



WWW.VICMASTERSATHS.ORG.AU

# FOOTPRINTS



OCTOBER 2017

## OUR TURN



SYDNEY 2015

ADELAIDE 2016

DARWIN 2017

PERTH 2018

MELBOURNE 2019

IT'S OUR TURN TO HOLD THE  
AMA CHAMPIONSHIPS IN 2019.

WE'RE COUNTING DOWN - 20,19.....

*Melbourne sketches by Liz Steel*



The big news is that we will be holding the AMA T&F Championships in 2019 and not 2020 as was scheduled. Queensland Masters are unable to take their turn as they are committed to the Oceania Masters in 2019. It buggers up all my ideas for a "Melbourne 2020" logo, but that's ok. Now, the call goes out for our people to stand up and play a role in the Melbourne 2019 LOC. That's Local Organising Committee if your initialism locker is full.

You will remember that Graeme Rose did the job so well in 2012. This time we have appointed Rob Mayston as the Chairperson, and Rob will do a great job, BUT.....he needs a strong, committed crew behind him. We need people both with specialist skills and other willing workers to take on all the projects involved. *See more on P.12- 13*

**Volunteering in general.** It seems I am always raising this but with 2019 in mind and of course for our own T&F Championships - we need more help. We would be rapt if you came to these events and held a tape, raked a pit or lap scored, BUT. There is a pathway you can take with Athletics Victoria to do some straightforward courses that will enable you to officiate at any event you want to. The Level One courses will enable you to play an important role, not only at our events, but if you wish, Schools events, AV Shield, Cross Country etc. Take it from me, officiating at these things can be a lot of fun and you get to see great athletes up close. *See more on P.23*

*The other thing is, you can join our VMA team that competes in the AV Shield T&F season. It's fun, fun, fun and you will see another side of your club. You don't need to be a superstar, just get out there and participate. Travel to exotic places ( Meadowglen, Casey and Yarra Ranges) Only kidding. There are a choice of two Venues each week this year and you can score points for us wherever you choose to compete. You can even compete in the Regional areas and score points for VMA. Contact our Team Manager David Sheehan on 0448213200.*

*Volunteer, Officiate and Participate for a happy life.*

*Russ Dickenson*

**CONTENTS**

- P.3-8 Masterpieces
- P.9 Results - The Sixty Minutes
- P.10-11 Report - VMA Team in XCR
- P.12-13 Countdown - Melbourne 2019
- P.16 Results - 2017 10 Mile Road Race
- P.17 Results - 2017 VMA Half Marathon
- P.18-21 Results - 2017 Browne Shield
- P.22 Ad - Flight Centre AMA Travel Partner
- P.23 Be an A.V. Official
- P.24 Article - Variations on the Cooldown
- P.25 Clyde's New Record Report
- P.26-27 Travel Package - Oceania Masters 2018
- P.28 2018 Membership Form
- P.29-31 Venues, Officials etc.



*You will see in Clyde's NRR that "Waussie" David Carr is rewriting the World M85 record books. A 7.16 minute Mile is pretty amazing !!*

**NAG FILE**

*Athletes Moving into a New Age Group*

- Anne Bilston into W70
- Kenneth Carter into M65
- Leslie Cations into M60
- Julie Challen into W60
- Allan Cook into M55
- Tom Davison into M85
- Patricia Galvin into W60
- Megan Gooley into W40
- Craig Green into M50
- Ray Kemp into M90
- Ron Ledingham into M70
- James O'Brien into M65
- Ray O'connor into M80
- Brendan Peel into M50
- Neil Ryan into M75
- Sally Tayler into W70
- Marla Trautman-Pasquini into W45
- Stacey Van Dueren into W60
- Grant Watson into M70

# Masterpieces

The online 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.



## Melbourne Marathon October 15, 2017

### VMA Entrants

The Melbourne Marathon is also the VMA marathon championship. Any VMA members who have entered the Melbourne Marathon and want to be in the running for a VMA age group medal must advise VMA Secretary by email [secretary@vicmastersaths.org.au](mailto:secretary@vicmastersaths.org.au).

**Our online Membership portal has now opened for 2018** (as of October 1)

You know the ropes by now -

**Join before December 31 for a 22.2222222222% discount.**

New members joining now get the remainder of the year and all of next year included !!!

<https://www.registernow.com.au/secure/Register.aspx?E=27590>

## 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

- October 15 VMA Marathon - Melbourne Marathon - *see above*
- 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 6-7 AMA Decathlon and Heptathlon Championships - *Bendigo* - [p.barrett@ozemail.com.au](mailto:p.barrett@ozemail.com.au)
- January 20-27 Oceania Masters Championships - *Dunedin NZ* - [www.oceaniamastersathletics.org](http://www.oceaniamastersathletics.org)
- March 4 2018 VMA T&F Pentathlon - *Tom Kelly Doncaster*
- March 18 2018 VMA Throws Pentathlon - *Venue TBA*
- March 24-25 2018 VMA T&F Championships - *TBA*
- March 30 - April 2 Easter
- April 4-15 Commonwealth Games - *Gold Coast*
- April 15 or 22 VMA AGM and 3000m Championship - *Duncan McKinnon*
- April 26-29 2018 AMA T&F Championships - *Perth*
- Sept 4-16 World Masters Athletics T&F Championships - *Malaga, Spain* - [www.malaga2018.com/](http://www.malaga2018.com/)

### 2019

- March 24-30 World Masters Indoors Championships - *Torun, Poland* - [www.wmaci2019.com](http://www.wmaci2019.com)
- April 19-22 2019 AMA T&F Championships - *Melbourne*
- August 18 AMA Half Marathon Championship - *Canberra*

### 2020

- TBA World Masters Athletics T&F Championships - *Toronto* - [www.wmatoronto2020.com/](http://www.wmatoronto2020.com/)

# Masterpieces

## GEORGE GOODE

George is about to turn 90 on Tuesday 31st October, 2017. Having been with the Coburg Veterans/ Masters since 1990 it is fair to say he has made a great contribution.

George and I had followed a similar path when it came to sporting activities in that we were never much involved in running having played cricket and football for the major part. We both decided upon retirement from work, without knowing one another, to join Coburg Vets/Masters in 1990 and give running a try. George joined 3 weeks before me.

Up to 1999 we were regular members of the Club but then both Venue Managers Gordon Burrowes and then Vonda Saunders left the Club at short notice. George and I, being the two oldest, were a bit slower than most in taking one pace back when volunteers for the role were required. Fortunately, we had Les Cations from Collingwood to guide us through the first six months. So from 1999 George and I were joint Venue Managers. George eased out of his role in 2014 due to his wife Helen's poor health but nevertheless continued to play an active part in helping the Club right up to the present.

George chalked up a number of good performances during his time with the Vets/Masters – see below. He has displayed great warmth and camaraderie at the Club over all this time. Unfortunately he has been unable to be in attendance recently due to ill health but still keeps in close touch. It is hoped that his health may improve to the point he can resume his direct contact. Being a man with a scholastic background (he was a school teacher, school inspector and Headmaster), he could always be relied upon to most adequately cover the journalistic requirements the Club has including right up to the present time. George was a willing volunteer in anything to do with athletics at Coburg and was made a Life Member of Coburg Harriers in 2010.

We wish George the very best at age 90 and thank him sincerely for his excellent contribution. He has been revered by all at Coburg and we look forward to his further association.

George lists his best performances as –

Gold 2k Steeplechase 11m08s VMA Champs (Vic record) Age 70

Finalist 80m Hurdles 18.19s World Masters Champs, Brisbane Age 73

Gold 60m Hurdles 14.40s Telstra AMA Champs (Vic record) Age 76

Gold 60m Hurdles 17.40s VMA Champs Age 80

George was awarded "Sports Star" of the week in Leader Newspaper in 2011.

**Neville Wilson**



## Masterpieces

Croydon has been lucky to have had some great helpers over the years and John Yates has been amazing. We celebrated John's 90th birthday recently. John has been our timekeeper for ages and continues to turn up come rain or shine. Mostly rain on Tuesday nights we're afraid. Thanks from everyone at Croydon, John and Happy Birthday !!  
 At right : John with Karen Archer, Croydon Venue Manager



One of Croydon's other stewarts, Laurie Pearson was acknowledged for doing his 100th parkrun recently. What's special was that Laurie was stranded on 99 runs for three months (talk about the "nervous nineties") while he was operated on for his back, then a stint of recuperation in hospital and finally getting his sea legs back again. Laurie is a former trainer and Life Member of Richmond F.C. an will be over the moon with the Tiges.



I've posted before about Croydon's Ron Cracknell and his skiing exploits. Well, once again, Ron has excelled in the Australian Masters Skiing Championships at Thredbo finishing 2nd out of all ages in the "Super G". Ron is 70 and has no right to ski that well (let alone wear a one piece suit)



# Masterpieces

## East Burwood

The East Burwood venue has been very busy over the last few months. We now start each Thursday evening with a 60 m sprint to give athletes a chance to stretch their legs and blow out a few cob webs. Louise McLean has been consistently running under 10's. Glenn McLean is one of the fastest masters with 8.4's.

The second event is a middle distance run with distances ranging from 400 m to one mile. Ros Lording has joined the venue and is a strong middle distance runner with a fast finishing kick, clocking 2:10 for 600 m, and 3:58 for 1000 m. Paul Durrant likes the shorter middle distance and has run 1:30 for 500 m, and 1:59 for 600 m.

We then do a track walk ranging from 800 m to 1500 m. This gives the older competitors a chance to strut their stuff. Ros is also a handy walker getting 4:41 for 800 m and sometimes winning the handicap as the back marker. Melanie Bissett is not far behind and has been able to do the 800 m in 4:41.

There is then a second sprint up to 300m. Paul Durrant is hard to beat with 13.9 for 100 m. The night finishes with another sprint while the distance runners and walkers are making themselves dizzy with multiple laps of the track, sometimes up to fifteen times - that adds up to 6,000 m.

On one night in August, which was freezing cold with rain most of the time, Annette Pilgrim and Christopher Worsnop were the only two to start the 4 km race. This was the final in the aptly named Freezing Freddo Frog handicap series. So named because not only is it a winter series, but all runners get a Freddo Frog each time they run. Due to the shocking weather the others in the series were warm at home, and Worsnop just had to win this race to clinch the series. It was sealed handicap so both set off together. The rain got heavier and no one could see what was happening on the back straight. Worsnop crossed the line first, but it was the adjusted handicap time that really counted.

The watching crowd erupted as they urged Annette on in a desperate bid to see their venue manager Worsnop lose the series. Pete Battrick, the handicapper did a quick calculation so the crowd knew what time Annette had to get to win the handicap. She thought all the cheering was for her performance coming back from injury so tried hard. It came down to the wire with less than a second separating them on handicap. The venue manager prevailed and was awarded a hard earned Freddo Frog.

Meanwhile there will always be a field event in progress, shot put, discus, javelin or long jump. Jack Fredrickson is the field master supervising these events as well as doing some coaching and having a throw himself. Paul Durrant is the best male thrower with 10.33 m for the shot put, 24.93 in the javelin and 29.78 m with the discus. Toni Matters is the best woman with 10.24 m with the shot, 24.06 m with the javelin and 30.49 m with the discus. She won the tri throws age adjusted series.

*This is the view of the exciting FFF finale between Annette Pilgrim and Christopher Worsnop*



# Masterpieces

## New Victorian Masters Relay Record at Doncaster!

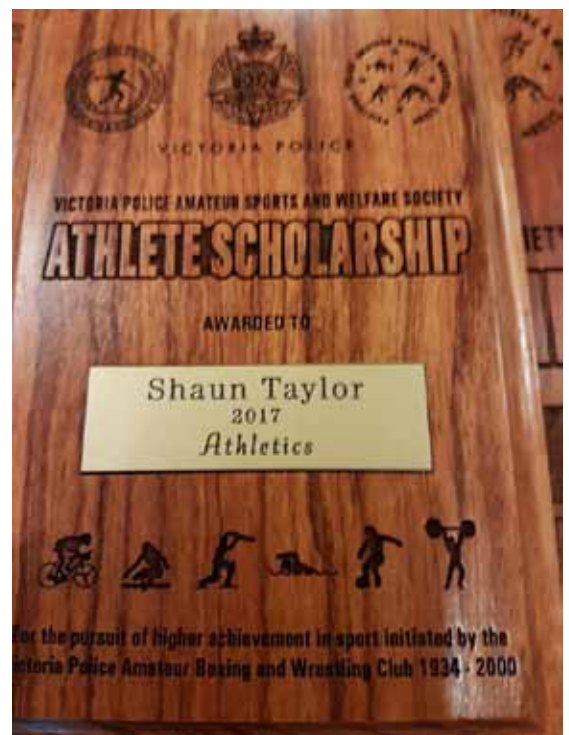
On Monday 11th September the planets aligned for a magnificent team of sprinters at Doncaster. The team of Phil Rosevear (68), Graham Ford (68), David McConnell (65) and Ken Bruce (65) smashed the old M65 4 x 200m record by 21.7 seconds with a time of 2.00.52. The blokes were happy with their efforts and celebrated with a sausage roll or two afterwards. They feel that they can run even faster by improving change-overs, staying uninjured, and again all being in the same place at one time. Congratulations to the new record holders, and to all others for a great night of competition.



The smiles of a record breaking M65 4 x 200m team in Phil Rosevear, Graham Ford, David McConnell and Ken Bruce. Congratulations!



The "Fast Fuzz" Shaun Taylor was acknowledged for his victories at the Nationals in Darwin winning the Victoria Police Scholarship for athletics.



## Masterpieces

The Traralgon Harriers 50th anniversary dinner will be celebrated on October 21.

All athletes are cordially invited.

Please see the Harriers webpage for details: <http://www.traralgonharriers.org.au/>



## Traralgon Harriers

### IN THE LONG RUN - Celebrating 50 years of the Traralgon Marathon

The full colour history of the Traralgon Marathon, with a foreword by Derek Clayton, is now available. With over 300 photos it includes the story of every year, including the 2017 marathon, and the name of every finisher since 1968. Price \$30.

It is very likely that some of our members have run Traralgon, perhaps many times. We have tried to be as inclusive as possible, and give a mention in the book to our many Melbourne, Victorian and interstate friends and marathon addicts who have travelled to Traralgon to run.

Details are also on the Harriers webpage. <http://www.traralgonharriers.org.au/>





# THE SIXTY MINUTES

## Run or walk as far as you can in 60 minutes



**Doncaster - Monday 25th September 2017** saw the successful running of The Sixty Minutes with 10 athletes participating, including some from other venues. The winners of the event were Rob Schwerkolt M50-54 (16,049.6m) and our own Elizabeth Grover F50 (12,237.0m). Rob was "Oh, so close" to the Doncaster venue M50 record of 16,207m! Others participating from our venue were Gary Zuccala, Frank Prowse and Katrina Philip who put on outstanding performances. In particular, Gary was involved in a dual with David Featherston for most of the event, no doubt something which enabled both to run that bit further. The walkers also put on a fantastic showing with superstar Pramesh Prasad achieving 12,036.1m. A huge thank-you to all the people who made this event possible by volunteering both on the night and in the weeks beforehand. Special thanks to our lap-scorers, Graham Walter for visiting us and giving the track clock a good 'kick start', and Matt Scholes for organising and donating the trophies. Afterwards, we had a great supper and thank you to all those who brought something to share. The event will be held again in 2018 (4th Monday in September - usually Brownlow night), and a better option than being at home and watching TV!

### 60 minutes - Final Results

Rob Schwerkolt	51	16,049.6m	
David Featherston	43	14,457.1m	
Gary Zuccala	55	14,411.3m	
Christopher Worsnop	60	12,267.3m	
Elizabeth Grover	54	12,237.0m	
Pramesh Prasad	43	12,036.1m	(walk)
Katrina Philip	55	10,213.0m	
Frank Prowse	65	9,567.8m	(walk)
Albin Hess	57	9,321.2m	(walk)
Maggie Hawker	61	7,255.1m	

Congratulations to all!

*60 Minutes Winners - Elizabeth Grover and Rob Schwerkolt with Doncaster Manager Kath Gawthorn.*



# VMA IN XCR

## Subject: 2017AV XCR Season Report.



*Our super duper Division 3 team.  
Erica Drangholt; Ann Buckley;  
Helen Stanley; Kim Osmond and  
Nicky Hamilton Morris*

September saw the end of the 2017 AV XCR Season and a chance for our hard working VMA representatives to take a well earned breather before the summer season starts.

What a great winter season our VMA teams had!

New friendships formed, great team spirit and outstanding individual and team results.

Our runners did a great job in advertising the Victorian Masters. Every round brought recognition and positive comments on the depth, enthusiasm and competitiveness of the VMA teams. Our lack of numbers, with just 9 ladies and 14 men competing for VMA was more than compensated by the determination and enthusiasm of members which resulted in some very satisfying results.

Over many years we have struggled for numbers to fill ladies teams. This year however, the introduction of new, younger members has inspired and benefitted all.

We were able to enter teams in both ladies division 3 and division 5 and the newly generated enthusiasm was well rewarded with some very satisfying results.

Our ladies Division 3 representatives supported each other well to ensure we had the strongest team available for each round. This determined effort resulted in an outstanding result: the ladies taking out the Premiership for Division 3. **Great effort ladies!**

Not to be outdone, our ladies division 5 competitors stoically battled against younger runners to finish a very respectful 8th out of 25 teams. We are very proud of all our ladies efforts.

Despite, injuries and sickness resulting in a challenging year for our Men's teams, they still battled on to overcome the handicaps. This was rewarded with the satisfaction of knowing they were very competitive when able to field full strength teams.

This was well demonstrated by our Men's 50+ team who had a very successful season managing to finish 2nd overall to a very strong Box Hill A.C. **Well done lads!**

By careful management of using our strengths on the day our remaining male members still managed to field two further teams. Our division 3 team finishing 8th out of 16 teams and our division 6 team finishing 9th out of 14 teams.

Not bad at all for mature runners holding their own against their younger competitors!

## 2017 AV XCR Season Report. cont.

On an individual basis, as masters runners we struggle to place overall in the younger open categories. However, when compared with those with 'more mileage in their legs' our members are more than capable of holding their own.

Steve Quirk: won the Overall Male 55+  
 Peter Cowell: 4th Overall Male 50+  
 Helen Stanley: 9th Overall 55+

Peter Black: 3rd Overall Male 60+  
 Shane Draper: 8th Overall 40+

Congratulations to all of the following who have done such a sterling job in representing VMA in the AV winter competition. Hopefully their results will inspire others to join us and enjoy the friendship, camaraderie and competition of VMA teams.

### MEN:

**ABERFELDIE:** Adam Gregory. Antonio Giuliani. Michael Camilleri. Shane Draper. Peter Black.  
**GLEN EIRA:** Ewen Wilson.  
**RUN2DAYS:** Paul Earle. Mark Pryn. Mark Shalders.  
**EAST BURWOOD:** (Run2days): Sam Defanis.  
**BENDIGO:** Peter Cowell.  
**NO VENUE:** Rob Italia. Steve Quirk. Greg Wilson.  
**By invitation:** (assisted when needed!)  
**GLEN EIRA:** Andrew Edwards. **RUN2DAYS:** Bronwen Cardy.

### LADIES:

**ABERFELDIE:** Linda Black. Andrea Draper.  
**RUN2DAYS:** Nicky Hamilton-Morris. Kym Osmand.  
**BENDIGO:** Anne Buckley.  
**DONCASTER:** Elizabeth Grover.  
**KNOX:** Helen Stanley.  
**NO VENUE:** Erica Drangsholt. Carmel Quirk.

**We extend a warm welcome to any VMA members who are interested in joining the VMA teams in either winter or summer competition. You do not have to be an elite athlete, just a VMA member who enjoys competing to their own level and the company of friendly, like minded people.**

Please call:

**David Sheehan. Mobile: 0448 213 200 or chat to any competing member for further information.**



*The Happy VMA Crew*

Victorian Masters is holding the  
AMA T&F Championships in 2019

Do you  
*"a spire"*  
to be part of  
making  
Melbourne 2019  
a success ?



[www.vicmastersaths.org.au](http://www.vicmastersaths.org.au)

We are forming a working group to identify the people within our ranks who can play a role in making Melbourne 2019 a great event.

Rob Mayston has been charged with leading the VMA Committee to form a Local Organising Committee.

Do you have organisational skills or expertise in logistics, marketing, attracting sponsors, producing merchandise ?

Or if you can add to a team we want to hear from you.

This is a organisational chart form 2012 when we last held the games in Melbourne. You can see the various Committees and their personnel at that time. The groups may be modified this time around, but substantially they will remain the same. Do you see yourself in any of these Committees ?

## MELBOURNE 2012



The Organising Committee for the 2012 Australia Masters Championships to be held in Melbourne met on Sunday 7th November, with a considerable amount of preparatory work already done by Convenor Graeme Rose and Sponsorship Chair Don Chambers. At the meeting sub groups were set up to look after the various important roles. Chairs and volunteers were appointed to areas in which they have an interest and expertise.

Volunteers without roles - Don McLean, Joy Priestley, Alan Wood, Liz Feldman, Pam Tindal and Sandra Howarth

**FINANCE**  
 Al Willey (Chair)  
 Peter Le Get

**VENUES**  
 Lavinia Petrie (Chair)  
 Alan Lucas  
 Graeme Paul

**SPONSORSHIP**  
 Don Chambers (Chair)  
 Russell Oakley  
 Peter Le Get

**TECHNICAL**  
 Graeme Rose (Chair)  
 Ken Priestley  
 Tony Bradford (Officials/  
 Competition Manager)

**COMMUNICATIONS**  
 Kevin Bates  
 Wasył Drosdowsky  
 Ralph Bennett

**PROGRAM**  
 Graeme Rose (Chair)  
 Wasył Drosdowsky  
 Lavinia Petrie

**MEDIA**  
 Russ Dickenson



**SECRETARY**  
 Alan Bennie

**PUBLICATIONS**  
 Peter Black  
 Judy Pfanner  
 Russ Dickenson

**SOCIAL**  
 David Sheehan  
 Phil Urquhart

**AWARDS**  
 Richard Trembath  
 Alwyn Harbott  
 Jenny Baldwin

**MERCHANDISING**  
 Graham Philpott  
 Judy Pfanner

## RESULTS - VMA 10KM ROAD CHAMPIONSHIP - ERIC GREAVES MEMORIAL



**Sunday 6 August 2017 at Braeside Park in conjunction with VCCL**

The VMA 10 km road race championship incorporating the 19th running of the Eric Greaves memorial was held at Braeside Park on Sunday 10th August in conjunction with the Victorian Cross Country League and the Victorian Business Runners.

As can happen in Melbourne the weather conditions were cold and windy with some showers. Not particularly pleasant for the officials but it didn't seem to bother the runners too much. It was the incentive needed to go hard to keep warm.

There were 51 starters in the 10 km championship event plus 11 invitees competing over 5 or 10 km. This is a similar number to recent years but nowhere near the number that competed in the early years of the event. Still, with our friends from the VCCL and VBR it was quite a good field with a number of hardy spectators in addition to the officials. It was also great to welcome members of Eric's family, Wendy, mother Linda, sister Marilyn and her husband Barry.

First home among the males was Shane Grund (M35) in a very respectable 34.16, ahead of Corey Lawson (M35) 36.58. In third place was Shane Draper (M40) 37.51 just ahead of Craig Green (M45) who came all the way from Bendigo in 37.57. In the female division Nicola Hamilton-Morris (F30) 44.06 finished ahead of Bronwen Cardy (F65) 45.44 and Helen Stanley (F60) 46.27.

The age graded trophy was up for grabs this year with perennial winner Lavinia Petrie not starting. However Bronwen Cardy with 91.18% was a comfortable winner from Marlene Gourlay 85.25% and Helen Stanley 84.86%. Among the males Paul Twining 81.64%, Les Williams 81.23% and Ewen Wilson 80.85% were best.

There was somewhat of a difference this year in that I, normally the race manager, decided to head overseas and leave the running of the event to Tony Doran and Mick Colgan together with the rest of the Springvale crew. A big thank you to them for a job well done in somewhat adverse conditions. From all reports they didn't miss a beat. We look forward to next year to the 20th running of the Eric Greaves and 2 runners, Howard Rees and Lou Buccieri are in line to have completed all 20 events.

**Alan Bennie**

### Springvale/Noble Park Venue

Age	Place	Name	Venue	Age	Time	AG%
F30	1	HAMILTON-MORRIS Nicola	Run2days	34	44.06	69.09
F35	1	THORNE Sarah	Knox	37	60.02	51.25
	2	PAINE Pauline	Knox	39	65.37	47.09
F45	1	GAUNT Heather	Collingwood	49	48.07	70.38
	2	ELY Fiona	Coburg	47	51.20	64.48
	3	QUAN Michelle	Knox	47	52.40	62.65
	4	VAN REENEN Nicola	Knox	45	57.14	56.70
F50	1	SULLIVAN Heather	no venue	50	51.28	66.58
F55	1	ROBINSON Janet	no venue	57	52.54	70.67
	2	MCKERRAN Janine	Glen Eira	57	54.59	67.99
	3	WRIGHT Jay	Glen Eira	58	61.14	61.84
F60	1	STANLEY Helen	Knox	61	46.27	84.86
	2	KIDMAN Anne	no venue	62	51.46	77.21
	3	DAVY Connie	Glen Eira	64	56.49	72.34
	4	KUYS Evelyn	Knox	60	59.02	65.87
F65	1	CARDY Bronwen	Run2days	65	45.44	91.18
	2	GOURLAY Marlene	Mentone	65	48.45	85.25

## RESULTS - VMA 10KM ROAD CHAMPIONSHIP - ERIC GREAVES MEMORIAL cont.

Age	Place	Name	Venue	Age	Time	AG%
M30	1	LOGUE Owen	Knox	32	41.05	65.15
M35	1	GRUND Shane	Knox	35	34.16	78.70
	2	LAWSON Corey	Mentone	39	36.58	74.44
	3	RENNIE Mike	Knox	35	38.50	69.44
M40	1	DRAPER Shane	Aberfeldie	44	37.51	75.56
	2	TURNER Craig	Run2days	43	41.47	67.89
M45	1	GREEN Craig	no venue	49	37.57	78.48
	2	CHUNG David	Knox	47	50.58	57.49
M50	1	LOVEDAY Tim	Knox	52	41.38	73.38
	2	EARLE Paul	Run2days	53	48.33	63.47
M55	1	GAUNT Peter	Collingwood	59	39.59	81.28
	2	PRYN Mark	Run2days	55	48.42	64.41
	3	WORSNOP Chrisopher	East Burwood	59	50.05	64.89
	4	SHARLOTT Dominic	Knox	56	57.45	57.78
	5	O'BRIEN Trevor	Run2days	59	58.08	55.91
M60	1	WILLIAMS Les	Springvale	61	40.45	81.23
	2	WILSON Ewen	Glen Eira	64	42.07	80.85
	3	EDWARDS Andrew	Glen Eira	64	45.49	74.32
	4	RIGA Claudio	Springvale	62	49.36	67.37
	5	BROWN Chris	Glen Eira	61	51.03	64.84
	6	BUCCIARI Lou	Springvale	62	53.42	62.23
	7	MEANEY Michael	Coburg	62	53.43	62.21
M65	1	TWINING Paul	Knox	67	42.56	81.64
	2	DEFANIS Sam	East Burwood	69	50.51	70.34
	3	UREN Ian	Knox	66	52.05	66.67
	4	REES Howard	Springvale	69	52.44	67.83
	5	OXENHAM Lindsay	Springvale	68	54.30	64.95
	6	THORNE Peter	Knox	69	56.59	62.77
M70	1	BARKER Stephen	Aberfeldie	74	57.56	65.82
M75	1	PEREZ Juan	Springvale	78	63.53	64.21
M80	1	HOWES John	Aberfeldie	81	79.00	55.68



### Invitation 5 km run

- |    |               |       |
|----|---------------|-------|
| 1. | HENDERSON Bob | 24.50 |
| 2. | TREGEAR Ian   | 29.19 |
| 3. | JOHNSON Tony  | 30.00 |
| 4. | BOND Darren   | 36.27 |
| 5. | BOND Michelle | 36.28 |

### Invitation 10 km run

- |    |                  |       |
|----|------------------|-------|
| 1. | McCOY Jonathon   | 37.06 |
| 2. | PAIGE Anthony    | 37.11 |
| 3. | BIRD Todd        | 38.00 |
| 4. | CHRISTY Alistair | 38.19 |
| 5. | BUVEK Brad       | 39.37 |
| 6. | RICHARDS Mark    | 39.48 |
| 7. | NANFREE Tiffany  | 46.16 |

*Best age graded performance - Bronwen Cardy - 91.18%*



*Wendy Greaves presenting the age graded trophy to Bronwen Cardy.*

## RESULTS - 2017 VMA 10 MILE ROAD CHAMPIONSHIP

Princes Park - 20th August 2017



	Name	Age	Venue	Time	AG%
W.30	1. Hamilton-Morris Nicola	34	Run2Ddays	1 : 09.45	71.70%
W.35	1. Thorne Sarah	37	Knox	1 : 40.16	50.41%
	2. Paine Pauline	39	Knox	1 : 48.08	47.20%
W.45	1. Quan Michelle	47	Knox	1 : 28.59	61.09%
W.50	1. Hanns Bronwyn	54	Frankston	1 : 31.07	64.98%
W.55	1. Wright Jay	58	Glen Eira	1 : 43.16	60.47%
W.60	1. Stanley Helen	61	Knox	1 : 19.34	81.85%
	2. Kidman Anne	62	None	1 : 22.23	80.20%
	3. Kuys Evelyn	60	Knox	1 : 35.51	66.99%
W.65	1. Cardy Bronwen	65	Run2Ddays	1 : 15.05	91.99%
M.35	1. Lawson Corey	39	Mentone	1 : 02.02	74.40%
M.40	1. Prasad Pramesh	43	Collingwood	1 : 10.14	74.14%
M.45	1. Giuliani Antonio	45	Aberfeldie	1 : 23.15	58.11%
	2. Chung David	49	Knox	1 : 26.28	57.80%
M.55	1. Pryn Mark	55	Run2sdays	1 : 22.00	64.15%
	2. Worsnop Christopher	59	East Burwood	1 : 23.37	65.18%
	3. Dodson David	58	Frankston	1 : 28.12	61.24%
	4. Hess Albin	57	Casey	1 : 30.01	59.48%
M.60	1. Edwards Andrew	64	Glen Eira	1 : 15.04	76.05%
	2. O'Neill Terry	61	Glen Eira	1 : 20.06	69.30%
	3. Brown Chris	61	Glen Eira	1 : 25.32	64.90%
M.65	1. Moore Greg	65	Aberfeldie	1 : 12.07	79.92%
	2. Twining Paul	67	Knox	1 : 12.08	81.45%
	3. De Fanis Sam	69	East Burwood	1 : 23.12	72.02%
	4. Uren Ian	66	Knox	1 : 23.54	69.35%
	5. Zeleznikow John	67	Glen Eira	2 : 50.20	34.49%
M.75	1. Page Ashley	76	Mentone	1 : 30.07	73.27%





## RESULTS - 2017 VMA HALF MARATHON

Held in conjunction with AV Half Marathon - Saturday 16th September

W30	1	Nicola Hamilton-Morris	34	Run2sday	01:30:33	72.5
	2	Kym Osmand	34	None	01:38:34	66.49
W40	1	Kate Siebold	42	Mentone	01:40:31	68.05
	2	Andrea Draper	40	Aberfeldie	02:15:19	44.37
W45	1	Helen Bryan	47	Mentone	01:39:10	72.22
W50	1	Pia Hunter	51	East Burwood	01:32:58	80.73
	2	Suzi Wilson	51	Knox	01:38:07	76.49
W55	1	Linda Black	55	Aberfeldie	02:15:19	50.34
	2	Frances Halton	55	Frankston	02:15:56	50.11
	3	Jay Wright	58	Glen Eira	02:25:03	51.51
W60	1	Anne Kidman	62	None	01:45:21	82.15
	2	Helen Stanley	61	Knox	01:46:28	80.18
W65	1	Bronwen Cardy	65	Run2sday	01:40:02	90.3
M30	1	Adam Gregory	32	Aberfeldie	01:27:27	66.78
M35	1	Stephen Dinneen	37	Aberfeldie	01:08:06	86.76
	2	Shane Grund	35	Knox	01:16:06	77.11
	3	Corey Lawson	39	Mentone	01:21:30	73.21
M40	1	Liam Delaney	41	Collingwood	01:11:51	84.13
	2	Shane Draper	44	Aberfeldie	01:23:43	73.98
	3	David Martini	40	None	01:28:10	68.09
	4	Peter White	43	Run2sday	01:43:57	59.08
M45	1	Antony Rickards	46	None	01:20:41	78.04
	2	Craig Green	49	None	01:22:56	77.87
	3	Michael Bishop	46	Mentone	01:23:48	75.14
	4	Campbell McLennan	45	Doncaster	01:32:49	67.28
M50	1	John Meagher	53	None	01:14:49	89.42
	2	Peter Cowell	54	None	01:22:02	82.28
	3	Robert Schwerkholt	51	East Burwood	01:24:54	77.4
	4	George Dyer	53	None	01:27:37	76.36
	5	Gary Zuccala	54	Doncaster	01:28:18	76.44
	6	Chris Grafen	53	Glen Eira	01:34:53	70.51
	7	Tim Loveday	52	Knox	01:41:46	65.15
	8	Paul Earle	53	Run2sday	01:45:00	63.71
	9	Tony Dell	54	Croydon	01:47:34	62.75
M55	1	Peter Gaunt	58	Collingwood	01:25:03	82.32
	2	Chris Murphy	59	Springvale	01:39:46	70.83
	3	Stephen Murphy	56	Aberfeldie	01:45:46	64.99
	4	Mark Pryn	55	Run2sday	01:50:03	61.9
	5	Andrew Tunne	59	Croydon	02:12:40	53.27
M60	1	John Signorini	63	Knox	01:36:17	76.27
	2	Terry O'Neill	61	Glen Eira	01:47:09	67.21
	3	Sydney Bone	60	Glen Eira	01:47:20	66.48
	4	Claudio Riga	62	Springvale	01:48:27	67.05
M65	1	Yassine Belaabed	65	None	01:28:49	84.33
	2	Paul Twining	68	Knox	01:34:42	81.54
	3	Greg Moore	65	Aberfeldie	01:38:12	76.27
	4	Jim Hopkins	67	Collingwood	01:52:43	67.81
	5	Sam Defanis	69	East Burwood	01:54:25	68.19
	6	Peter Dodgshun	65	East Burwood	01:56:40	64.2
Others :	1	Katie Duncan	29	Associate	01:23:52	77.74
	1	Mark Richards	22	Associate	01:33:04	



## FINAL RESULTS - 2017 BROWNE SHIELD

The Browne Shield is over for another year and as usual Knox has swept the event with wins in the team competition and in the Men's and Women's categories. The final team result was quite conclusive with Knox winning by about 178 points. Glen Eira pipped Aberfeldie by 30 points and were the only team other than Knox to field 3 runners in each event. Aberfeldie only missed on one competitor at the 10 Miler and it cost them 2nd place. Of the others, Collingwood, Mentone and Run2days were hurt by not having full representation at each event. The performance of Run2days was a feature and it appears we have a new team able to be competitive with all but perhaps, Knox.



With Lavinia not doing the last 3 events, the Women's competition was thrown wide open and in the end it was Helen Stanley who prevailed, winning from Nicky Hamilton Morris and Bronwen Cardy both from Run2days. Had Bronwen done one more event she possibly would have won as she scored in the "90's in her 3 runs.

Paul Twining narrowly won the Men's section from Peter Gaunt with Greg Moore, Shane Draper and Andrew Edwards not far away. It's back to back wins for Paul.

While the event is still popular and our major event outside of the T&F Championship, the inability of some Venues to field teams of 3 to each event diminishes the competition. In all there were *over 70 runners who only did one event*. Do you have an opinion on what we can do to get more consistent numbers to all events ?

### FINAL VENUE RESULTS

VENUE	10K TRACK	CROSS COUNTRY	10K ROAD	10 MILE ROAD	HALF MARATHON	TOTAL
KNOX	101.96,83.24, 79.56	95.2, 81.9, 81.5	84.86; 81.64; 78.70	81.85; 81.45; 69.35	81.54; 80.18; 77.11	1240.04
GLEN EIRA	80.37; 74.88; 67.20	76.9, 69.8, 59.0	80.85; 74.32; 64.84	76.05; 69.30; 64.90	70.51; 67.21; 66.48	1062.61
ABERFELDIE	79.77; 77.02; 76.37	76.6, 74.7, 76.0	75.56; 65.82, 55.68	79.92,58.11	86.76; 76.27; 73.98	1032.56
COLLINGWOOD	87.96; 82.58; 79.14	77.0, 73.8, 70.7	81.28,70.38,	74.14	84.13; 82.32; 67.81	931.24
E. BURWOOD	68.12; 67.70	76.30; 70.0; 63.80	70.34; 64.89;	72.02,65.18	77.4; 68.19; 64.20	828.14
RUN2SDAYS	71.32; 66.04; 65.67	-	91.18,69.09,	91.99,71.70, 64.15	90.3; 72.5; 66.49	820.16
MENTONE	81.56; 74.96	70.8, 30.2	85.25,	74.40,73.27	75.14; 73.2; 72.22	711.00
FRANKSTON	-	65.0, 59.8, 59.4		64.98.61.24	50.11	360.53
SPRINGVALE	-	-	81.23; 67.83; 67.37	-	67.05; 70.83	354.31
COBURG	66.91; 65.13	60.3, 48.9	64.48,	-	-	305.72
DONCASTER	78.94	61.5		-	76.44; 67.28	284.16
CROYDON	-	-	-	-	62.75; 53.27	116.02
CASEY	-	-		59.48	-	59.48

**2017 BROWNE SHIELD FINAL MEN'S RESULTS**

<b>MEN'S RESULTS</b>	Venue	10k Track	Cross Country	10k Road	10 Mile Road	Half M'thon	<b>BEST 4</b>
Twining Paul	Knox	83.24%	78.50%	81.64%	81.45%	81.54%	327.87
Gaunt Peter	Coll'wood	82.58%	77.00%	81.28%	-	82.32%	323.18
Moore Greg	Aberfeldie	73.19%	76.00%		79.92%	76.27%	305.38
Draper Shane	Aberfeldie	76.37%	76.60%	75.56%	-	73.98%	302.51
Edwards Andrew	Glen Eira	74.88%	69.80%	74.32%	76.05%		295.05
De Fanis Sam	E Burwood		70.00%	70.34%	72.02%	68.19%	280.55
Pryn Mark	Run2sdays	65.67%	-	64.41%	64.15%	61.90%	256.13
Worsnop Christopher	E Burwood	68.12%	57.40%	64.89%	65.18%		255.59
Loveday Tim	Knox	77.11%	-	73.38%	-	65.15%	251.64
Grund Shane	Knox	77.35%	-	78.70%	-	77.11%	233.16
Wilson Ewen	Glen Eira	80.37%	76.90%	80.85%	-		233.12
Lawson Corey	Mentone	-	-	74.44%	74.40%	73.21%	222.05
Page Ashley	Mentone	74.96%	70.80%		73.27%		219.03
Hopkins Jim	Coll'wood	74.08%	68.40%		-	67.81%	210.21
Uren Ian	Knox	66.78%	-	66.67%	69.35%		202.80
Earle Paul	E Burwood	67.70%	-	63.47%	-	63.71%	194.88
Thorne Peter	Knox	59.93%	56.80%	62.77%	-		179.50
Bieleny Mike	Knox	79.56%	81.90%		-		161.46
Bishop Michael	Mentone	81.56%	-		-	75.14%	156.70
Green Craig	None	-	-	78.48%	-	77.87%	156.35
Johnson Russell	Aberfeldie	79.77%	74.70%		-		154.47
Aponte Luis	Coll'wood	79.14%	73.80%		-		152.94
Black Peter	Aberfeldie	77.02%	74.50%		-		151.52
Scholes Ron	Coll'wood	77.29%	70.70%		-		147.99
O'Neill Terry	Glen Eira	-	-		69.30%	67.21%	136.51
Riga Claudio	Springvale	-	-	67.37%	-	67.05%	134.42
Bone Syd	Glen Eira	67.20%	-		-	66.48%	133.68
Giuliani Antonio	Aberfeldie	75.14%	-		58.11%		133.25
Hejtmanek Jim	Coll'wood	68.33%	64.40%		-		132.73
Gregory Adam	Aberfeldie	64.97%	-		-	66.78%	131.75
Brown Chris	Glen Eira	-	-	64.84%	64.90%		129.74
Meaney Michael	Coburg	66.91%	-	62.21%	-		129.12
Barker Stephen	Aberfeldie	-	62.40%	65.82%	-		128.22
Dodson David	Frankston		59.80%		61.24%		121.04
Chung David	Knox	-	-	57.49%	57.80%		115.29
Meagher John	None	-	-	-	-	89.42%	89.42
Purvis Mark	Coll'wood	87.96%	-		-		87.96
Dinneen Stephen	Aberfeldie	-	-	-	-	86.76%	86.76
Belaabed Yassine	None	-	-	-	-	84.33%	84.33
Delaney Liam	Collingwood	-	-	-	-	84.13%	84.13
Cowell Peter	None	-	-	-	-	82.28%	82.28
Williams Les	Springvale	-	-	81.23%	-		81.23

**2017 BROWNE SHIELD FINAL MEN'S RESULTS cont.**

<b>MEN'S RESULTS (cont.)</b>	<b>Venue</b>	<b>10k Track</b>	<b>Cross Country</b>	<b>10k Road</b>	<b>10 Mile Road</b>	<b>Half M'thon</b>	<b>BEST 4</b>
Wilson Greg	None	81.17%	-		-		81.17
Langelaan Tony	Doncaster	78.94%	-		-		78.94
Belaabed Yassine	None	-	78.50%		-		78.50
Rickards Antony	None	-	-	-	-	78.04%	78.04
Schwerkholt Robert	E. Burwood	-	-	-	-	77.40%	77.40
Zuccala Gary	Doncaster	-	-	-	-	76.44%	76.44
Dyer George	None	-	-	-	-	76.36%	76.36
Signorini John	Knox	-	-	-	-	76.27%	76.27
Connor Paul	Knox	-	74.90%		-		74.90
Prasad Pramesh	Collingwood	-	-		74.14%		74.14
Morris Matthew	Knox	-	71.40%		-		71.40
Murphy Chris	Springvale	-	-	-	-	70.83%	70.83
Grafen Chris	Glen Eira	-	-	-	-	70.51%	70.51
Carr Michael	Knox	70.02%	-		-		70.02
Windsor Westly	Coll'wood	69.71%	-		-		69.71
Rennie Mike	Knox	-	-	69.44%	-		69.44
Martini David	None	-	-	-	-	68.09%	68.09
Turner Craig	Run2days	-	-	67.89%	-		67.89
Rees Howard	Springvale	-	-	67.83%			67.83
McLennan Campbell	Doncaster	-	-	-	-	67.28%	67.28
Bayley Rod	Coll'wood	66.36%	-		-		66.36
Buyck Brad	Run2days	66.04%	-		-		66.04
Henderson Robert	Knox	-	66.00%		-		66.00
Adrien Gerard	Coll'wood	65.93%	-		-		65.93
Logue Owen	Knox	-	-	65.15%	-		65.15
Murphy Stephen	Aberfeldie	-	-	-	-	64.99%	64.99
Oxenham Lindsay	Springvale	-	-	64.95%	-		64.95
Perez Juan	Springvale	-	-	64.21%			64.21
Dodgshun Peter	E. Burwood	-	-	-	-	64.20%	64.20
Dell Tony	Croydon	-	-	-	-	62.75%	62.75
Shalders Mark	None	62.47%	-		-		62.47
Elliott Andrew	Coll'wood	62.37%	-		-		62.37
Buccieri Lou	Springvale	-	-	62.23%			62.23
Hess Albin	Casey	-	-		59.48%		59.48
White Peter	Run2sdays	-	-	-	-	59.08%	59.08
Sharlott Dominic	Knox	-	-	57.78%	-		57.78
O'Brien Trevor	Run2sdays	-	-	55.91%	-		55.91
Howes John	Aberfeldie	-	-	55.68%			55.68
Herbstreet John	Coll'wood	55.33%	-		-		55.33
Tunne Andrew	Croydon	-	-	-	-	53.27%	53.27
Davey Robert	Coburg	-	48.90%		-		48.90
Zeleznikow John	Glen Eira	-			34.49%		34.49

**2017 BROWNE SHIELD FINAL WOMEN'S RESULTS**

<b>WOMEN'S RESULTS</b>	<b>Venue</b>	<b>10k Track</b>	<b>Cross Country</b>	<b>10k Road</b>	<b>10 Mile Road</b>	<b>Half Mara</b>	<b>BEST 4</b>
Stanley Helen	Knox	-	81.50%	84.86%	81.85%	80.18%	328.39
Hamilton-Morris Nicola	Run2days	71.32%	-	69.09%	71.70%	72.50%	284.61
Cardy Bronwen	Run2days	-	-	91.18%	91.99%	90.30%	273.47
Kuys Evelyn	Knox	66.96%	64.00%	65.87%	66.99%	-	263.82
Kidman Anne	None	-	-	77.21%	80.20%	82.15%	239.56
Wright Jay	Glen Eira	-	59.00%	61.84%	60.47%	51.51%	232.82
Petrie Lavinia	Knox	101.96%	95.20%	-	-	-	197.16
Quan Michelle	Knox	62.27%	-	62.65%	61.09%	-	186.01
Paine Pauline	Knox	-	46.00%	47.09%	47.20%	-	140.29
Hanns Bronwyn	Frankston	-	65.00%	-	64.98%	-	129.98
Barbetti Maria	Coburg	65.13%	60.30%	-	-	-	125.43
Halton Frances	Frankston	-	59.40%	-	-	50.11%	109.51
Black Linda	Aberfeldie	-	56.10%	-	-	50.34%	106.44
Thorne Sarah	Knox	-	-	51.25%	50.41%	-	101.66
Gourlay Marlene	Mentone	-	-	85.25%	-	-	85.25
Hunter Pia	E. Burwood	-	-	-	-	80.73%	80.73
Wilson Suzi	Knox	-	-	-	-	76.49%	76.49
Bradbury Lorraine	E. Burwood	-	76.30%	-	-	-	76.3
Davy Connie	Glen Eira	-	-	72.34%	-	-	72.34
Bryan Helen	Mentone	-	-	-	-	72.22%	72.22
Haddow-Cook Monica	None	72.08%	-	-	-	-	72.08
Robinson Janet	None	-	-	70.67%	-	-	70.67
Gaunt Heather	Coll'wood	-	-	70.38%	-	-	70.38
Kate Seibold	Mentone	-	-	-	-	68.05%	68.05
McKerran Janine	Glen Eira	-	-	67.99%	-	-	67.99
Drangsholt Erica	None	-	67.00%	-	-	-	67
Sullivan Heather	None	-	-	66.58%	-	-	66.58
Kym Osmand	Run2sday	-	-	-	-	66.49%	66.49
Ely Fiona	Coburg	-	-	64.48%	-	-	64.48
Henshall Liza	E. Burwood	-	63.80%	-	-	-	63.8
Fabre Sofie	Coll'wood	63.19%	-	-	-	-	63.19
Gawthorn Kath	Doncaster	-	61.50%	-	-	-	61.5
Stopar Suzanne	Knox	-	58.90%	-	-	-	58.9
Stopar Toshar	Knox	-	57.90%	-	-	-	57.9
Van Reenan Nicola	Knox	-	-	56.70%	-	-	56.7
Gooley Megan	Glen Eira	53.18%	-	-	-	-	53.18
Draper Andrea	Aberfeldie	-	-	-	-	44.37%	44.37
Mews Pamela	Mentone	-	30.20%	-	-	-	30.2



## AMA Announces Travel Partner

Australian Masters Athletics (AMA) is excited to announce that it has partnered with *Flight Centre Sports and Events* as the travel partner for team members and accompanying persons competing in National, Oceania and World Championship events.



This arrangement with **Flight Centre Sports and Events** will enable members to book specially prepared group travel packages, pre and post championship tours and/or to make their own private arrangements.

**Members and their families** will also be able to book through **Flight Centre Sports and Events** for all their own **personal (or business) travel arrangements**. This includes flights, accommodation, car hire, rail bookings and tours, etc. Talk with the team at **Flight Centre Sports and Events** about your plans.

AMA will receive a **rebate on all bookings** (team-related and personal) and this additional revenue stream will assist in keeping levies and fees for members to a minimum. This rebate is only available when booking via the details supplied below and you must identify yourself as being from Australian Masters Athletics.

**Flight Centre Sports and Events** is the new **AMA Travel Partner**. They are a one-stop shop for all your travel needs and have a lowest airfare guarantee!

To make a booking through **Flight Centre Sports and Events** please **contact Anna Kearney or Julie Costa on 1300 220 293 and make sure you identify yourself as being from AMA**. The rebate is not available through Flight Centre shops or other avenues as they are different franchises so please **save these contact details**.

Packages for Oceania in Dunedin (Jan 2018), Nationals in Perth (April 2018) and Worlds in Malaga (Sept 2018) are currently being prepared. To **register your interest**, please see this page:

<http://fcsportsandevents.com.au/package/2018-masters-world-championships-mallaga-spain/>

and click on the **"Enquire Now!"** button.



### ANNA KEARNEY

*Assistant Manager, Sports and Events*  
Flight Centre Travel Group



1300 220 293



Southpoint 275 Grey Street  
South Brisbane QLD 4101

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Favourite city: **Vancouver**  
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### JULIE COSTA

*Assistant Manager, Sports & Events*  
Flight Centre Travel Group



1300 220 293



Southpoint, 275 Grey St,  
SOUTH BRISBANE Queensland 4101  
Australia

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**Victorian  
Official**

## VICTORIAN OFFICIALS PATHWAY GRASSROOTS TO INTERNATIONAL



Becoming a Victorian Official is an opportunity to work in a fun and welcoming environment, learn new skills and provide Victorian athletes the opportunity to progress through the junior and senior ranks.

With numerous roles and events including; cross country, road, walks, track and field, there is an opportunity for everyone.

The Australian Athletics Officials' Education Scheme (AAOES) is a joint initiative between Athletics Australia and Jetstar Little Athletics and will provide a seamless and transparent education pathway for all Victoria Officials.

With the endorsement of the Australian Sport Commission a new online learning portal has been introduced along with face-to-face course delivery.

Become a Victorian Official  
Think you know your athletics?  
Do you enjoy competition?

Or do you just want to be in and amongst the action trackside?

Whether you're a parent seeking further involvement in your child's chosen sport, or an athlete or coach looking to gain a new perspective on your craft, officiating is a great way to appreciate and learn about athletics when you don't want to run, jump, or throw.



**Contact Athletics Victoria on 03 8646 4500 or email [officials@athsvic.org.au](mailto:officials@athsvic.org.au) for more information on how to become a Victorian Official.**

<b>OFFICIALS</b>	Anyone	Club/Centre/ School Official	State Official	National Official	IAAF Technical Officials
<b>OVERVIEW</b>	Introduction to Officiating (an Australian Sports Commission course)	Basic Grading – aimed at officials wishing to officiate at a local/ club/ centre/school level	Aimed at officials wishing to be appointed as a Chief or Referee at State level and a Chief at National level	Aimed at Officials wishing to be appointed as a Chief or Referee or Competition Management at a National level	IAAF Technical Officials Education Certification Scheme TOECS Level 2 (Diploma) conducted by the Oceania Regional Development Centre  IAAF Technical Officials Education Certification Scheme TOECS Level 3 (Diploma) conducted by the IAAF
<b>EVENT</b>		CLUB / SCHOOL	STATE CHAMPS	NATIONAL CHAMPS	MAJOR CHAMPS
<b>LEVELS</b>	LEVEL 0	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4 & 5

## VARIATIONS ON THE COOLDOWN

(By Steve Magness - Article taken from U.S. Runners World)

After grinding through those gut-wrenching 400m repeats or exhausting yourself in a 10K race, there's one thing left to do before the workout is actually done: the cooldown.

Traditionally, we've looked at the cooldown as a way to clear out all of those nasty, fatiguing byproducts. We've all shuffled around for a mile or two to satisfy our coach's wishes. And while this clearing-out-fatigue theory sounds great, there's more to the cooldown than we give it credit for.

Researchers looking at how animals and people deal with various physical and psychological stressors have started to see a pattern: Those who cope best have a rapid activation of the stress response, and then a quick and efficient termination of this response. In other words, our bodies know when to send all of those stress hormones and a rush of adrenaline to help us get through the stressor, but as soon as the stressor is removed, they should also switch quickly into a recovery mode. Switching off the stress response allows the body to start repairing and adapting in ways that lead to desired improvement.

The cooldown can be seen as a way to accelerate the termination of the stress response. That means getting our stress response to flip from one of breaking down (catabolic) to one of building up (anabolic).

Try these three ways to spice up the cooldown for maximizing training:

### THE SOCIAL COOLDOWN

Research has shown that social environment can have a large effect on the release of hormones like testosterone. In a study published in *Physiology & Behavior*, researchers found that changes in testosterone after a soccer match were related to how connected the players felt socially to their teammates. Similarly, testing done on Olympic athletes has shown that the level of testosterone postgame changed based on whether the players were engaging socially with their teammates or spending that time isolated, playing around on their cell phones.

We can take advantage of this effect on the cooldown by interacting with others. Even if you work out alone, find a buddy you can call afterward to join you.

### THE RELAXED COOLDOWN

We can work at getting our body back to a relaxed state with the influence of external stimuli. Research has shown that simple things like music can reduce postexercise cortisol levels. Cortisol is one of the body's primary stress hormones, which works to get us prepared for the exertion we are undertaking.

After you finish your workout, cool down to some music that is relaxed and soothing. If you listen to music while you work out, switch from up-tempo to something more mellow.

### THE LONG COOLDOWN

We get caught up in a set pattern of one- to three-mile cooldowns. It becomes ingrained. We're missing out on the physiological and psychological advantages of a longer cooldown. An extended effort allows us to get in some easy aerobic work in a pre-fatigued state, creating a nice boost to our general aerobic abilities. It also helps accelerate the return to baseline. A relaxed and extended run tends to change stress levels to a more desirable level, almost like a recovery run would.

Instead of the traditional two-mile cool down, try to get in four or more miles at an easy pace. It will allow you to reap some training benefits while unwinding from the workout.

\* \* \*

*Steve Magness coaches professional runners and the cross country team at the University of Houston, where he is pursuing a doctorate in exercise science.*

*Oh to have the energy for a 4 mile cooldown - Russ*



## NEW RECORDS REPORT



### Pending World Record:

M85	800m	David Carr	WA	3:06.69	100.7%	28-6-17	Perth
M85	2k Steeple	David Carr	WA	11:04.2	97.9%	6-7-17	Perth
M85	Mile	David Carr	WA	7:16.7	96.0%	17-8-17	Perth

### Australian Records:

W50	H Weight Pent	Gabrielle Watts	NSW	4513pts	-	3-10-16	Wollongong
W35	100lb Throw	Audrey Thomson	NSW	2.34m	-	3-10-16	Wollongong
M35	200m	Jay Stone	NSW	21.96s	92.7%	22-1-17	Wollongong
M30	200m	Leigh Bennett	NSW	21.63s	89.3%	22-1-17	Wollongong
M85	3000m	David Carr	WA	14:54.8	92.7%	20-7-17	Perth
W75	H Weight Pent	Jan Banens	ACT	4250pts	-	13-8-17	Turner
W80	H Weight Pent	Mary Wahren	ACT	2214pts	-	13-8-17	Turner
W60	H Weight Pent	Dorn Jenkins	Vic	5115pts	-	24-9-17	Murrumbeena

### Victorian Records:

W75	10k Walk	Gwen Steed		73:33	88.5%	19-8-17	Middle Park
M65	4x200m Relay	Ken Bruce David McConnell Graham Ford Phil Rosevear		2:00.52	-	11-9-17	Doncaster
W55	H Weight Pent	Narelle Messerle		2689pts	-	24-9-17	Murrumbeena
W70	H Weight Pent	Rhondda Dundas		3611pts	-	24-9-17	Murrumbeena
M45	H Weight Pent	Pat Carroll		2846pts	-	24-9-17	Murrumbeena
W70	56lb Throw	Rhondda Dundas		2.26m	-	24-9-17	Murrumbeena
W70	100lb Throw	Rhondda Dundas		1.06m	-	24-9-17	Murrumbeena
W75	100lb Throw	Jane Kinsey		0.60m	-	24-9-17	Murrumbeena

**Clyde Riddoch** 40 Beauchamp Street, Preston Vic 3072

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

## 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)



## 2018 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 2017)	Payment prior to 1/1/18	Payment from 1/1/18
Individual renewing member	\$35	\$45 until 31/12/17
Two members residing at the same address	\$55	\$75 until 31/12/17
Life members	Free	Free
Renewing 80+ member (if a member for the previous 5 consecutive years)	Free	Free
Volunteer (non competing)	Free	Free
<b>Lapsed members</b>		
Individual lapsed member	\$45	\$45
Two members residing at the same address	\$75	\$75
Associate member (Under 30)	\$20	\$20
<b>New members</b>		
Individual new member	\$45	\$45
Two members residing at the same address	\$75	\$75
Current AV members	\$35	\$35

**PAYMENT** - Please make cheques or money orders payable to VMA and send the Subscription to: registrar – Judy Farrell 15 Blackwood Drive Pakenham Vic 3810. (Ph. 0428 585 768 or sms).

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
<b>Aberfeldie</b>	Brian O'Dea	blodea@bigpond.net.au	0417 397 709
<b>Casey</b>	Paul Olsson	olssonpf@bigpond.net.au	0408 340 151
<b>Coburg</b>	Neville Wilson	neville.wilson3084@outlook.com	9459 7827
<b>Collingwood</b>	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
<b>Croydon</b>	Karen Archer Barrie Wicks	quinarcher@aapt.net.au barriewicks40@gmail.com	0414 701 772 9735-5462 0407 865 779
<b>Doncaster</b>	Kath Gawthorn Katrina Philip	kath_gawthorn@hotmail.com	0447 494 509
<b>East Burwood</b>	Christoper Worsnop Gerald Burke Jack Fredrickson	christopher.worsnop@austin.org.au geraldburke@optushome.com.au	0403 910 183 0408 315 471 9802 6926
<b>Frankston</b>	Frances Halton David Dodson	rfhalton@alphalink.com.au david.dodson@iinet.net.au	0405 474 472 9782 1712
<b>Geelong</b>	Alan Jenkins	alanjenkins4@bigpond.com	5221 7468 0419 314 568
<b>Glen Eira</b>	Andrew Edwards Judy Wines	Leedsfan2@optusnet.com judywines@bigpond.com	9555 4226 9885 4904
<b>Knox</b>	Tracey Carpenter	traceycarpenter@y7mail.com	0407 093 132
<b>Mentone</b>	Ashley Page	apa16161@bigpond.net.au	0448 866 025
<b>Southern Peninsula</b>	Meredith Radford Alan Radford	radfordguns@sctelco.net.au radfordguns@sctelco.net.au	5988 6221 0414 463 556 0414 463 557
<b>Springvale/ Noble Park</b>	Alan Bennie Anthony Doran	alanbennie@optushome.com.au anthonyjdoran@y7mail.com	9547 2978 0425796740
<b>Throwers</b>	Graeme Rose Ken Priestley	grarose@yahoo.com knjoy@bigpond.net.au	9836 2350 0417 134 601
<b>Run2sday</b>	Bronwen Cardy David Sheehan	bronwencardy@hotmail.com.au midget32@hotmail.com.au	0422 213 050 0448 213 200

## Victorian Masters Athletics Inc.

### Venues

<b>ABERFELDIE</b> Athletic Track	Aberfeldie Park, Corio Street, Moonee Ponds Wednesday nights, 7 - 9pm	Melway 28 D6
<b>CASEY</b>	<b>160 Berwick - Cranbourne Rd, Cranbourne East</b> Monday nights, 7-9pm	<b>Melway134 E8</b>
<b>COBURG</b> Athletic Track	Harold Stevens Athletic Field, Outlook Road, Coburg Thursday nights, 7 - 9pm	Melway 18 A9
<b>COLLINGWOOD</b> Athletic Track	George Knott Reserve, Heidelberg Road, Clifton Hill Tuesday nights, 7 - 9pm	Melway 30 F12
<b>CROYDON</b> Athletic Track	Behind Arndale Shopping Centre, Mt.Dandenong Road, Croydon Tuesday nights, 7 - 9pm	Melway 50 K5
<b>DONCASTER</b> Athletic Track	Tom Kelly Athletic Track Rieschieks Reserve, George Street, East Doncaster Monday nights, 7.30pm	Melway 33 J11
<b>EAST BURWOOD</b> Athletic Track	Burwood Road, opp. Mahoneys Road, behind basketball stadium Thursday nights, 7 - 9pm	Melway 62 C7
<b>FRANKSTON</b> Athletic Track	Ballam Park, Bananee Terrace, Frankston Thursday nights, 7 - 9pm	Melway 103 B4
<b>GEELONG</b> Athletic Track	Landy Field, off Barwon Terrace, Geelong Wednesday nights, 6 - 8pm	Melway 228 C7
<b>GLEN EIRA</b> Athletic Track	Duncan McKinnon Reserve, cnr North Road & Murrumbeena Road Tuesday nights, track events, 7 - 9pm. <i>Sunday, field events</i>	Melway 68 K9
<b>KNOX</b> Athletic Track	Bunjil Way, off Ferntree Gully Road, Scoresby Wednesday nights, 7 - 9pm	Melway 73 D7
<b>MENTONE</b> Athletic Track	Dolamore Reserve, cnr First Street & Queen Street, Mentone Wednesday nights, 7 - 9pm	Melway 87 B6
<b>SPRINGVALE/NOBLE PARK</b>	Ross Reserve, Memorial Drive, off Corrigan Road, Springvale Wednesday nights, 7 - 9pm	Melway 80 E12
<b>SOUTHERN PENINSULA</b>	<i>Fortnightly in winter on Sunday at 9:00 am Contact Managers for details. Truemans Road track no longer in use.</i>	
<b>RUN2SDAY</b>	This is a road running group that meets at 6pm on Tuesdays and Thursdays in the carpark off Ferntree Gully Road at Jells Park during daylight saving.	

## Victorian Masters Athletics Inc.

<b>President</b>	Russ Oakley	9720 8835	president@VicMastersAths.org.au
<b>Vice President</b>	Tony Bradford	9749 2248	anthonybradford@bigpond.com
<b>Secretary</b>	Phil Urquhart	9572-0805 0419357823	secretary@VicMastersAths.org.au
<b>Asst Secretary</b>	Helen Stanley		assistant-secretary@VicMastersAths.org.au
<b>Treasurer</b>	Andrew Edwards	95554226	leedsfan2@optusnet.com.au
<b>Club Captain</b>	Shane Draper		shane.draper@VicMastersAths.org.au
<b>Committee</b>	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
	Jay Wright	0407004797	jaywright6161@gmail.com
<b>Hon. Auditor</b>	David McConnell	9849 0680	
<b>VMA Team in AV</b>	David Sheehan	95681061 0448 213200	PO Box 539, Gembrook 3783 midget32@hotmail.com
<b>Uniforms</b>	Ewen Wilson	9529 5260 0423 424185	registrar@vicmastersaths.org.au
<b>Registrar</b>	Judy Farrell	5941 9442	registrar@vicmastersaths.org.au
<b>Records Officer</b>	Clyde Riddoch	9470 1490 0439 902 907	40 Beauchamp Street, Preston Vic 3072 clyderiddoch@msn.com
<b>Footprints Editor</b>	Russ Dickenson	9870 8103 0418333569	dicko@iinet.net.au
<b>Around The Grounds</b>	Russ Dickenson	9870 8103 0418333569	dicko@iinet.net.au
<b>Website</b>	Russ Dickenson	0418333569	dicko@iinet.net.au
	Phil Urquhart	0419357823	secretary@VicMastersAths.org.au
<b>Throwers' Group</b>	Graeme Rose	9836 2350	grarose@yahoo.com