowdown in the second half of the race, while still giving me a margin of 30 plus seconds under the record.

Prior to the weekend, Luke had organised a preferred start for the two of us, which meant that we would

start ahead of 8,000 other runners. He also organised our accommodation and Queensland rental car, and drove us to and from Tullamarine. I felt like I was getting an armchair ride all the way to the start line. We arrived on the Gold Coast at 5.30 pm on the eve of the race, reducing the stress of having to sit around in an unfamiliar environment and worry about what was to come.

We were up at 4.30 am on Sunday morning. After tea and toast and a stretch on our host Tom’s luxurious carpet, we headed out the door to jog the three kilometres to the start line. We had left plenty of time, which was just as well, because we took a wrong turn, which extended our warm up run a bit. We made it to the line with only a few minutes to spare.

It was dark when the gun went off at 6.00 am, and a lovely cool temperature. I had never started a road race in the dark and it took a few minutes to adjust. I checked my Garmin after each of the first two kilometres and we were close to our target pace, although it felt very fast. From there, I decided there was not much point worrying about my watch because, after all, that was Luke’s job!

The first 10 kilometres were fairly uneventful. I was working really hard and we were passing a lot of runners, including training partner Tony Langelaan, whose race build up had been interrupted by injury.



## Sub 3 @ 60

He and Luke had a chat, but I was running too hard to say anything! We reached a race clock at 10 km and wow, how good was my pacer? We had ran the first 10 km in 38:43, although, on one view, this was two seconds too fast! This was a critical psychological moment for me, because the high confidence I already had in Luke turned to complete and absolute trust for the balance of the race. We did a U turn at 10.5 km and set sail for home. But within a minute or two, my elation at hitting our 10 km target turned to concern, as I suddenly began to strain to keep up with Luke. I can best describe this change as going from running hard to racing at or near my limit. I had no choice, however, as I really wanted that record, and if Luke was going this hard, then I knew that I just had to hang on to him.

Between about 12 and 15 km, I was having serious doubts about maintaining our pace. The 16 km marker came at a good time, however, as the fact that there was only 5 km to go gave me a much-needed boost. From about 17 km, I took a couple of sneaky looks at my watch and, although arithmetical calculations are difficult when you are tired, I realised that things were looking pretty good. I may have become distracted by this because suddenly I found that the umbilical cord had been temporarily broken and Luke was getting away from me. I had to raise a significant effort to get back up to him.

At 18 km, we turned into a reasonably stiff headwind. We put our heads down and worked even harder. Finally the 20 km clock came into view. Our race plan was to reach this point in 78:50. I was dumbfounded to see the clock showing 77:15! I accelerated alongside Luke. I intended to tap him on the shoulder and talk to him, but I was so excited that I whacked him in the back and yelled at the top of my voice: "We've got it, we've got it!" He got the fright of his life, I think!

The last kilometre was an exhilarating run through the winding finishing chute. Near the line I began to celebrate. What a feeling! I had broken the record by nearly a minute and a half, 83 seconds to be precise. We had run faster in the second half of the race than the first, I hugged Luke. I was as high as a kite. This was better than any drug, baby.

I subsequently discovered that I had won my age division, but only just. The second placegetter was only 12 seconds behind me, and it appeared that, without knowing it, I had passed him during the last mad kilometre. Icing on the cake, as they say.

The post-race celebrations were long and enjoyable, with the beer tasting especially good. It was great to hear of many PB's by friends and teammates, including good mate Andy Allison's first time under 70 minutes, a mighty run.

## DAN'S DESAL SALT - FROM THE PRISTINE SEAS OF VICTORIA.

P.S. WITH THE BY PRODUCT OF CRYSTAL CLEAR WATER







## RESULTS - 2017 Australian Masters Championships Arafura Stadium, Darwin 9-12 June 2017

In the beautiful Darwin winter, 133 Victorians entered the Australian Masters Championships and performed admirably.

Many of our athletes did exceptionally well with Sharon Pedersen setting a new Australian W45 record in the 2k Steeple, Tom Hancock setting 5 new Australian Championship Records and Jeanne Bryan setting two, both of which were also Victorian records.

Andrew Wilcox continued his amazing run of 8 consecutive wins in the 400m in his age group. Andrew has had a bad ankle for a few years and went under the knife just after this competition to get bone spurs, scar tissue and bone removed.

Bob Wishart is almost certainly the best age graded sprinter going around and he won the Champion of Champions sprint. This is a race between all the age group sprint winners, handicapped for their age.

Rob Mayston celebrated moving into a new age group with four quality sprint wins, Andrew Watts chasing him home for second in all four. Andrew was able to turn the tables in the long jump however, and then followed up with Gold in the Outdoor Pentathlon.

Great to see some new talent coming through with Jessica Dux, Monica Hinson, Rhiannon Lester, Heather Whitaker, Susan Howell, Sally Morrison, Katie Seibold, Kim Gleeson and Shannon Tindal doing so well in Darwin.

### 60 Metre

<b>W70 60 Metre Dash</b>			
3	Wishart, Glad	12.20	-2.8 82.41%
<b>W65 60 Metre Dash</b>			
5	Cash, Vivienne	9.86	0.6 88.03%
<b>W60 60 Metre Dash</b>			
5	Kirby, Karen	10.84	0.1 79.68%
<b>W50 60 Metre Dash</b>			
6	Pollard, Sonya	9.13	-1.7 84.83%
9	McLean, Louise	9.73	-1.7 79.65%
<b>W35 60 Metre Dash</b>			
4	Lester, Rhiannon	9.12	-0.7 76.25%
<b>W30 60 Metre Dash</b>			
2	Dux, Jessica	8.59	-2.4 81.99%
<b>M90 60 Metre Dash</b>			
1	Sinclair, James	12.25	-5.2 82.67%
<b>M85 60 Metre Dash</b>			
2	Coffey, Leo	11.16	-5.2 83.49%
<b>M80 60 Metre Dash</b>			
3	Howes, John	11.30	-1.8 81.24%
6	Greaves, Brian	20.81	-1.8 44.11%
<b>M75 60 Metre Dash</b>			
1	Wishart, Robert	8.67	-2.0 96.54%
3	Noden, Graeme	9.46	-2.0 86.92%
5	Oakley, Russell	10.03	-2.0 85.12%
9	Allan Wood	11.70	-2.0 75.00%
<b>M65 60 Metre Dash</b>			
4	Carr, Bill	9.00	-3.7 84.84%
5	Whitehall, Geoff	9.12	-3.7 83.94%
10	Dilworth, Joe	9.00	-3.7 78.43%
<b>M60 60 Metre Dash</b>			
1	Mayston Rob	7.70	-2.3 92.01%
2	Watts, Andrew	8.43	-2.3 90.15%
<b>M55 60 Metre Dash</b>			
2	Foster, Paul	8.01	-1.2 91.76%
3	Hilditch, John	8.00	-1.2 90.63%
<b>M50 60 Metre Dash</b>			
4	Italia, Rob	8.03	-1.6 88.54%
<b>M45 60 Metre Dash</b>			
4	Dobrzynski, Stewart	7.84	-1.9 87.44%
7	Chisholm, Dave	8.21	-1.9 83.01%
<b>M40 60 Metre Dash</b>			
2	Harper, Mark	7.48	-1.2 89.19%
4	Giglio, Mark	7.56	-1.2 87.43%
<b>M30 60 Metre Dash</b>			
1	Taylor, Shaun	7.53	-4.5 83.75%
<b>100 Metre</b>			
<b>W70 100 Metre Dash</b>			
3	Wishart, Glad	18.60	-1.3 76.24%
<b>W65 100 Metre Dash</b>			
4	Cash, Vivienne	16.38	-0.9 82.23%
<b>W60 100 Metre Dash</b>			
6	Kirby, Karen	18.09	-0.3 71.25%

## RESULTS - 2017 Australian Masters Championships

<b>W55 100 Metre Dash</b>			
10	Hovey, Julie	17.00	+0.0 65.41%
<b>W50 100 Metre Dash</b>			
5	Pollard, Sonya	14.71	+0.0 80.63%
8	McLean, Louise	15.99	+0.0 74.17%
<b>W40 100 Metre Dash</b>			
4	Hinson, Monica	14.58	+0.0 75.38%
<b>W35 100 Metre Dash</b>			
4	Lester, Rhiannon	14.96	-0.7 70.86%
<b>W30 100 Metre Dash</b>			
2	Dux, Jessica	13.82	-1.4 75.90%
<b>M90 100 Metre Dash</b>			
1	Sinclair, James	22.88	-1.8 74.61%
<b>M85 100 Metre Dash</b>			
2	Coffey, Leo	19.89	-1.8 76.62%
<b>M75 100 Metre Dash</b>			
1	Wishart, Robert	14.33	-1.7 92.18%
3	Noden, Graeme	16.53	-1.7 79.92%
5	Hall, Mike	16.73	-1.7 78.96%
6	Oakley, Russell	17.32	-1.7 76.27%
8	Fraser, Andrew	18.26	-1.7 72.34%
9	Allan Wood	19.60	-1.7 67.40%
<b>M65 100 Metre Dash</b>			
4	Carr, Bill	14.99	-1.8 80.52%
5	Whitehall, Geoff	15.05	-1.8 80.20%
9	Dilworth, Joe	16.65	-1.8 72.49%
<b>M60 100 Metre Dash</b>			
1	Mayston, Rob	13.09	+0.0 88.92%
2	Watts, Andrew	13.48	+0.0 86.35%
8	Cooper, John	15.46	+0.0 75.29%
<b>M55 100 Metre Dash</b>			
2	Foster, Paul	12.90	-1.6 87.21%
3	Hilditch, John	12.91	-1.6 87.14%
<b>M50 100 Metre Dash</b>			
5	Italia, Rob	13.13	-1.3 82.86%
<b>M45 100 Metre Dash</b>			
3	Wilcox, Andrew	12.34	-1.8 85.41%
6	Dobrzynski, Stewart	12.65	-1.8 83.32%
7	Chisholm, Dave	13.19	-1.8 79.91%
<b>M40 100 Metre Dash</b>			
2	Giglio, Mark	12.16	-1.7 84.05%
4	Harper, Mark	12.32	-1.7 82.95%
<b>M30 100 Metre Dash</b>			
1	Taylor, Shaun	11.83	-2.1 82.76%
<b>M35-90 100 Metre Dash Champion of Champions</b>			
1	Wishart, Robert	10.41	NWI 126.90%
7	Foster, Paul	10.98	NWI 102.46%
8	Mayston, Rob	11.01	NWI 105.72%
9	Hilditch, John	11.02	NWI 102.09%
<b>200 Metre</b>			
<b>W65 200 Metre Dash</b>			
4	Cash, Vivienne	33.64	-0.8 84.10%



*Glad Wishart medalled in all her runs with Gold in this relay*

*Super impressive was Jess Dux winning 4 Gold medals*



## RESULTS - 2017 Australian Masters Championships

### W55 200 Metre Dash

Prelim.

10 Hovey, Julie 40.12 0.1 64.38%

### W45 200 Metre Dash

2 Aylward, Julie 28.97 -0.1 82.02%

### W40 200 Metre Dash

4 Hinson, Monica 29.18 -1.5 78.27%

### W30 200 Metre Dash

1 Dux, Jessica 27.71 -1.0 77.01%

### M90 200 Metre Dash

1 Sinclair, James 48.15 -0.7 76.70%

### M85 200 Metre Dash

2 Coffey, Leo 40.14 -0.7 79.55%

### M80 200 Metre Dash

2 Howes, John 38.17 -1.7 75.58%

### M75 200 Metre Dash

1 Wishart, Robert 29.04 -0.7 92.22%

4 Oakley, Russell 33.94 -0.7 78.90%

5 Hall, Mike 34.37 -0.7 77.92%

6 Noden, Graeme 35.37 -0.7 75.71%

7 Fraser, Andrew 36.83 -0.7 72.71%

8 Allan Wood 41.00 -0.7 65.32%

### M65 200 Metre Dash

Prelim.

9 Dilworth, Joe 32.30 NWI 74.71%

### M65 200 Metre Dash

5 Carr, Bill 30.44 -1.1 79.27%

6 Whitehall, Geoff 30.48 -1.1 79.17%

### M60 200 Metre Dash

1 Mayston, Rob 26.14 -1.3 88.71%

2 Watts, Andrew 27.16 -1.3 85.38%

6 Cooper, John 30.66 -1.3 75.64%

### M55 200 Metre Dash

4 Foster, Paul 27.00 -1.6 82.89%

### M50 200 Metre Dash

6 Italia, Rob 26.29 -1.4 82.27%

8 O'Neill, Paul 26.47 -1.4 81.72%

### M45 200 Metre Dash

2 Wilcox, Andrew 24.64 -1.2 84.90%

4 Dobrzynski, Stewart 25.12 -1.2 83.28%

6 Chisholm, Dave 25.89 -1.2 80.80%

### M40 200 Metre Dash

2 Harper, Mark 23.82 -2.4 85.05%

3 Giglio, Mark 23.91 -2.4 84.73%

### M30 200 Metre Dash

1 Taylor, Shaun 23.37 -0.7 82.67%

### 400 Metre

#### W45 400 Metre Run

2 Aylward, Julie 65.20 81.27%

3 Pedersen, Sharon 67.75 78.21%

#### W35 400 Metre Run

1 Whitaker, Heather 68.40 71.02%

#### M80 400 Metre Run

2 Howes, John 1:47.29 63.25%



*Shaun Taylor, "The Flying Flatfoot", defended his three sprint titles in great style. (Was a toss up between that and "The Galloping Gendarme".)*

*Bob Wishart starting the 200m*



## RESULTS - 2017 Australian Masters Championships

### M75 400 Metre Run

1	Wishart, Robert	73.60	84.01%
2	Oakley, Russell	78.24	79.03%
5	Fraser, Andrew	1:26.95	71.11%

### M65 400 Metre Run

#### Preliminaries

2	Barrand, Michael	70.75Q	77.88% 2
4	Whitehall, Geoff	72.96Q	75.52% 1

### M65 400 Metre Run

2	Barrand, Michael	62.67	87.92%
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### M60 400 Metre Run

1	Mayston, Rob	66.29Q	79.89% 1
3	Hicks, Terry	68.16Q	77.70% 2
4	Cooper, John	69.92Q	75.74% 1

### M60 400 Metre Run

1	Mayston, Rob	58.54	90.47%
2	Watts, Andrew	60.19	87.99%
4	Hicks, Terry	62.32	84.98%
7	Cooper, John	67.01	79.03%

### M55 400 Metre Run

6	Mitchell, David	67.25	75.96%
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### M50 400 Metre Run

6	Murfett, Grant	59.58	82.80%
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### M45 400 Metre Run

1	Wilcox, Andrew	53.25	89.56%
2	Deane, James	54.19	88.01%

### M40 400 Metre Run

2	Giglio, Mark	53.29	86.62%
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### M35 400 Metre Run

2	Little, William	50.98	87.74%
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### 800 Metre

#### W80 800 Metre Run

4	Mews, Pam	7:43.75	46.79%
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#### W75 800 Metre Run

1	Bryan, Jeanne	3:43.56	83.71%
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#### W55 800 Metre Run

2	Howell, Susan	2:42.92	83.82%
6	Philip, Katrina	3:27.98	65.66%

#### W45 800 Metre Run

1	Aylward, Julie	2:31.23	82.11%
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#### W40 800 Metre Run

2	Morrison, Sally	2:35.49	76.39%
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#### W35 800 Metre Run

1	Whitaker, Heather	2:31.51	75.14%
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#### M80 800 Metre Run

2	Silcock-Delaney, Colin	5:24.71	49.58%
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#### M75 800 Metre Run

3	Stockdale, Graham	3:11.56	76.23%
4	Oakley, Russell	3:31.68	68.99%

#### M70 800 Metre Run

1	Solomon, Kevin	2:35.08	87.87%
5	Egan, Elwyn	3:23.46	66.98%

#### M65 800 Metre Run

1	Barrand, Michael	2:26.14	88.98%
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*Julie Aylward wins the W45 400m*

*Mark Harper just "pipping" Mark Giglio for 2nd in M40 the 200m*



## RESULTS - 2017 Australian Masters Championships

### M60 800 Metre Run

2	Thomas, Paul	2:22.51	87.24%
3	Hicks, Terry	2:23.09	86.88%

### M55 800 Metre Run

4	Egginton, Andrew	2:21.46	84.19%
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### M50 800 Metre Run

1	Cook, Allan	2:12.29	86.39%
3	Italia, Rob	2:13.64	85.52%
5	Dell, Tony	2:41.17	70.91%

### M45 800 Metre Run

1	Deane, James	2:03.67	88.84%
8	Simpson, Grant	2:30.47	73.02%

### 1500 Metre

#### W80 1500 Metre Run

3	Mews, Pam	14:16.25	53.79%
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#### W75 1500 Metre Run

1	Bryan, Jeanne	7:33.44	86.72%
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#### W70 1500 Metre Run

1	Petrie, Lavinia	6:30.11	89.81%
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#### W60 1500 Metre Run

1	Stanley, Helen	6:02.79	82.58%
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#### W55 1500 Metre Run

2	Howell, Susan	5:34.36	84.67%
5	Tindal, Pam	6:18.93	74.71%
7	Philip, Katrina	7:00.23	67.37%

#### W50 1500 Metre Run

1	Hunter, Pia	5:27.29	82.33%
2	Buckley, Anne	5:45.71	77.95%

#### W45 1500 Metre Run

1	Pedersen, Sharon	5:12.70	82.22%
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#### W40 1500 Metre Run

1	Seibold, Kate	4:55.42	83.21%
4	Morrison, Sally	5:19.10	77.04%

#### W35 1500 Metre Run

1	Whitaker, Heather	5:28.54	71.67%
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#### W30 1500 Metre Run

5	Tindal, Shannon	7:02.84	54.98%
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#### M80 1500 Metre Run

1	Silcock-Delaney, Colin	10:44.21	54.02%
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#### M70 1500 Metre Run

1	Solomon, Kevin	5:35.97	86.61%
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#### M65 1500 Metre Run

2	Wilson, Greg	5:28.65	83.25%
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#### M60 1500 Metre Run

2	Purvis, Mark	4:58.32	86.98%
3	Thomas, Paul	5:03.72	85.43%

#### M50 1500 Metre Run

3	Cook, Allan	4:34.92	85.82%
4	Italia, Rob	5:07.45	76.74%

#### M45 1500 Metre Run

1	Deane, James	4:20.84	86.55%
5	Simpson, Grant	4:46.89	78.69%
8	Peel, Brendan	7:19.46	51.37%



*Jeanne Bryan set two new Victorian records in winning the 800m & 1500m. She also won the 5000m.*



*Brendon Peel was 8th in his 1500m*

## RESULTS - 2017 Australian Masters Championships

### M40 1500 Metre Run

3 Draper, Shane 4:27.50 80.90%

### 5000 Metre

#### W75 5000 Metre Run

1 Bryan, Jeanne 28:22.79 82.44%

#### W70 5000 Metre Run

1 Petrie, Lavinia 22:58.70 92.27%

#### W60 5000 Metre Run

1 Stanley, Helen 22:49.78 80.43%

#### W55 5000 Metre Run

1 Howell, Susan 20:40.88 83.95%

#### W50 5000 Metre Run

1 Hunter, Pia 20:07.43 82.08%

2 Buckley, Anne 21:09.91 78.04%

#### M80 5000 Metre Run

2 Onley, Kevin 36:03.75 55.20%

3 Silcock-Delaney, Colin 38:02.38 52.33%

#### M70 5000 Metre Run

1 Solomon, Kevin 21:31.55 78.36%

4 Urquhart, Phillip 29:33.78 57.05%

#### M65 5000 Metre Run

3 Wilson, Greg 20:57.27 76.29%

#### M60 5000 Metre Run

3 Purvis, Mark 18:31.18 82.53%

4 Wylie, Dennis 20:11.71 75.68%

7 Black, Peter 21:48.54 70.08%

#### M50 5000 Metre Run

1 Cowell, Peter 18:03.92 78.01%

5 Italia, Rob 20:17.15 69.47%

6 Dell, Tony 21:47.49 64.67%

#### M45 5000 Metre Run

3 Simpson, Grant 17:39.23 76.83%

4 Green, Craig 17:40.09 76.77%

7 Connolly, Allan 19:50.32 68.37%

9 Peel, Brendan 28:36.95 47.40%

#### M40 5000 Metre Run

2 Draper, Shane 17:00.02 76.90%

#### M35 5000 Metre Run

1 Hui, Tim 17:17.82 72.94%

### 10000 Metre

#### M65 10000 Metre Run

1 Wilson, Greg 42:24.19 79.03%

#### M60 10000 Metre Run

4 Black, Peter 44:47.37 71.35%

#### M45 10000 Metre Run

3 Green, Craig 37:26.00 75.67%

5 Connolly, Allan 41:45.64 67.83%

### Short Hurdles

#### W50 80 Short Hurdles (76.2cm)

4 McLean, Louise 17.78 -0.5 62.65%

#### W35 100 Short Hurdles (84.0cm)

1 Lester, Rhiannon 23.15 -2.1 53.52%



*Katie Seibold romped away with the W40 1500m*

## RESULTS - 2017 Australian Masters Championships

<b>M75 80 Short Hurdles (76.2cm)</b>			
2	Hall, Mike	19.22	-1.4 68.21%
<b>M60 100 Short Hurdles (84.0cm)</b>			
2	McConnell, David	18.96	-2.9 75.58%
3	Watts, Andrew	19.79	-2.9 72.41%
<b>M45 110 Short Hurdles (99.1cm)</b>			
1	Chisholm, Dave	20.40	-2.6 69.17%
<b>M40 110 Short Hurdles (99.1cm)</b>			
1	Krawczyk, Brad	16.28	-2.6 83.23%

### Long Hurdles

<b>W45 400 Long Hurdles (76.2cm)</b>			
2	Pedersen, Sharon	74.76	81.71%
<b>M60 300 Long Hurdles (76.2cm)</b>			
1	Watts, Andrew	48.43	96.59%
2	McConnell, David	48.82	95.82%
<b>M50 400 Long Hurdles (84.0cm)</b>			
2	Dell, Tony	1:25.93	62.46%
<b>M45 400 Long Hurdles (91.4cm)</b>			
2	Chisholm, Dave	68.54	74.64%

### Steeplechase

<b>W65 2000 Metre Steeplechase</b>			
2	Carr, Heather	12:12.84	73.01%
<b>W45 2000 Metre Steeplechase</b>			
1	Pedersen, Sharon	7:51.79	89.57%
<b>W40 2000 Metre Steeplechase</b>			
2	Morrison, Sally	8:06.00	83.63%
<b>M80 2000 Metre Steeplechase</b>			
1	Silcock-Delaney, Colin	16:09.37	58.95%
<b>M70 2000 Metre Steeplechase (76.2cm)</b>			
2	Egan, Elwyn	12:33.34	63.83%
<b>M50 3000 Metre Steeplechase (91.4cm)</b>			
1	Italia, Rob	12:30.08	75.45%
<b>M45 3000 Metre Steeplechase (91.4cm)</b>			
1	Simpson, Grant	11:20.32	79.62%

### Triple Jump

<b>M85 Triple Jump</b>			
1	Coffey, Leo	6.17m	NWI 74.16%
<b>M80 Triple Jump</b>			
1	Greaves, Brian	4.79m	NWI 50.90%
<b>M75 Triple Jump</b>			
3	Allan Wood	4.39m	NWI 42.13%
<b>M65 Triple Jump</b>			
1	Shaw, Geoff	9.57m	NWI 77.43%
<b>M60 Triple Jump</b>			
1	Olsson, Paul	9.39m	NWI 70.44%
4	Riddoch, Clyde	5.75m	NWI 43.14%
<b>W35 Triple Jump</b>			
1	Lester, Rhiannon	9.30m	NWI 61.10%
<b>W40 Triple Jump</b>			
3	Hinson, Monica	8.94m	NWI 62.17%



*David McConnell and Andrew Watts were hard to separate in the long and short hurdles.*

*Brad Krawczyk jumping 6.18m in the M40 Long Jump*



## RESULTS - 2017 Australian Masters Championships

### M40 Triple Jump

1	Krawczyk, Brad	11.73m	NWI	68.20%
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### Pole Vault

#### M45 Pole Vault

1	Hill, Warren	2.40m		44.86%
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#### W45 Pole Vault

1	Masini, Dale	2.40m		56.60%
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#### M65 Pole Vault

1	Shaw, Geoff	2.80m		70.53%
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#### M75 Pole Vault

1	Hall, Mike	1.70m		51.83%
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#### M80 Pole Vault

1	Greaves, Brian	1.00m		34.13%
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### High Jump

#### M80 High Jump

1	Hancock, Tom	1.17m		82.39%
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2	Greaves, Brian	0.84m		59.15%
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#### M75 High Jump

2	Hall, Mike	1.11m		72.08%
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5	Allan Wood	0.99m		64.29%
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#### M70 High Jump

3	Young, Peter	0.90m		54.55%
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#### M65 High Jump

1	Shaw, Geoff	1.35m		76.27%
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#### M60 High Jump

1	McConnell, David	1.40m		74.47%
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4	Riddoch, Clyde	1.10m		58.51%
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#### M45 High Jump

3	Simpson, Grant	1.45m		65.32%
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#### M40 High Jump

2	Krawczyk, Brad	1.68m		71.79%
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### Long Jump

#### M65 Long Jump

1	Shaw, Geoff	4.55m	NWI	77.25%
---	-------------	-------	-----	--------

3	Barrand, Michael	4.22m	NWI	71.65%
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#### W40 Long Jump

2	Hinson, Monica	4.68m	NWI	69.13%
---	----------------	-------	-----	--------

#### M75 Long Jump

1	Noden, Graeme	3.94m	NWI	79.28%
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5	Allan Wood	2.87m	NWI	57.75%
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#### M80 Long Jump

1	Greaves, Brian	3.34m	NWI	74.22%
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#### M85 Long Jump

1	Coffey, Leo	2.42m	NWI	59.90%
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#### M45 Long Jump

3	Dobrzynski, Stewart	5.37m	NWI	69.29%
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#### M60 Long Jump

1	Watts, Andrew	5.00m	NWI	78.62%
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2	Mayston, Rob	4.96m	NWI	77.99%
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#### M40 Long Jump

1	Krawczyk, Brad	6.18m	NWI	75.27%
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*Bendigo's Geoff Shaw had a great meet winning the M65 Triple, Pole Vault, Long Jump and getting 2nd in the Pentathlon.*



## RESULTS - 2017 Australian Masters Championships

### Hammer Throw

#### W80 Hammer Throw 2kg

1 Worrell, Valerie 21.89m 61.49%

#### W65 Hammer Throw 3kg

5 Mussett, Lorraine 17.96m 39.74%

#### W60 Hammer Throw 3kg

3 Kirby, Karen 24.15m 48.16%

#### W55 Hammer Throw 3kg

5 Barr, Sharon 28.16m 51.14%

9 Messerle, Narelle 17.38m 31.57%

#### W35 Hammer Throw 4kg

2 Gleeson, Kim 28.46m 40.44%

#### M80 Hammer Throw 3kg

1 Hancock, Tom 35.57m 76.49%

#### M70 Hammer Throw 4kg

4 Young, Peter 28.08m 47.02%

5 Tonelli, Didimo 26.47m 44.32%

9 Goode, Tom 17.10m 28.63%

#### M65 Hammer Throw 5kg

1 Holzer, Bob 38.57m 65.17%

#### M60 Hammer Throw 5kg

1 Olsson, Paul 44.30m 66.82%

3 Peska, Stan 31.52m 47.54%

#### M55 Hammer Throw 6kg

2 Wrzuszczak, Peter 35.01m 53.05%

#### M45 Hammer Throw 7.26kg

2 Carroll, Patrick 33.98m 48.56%

#### M40 Hammer Throw 7.26kg

5 Wilson, Travis 22.76m 29.52%

### Discus Throw

#### W80 Discus Throw 750g

2 Worrell, Valerie 14.63m 48.05%

#### W55 Discus Throw 1kg

3 Messerle, Narelle 23.41m 43.91%

5 Barr, Sharon 22.08m 41.42%

#### W50 Discus Throw 1kg

3 Singh, Rajwinder 26.35m 45.04%

#### W45 Discus Throw 1kg

1 Matters, Toni 32.35m 50.79%

4 Owens, Yvette 27.50m 43.18%

#### W35 Discus Throw 1kg

1 Gleeson, Kim 30.21m 40.79%

#### W60 Discus Throw 1kg

4 Kirby, Karen 14.68m 30.51%

#### W65 Discus Throw 1kg

4 Mussett, Lorraine 11.03m 25.75%

#### M80 Discus Throw 1kg

1 Hancock, Tom 31.10m 69.02%

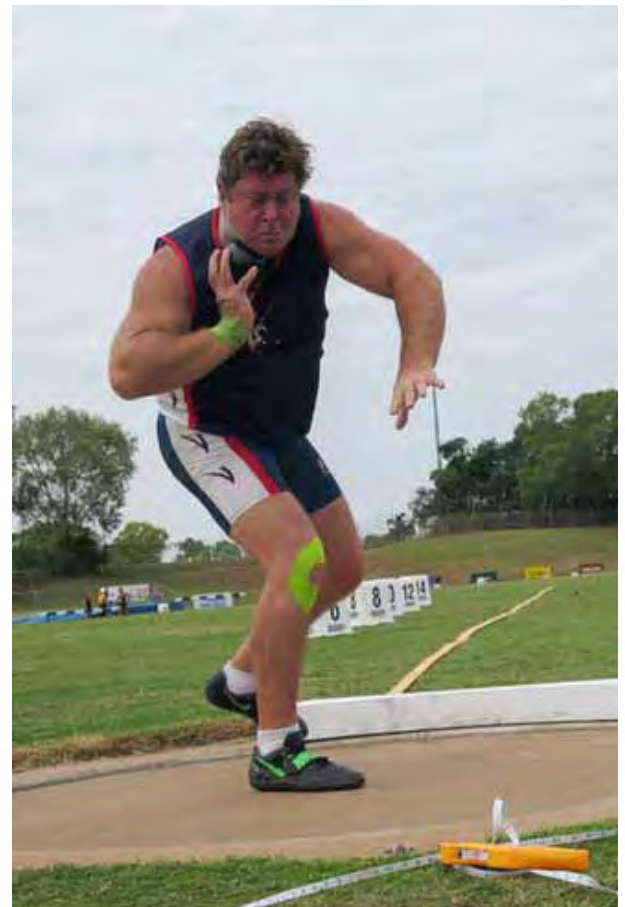
4 Simons, George 17.12m 37.99%

#### M70 Discus Throw 1kg

6 Young, Peter 29.55m 50.98%

7 Tonelli, Didimo 23.11m 39.87%

9 Goode, Tom 17.44m 30.09%



*Pat Carroll about to uncork the winning put in the M45 Shot*

*Paul Olsson won the M60 Hammer, Triple Jump, Weight Throw and Throws Pentathlon*



## RESULTS - 2017 Australian Masters Championships

<b>M65 Discus Throw 1kg</b>		
6	Holzer, Bob	28.37m 44.56%
<b>M60 Discus Throw 1kg</b>		
1	Watts, Andrew	40.73m 58.44%
2	Peska, Stan	37.85m 54.30%
<b>M55 Discus Throw 1.5kg</b>		
4	Wrzuszczak, Peter	28.27m 42.37%
<b>M45 Discus Throw 2kg</b>		
2	Carroll, Patrick	33.79m 54.96%
<b>M40 Discus Throw 2kg</b>		
1	Wilson, Travis	39.56m 58.82%
<b>Shot Put</b>		
<b>W80 Shot Put 2kg</b>		
2	Worrell, Valerie	5.91m 54.17%
<b>W60 Shot Put 3kg</b>		
3	Kirby, Karen	8.38m 55.61%
<b>W65 Shot Put 3kg</b>		
6	Mussett, Lorraine	5.56m 40.79%
<b>W55 Shot Put 3kg</b>		
2	Messerle, Narelle	8.86m 53.66%
<b>W50 Shot Put 3kg</b>		
1	Singh, Rajwinder	10.54m 58.72%
<b>W45 Shot Put 4kg</b>		
4	Matters, Toni	8.79m 46.39%
7	Owens, Yvette	7.18m 37.89%
<b>W35 Shot Put 4kg</b>		
1	Gleeson, Kim	9.88m 45.26%
<b>M85 Shot Put 3kg</b>		
3	Coffey, Leo	4.35m 31.73%
<b>M80 Shot Put 3kg</b>		
1	Hancock, Tom	11.53m 75.07%
5	Simons, George	6.80m 44.27%
<b>M70 Shot Put 4kg</b>		
1	Young, Peter	11.52m 63.82%
6	Tonelli, Didimo	8.58m 47.53%
8	Goode, Tom	7.05m 39.06%
<b>M60 Shot Put 5kg</b>		
1	Peska, Stan	12.80m 69.11%
<b>M55 Shot Put 6kg</b>		
2	Wrzuszczak, Peter	9.65m 53.02%
<b>M45 Shot Put 7.26kg</b>		
1	Carroll, Patrick	11.88m 61.78%
<b>M40 Shot Put 7.26kg</b>		
4	Wilson, Travis	10.06m 48.46%
<b>W35-90 Shot Put Champion of Champions</b>		
4	Gleeson, Kim	19.76m 90.52%
<b>M35-90 Shot Put Champion of Champions</b>		
5	Young, Peter	19.86m 110.03%
7	Peska, Stan	19.66m 106.16%
8	Carroll, Patrick	19.46m 101.20%

### Javelin Throw

<b>W80 Javelin Throw 400g</b>		
3	Worrell, Valerie	8.89m 33.04%



*Toni Matters in the Shot Put*

*Exceptional Shot Putter  
Rajwinder Singh won her event  
easily*



## RESULTS - 2017 Australian Masters Championships

<b>W65 Javelin Throw 500g</b>		
6	Mussett, Lorraine	9.62m 23.95%
<b>W55 Javelin Throw 500g</b>		
2	Messerle, Narelle	20.59m 40.85%
<b>W35 Javelin Throw 600g</b>		
2	Gleeson, Kim	28.11m 40.90%
<b>W45 Javelin Throw 600g</b>		
2	Matters, Toni	25.60m 43.76%
<b>M80 Javelin Throw 400g</b>		
1	Hancock, Tom	30.32m 64.51%
2	Greaves, Brian	18.70m 39.79%
5	Simons, George	12.77m 27.17%
<b>M75 Javelin Throw 500g</b>		
5	Allan Wood	19.73m 37.93%
<b>M70 Javelin Throw 500g</b>		
1	Young, Peter	31.99m 54.57%
2	Tonelli, Didimo	30.33m 51.74%
5	Goode, Tom	15.48m 26.41%
<b>M65 Javelin Throw 600g</b>		
2	Holzer, Bob	34.51m 54.73%
<b>M60 Javelin Throw 600g</b>		
2	Peska, Stan	35.16m 50.48%
3	Watts, Andrew	32.99m 47.37%
<b>M55 Javelin Throw 700g</b>		
5	Egginton, Andrew	30.66m 41.66%
8	Wrzuszczak, Peter	26.86m 36.49%
<b>M45 Javelin Throw 800g</b>		
3	Carroll, Patrick	36.08m 42.92%
<b>M40 Javelin Throw 800g</b>		
4	Krawczyk, Brad	41.73m 46.03%

### Weight Throw

<b>W80 Weight Throw 4kg[8.8lb]</b>		
2	Worrell, Valerie	6.89m 45.03%
<b>W65 Weight Throw 5.45kg[12lb]</b>		
4	Mussett, Lorraine	5.13m 28.82%
<b>W60 Weight Throw 5.45kg[12lb]</b>		
3	Kirby, Karen	6.76m 34.68%
<b>W55 Weight Throw 7.26kg[16lb]</b>		
3	Messerle, Narelle	9.66m 52.87%
<b>W35 Weight Throw 9.08kg[20lb]</b>		
2	Gleeson, Kim	9.63m 44.56%
<b>M80 Weight Throw 5.45kg[12lb]</b>		
1	Hancock, Tom	15.09m 76.10%
<b>M70 Weight Throw 7.26kg[16lb]</b>		
5	Tonelli, Didimo	10.36m 45.70%
6	Goode, Tom	7.50m 33.08%
<b>M65 Weight Throw 9.08kg[20lb]</b>		
5	Holzer, Bob	12.92m 55.71%
<b>M60 Weight Throw 9.08kg[20lb]</b>		
1	Olsson, Paul	13.76m 55.46%
2	Peska, Stan	12.29m 49.54%
<b>M45 Weight Throw 15.88kg[35lb]</b>		
3	Carroll, Patrick	10.23m 46.27%



## RESULTS - 2017 Australian Masters Championships

### 1500 Walk

#### W80 1500 Metre Race Walk

2 Mews, Pam 18:23.00 49.11%

DQ Howes, Margaret

#### W75 1500 Metre Race Walk

6 Beaumont, Margaret 13:16.50 62.78%

#### W70 1500 Metre Race Walk

1 Steed, Gwen 10:05.00 77.09%

#### W65 1500 Metre Race Walk

1 Carr, Heather 8:30.80 85.88%

#### W55 1500 Metre Race Walk

1 Tindal, Pam 7:38.40 86.49%

#### W50 1500 Metre Race Walk

3 Major, Annette 9:11.60 68.84%

#### W30 1500 Metre Race Walk

1 Tindal, Shannon 10:41.90 52.50%

#### M80 1500 Metre Race Walk

1 Silcock-Delaney, Colin 11:21.70 72.71%

#### M75 1500 Metre Race Walk

1 Ilgoutz, Gunther 9:29.50 81.07%

4 Hallo, John 11:07.00 69.22%

#### M70 1500 Metre Race Walk

5 Dickenson, Russ 9:47.30 73.75%

#### M65 1500 Metre Race Walk

2 Prowse, Frank 9:21.90 72.77%

#### M60 1500 Metre Race Walk

2 Riddoch, Clyde 9:14.30 70.03%

#### M55 1500 Metre Race Walk

1 Evans, Simon 7:33.30 81.69%

3 Steward, John 8:57.10 68.94%

4 Moritz, Paul 9:13.80 66.86%

#### M45 1500 Metre Race Walk

1 Smyth, David 7:42.10 73.59%

#### M40 1500 Metre Race Walk

1 Prasad, Pramesh 6:40.20 81.64%

2 van Dongen, Rupert 8:15.40 65.95%

### 5000 Walk

#### W80 5000 Metre Race Walk

2 Mews, Pam 53:58.43 62.00%

#### W75 5000 Metre Race Walk

5 Beaumont, Margaret 45:21.47 67.29%

#### W70 5000 Metre Race Walk

1 Steed, Gwen 36:11.65 77.86%

#### W65 5000 Metre Race Walk

1 Carr, Heather 30:43.02 85.55%

#### W55 5000 Metre Race Walk

1 Tindal, Pam 27:42.16 84.50%

#### W50 5000 Metre Race Walk

DQ Major, Annette

#### M80 5000 Metre Race Walk

1 Silcock-Delaney, Colin 39:27.71 72.89%

#### M75 5000 Metre Race Walk

2 Ilgoutz, Gunther 35:08.87 76.06%



*David Smyth*

## RESULTS - 2017 Australian Masters Championships

### M70 5000 Metre Race Walk

DNF Dickenson, Russ

### M65 5000 Metre Race Walk

3 Prowse, Frank 32:19.00 73.12%

### M60 5000 Metre Race Walk

2 Riddoch, Clyde 43:24.70 51.68%

### M55 5000 Metre Race Walk

2 Evans, Simon 27:28.41 77.92%

3 Steward, John 32:21.77 66.14%

4 Moritz, Paul 33:33.27 63.80%

### M45 5000 Metre Race Walk

1 Smyth, David 30:20.45 64.85%

### M40 5000 Metre Race Walk

1 Prasad, Pramesh 24:53.82 75.96%

2 van Dongen, Rupert 29:28.84 64.15%

### 10K Walk

#### W75 10000 Metre Race Walk

4 Beaumont, Margaret 1:33:52.00 69.31%

#### W70 10000 Metre Race Walk

1 Steed, Gwen 1:15:10.00 79.39%

#### M40 10000 Metre Race Walk

1 Prasad, Pramesh 52:32.00 74.10%

2 van Dongen, Rupert 1:01:47.00 63.01%

#### M45 10000 Metre Race Walk

1 Smyth, David 1:04:34.00 62.69%

#### M55 10000 Metre Race Walk

2 Evans, Simon 58:01.00 75.82%

3 Moritz, Paul 1:08:42.00 64.03%

#### M65 10000 Metre Race Walk

3 Prowse, Frank 1:08:02.00 71.32%

#### M70 10000 Metre Race Walk

2 Dickenson, Russ 1:10:58.00 72.52%

#### M75 10000 Metre Race Walk

2 Ilgoutz, Gunther 1:13:30.00 74.86%

#### M80 10000 Metre Race Walk

1 Silcock-Delaney, Colin 1:20:18.00 73.92%

### Relays

#### W30-90 4x100 Metre Relay 220+

1 VIC 'A' 61.62

1) Cash, Vivienne 65 2) McLean, Louise 52

3) Tindal, Pam 57 4) Pollard, Sonya 50

#### W30-90 4x100 Metre Relay 170-219

5 VIC 'A' 64.32

1) Aylward, Julie 45 2) Pedersen, Sharon 45

3) Howell, Susan 56 4) Carr, Heather 67

#### W30-90 4x100 Metre Relay 120-169

1 VIC 'A' 54.95

1) Lester, Rhiannon 37 2) Hinson, Monica 43

3) Whitaker, Heather 38 4) Dux, Jessica 32

#### M30-90 4x100 Metre Relay 240+

2 VIC 'C' 56.28

1) Whitehall, Geoff 68 2) Thomas, Paul 60

3) Barrand, Michael 65 4) Carr, Bill 67



*Pam & Shannon Tindal.*

*Is this a first ?*

*A mother and daughter competing in the same race - the 1500m walk - and both winning Gold in their respective age group.*

*Our W30+ relay team - Rhiannon Lester, Monica Hinson, Jess Dux and Heather Whitaker.*





## RESULTS - 2017 Australian Masters Championships

### M50 Outdoor Pentathlon

3 Dell, Tony 1843

### M55 Outdoor Pentathlon

1 Egginton, Andrew 2676

### M60 Outdoor Pentathlon

1 Watts, Andrew 2790

### M65 Outdoor Pentathlon

2 Shaw, Geoff 2623

6 Whitehall, Geoff 1775

### M75 Outdoor Pentathlon

1 Leong, Tom 1923

2 Allan Wood 1644

3 Fraser, Andrew 1457

### Throws Pentathlon

#### W45 Throws Pentathlon

4 Matters, Toni 2311

#### W55 Throws Pentathlon

6 Messerle, Narelle 2209

#### W60 Throws Pentathlon

3 Kirby, Karen 2461

#### W65 Throws Pentathlon

4 Mussett, Lorraine 1697

#### W80 Throws Pentathlon

2 Worrell, Valerie 3160

#### M45 Throws Pentathlon

2 Carroll, Patrick 2825

#### M55 Throws Pentathlon

2 Wrzuszczak, Peter 2684

#### M60 Throws Pentathlon

1 Olsson, Paul 3278

2 Peska, Stan 3106

#### M65 Throws Pentathlon

3 Holzer, Bob 2991

#### M70 Throws Pentathlon

1 Young, Peter 3121

5 Tonelli, Didimo 2617

8 Goode, Tom 1561

#### M80 Throws Pentathlon

1 Hancock, Tom 4394

### Cross Country

#### W30 8k Run CC

5 Tindal, Shannon 45:15.00 53.11%

#### W40 8k Run CC

3 Seibold, Kate 32:20.00 76.49%

6 Gawthorn, Kath 39:52.00 62.04%

8 Draper, Andrea 47:54.00 51.64%

#### W50 8k Run CC

1 Hunter, Pia 32:37.00 82.98%

2 Buckley, Anne 35:46.00 75.68%

6 Black, Linda 47:54.00 56.51%

#### W55 8k Run CC

5 Tindal, Pam 37:49.00 75.98%



*Tom Leong winning the M75 Pentathlon*



*Andrew Egginton won the M55 Pentathlon*

## RESULTS - 2017 Australian Masters Championships

### W60 8k Run CC

1 Stanley, Helen 36:59.00 82.74%

### W70 8k Run CC

1 Petrie, Lavinia 37:40.00 93.45%

### M60 8k Run CC

5 Black, Peter NT 34:47.00 74.94%

### M65 8k Run CC

3 Wilson, Greg 34:05.00 80.00%

### M70 8k Run CC

3 Urquhart, Phillip 50:31.00 56.71%

### M80 8k Run CC

1 Onley, Kevin 57:13.00 59.42%

### M40 8k Run CC

3 Draper, Shane 28:44.00 77.03%

### M45 8k Run CC

3 Green, Craig 29:29.00 78.01%

### M50 8k Run CC

1 Cowell, Peter 29:09.00 82.10%



*Pia Hunter in the Cross Country*

## RESULTS - 2017 VMA Walk 10km Championship

Held 22nd July at Middle Park

### Women

1. Sandra Geisler F35-39 57:09

1. Wendy Muldoon F45-49 1:02:09

1. Pam Tindal F55-59 57:57

2. Carolyn Rosenbrock F55-59 1:03:16

DNF Donna-Marie Elms F55-59

1. Alison Thompson F60-64 1:04:54

2. Karyn O'Neill F60-64 1:09:04

1. Gwen Steed F75-79 1:15:15

### Men

1. Mark Blackwood M40-44 50:10

2. Pramesh Prasad M40-44 50:37

DNF David Smyth M45-49

1. Bernie Keirl M50-54 1:02:09

1. Simon Evans M55-59 58:56

2. Paul Moritz M55-59 1:07:22

3. Albin Hess M55-59 1:12:55

1. Terry O'Neill M60-64 1:02:58

2. Clyde Riddoch M60-64 1:22:16

1. Geoff Barrow M65-69 1:12:53

DQ Frank Prowse M65-69

1. Russ Dickenson M70-74 1:08:00

DNF Ralph Bennett M75-79

DQ Gunther Ilgoutz M75-79

1. Bob Gardiner M80-84 1:15:24





**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](mailto: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

## RESULTS - 2017 VMA CROSS COUNTRY

### WOMEN

#### W35

1	Drangsholt Erica	No Venue	38	36.33	67.0%
2	Henshall Liza	East Burwood	39	38.33	63.8%
3	Paine Pauline	Knox	39	53.29	46.0%

#### W40

1	Gawthorn Kath	Doncaster	42	40.43	61.5%
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#### W45

1	Stopar Toscha	Knox	47	45.13	57.9%
1	Hanns Bronwyn	Frankston	54	43.40	65.0%
2	Barbetti Maria	Coburg	52	45.58	60.3%
3	Black Linda	Aberfeldie	54	50.35	56.1%

#### W55

1	Halton Frances	Frankston	55	48.22	59.4%
2	Wright Jay	Glen Eira	58	50.35	59.0%

#### W60

1	Stanley Helen	Knox	61	38.03	81.5%
2	Bradbury Lorraine	East Burwood	61	40.39	76.3%
3	Kuys Evelyn	Knox	60	47.47	64.0%

#### W65

1	Stopar Suzanne	Knox	68	57.59	58.9%
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#### W70

1	Petrie Lavinia	Knox	73	38.42	95.2%
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#### W80

1	Mews Pamela	Mentone	82	137.27	30.2%
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### MEN

#### M40

1	Draper Shane	Aberfeldie	44	29.48	76.6%
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#### M50

1	Bieleny Mike	Knox	54	30.13	81.9%
2	Connor Paul	Knox	54	33.02	74.9%
3	Morris Matthew	Knox	51	33.49	71.4%
4	Hejtmanek Jim	Collingwood	52	37.45	64.4%

#### M55

1	Gaunt Peter	Collingwood	58	33.16	77.0%
2	Dodson David	Frankston	58	42.47	59.8%
3	Worsnop Christopher	East Burwood	59	45.00	57.4%

#### M60

1	Wilson Ewen	Glen Eira	64	35.08	76.9%
2	Black Peter	Aberfeldie	62	35.37	74.5%
3	Scholes Ron	Collingwood	64	38.13	70.7%
4	Edwards Andrew	Glen Eira	63	38.21	69.8%

#### M65

1	Belaabed Yassine	No Venue	65	34.44	78.5%
2	Twining Paul	Knox	67	35.24	78.5%
3	Moore Greg	Aberfeldie	65	35.52	76.0%
4	Johnson Russell	Aberfeldie	65	36.30	74.7%
5	Aponte Luis	Collingwood	65	36.57	73.8%
6	De Fanis Sam	East Burwood	69	40.28	70.0%
7	Hopkins Jim	Collingwood	67	40.38	68.4%
8	Thorne Peter	Knox	69	49.55	56.8%

#### M70

1	Henderson Robert	Knox	70	43.24	66.0%
2	Barker Stephen	Aberfeldie	74	48.27	62.4%

#### M75

1	Page Ashley	Mentone	76	44.12	70.8%
2	Davey Robert	Coburg	77	65.10	48.9%



## BROWNE SHIELD RESULTS AFTER THE 10K TRACK CHAMPIONSHIPS



After two events - the 10k Track and the Cross Country - the 2017 Browne Shield Competition is taking on a familiar look with Knox going to a handy lead over Collingwood and Aberfeldie. Glen Eira is "hanging in" and from here it will be important for these Venues to continue fielding three runners in each event.

Lavinia Petrie has gone to a big lead in the Women's section but the Men's competition is wide open with 8 runners within 10 points. Paul Twining, a regular winner, is just ahead of Mike Bieleny and Peter Gaunt.

VENUE RESULTS			
VENUE	10K TRACK	C. COUNTRY	CUMULATIVE
KNOX	101.96; 83.24; 79.56	95.2, 81.9, 81.5	523.36
COLLINGWOOD	87.96; 82.58; 79.14	77.0, 73.8, 70.7	471.18
ABERFELDIE	79.77; 77.02; 76.37	76.6, 74.7, 76.0	460.46
GLEN EIRA	80.37; 74.88; 67.20	76.9, 69.8, 59.0	428.15
E. BURWOOD	68.12; 67.70	76.3, 70.0, 63.8,	345.92
MENTONE	81.56; 74.96	70.8, 30.2	257.52
RUN2SDAYS	71.32; 66.04; 65.67	-	203.03
FRANKSTON	-	65.0, 59.8, 59.4	184.20
COBURG	66.91; 65.13	60.3, 48.9	180.94
DONCASTER	78.94	61.5	140.44

WOMEN'S RESULTS	Venue	10k Track	C.Country	Cumul.
Petrie Lavinia	Knox	101.96%	95.20%	197.16%
Kuys Evelyn	Knox	66.96%	64.00%	130.96%
Barbetti Maria	Coburg	65.13%	60.30%	125.43%
Stanley Helen	Knox	-	81.50%	81.50%
Bradbury Lorraine	E. Burwood	-	76.30%	76.30%
Haddow-Cook Monica	None	72.08%	-	72.08%
Hamilton-Morris Nicola	Run2days	71.32%	-	71.32%
Drangsholt Erica	None	-	67.00%	67.00%
Hanns Bronwyn	Frankston	-	65.00%	65.00%
Henshall Liza	E. Burwood	-	63.80%	63.80%
Fabre Sofie	Coll'wood	63.19%	-	63.19%
Quan Michelle	Knox	62.27%	-	62.27%
Gawthorn Kath	Doncaster	-	61.50%	61.50%
Halton Frances	Frankston	-	59.40%	59.40%
Wright Jay	Glen Eira	-	59.00%	59.00%
Stopar Suzanne	Knox	-	58.90%	58.90%
Stopar Toshar	Knox	-	57.90%	57.90%
Black Linda	Aberfeldie	-	56.10%	56.10%
Gooley Megan	Glen Eira	53.18%	-	53.18%
Paine Pauline	Knox	-	46.00%	46.00%
Mews Pamela	Mentone	-	30.20%	30.20%

MEN'S RESULTS	Venue	10k Track	C. Country	Cumul.
Twining Paul	Knox	83.24%	78.50%	161.74%
Bieleny Mike	Knox	79.56%	81.90%	161.46%
Gaunt Peter	Coll'wood	82.58%	77.00%	159.58%
Johnson Russell	Aberfeldie	79.77%	74.70%	154.47%
Draper Shane	Aberfeldie	76.37%	76.60%	152.97%
Aponte Villamarin Luis	Coll'wood	79.14%	73.80%	152.94%
Wilson Ewen	Glen Eira	80.37%	76.90%	152.27%
Black Peter	Aberfeldie	77.02%	74.50%	151.52%
Moore Greg	Aberfeldie	73.19%	76.00%	149.19%
Scholes Ron	Coll'wood	77.29%	70.70%	147.99%
Page Ashley	Mentone	74.96%	70.80%	145.76%
Edwards Andrew	Glen Eira	74.88%	69.80%	144.68%
Hopkins Jim	Coll'wood	74.08%	68.40%	142.40%
Hejtmanek Jim	Coll'wood	68.33%	64.40%	132.73%
Worsnop Christopher	E Burwood	68.12%	57.40%	125.52%
Thorne Peter	Knox	59.93%	56.80%	116.73%
Purvis Mark	Coll'wood	87.96%	-	87.96%
Bishop Michael	Mentone	81.56%	-	81.56%
Wilson Greg	None	81.17%	-	81.17%
Langelaan Tony	Doncaster	78.94%	-	78.94%
Belaabed Yassine	None	-	78.50%	78.50%
Grund Shane	Knox	77.35%	-	77.35%
Loveday Tim	Knox	77.11%	-	77.11%
Giuliani Antonio	Aberfeldie	75.14%	-	75.14%
Connor Paul	Knox	-	74.90%	74.90%
Morris Matthew	Knox	-	71.40%	71.40%
Carr Michael	Knox	70.02%	-	70.02%
De Fanis Sam	E Burwood		70.00%	70.00%
Windsor Westly	Coll'wood	69.71%	-	69.71%
Earle Paul	E Burwood	67.70%	-	67.70%
Bone Syd	Glen Eira	67.20%	-	67.20%
Uren Ian	Knox	66.78%	-	66.78%
Bayley Rod	Coll'wood	66.36%	-	66.36%
Buyck Brad	Run2days	66.04%	-	66.04%
Adrien Gerard	Coll'wood	65.93%	-	65.93%
Meaney Michael	Coburg	66.91%	-	66.91%
Henderson Robert	Knox	-	66.00%	66.00%
Pryn Mark	Run2sdays	65.67%	-	65.67%
Gregory Adam	Aberfeldie	64.97%	-	64.97%
Shalders Mark	None	62.47%	-	62.47%
Barker Stephen	Aberfeldie	-	62.40%	62.40%
Elliott Andrew	Coll'wood	62.37%	-	62.37%
Dodson David	Frankston		59.80%	59.80%
Herbstreet John	Coll'wood	55.33%	-	55.33%
Davey Robert	Coburg	-	48.90%	48.90%



## NEW RECORDS REPORT

### Pending World Record:

W65	4x400m Relay	Carol Davis Barbara Blurton Jeanette Flynn Lyn Peake	Qld WA Qld SA	4:52.76	-	12-6-17	Darwin
M85	1500m	David Carr	WA	6:27.3	100.1%	15-6-17	Perth

### Australian Records:

W75	Hammer	Jan Banens	ACT	36.51m	108.0%	20-5-17	Turner ACT
W75	100lb Weight	Jeanette Williamson	ACT	1.47m	-	20-5-17	Turner ACT
M40	Mile	Philo Saunders	ACT	4:07.04	95.3%	1-6-17	Massachusetts
M40	1500m	Philo Saunders	ACT	3:46.97	96.0%	3-6-17	Massachusetts
M30	1500m Walk	Kim Mottrom	SA	6:04.50	85.5%	9-6-17	Darwin
W45	2k Steeple	Sharon Pedersen	Vic	7:51.79	89.6%	10-6-17	Darwin
M85	200m	Richard Hughes	NSW	35.13s	96.8%	10-6-17	Darwin
W80	1500m	June McIntyre	NT	9:09.49	83.8%	10-6-17	Darwin
M85	400m	Richard Hughes	NSW	1:25.63	95.8%	11-6-17	Darwin
M85	200m Hurdles	Osmo Millridge	NSW	52.22s	89.6%	11-6-17	Darwin
W50	4x100m Relay	Philippa Wight Kylie Strong Jackie Bezuidenhout Gianna Mogentale	NSW NSW NSW NSW	53.49s	-	11-6-17	Darwin
W65	4x100m Relay	Wilma Perkins Lyn Peake Carol Davis Marlene Norton-Baker	Qld SA Qld SA	60.60s	-	11-6-17	Darwin
M40	Mile	Philo Saunders	ACT	4:05.95	95.8%	11-6-17	Nashville
W45	400m Hurdles	Lenore Lambert	NSW	63.63s	98.1%	12-6-17	Darwin
M55	Decathlon	Dave Varley	Qld	6302pts	-	18-6-17	Townsville
M40	1500m	Philo Saunders	ACT	3:45.95	96.4%	9-7-17	Brussels

### Australian Championship Records from AMA Championships in Darwin (not already listed above as Australian records):

M40	60m	Ashley McMahon	NSW	7.21s	93.8%	9-6-17	
M45	60m	Gregory Smith	NSW	7.44s	93.7%	9-6-17	
M85	60m	Richard Hughes	NSW	10.71s	89.6%	9-6-17	
W80	100m	Cory Collins	ACT	19.88s	84.5%	9-6-17	
M85	100m	Richard Hughes	NSW	17.45s	88.8%	9-6-17	
W65	800m	Jeanette Flynn	Qld	2:48.56	95.6%	9-6-17	
W75	800m	Jeanne Bryan	Vic	3:43.56	90.4%	9-6-17	
W80	800m	Cory Collins	ACT	4:21.52	87.8%	9-6-17	
M85	800m	Richard Hughes	NSW	3:48.89	82.1%	9-6-17	
W40	1500m Walk	Cheryl Webb	NSW	7:11.20	81.2%	9-6-17	
W75	1500m Walk	Ruth Johnson	WA	10:53.30	76.6%	9-6-17	
M85	1500m Walk	Osmo Millridge	NSW	11:33.20	77.5%	9-6-17	
M80	Javelin	Tom Hancock	Vic	30.32m	63.5%	9-6-17	
M80	Shot Put	Tom Hancock	Vic	11.53m	88.8%	9-6-17	
M90	Shot Put	Maurice Dauphinot	Qld	5.70m	69.6%	9-6-17	
W75	Hammer	Jan Banens	ACT	30.89m	91.3%	9-6-17	
W75	80m Hurdles	Fran Harris	ACT	21.67s	86.5%	10-6-17	
W75	1500m	Jeanne Bryan	Vic	7:33.44	89.4%	10-6-17	

W75	2k Steeple	Lynne Schickert	WA	17:39.31	60.9%	10-6-17
M80	High Jump	Tom Hancock	Vic	1.17m(=)	86.7%	10-6-17
W65	Javelin	Carol Davis	Qld	23.32m	64.0%	10-6-17
M80	Discus	Tom Hancock	Vic	31.10m	79.9%	10-6-17
W65	400m	Jeanette Flynn	Qld	70.37s	97.6%	11-6-17
W80	400m	Cory Collins	ACT	1:42.75	87.6%	11-6-17
W80	5k	June McIntyre	NT	34:34.80	78.7%	11-6-17
M80	Throws Pent	Tom Hancock	Vic	4394pts	-	11-6-17
M30	10k Walk	Kim Mottrom	SA	47:42	78.4%	12-6-17
M40	Pentathlon	Geoff Gibbons	Tas	3270pts	-	12-6-17

### Victorian Records:

W75	800m	Jeanne Bryan		3:43.56	90.4%	9-6-17	Darwin
W75	1500m	Jeanne Bryan		7:33.44	89.4%	10-6-17	Darwin
W30	4x100m Relay	Rhiannon Lester Monica Hinson Heather Whitaker Jessica Dux		54.95s	-	11-6-17	Darwin
M45	4x100m Relay	Paul O'Neill Andrew Wilcox Paul Foster John Hilditch		48.97s	-	11-6-17	Darwin
M75	4x100m Relay	Graeme Noden Mike Hall Russ Oakley Bob Wishart		62.66s	-	11-6-17	Darwin
W30	4x400m Relay	Shannon Tindal Jessica Dux Rhiannon Lester Heather Whitaker		5:16.17	-	11-6-17	Darwin
M60	4x400m Relay	Rob Mayston Terry Hicks David McConnell Andrew Watts		4:08.96	-	11-6-17	Darwin
M40	4x400m Relay	Andrew Wilcox Mark Harper James Deane Mark Giglio		3:35.18	-	11-6-17	Darwin
M60	400m	Rob Mayston		58.54s	90.3%	12-6-17	Darwin
M60	Half Marathon	Mark Purvis		81:16	87.8%	2-7-17	Gold Coast

### Clyde Riddoch

#### VMA Records Officer

40 Beauchamp Street, Preston Vic 3072

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



## 22<sup>nd</sup> AMA Winter Throwing Championships

Saturday September 30<sup>th</sup> — Monday October 2<sup>nd</sup>, 2017  
 Kerryn McCann Athletics Centre, Wollongong, NSW

### OFFICIAL ENTRY FORM

(On-line entry is available from July 30<sup>th</sup>, 2017 at <http://www.nswmastersathletics.org.au/>)  
**(ENTRIES CLOSE AT MIDNIGHT ON TUESDAY SEPTEMBER 19<sup>th</sup>, 2017 – Late entries will NOT be accepted)**

### Program

Day	Start	Events
Saturday	10.00am	Individual Events: Hammer, Shot, Discus, Javelin, Weight Demonstration Event: Weight for Distance *
Sunday	10.00am	Throws Pentathlon (optional: Oceania TP Challenge)
Monday	9.00am	Heavy Weight Pentathlon 56lb & 100lb Weight Throw

### Your Details

To enter you must be a financial member of a registered Australian State or overseas Masters Association.

Please circle your association.

ACT      NSW      NT      QLD      SA      TAS      VIC      WA      Overseas

Last Name: \_\_\_\_\_ Given Name(s): \_\_\_\_\_

Age on 30/09/17: \_\_\_\_\_ Gender: **M / F** Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_

Suburb: \_\_\_\_\_ State: \_\_\_\_\_ PC: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Phone: \_\_\_\_\_ Relationship: \_\_\_\_\_

**Proof of Age and Registration** must accompany this entry form for all **non-Australian** registered athletes.

**WAIVER:** I hereby declare that I am in good health and will be properly conditioned for the events I have entered.

I absolutely relieve NSW Masters Athletics Inc (NSWMA), Australian Masters Athletics Inc. (AMA), Athletics Wollongong and all other parties in any way involved in the conduct of the AMA Winter Throws Championships of responsibility for any injury, loss or damage to me or my property which I may sustain in the course of, or in connection with, these championships.

I authorise the use of my name, voice or picture and any information on this entry form to be used without payment to me in any broadcast, telecast, promotion or advertising or in any way related to this event.

I have read all the attached conditions and information concerning the AMA National Championships. I understand these conditions and agree to abide by the decisions of NSWMA, AMA and its officials.

**No entry will be accepted unless this waiver is signed and dated on the next page.**

## Event Entries & Fees

Mark with 'X'	Event	Day	Cost
	Hammer	Saturday	\$4
	Discus	Saturday	\$4
	Shot	Saturday	\$4
	Javelin	Saturday	\$4
	Weight	Saturday	\$4
	Weight for Distance*	Saturday	No charge

Mark with 'X'	Event	Day	Cost
	Throws Pentathlon	Sunday	\$8
	Oceania TP Challenge **		\$10
	Heavy Weight Pentathlon	Monday	\$8
	56lb Weight	Monday	\$4
	100lb Weight	Monday	\$4

**Administration Fee**

\$25

**Event Fees** (add up your events above)

\$ \_\_\_\_\_

**Singlet @ \$28** each: Men 5XL 3XL 2XL XL L M // Ladies 12 14 16 18 20 (please circle)

\$ \_\_\_\_\_

**T Shirt @ \$32** each: Men 5XL 3XL 2XL XL L M // Ladies 12 14 16 18 20 (please circle)

\$ \_\_\_\_\_

**Zip Hoodie @ \$40** each: Unisex 5XL 3XL 2XL XL L M (please circle)

\$ \_\_\_\_\_

**TOTAL PAYABLE (inc. Admin Fee):** \$ \_\_\_\_\_

**Payment on this form can only be made by an accompanying cheque:** Please make your cheque payable to **NSW Masters Athletics Inc.**

## Merchandise



Men

Ladies

Singlets



Men

Ladies

T Shirts



Unisex Zip Hoodie

## Further Information & Signature

\* **Demonstration Event: Weight for Distance** is **NOT** an official event for the AMA Winter Throws Championships and no ribbons will be awarded for this event. It is based on the Highland Games event and involves throwing a weight implement (one size down from the usual one thrown in the Weight event) one-handed from a discus circle—usually with an action similar to the discus throw.

\*\* The Throws Pentathlon event at the AMA Winter Throws Championships has also been included in the events that count towards the **Oceania TP Challenge** that is conducted at specified meets each year during September - October. TP results are collated by NZMA from these meets in order to crown the best Oceania TP athletes for 2017. Entry into the Challenge costs \$10 and is **OPTIONAL** - i.e. you are not automatically entered into Challenge if you enter the AMA Winter Throws TP. You must choose this option to enter the Oceania TP Challenge.

**Uniforms:** Wearing of State uniform is encouraged but not compulsory.

**Refunds:** When cancellation is received prior to the stated closing date, entry fees are refundable but **NOT** the Administration Fee. After the closing date, no fees are refundable. The LOC has the prerogative to make exceptions on compassionate grounds (not injury).

**Confirmation of Entries:** Confirmation of accepted entries and the events entered will be provided to all entrants. A program of events will be supplied to all entrants.

**2017 Championships Dinner:** An informal dinner is planned on the evening of Sunday October 1<sup>st</sup>. This will give athletes and their 'significant others' to gather and relax in an informal setting. The venue and time will be confirmed closer to the date of the event.

**Entry Form:** This entry form should be signed and dated below. It should be sent to the following address:  
Stuart Gyngell, 14 Valetta St, West Wollongong, NSW, 2500

Signature: \_\_\_\_\_

Date: \_\_\_\_\_



*This is an article by Claire Burke that was published in the Herald Sun on June 25 2017.  
Jim Hopkins, of course, is a veteran member of our Collingwood Venue*

IF someone had suggested to Dennis Nish when he was on the start line of his first 42.2km run at the inaugural Melbourne Marathon in 1978, that he would still be running in it 40 years later – he would have given them one recommendation: “Off to the funny farm with you”.

Dennis, like Jim Hopkins, was one of more than 2500 runners to make the early morning journey to Frankston for the start of what has become an iconic Melbourne event.

Neither Dennis, 67, nor Jim, 68, comprehended the physical challenge of what they were about to endure. Jim said the longest he had run before the marathon was 15km in training.

Dennis thinks the idea to enter was probably raised around the bar one night.

He considered himself more of a footballer and felt since he had once run “five mile” (8km) surely this wouldn’t be too much different. “I truly had no idea how far 42.2km was to try to run,” Jim said.

Jim recalled he wore cheap casual shoes, while Dennis said his footwear was probably “a pair of some sort of weird and wonderfuls bought from the Dandenong market”.

Both men toughed it out on the Nepean Highway and eventually finished in front of the Melbourne Town Hall. While totally spent from the effort, the experience sparked something in Jim. “I thought, ‘I can do this better’,” he said.

Dennis finished the course vowing never to do another marathon, but as it turns out, he too had caught the running bug. That gruelling initiation blossomed into a lifetime enjoyment of running for both.

Jim’s family holidays are often planned around where he can do a run, while Dennis’s Sunday runs with a mate usually finish with a beer and have become a 40-year social ritual.

“It’s been built into my lifestyle,” Dennis said.

Dennis has run in every Melbourne Marathon except 1979, when he was overseas, and illness forced Jim out of the 1981 and 2008 events.

Jim has run marathons on five continents, while Dennis estimates he has run about 80 marathons, and both recorded impressive times under two hours and 50 minutes in their prime.

They have slowed in recent years, but their enthusiasm for the Melbourne Marathon has not. They are looking forward to being part of the 40-year celebrations on October 15 and many more beyond.



## 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](mailto:roy@netfares.co.nz) [www.onlinesportstours.co.nz](http://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
<b>Lapsed members</b>	
Individual lapsed member	\$45
Two members residing at the same address	\$75
<b>Associate member (Under 30)</b>	\$20
<b>New members</b>	
Individual new member	\$45
Two members residing at the same address	\$75
Current AV members	\$35

**PAYMENT** - Please make cheques or money orders out to VMA and send the subscription to :  
Registrar - Judy Farrell 15 Blackwood Drive, Pakenham VIC 3810

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	helenbrown@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. <b>Sunday, field events</b>	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>	
RUN2SDAY	This is a road running group that meets at 6pm on Tuesdays and Thursdays in the carpark outside Knox Athletics track.	

## Victorian Masters Athletics Inc.

<b>President</b>	Russ Oakley	9720 8835	president@VicMastersAths.org.au
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