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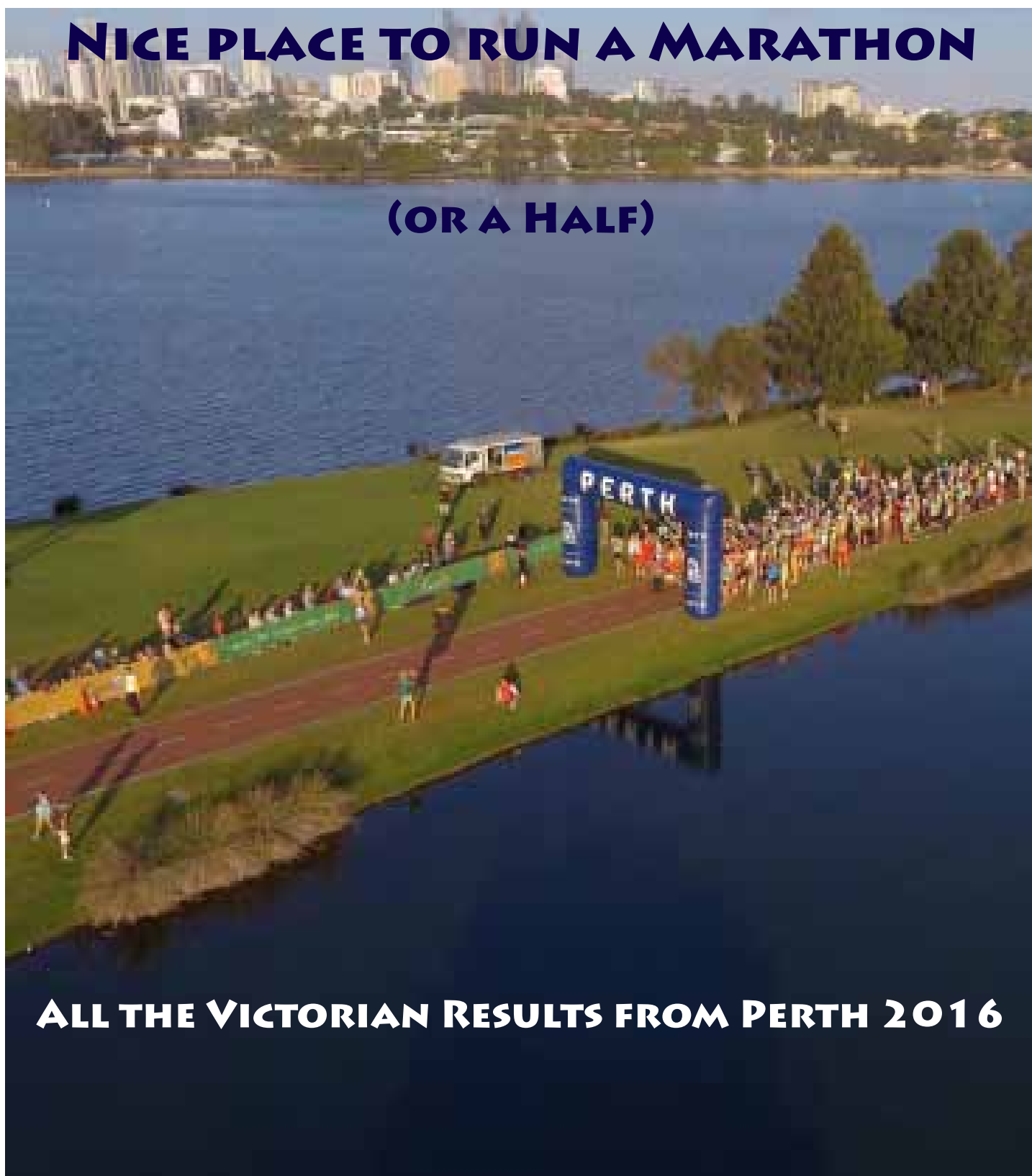
# FOOTPRINTS



**DECEMBER 2016**

**NICE PLACE TO RUN A MARATHON**

**(OR A HALF)**



**ALL THE VICTORIAN RESULTS FROM PERTH 2016**

## Editorial

You know how you get a song stuck in your head and you can't get rid of it? Well for me, in Perth, it was the Skyhooks song "All my friends are getting Medals". I was pleased for them. Them and their self satisfied smiles and their condescending "Well Russ, 10th place in the World's is not that bad". As Gore Vidal said "Every time a friend succeeds I die a little."

But let me make the distinction for those who won medals - the medal that you won in Perth is a **World Masters Athletics** medal. It is more prestigious than a *World Masters Games* medal. I kept hearing people referring to Perth as the World Masters Games. **No.** There are two organisations - WMA which is solely Track & Field and WMG which throws in athletics at their events as well as Rugby, Needlework and Cooking.

Anyhow, Perth 2016 was great. I'm sure some will have a criticism or two, but for me it was a well planned, well run event held in a sparkling, fresh city. A city, that to me, was very easy to negotiate, safe and had plenty of nearby attractions. I had felt the same way when Perth held the Nationals, but, of course this was a much bigger deal with many more athletes and more events, given the number of heats and semis. It seemed to me that things ran very much on time although I didn't spend much time in the stadiums. That other bugbear - the medal presentations - which has been a real problem at the two previous World Championships I have been to, this time seemed to me to be well handled.

And wasn't the live TV streaming from the Main Stadium great. I was able to go back to my room and watch events and I know a lot of those who didn't go to Perth loved watching it from here.

You can still go to the Perth 2016 website and watch the entire stream.

We have a huge New Records Report, as often happens after a Championship. I missed putting both Tom Hancock and Lisa Ryan in my list of Victorian athletes going to Perth, as they both live in NSW and were not on the list I was given. Tom certainly has been busy, setting 7 new Australian Records and a Victorian Record for good measure. Think about the amount of work Clyde Riddoch has done as AMA and VMA Statistician. It's a remarkable effort, **he's been doing it for around 25 years !!** Next time you see Clyde - he's at most events - why not thank him for the mountain of work he does.

*Have a great festive season - from the happy team at Footprints.*

*Russ Dickenson*

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## NAG FILE

*Athletes Moving into  
a New Age Group*

DAVID BATCHELOR	into m80
RALPH BENNETT	into M75
ALAN BENNIE	into M70
STEPHEN BRENNAN	into M65
BETTY BROWNING	into W85
KEN BRUCE	into M65
BRONWEN CARDY	into W65
VIVIENNE CASH	into W65
GEOFFREY CHAMBERS	into M70
NANCY CHORLEY	into W70
ANDREW FRASER	into M75
ANTONIO GIULIANI	into M45
STEWART HANDASYDE	into M65
SHAUN KEMP	into M55
ROBERT LEHMANN	into M45
DES MIDDLETON	into M70
CATHY ORELLI	into W55
FRANK PROWSE	into M65
MIKE RENNIE	into M35
MICHAEL RICHARDS	into M65
CAROLYN ROSENBROCK	into W55
WILL SELICK	into M45
DAVID SHEEHAN	into M70
HEATHER SULLIVAN	into W50
MICHAEL SULLIVAN	into M45
MICHELLE ZHOU	into W60

# Masterpieces

Paul Skipper contemplates  
a Spring training session on  
the icy Doncaster track



“If You Never Have a Go, Then You’ll Never Ever Know”

Entries now open for 2017 AMA T&F Championships Darwin 9 -12 June  
<http://ntmastersathletics.com.au/registrations/>

Facebook : Australian Masters Athletics Championships 2017

## 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

January 7-8	2017 Australian Masters Combined Events Championships - <i>Bendigo</i> - Entries online at <a href="http://www.athleticsbendigo.org.au/">www.athleticsbendigo.org.au/</a> from 1/11/16
January 15	AMA Half Marathon Championships - Hobart
January 18	Lindsay Thomas 10k - <i>Braeside Park</i>
January 26-28	2017 Victorian Country Track & Field Championships, <i>Casey Fields, Cranbourne</i>
February 1	Andy Salter Memorial Relay - <i>Springvale/Noble Park Venue</i>
February 19	VMA 5000m Walk Championship - <i>George Knott Reserve, Clifton Hill</i> - 8.30 am
March 5	VMA T&F Pentathlon - 12pm - <i>Duncan McKinnon Athletic Track</i>
March 18-25	World Masters Athletics Indoor Championships - <i>Daegu South Korea</i>
March 19	VMA Throws Pentathlon - 10am - <i>Duncan McKinnon Athletic Track</i>
March 25-26,	2017 Victorian Masters Championships - <i>Tom Kelly Aths Track, Doncaster</i>
April 21-30	World Masters Games - <i>Auckland New Zealand</i>
June 9-12	AMA Track and Field Championships - <i>Arafura Stadium Marrara Darwin NT</i> <a href="http://ntmastersathletics.com.au/">http://ntmastersathletics.com.au/</a> .

### 2018

TBA	World Masters Athletics T&F Championships - <i>Malaga, Spain</i> <a href="http://www.rfea.es/competi/2018_Malaga_WMA/">www.rfea.es/competi/2018_Malaga_WMA/</a>
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## 2017 Australian Masters Combined Events Championships

La Trobe University Athletics Complex

Retreat Road, Bendigo

7<sup>th</sup> and 8<sup>th</sup> January 2017

### Draft Program

Entries on-line at [www.athleticsbendigo.org.au](http://www.athleticsbendigo.org.au) from 1<sup>st</sup> November 2016

Enquiries to [athleticsbendigo@ozemail.com.au](mailto:athleticsbendigo@ozemail.com.au)

#### DAY 1 - SAT.

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

#### DAY 2 - SUN.

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

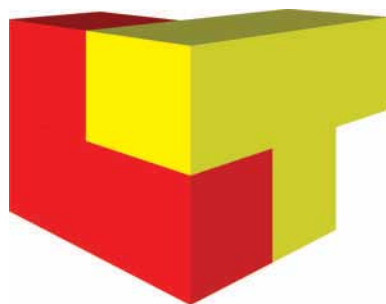




## AUSTRALIAN MASTERS ATHLETICS HALF MARATHON CHAMPIONSHIPS

(Incorporating the Tasmanian Masters Athletics Half Marathon Championships)

- Where:** Start/finish at the Cadbury Chocolate Factory, Claremont, Tasmania.
- When:** 6.30am, Sunday, 15 January 2017.
- Background:** The Masters Half Marathon Championships will be conducted in conjunction with the Cadbury Marathon and Half Marathon which are open events. These events have been held annually since 1984. **A maximum of 900 entries will be accepted in the Cadbury Half Marathon so early entry is advised. Last year there were 817 entries.**
- Eligibility:** All financial members of a State Masters Athletics Club will be eligible. All entries will be validated with the State Club prior to race day.
- Entries:** The entry fee is \$85.00. Athletics Tasmania members can enter at a discount using the code **ATChocRun**. Please enter online at <http://cadburymarathon.com.au>  
**No championship entries will be accepted after 6pm on Thursday, 5th January 2017.**
- Acknowledgement of Entry:** Online entries will receive an automatic email acknowledgement.
- Awards:** Medals will be awarded to the first three place-getters in the usual 5 year age categories for both males and females commencing with the 30-34 age group. There is no upper age limit. In addition, all finishers will receive a Cadbury bag, including chocolate and a finisher's medal.  
**The master's award ceremony will commence at 9.15am.**
- Course:** The course is flat, fast and scenic. The turn is on the eastern side of the Bowen Bridge. There are no major hills and the course surface is road/bitumen for the entire distance. This is an officially measured IAAF course.
- Weather Conditions:** The conditions are generally very pleasant for distance running. Historically the temperature has been in the low 20's with the past few years providing generous sunshine throughout the event, without being scorching hot.
- Websites:** [www.tasmastersathletics.org.au](http://www.tasmastersathletics.org.au) <http://cadburymarathon.com.au>
- Further Information:** Further information can be obtained from Michael Walker, Secretary, Tasmanian Masters Athletics: 0428 376 741 / [mikewalker.tma@gmail.com](mailto:mikewalker.tma@gmail.com)



**LINDSAY THOMAS  
MEMORIAL 10KM**

## ***TWENTY FIFTH ANNUAL “TWILIGHT”***

### **LINDSAY THOMAS MEMORIAL – 10Km RUN**

***WEDNESDAY 18 JANUARY 2017***

**BRAESIDE METROPOLITAN PARK – MELWAYS REF: 88 D7  
(ENTRANCE – LOWER DANDENONG ROAD)**

**- best parking in Car Park No. 9 –Rosella –last Car Park before exit)**

**ENTRY FEE \$5.00 – PAYABLE ON THE NIGHT**

**OPEN TO BOTH REGISTERED MASTERS ATHLETES AND OTHERS OF ANY AGE**

#### **PROGRAM**

7.00pm	5km	Walk (One Lap of Park)
7.00pm	5km	Run (One Lap of Park)
7.00pm	10km	Run (Two Laps of Park)

#### **AWARDS – MASTERS ATHLETES**

##### **10km RUN**

**First Male & Female  
Second Male & Female  
Third Male & Female**

##### **5km RUN**

**First Male & Female  
Second Male & Female  
Third Male & Female**

##### **5km WALK**

**First Male & Female  
Second Male & Female  
Third Male & Female**

**First 50+ Male & Female 10km Run (other than open placings)**

**First 60+ Male & Female 10km Run (other than open placings)**

#### **AWARDS – NON MASTERS ATHLETES**

##### **10km RUN**

**First Male & Female  
Second Male & Female  
Third Male & Female**

##### **5km RUN**

**First Male & Female  
Second Male & Female  
Third Male & Female**

**NUMEROUS SPOT PRIZES      -    SUPPER PROVIDED**

**ORGANISED BY THE SPRINGVALE – NOBLE PARK VENUE OF VICTORIAN MASTERS ATHLETICS INC.**

**ENQUIRIES – ALAN BENNIE - TEL. 95472978 OR 0428990873**



## VMA 5000m Race Walk Championship.

Sun 19 February 2017

**Venue: George Knott Athletic Field,  
143 Heidelberg Rd, Clifton Hill**

8.30 am	5000m VMA Championship
9.15 am	5000m VMA Championship
10.00 am	5000m and 3000m VRWC
10.40 am	1500m VRWC

Masters Women
Masters Men
Open
Open





**VMA T & F PENTATHLON CHAMPIONSHIP 2017**  
**Sunday 5 March 12 noon start; Check-in 11.30 am**  
**Venue: Duncan Mackinnon Athletic Track**

**Entry:** Use form below or enter on-line through VMA web-site

Registered Interstate or overseas Master's athletes are welcome to compete and will be awarded any appropriate place medal but will not displace a VMA member from a place.

All VMA entrants must be registered for 2017 and wear their State uniform.

**Further details:** Tony Bradford

**Closing date for T & F Pentathlon:** Friday 17th February

**Cost:** \$10

**Late entry up to one week before:** \$20. **No entries on the Day**

**Events(in order):**

**Women:** 100m, shot, LJ, javelin, 800m

**Men:** LJ, javelin, 200m, discus, 1500m

----- ✂ -----  
**2017 T & F Pentathlon ENTRY FORM**

**SURNAME:** \_\_\_\_\_ **CALL NAME:** \_\_\_\_\_

**SEX:** M / F **DATE OF BIRTH:** \_\_\_\_\_ **AGE on Day:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**PHONE:** \_\_\_\_\_ **E-MAIL:** \_\_\_\_\_

EVENT	ENTRY FEES
T & F Pent ____ @ \$10	_____
Late fee ____ @ \$10	_____
<b>Total Enclosed:</b>	_____

**Method of Payment**

- Please make cheques or Money Order payable to Victorian Masters Athletic Club Inc.
- Credit Card payment (see below).

**Credit Card Payment**

☐

Mastercard

☐

Visa

Card Number: \_\_\_\_\_ Expiry Date: \_\_\_\_\_

Name on Card: \_\_\_\_\_ Signature: \_\_\_\_\_

**Send Entry to:** VMA T & F Pentathlon Championship 2017,  
 C/o Tony Bradford  
 6 Merrett Ave.  
 Hoppers Crossing, 3030

(To arrive no later than closing date for the event.)

**Volunteers needed:** I am willing to be a volunteer official/helper on 5<sup>th</sup> March ☐ (tick box)





## VMA THROWS PENTATHLON CHAMPIONSHIP 2017 Sunday 19 March 10.00 am start for first group Venue: Duncan Mackinnon Athletic Track

Enter on form below **or** enter on-line through VMA web-site

Registered Interstate or overseas Masters athletes are welcome to compete and will be awarded any appropriate place medal but will not displace a VMA member from a place.

All VMA entrants must be registered for 2017 and wear their State uniform.

**Throws Pentathlon:** Check with Graeme Rose for start times.  
Ph. 9836 2350

### THROWERS

**Closing date for Throws Pent:** **Friday 3rd March**

**Cost:** **\$10**

**Late entry up to one week before:** **\$20 No entries on the Day**

**Events:** **Throws Pentathlon: All: Hammer, Shot, Discus, Javelin, Weight**

### 2017 Throws Pentathlon ENTRY FORM

**SURNAME:** \_\_\_\_\_ **CALL NAME:** \_\_\_\_\_

**SEX:** M / F **DATE OF BIRTH:** \_\_\_\_\_ **AGE on Day:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_

**PHONE:** \_\_\_\_\_ **E-MAIL:** \_\_\_\_\_

EVENT	ENTRY FEES
Throws Pent ____ @ \$10	_____
Late fee ____ @ \$10	_____
<b>Total Enclosed:</b>	_____

### Method of Payment

- Please make cheques or Money Order payable to Victorian Masters Athletic Club Inc.
- Credit Card payment (see below).

**Credit Card Payment** ☐ Mastercard ☐ Visa

Card Number: \_\_\_\_\_ Expiry Date: \_\_\_\_\_

Name on Card: \_\_\_\_\_ Signature: \_\_\_\_\_

**Send Entry to:** VMA TP Championship 2017  
C/o A & G Rose  
71 Union Rd  
Surrey Hills, 3127

**(To arrive no later than closing date )**

**Volunteers needed:** I am willing to be a volunteer official/helper on 19<sup>th</sup> March ☐ (tick box)

## Doncaster, 20 years on...

By RICHARD TREMBATH

The world was a different place when the Doncaster venue of VMA started twenty years ago.

We hadn't had 9/11, which changed the lives of everyone on the planet, very few people had home-computers and, believe it or not, hardly anyone had a mobile phone.

It was Wednesday, November 6, 1996, the day after legendary trainer Bart Cummings' favourite horse, Saintly, won the Melbourne Cup.

John Howard was Prime Minister, AFL club Fitzroy had recently played its last game before merging with Brisbane, Tony Lockett had kicked a behind to give Sydney a one point victory over Essendon in the grand final, the nation had been shocked by the Port Arthur massacre, and Cathy Freeman had been Australia's star athlete at the 1996 Olympic Games in Atlanta, finishing second to Marie Jo Perek of France in the 400 metres.

The early work in establishing Doncaster was done mainly by the late John Gosbell and Doug Orr, both of whom now have memorial races named after them, together with Jim Shand.

The first night featured events for sprinters, distance runners and walkers but it was mostly the sprinters who endured with the result that over the years Doncaster became known as being mainly a 'sprint venue'. What is particularly ironic about that, however, is the fact that more world records have been set there in the past twenty years than at any other venue, all of them in one of Doncaster's feature events, The Sixty Minutes – a one-hour run – held each year on the last Monday in September.

But The Sixty Minutes has been only one on a list of many features.

Our 'flagship' event, The Landy Trophy, certainly was no place for the faint-hearted, featuring, as it did, a round of 200 metre heats, a round of 1000 metre heats and a final of 400 metres, all run on the same night from marks based on the internationally accepted age-graded percentage scale, thus providing a 'level playing field' for athletes of all ages and both genders. Every athlete had to contest both heats, with the top qualifiers going into the final.

During its halcyon years there was no bigger one-day event in Masters' Athletics than 'The Landy', so much so that a respected US athletics magazine once described it as the most prestigious single Masters' Athletics event in the world. That statement could easily be justified by the line-up in the final most years. On one occasion it was made up of six athletes who had won World Championships and/or held world records, plus two others who has been successful at National level. Obviously all six of the former could go to the World Championships and come home with a gold medal each from the 400 (or any other event) in their age-groups, but only one of them could take home The Landy Trophy.

The event was first run in 2000 and we were fortunate in the timing of when we asked John Landy, the true icon of Australian athletics, if we could use his name. Landy was happy to oblige but it was only a couple of months later that he was appointed Governor of Victoria. Had that appointment been made before we named the event, we simply wouldn't have had the temerity to ask.

John Landy, however, became our strongest supporter and committed to presenting the trophies every year he was available. We had a stellar parade of Olympians to support him or take his place on those occasions he wasn't available – Peter Norman, Gary Honey, Charlene Rendina, Ray Weinberg, Dave Culbert, Ron Clarke, Ken Doubleday and Les Perry to mention just a few.

Landy later agreed to be Doncaster's patron and it is doubtful that any sporting club of our size in Australia has a patron of such stature.

Over the years 'The Landy' attracted runners from all over Australia plus one from the US and one from Ireland but undoubtedly the star of the show was champion Queensland sprinter Hugh Coogan, who won the title on five occasions. Others who scored multiple wins were Mike Johnston, Bob Wishart and Ross Kent, while the other three winners, Jan Morrey, Keith Howden and NSW star Marge Allison, were all world champions at various stages.

Many high-profile athletes from interstate came to Doncaster expecting to win the handsome trophy and went home empty-handed but with memories of a great night.

'Landy night' developed over the years and The Manningham Mile, for open class milers, and The Doncaster Dash, for members of Little Athletics, were introduced. Interestingly the final winner of The Manningham Mile, when it was run on Landy night, was David McNeill, who represented Australia in the 10,000 metres at the Olympic Games in both London and this year in Rio de Janeiro.

Doncaster's sound financial position is due mostly to the profits made from sponsorship during the early years of 'The Landy' although the night ran at a loss in later years after a puzzling committee decision to dispense with sponsorship. The final edition was run in 2013 and the event was not revived after it lapsed in 2014 due to track reconstruction. Nevertheless, the venue highlights do not finish there and one of them had nothing to do with what happens on the track.

It was in 2003 that Westfield Shoppingtown introduced a promotion called 'Support Your Sport' and invited about 300 sports clubs in the Manningham area to participate. The short version of the story is that every member of Doncaster really 'had a go', with the result that we won first prize of \$15,000 worth of Reebok sports gear, part of which was distributed to club members, the remainder being used as trophies over the next few years. It was a magnificent – unbeliev-

## Doncaster, 20 years on...

able – effort from a small band of dedicated venue members.

Another instance of the value of club spirit involved a sweep on the men's Marathon at the 2008 Olympics in Beijing. Despite doubts in many areas about its viability it proved a resounding success with \$800 being distributed in prizes and a profit of \$1750 for the venue.

Other features introduced over the years have included a website and a detailed list of venue records, compiled initially by Phil Rosevear and maintained in recent years by venue webmaster Kevin Bates.

Then there is the Saturday morning training group, which started about eight years ago and which has met, at any of about ten venues, almost every Saturday morning since. The faces vary, the numbers vary (from about half a dozen to a dozen) and the venues vary, but the benefits in fitness and the fun and camaraderie are constants.

It's easy to identify the 'regulars', just ask them about the landmarks – Mt Bates, the dead tree, Humpty Dumpty, the concrete bridge, the letter-box, the boardwalks, the tap at Wattle Park, Kangaroo Hill, the eleven bridges and Cardiac Hill (whose conquerors are few and far between). They'll also tell you about the coffee shops and which ones have the best muffins. And some of them might tell you that those couple of hours are the highlight of their week.

Doncaster certainly has had its highs and its lows over the years. The feature events always provided highs, as did the relays, the six-week series events, and more recently the pentathlon, all held at various times of the year in a bid to keep attendance numbers up. Then there was the Venue Premiership introduced by VMA in the early 2000s, which induced everyone to 'have a crack', resulting in Doncaster winning five years in a row, after which it was discontinued.

The 'lows' mostly involved falling attendances, which happened from time to time, often due to the weather in winter. It simply is not that much fun trying to run sprint events when it's three degrees and raining but one of my most enduring memories involved just such a night.

Most of those in attendance agreed to adjourn directly to supper but two brave souls, one of them a visitor, wanted to run the 200, so I got around to the back-straight to start the event in the pouring rain and Jim Shand went to the finish with a stopwatch.

The event started without incident but suddenly, on the home turn, one of the runners pulled up.

My first thought was that trying to sprint in the freezing cold hadn't been that good an idea and that he'd 'done a hammy'. I hurried over to ask him and will never forget his reply: "No, I'm fine," he said, "just my colostomy bag came adrift..."

Doncaster has never been one of the bigger venues in terms of members and reached its peak in 2012 with 57, but it has produced some fine athletes, the most notable being champion walker Andrew Jamieson, winner of 20 World Championships, holder of eight world records (having broken 31 along the way) and IAAF World Masters' Athlete of the Year in 2007. Andrew has again been nominated this year.

I am privileged to have been Venue Manager -- sometimes with an assistant, sometimes not -- for 14 years until 2013 and am proud of what we have achieved over the 20 years of our existence. I would like to say I enjoyed every minute of it but that wouldn't be quite true although I certainly enjoyed most of it and feel most grateful to have had it in my life. The rewards in being a part of a club like Doncaster lie not only in the physical stimulation of competition and the fitness and well-being it brings, but in the friendships made and the satisfaction derived from helping people fulfil their potential and, most of all, enjoy themselves.

Of those who competed on opening night, only Phil Rosevear is still a regular competitor at Doncaster. The passing parade of athletes has been extensive and of all standards, but every one of them has played a part in making Doncaster what it's been over the years and what, hopefully, it will continue to be in the years to come.

Of those who have distinguished themselves, Margaret Tweedie ranks a clear second to Andrew Jamieson. She has contested only one Australian Championships, in Melbourne in 2012, when she won seven gold medals, and made her international debut at the recent World Championships in Perth where she contested eight events, winning four gold medals, three silvers and a bronze.

Appropriately her last two gold medals came in the relays, on the final day of the carnival. And the date? -- November 6, 2016. Twenty years to the day after the opening of Doncaster.

## GLEN EIRA VENUE - LIVING LEGENDS RELAY 2016

Team events often bring about the best performances and this is one reason why Mentone and Springvale members journeyed en masse to Glen Eira on November 8 for the annual Living Legends Relay. The other no less important reason is to acclaim the Induction of the latest Legend.

The format is a mini version of the Japanese Ekiden relay, albeit on the track rather than the road, with each team of four completing a 3.5 km run in lane 7, a 3 km run in lane 1, followed by a 2 km walk, concluding with a 1,000 metre run. Teams must include at least one female.

Mentone had ended Glen Eira's winning streak last year and returned with another strong team, while reliable sources were convinced Springvale would mount a worthy challenge. Glen Eira rated themselves an outside chance if results fell the right way, but notable absences due to injury and illness caused selectors some headaches.

Once the challenge teams were registered and warming up the inevitable last minute rush was on to accommodate all who wanted to race in the informal teams - no doubt motivated by the chocolate on offer for the winners - a member of the winning informal team was heard to say later in the evening - "you can't eat a trophy".

As usual Peter McGrath conducted the pre-race briefing ensuring all understood the intricacies of the race before calling the first runners to starting line.

In the Open division the crack Mentone team raced to an early lead, increasing the margin in each leg to win easily. Glen Eira lagged well behind Springvale until the final leg when Bill Carr put in a fine effort to steal second place.

The Mentone 50+ team ran a well-judged race and although Glen Eira fought hard they could not match Mentone who again took first place. Despite some good performances Springvale were a distant third.

In the 60+ race Glen Eira produced their best all round performance to ensure a first place, though Mentone performed consistently. Springvale were disappointed to again finish in third place.

At the conclusion of the competition all adjourned to the function room, to enjoy a tasty supper while Andrew Edwards, Glen Eira manager, congratulated the athletes who recently returned from successful participation in the World Masters Athletics Championships in Perth.

Jim McClure then took the stage to announce the elevation of Jim Crawford to Legend Status. Jim is well known for his marathon history, being the first Australian to run 100 marathons with an eventual total of 135 including more than 75% under 3 hours. He has a best marathon time 2:31. He competed in the first World Masters Championships held in Australia in 1987, running the marathon in 3:14 and 10km in 39:45 in the M50 age group. Jim has been a member of South Melbourne Harriers for 55 years and is a life member. He set many club records during his years of competing.

Finally, Andrew revealed that Mentone had repeated last year's success by three points over Glen Eira, with Springvale nine points away third. In handing the trophy to Mentone Manager Ashley Page, Andrew noted that Mentone had now won two years in a row. Ashley was heard to respond "two years in a row...so far".

This barb will no doubt spur Springvale and Glen Eira into greater efforts next year.

The winning teams were :

<b>MENTONE OPEN</b>		<b>Time</b>	<b>Total Time</b>
1st Leg - 3.6 Km	Michael Bishop	13.27	
2nd Leg - 3.0 Km	Mike Thomas	10.34	24.01
3rd Leg - 5 lap Walk	Ralph Bennett	12.09	36.10
4th Leg - 1,000 Mtrs	Julie Aylward	3.25	39.35

<b>MENTONE 50+</b>			
1st Leg - 3.5 Km	Derek Couper	14.10	
2nd Leg - 3.0 Km	Kuni Bowden	12.46	26.56
3rd Leg - 5 lap Walk	Gwen Steed	13.01	39.57
4th Leg - 1,000 Mtrs	Matt Bowden	3.34	43.31

<b>GLEN EIRA 60+</b>			
1st Leg - 3.5 Km	Peter Bence	14.45	
2nd Leg - 3.0 Km	Jim Berrington	13.30	28.15
3rd Leg - 5 lap Walk	Heather Carr	11.15	39.30
4th Leg - 1,000 Mtrs	Graham Stockdale	4.27	43.57

**Full results will be in November Around the Grounds**







*Living Legend Jim Crawford with wife, Jo*



*The Victorious Mentonians*

*Back row L-R Matt Bowden, Ralph Bennett, Col Waring, Michael Bishop, Julie Aylward, Derek Couper, Ashley Page, Ashley Birrell*

*Front Row L-R Gwen Steed, Kuni Bowden, Sonya McLennan. (Absent Mike Thomas)*



# ANDY SALTER MEMORIAL RELAY



When – **Wednesday, 1st February 2017**

Where – **Ross Reserve, Memorial Drive, Noble Park**

The **Andy Salter Relay** has been a highlight of the Springvale /Noble Park calendar for many years.

Also held on the same night is the **Bert Warburton Memorial Walk Relay**.

The Andy Salter Relay is run over a 3.1km road course, with four runners in each team completing one lap of the course. There are two divisions, one for Challenge teams and the other for Fun Run teams.

**Challenge teams** must consist of three men and one woman and the total combined age of the team must be at least 175 years. The winning team will be presented with the “Andy Salter Perpetual Trophy” to hold for 12 months. Members of the first three teams receive trophies.

**Fun Run teams** consist of four runners but there are no age (other than runners being of Masters age) or sex restrictions.

**The Bert Warburton Walk Relay** is over a 2 km course with each walker completing one lap. Teams consist of three walkers of masters age and can be male, female or mixed.

To give everyone a chance at a trophy all run and walk teams will compete on an estimated time basis. Upon entry, teams nominate an estimated total team time. The teams (one run and one walk) that finishes closest to their estimated time will receive trophies. The first three Challenge teams will be excluded, having already received trophies.

Entry fee is \$12.00 per run team and \$9 per walk team, payable on registration between 6.30 pm and 7.00 pm on the night.

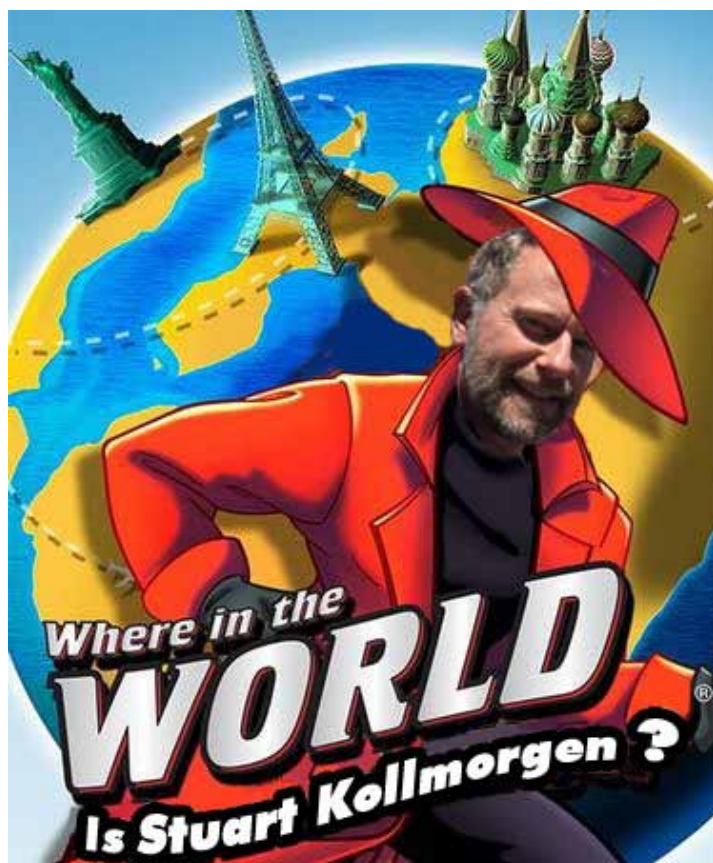
The program for the night is;

7.10 pm      100 metre sprint

7.15 pm      Andy Salter relay/Bert Warburton Relay

There will be a 3km track run after the relay for the truly dedicated, followed by supper and presentations. Come along and have a great night.

**Enquiries to Alan Bennie on 9547 2978 or 0428990873.**



*Winners are more than Grinners.* Stuart on the dais with team mates James Christmass and Dean Nipperess.



Stuart Kollmorgen, who won individual Gold, Silver and Bronze in the M45 walks in Perth, is one of those friends who makes you envious with the amount of travelling and interesting things he does.

But, Stuart has exceeded even his own travel standards during recent months.

In fact he makes me think of the old computer game *"Where in the World Is Carmen Sandiego?"*

Stuart left his job as a lawyer to take up a new challenge and used up his holiday entitlements on a travel binge.

He started October with a holiday in Brazil. Briefly came home before flying to Perth, did one event then flew back to Melbourne for his work farewell, back to Perth for 2 more races then off to the Gold Coast for recreation and one race in the Pan Pacs. I think he spent time in Sydney and Canberra on the way back.

Earlier in 2016, this was Stuart's travel diary.

January -	United States
July -	United Kingdom, France, Italy, Netherlands, Spain, France (again), Morocco, Portugal, Montenegro, Croatia, Greece, Corsica, Palma

### *Stuart on Ipanema Beach*





## JAVELIN - A game the whole family can play

Andrew Farr is well known as a regular winner of Masters Javelin events and his son Thomas competes with him for Mentone Athletics Club, but when it came to getting Thomas to dip his toe into the Masters ranks at Perth 2016 it seems he was less than impressed. Finally, when Dad convinced him of the quality and depth of competition he would meet in Perth, he agreed to take part. Thomas competed in the M35 and got 3rd. while Andrew was 6th. in the M65 event.

Sharing a singlet, and competing on different days explains the lack of a joint photo at competition but that's the extended Farr family below in the beautiful King's Park in Perth. Thomas, wife Megan with Andrew and future Javelin stars Lily and Liam. The photographer in the family shot was Andrew's wife Susan who also threw the Javelin when she was at Teachers College many years ago.

To equal up the competition when Dad and Son compete against each other these days, Andrew usually pulls rank and demands that Tom gives him 18 metres start.



### 2016 WMA Outdoor Championships Medal Tally

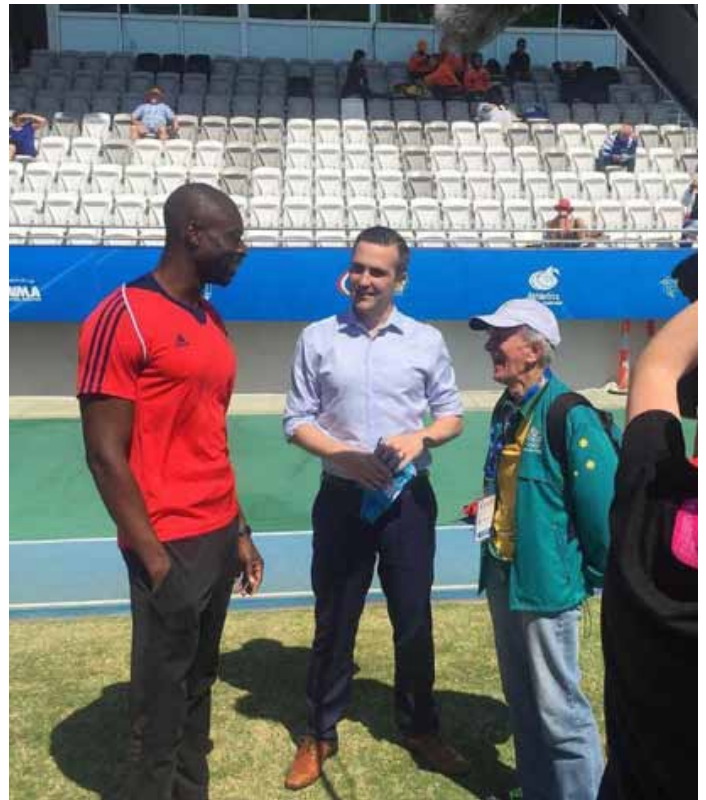
	Gold	Silver	Bronze	Total
Australia	211	181	143	535
U.S.A.	74	51	56	181
G.B. & N.I.	52	66	51	169
Germany	44	54	51	149
France	39	21	16	76
Finland	29	35	19	83
Japan	24	20	20	64
New Zealand	21	23	35	79
Poland	19	21	15	55
South Africa	19	18	9	46
Italy	14	25	14	53
Norway	14	7	4	25
Spain	13	17	11	41
China	11	9	15	35
Canada	9	4	8	21
Latvia	8	4	6	18
Denmark	8	4	5	17
Austria	8	3	4	15
Czech Repub.	7	9	15	31
Sweden	7	9	13	29
Netherlands	6	5	9	20

# PHOTOS FROM PERTH 2016



*Go Anna !! (I'm sure she's sick of that) but I watched on TV as Anna Kasapis slaughtered the field in the W35 1500m.*

*T.J.Ossai (left) of Great Britain was a very popular figure in Perth as he defended his sprint titles from Lyon. Here he talks sprinting with the even more popular Jimmy Sinclair.*



*Andrew Egginton ran a brilliant race for 2nd in the M55 800m. Screamed me little head off, I did.*





# PHOTOS FROM PERTH 2016



*Cameron Sherry hits driver when an 8 iron would do.*



*The friendliness of the Championship - Kevin Solomon with a Colombian competitor.*

*Pramesh Prasad in a hot field in the M40 5000m walk*



*Bloody media. Won't leave me alone. Pam Tindal after winning the W55 5000m walk. I never thought of Pam as tall until now.*





# PHOTOS FROM PERTH 2016



*One of my favorite wins - Barb Bryant wins the 20k walk beating the legendary South African Barbara Nell*

*Caroline Rosenbrock was ill in her track walk but held on well for 6th after looking a chance for a medal*

*George Schillinger (centre) who won the M70 Pole Vault competes in the hurdles in the Decathlon.*





# VICTORIAN RESULTS FROM THE PERTH 2016 WORLD MASTERS ATHLETICS CHAMPIONSHIPS

26th October - 6th November

## W40 100 Metre

### Preliminaries

22 Vienet, Andrea	W42	13.92	3.2
27 Tayler, Lainie	W42	15.87	NWI

## W45 100 Metre

### Preliminaries

9 Burns, Jacinta	W48	13.43q	1.8
-- Lehmann, Narelle	W46	DNF	3.0

### Final

9 Burns, Jacinta	W48	13.67	1.5
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## W50 100 Metre

### Preliminaries

18 Buttigieg, Linda	W52	14.58q	0.8
25 Anderson, Helen	W54	15.25	0.5

## W55 100 Metre

### Preliminaries

12 Bridle, Christine	W59	15.26	3.0
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## W60 100 Metre

### Preliminaries

2 Tweedie, Margaret	W62	14.30Q	3.3
3 Monk, Leanne	W60	15.03Q	1.2
18 Kirby, Karen	W61	16.60	3.3

### Final

2 Tweedie, Margaret	W62	14.71	2.3
5 Monk, Leanne	W60	15.19	2.3

## W80 100 Metre

### Final

6 Coppock, Shirley	W80	21.79	3.3
7 deZwart, Gloria	W80	22.77	3.3

## M35 100 Metre

### Preliminaries

22 Daniel, Reji	M39	12.98	1.4
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## M40 100 Metre

### Preliminaries

13 Hignett, Mark	M42	11.40q	NWI
16 Maurer, Brett	M40	11.58q	3.0
18 Cooper, Marcus	M44	11.82q	3.0
21 Giglio, Mark	M44	11.90	3.0

## M40 100 Metre

### Semi-Finals

14 Maurer, Brett	M40	11.65	1.1
14 Hignett, Mark	M42	11.65	1.1
17 Cooper, Marcus	M44	12.15	1.1

## M45 100 Metre

### Preliminaries

29 Shortt, Richard	M45	12.51	4.0
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## M50 100 Metre

### Preliminaries

7 Italia, Rob	M50	12.58Q	2.8
33 Stagg, Rob	M50	13.36	2.2

### Semi-Finals

22 Italia, Rob	M50	12.92	1.1
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## M55 100 Metre

### Preliminaries

7 Sargent, Jeff	M57	13.08Q	2.6
9 Hilditch, John	M55	12.38Q	0.6
15 O'Keefe, Gregory	M57	12.52q	2.7
16 Foster, Paul	M55	12.55q	2.4
29 Shaw, Graham	M59	14.05	2.4

### Semi-Finals

5 Hilditch, John	M55	12.34Q	1.5
9 Foster, Paul	M55	12.64q	1.5
12 O'Keefe, Gregory	M57	12.75	1.5
18 Sargent, Jeff	M57	13.18	2.1

### Final

6 Hilditch, John	M55	12.36	2.3
9 Foster, Paul	M55	12.67	2.3

## M60 100 Metre

### Preliminaries

8 Turner, Paul	M62	12.97Q	1.4
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### Semi-Finals

10 Turner, Paul	M62	13.13q	0.7
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### Final

9 Turner, Paul	M62	13.06	1.6
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## M65 100 Metre

### Preliminaries

12 Ford, Graham	M67	14.04	2.8
15 Carr, William	M67	14.25	2.8

## M70 100 Metre

### Preliminaries

11 Howden, Keith	M71	14.24	2.1
16 Vorchheimer, Mayer	M71	15.28	1.1

## M75 100 Metre

### Preliminaries

5 Arthur, Ronald	M76	15.16Q	0.9
6 Noden, Graeme	M78	15.51Q	2.8
14 Oakley, Russell	M76	16.83	3.2
21 Wood, Allan	M79	18.09	3.2
22 Bradford, Tony	M77	18.32	3.2

### Final

4 Arthur, Ronald	M76	15.12	3.1
7 Noden, Graeme	M78	15.53	3.1

## M85 100 Metre

### Final

3 Coffey, Leo	M86	19.45	1.2
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# VICTORIAN RESULTS FROM THE PERTH 2016 WORLD MASTERS ATHLETICS CHAMPIONSHIPS

## M90 100 Metre

2	Sinclair, James	M92	20.61	2.1
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## W40 200 Metre

### Preliminaries

18	Taylor, Lainie	W42	33.22	4.6
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## W45 200 Metre

### Preliminaries

8	Burns, Jacinta	W48	27.60q	4.1
18	Fox, Carolyn	W48	31.08	2.9
19	Pollard, Sonya	W49	31.20	4.1

### Final

9	Burns, Jacinta	W48	27.43	1.9
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## W50 200 Metre

19	Anderson, Helen	W54	31.32	3.0
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## W60 200 Metre

### Preliminaries

2	Tweedie, Margaret	W62	30.11Q	3.9
4	Monk, Leanne	W60	30.92Q	3.2
17	Kirby, Karen	W61	38.56	3.9

### Final

2	Tweedie, Margaret	W62	29.99	1.1
3	Monk, Leanne	W60	30.99	1.1

## W80 200 Metre

### Final

5	Coppock, Shirley	W80	46.14	4.4
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## M40 200 Metre

### Preliminaries

7	Phelan, Leigh	M40	23.03Q	2.9
9	Maurer, Brett	M40	23.57Q	3.5
10	Cooper, Marcus	M44	24.61Q	3.4
13	Hignett, Mark	M42	23.44q	2.7
14	Pittman, Geoffrey	M43	23.44q	2.9
21	Giglio, Mark	M44	24.69	2.7

### Semi-Finals

7	Phelan, Leigh	M40	23.19q	0.5
10	Hignett, Mark	M42	23.47	2.0
13	Maurer, Brett	M40	23.52	2.0
14	Pittman, Geoffrey	M43	23.79	0.5
16	Cooper, Marcus	M44	24.58	0.5

### Final

7	Phelan, Leigh	M40	23.19	1.7
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## M45 200 Metre

### Preliminaries

24	Dobrzynski, Stewart	M46	24.79q	2.4
48	Murfett, Grant	M49	26.93	4.0

### Semi-Finals

21	Dobrzynski, Stewart	M46	24.85	2.2
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## M50 200 Metre

### Preliminaries

7	O'Neill, Paul	M51	26.12Q	2.0
23	Italia, Rob	M50	25.77q	5.1
38	Stagg, Rob	M50	27.97	4.2

### Semi-Finals

19	O'Neill, Paul	M51	25.84	0.6
--	Italia, Rob	M50	DNF	-0.3

## M55 200 Metre

### Preliminaries

8	O'Keeffe, Gregory	M57	25.53Q	2.5
11	Hilditch, John	M55	25.83Q	2.3
13	Mayston, Rob	M59	25.75q	4.0
14	Foster, Paul	M55	26.01q	3.6
18	Sargent, Jeff	M57	27.37q	2.5
29	Shaw, Graham	M59	29.48	2.3

### Semi-Finals

9	O'Keeffe, Gregory	M57	25.75q	-1.0
10	Mayston, Rob	M59	25.78	-1.0
11	Hilditch, John	M55	25.93	-1.4
13	Foster, Paul	M55	26.42	-1.4
15	Sargent, Jeff	M57	27.67	-1.4

### Final

9	O'Keeffe, Gregory	M57	25.28	1.4
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## M60 200 Metre

### Preliminaries

6	Watts, Andrew	M61	26.50Q	2.4
18	Turner, Paul	M62	27.77q	2.4

### Semi-Finals

8	Watts, Andrew	M61	26.71q	0.1
18	Turner, Paul	M62	37.86	0.1

### Final

7	Watts, Andrew	M61	26.42	2.3
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## M65 200 Metre

### Preliminaries

16	Carr, William	M67	30.26	3.2
17	Ford, Graham	M67	30.46	3.1

## M70 200 Metre

### Preliminaries

6	Howden, Keith	M71	28.60Q	1.7
18	Vorchheimer, Mayer	M71	32.85	1.7
19	Trembath, Richard	M74	34.21	1.7

### Final

7	Howden, Keith	M71	28.71	1.8
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## M75 200 Metre

### Preliminaries

8	Leong, Tom	M75	34.63q	-0.1
9	Noden, Graeme	M78	34.97q	0.2
10	Oakley, Russell	M76	35.49	-0.1
12	Jacotine, Julian	M76	36.69	-0.1
16	Wood, Allan	M79	38.65	-0.1
17	Bradford, Tony	M77	41.09	0.2
18	Arthur, Ronald	M76	1:17.45	0.2

### Final

7	Leong, Tom	M75	33.79	3.8
8	Noden, Graeme	M78	34.70	3.8

## M90 200 Metre

2	Sinclair, James	M92	44.87	3.1
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## W35 400 Metre

### Preliminaries

3	Van Den Bulk, Jeannette	W39	59.58Q	
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### Final

3	Van Den Bulk, Jeannette	W39	1:00.04	
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# VICTORIAN RESULTS FROM THE PERTH 2016 WORLD MASTERS ATHLETICS CHAMPIONSHIPS

## W50 400 Metre

### Preliminaries

3	Burgess, Donna	W54	1:07.40Q
6	Buttigieg, Linda	W52	1:09.95Q
7	King, Michelle	W51	1:09.55q
10	Anderson, Helen	W54	1:11.03

### Final

2	Burgess, Donna	W54	1:04.22
7	King, Michelle	W51	1:09.27
8	Buttigieg, Linda	W52	1:09.62

## W60 400 Metre

### Preliminaries

5	Tweedie, Margaret	W62	1:14.63Q
8	Monk, Leanne	W60	1:18.27q

### Final

3	Tweedie, Margaret	W62	1:11.01
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## W65 400 Metre

### Preliminaries

6	Heagney, Kathryn	W66	1:15.56Q
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## M40 400 Metre

### Preliminaries

2	Yorke, Cameron	M40	52.28Q
8	Maurer, Brett	M40	53.35Q
9	Pittman, Geoffrey	M43	53.16q
16	Cooper, Marcus	M44	57.06q

### Semi-Finals

2	Yorke, Cameron	M40	51.40Q
7	Maurer, Brett	M40	52.07q
8	Pittman, Geoffrey	M43	52.32q
16	Cooper, Marcus	M44	56.14

### Final

2	Yorke, Cameron	M40	50.68
7	Pittman, Geoffrey	M43	52.50
8	Maurer, Brett	M40	52.60

## M45 400 Metre

### Preliminaries

1	Wilcox, Andrew	M47	53.73Q
8	Sanford, Craig	M48	54.21Q
20	Page, David	M45	56.69
23	Skipper, Paul	M48	56.99
30	Murfett, Grant	M49	59.82
32	Shortt, Richard	M45	1:00.41

### Semi-Finals

5	Wilcox, Andrew	M47	53.20Q
11	Sanford, Craig	M48	54.34

### Final

4	Wilcox, Andrew	M47	52.00
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## M50 400 Metre

### Preliminaries

6	Italia, Rob	M50	57.94Q
24	James, Wayne	M52	1:01.02
32	Barnett, Colin	M53	1:18.69

### Semi-Finals

16	Italia, Rob	M50	59.50
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## M55 400 Metre

### Preliminaries

8	Mayston, Rob	M59	59.81Q
11	O'Keeffe, Gregory	M57	1:00.27q

18	Sargent, Jeff	M57	1:03.64q
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26	Mitchell, David	M56	1:08.03
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### Semi-Finals

8	Mayston, Rob	M59	57.98q
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9	O'Keeffe, Gregory	M57	58.58q
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16	Sargent, Jeff	M57	1:04.23
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### Final

7	Mayston, Rob	M59	57.33
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8	O'Keeffe, Gregory	M57	57.45
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## M60 400 Metre

### Preliminaries

9	Barrand, Michael	M64	1:03.69Q
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11	Watts, Andrew	M61	1:00.55q
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### Semi-Finals

5	Watts, Andrew	M61	1:00.19Q
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12	Barrand, Michael	M64	1:03.33
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### Final

4	Watts, Andrew	M61	58.93
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## M65 400 Metre

### Preliminaries

4	Lamb, Peter	M67	1:02.48Q
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16	Carr, William	M67	1:12.28
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### Final

6	Lamb, Peter	M67	1:02.62
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## M70 400 Metre

### Preliminaries

8	Howden, Keith	M71	1:09.27q
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17	Trembath, Richard	M74	1:18.66
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### Final

8	Howden, Keith	M71	1:08.81
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## M75 400 Metre

### Preliminaries

6	Oakley, Russell	M76	1:20.89Q
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11	Hertz, John	M77	1:35.47
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12	Wood, Allan	M79	1:36.19
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### Final

6	Oakley, Russell	M76	1:19.17
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## M85 400 Metre

4	Coffey, Leo	M86	1:56.25
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## W35 800 Metre

### Final

6	Ryan, Lisa	W37	2:28.92
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## W40 800 Metre

### Preliminaries

9	Morrison, Sally	W41	2:36.67q
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### Final

9	Morrison, Sally	W41	2:37.00
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## W45 800 Metre

### Preliminaries

11	Fox, Carolyn	W48	2:45.63q
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13	Eastwood, Elizabeth	W47	2:57.41
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### Final

11	Fox, Carolyn	W48	2:42.26
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## W50 800 Metre

### Preliminaries

4	Burgess, Donna	W54	2:38.82Q
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### Final

2	Burgess, Donna	W54	2:29.18
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# VICTORIAN RESULTS FROM THE PERTH 2016 WORLD MASTERS ATHLETICS CHAMPIONSHIPS

## W65 800 Metre

### Preliminaries

9 Heagney, Kathryn W66 3:07.04q

### Final

7 Heagney, Kathryn W66 2:59.47

## M40 800 Metre

### Preliminaries

1 Crowley, Nathan M43 2:04.07Q

8 McLennan, Campbell M44 2:06.37q

10 Little, Aaron M40 2:07.24q

### Final

3 Crowley, Nathan M43 2:01.89

8 Little, Aaron M40 2:04.80

9 McLennan, Campbell M44 2:05.70

## M45 800 Metre

### Preliminaries

2 McEniry, James M46 2:07.56Q

6 Sanford, Craig M48 2:07.67Q

10 Page, David M45 2:09.06q

14 Cherry, Timothy M49 2:13.18

### Final

2 Sanford, Craig M48 2:04.00

4 McEniry, James M46 2:05.40

12 Page, David M45 2:10.07

## M50 800 Metre

### Preliminaries

2 Polkinghorne, Richard M51 2:10.01Q

10 Cook, Allan M53 2:10.76q

18 Italia, Rob M50 2:18.43

19 James, Wayne M52 2:21.84

24 Eury, Michael M50 2:23.74

### Final

3 Polkinghorne, Richard M51 2:06.68

6 Cook, Allan M53 2:07.94

## M55 800 Metre

### Preliminaries

5 Egginton, Andrew M55 2:17.67Q

6 Lawrence, Scott M55 2:17.73Q

### Final

2 Egginton, Andrew M55 2:16.25

5 Lawrence, Scott M55 2:18.54

## M60 800 Metre

### Preliminaries

4 Williams, Leslie M60 2:26.68Q

8 Barrand, Michael M64 2:30.80q

### Final

3 Barrand, Michael M64 2:23.22

6 Williams, Leslie M60 2:26.35

## M65 800 Metre

### Preliminaries

4 Lamb, Peter M67 2:34.92Q

8 Solomon, Kevin M69 2:36.27q

### Final

7 Solomon, Kevin M69 2:30.16

9 Lamb, Peter M67 2:34.11

## M70 800 Metre

### Preliminaries

16 Trembath, Richard M74 3:03.05

19 Egan, Elwyn M73 3:31.56

## M75 800 Metre

### Preliminaries

9 Oakley, Russell M76 3:21.69q

11 Mee, Brian M79 3:31.10q

15 Hertz, John M77 3:51.21

### Final

8 Oakley, Russell M76 3:19.90

11 Mee, Brian M79 3:27.84

## M80 800 Metre

### Final

9 Le Get, Peter M82 4:36.92

10 Silcock-Delaney, Colin M84 5:07.21

## W35 1500 Metre

### Final

1 Kasapis, Anna W39 4:41.63

## W40 1500 Metre

### Final

2 Seibold, Kate W41 4:49.51

9 Morrison, Sally W41 5:27.34

14 Trautman, Marla W44 9:52.18

## W45 1500 Metre

### Final

8 Buckley, Anne W49 5:47.33

## W50 1500 Metre

### Preliminaries

5 Wilson, Susanne W50 5:24.72Q

11 Huell, Carolyn W50 5:25.99q

### Final

9 Wilson, Susanne W50 5:20.77

## W55 1500 Metre

### Preliminaries

5 Campbell, Laura W55 5:43.36Q

7 Howell, Susan W55 5:46.41q

### Final

5 Howell, Susan W55 5:30.52

8 Campbell, Laura W55 5:41.21

## W60 1500 Metre

### Final

6 Stanley, Helen W61 5:52.29

## W70 1500 Metre

### Final

1 Petrie, Lavinia W73 6:05.47

## M40 1500 Metre

### Preliminaries

9 Deane, James M44 4:36.64q

10 Anthony, Brett M41 4:36.95q

11 Thiele, Shane M40 4:37.00q

13 Crowley, Nathan M43 4:45.85q

### Final

6 Deane, James M44 4:13.04

7 Crowley, Nathan M43 4:13.58

8 Thiele, Shane M40 4:15.41

10 Anthony, Brett M41 4:19.49

## M45 1500 Metre

### Preliminaries

4 Noden, Philip M46 4:29.98Q

8 Page, David M45 4:31.40q



# VICTORIAN RESULTS FROM THE PERTH 2016 WORLD MASTERS ATHLETICS CHAMPIONSHIPS

## M45 1500 Metre Preliminaries cont.

12	Bishop, Michael	M45	4:47.97q
13	Soussan, Mickael	M45	4:50.59q

### Final

3	Noden, Philip	M46	4:20.80
6	Page, David	M45	4:26.47
10	Soussan, Mickael	M45	4:35.90
11	Bishop, Michael	M45	4:36.42

## M50 1500 Metre

### Preliminaries

1	Schwerkolt, Robert	M50	4:36.67Q
8	Viney, Paul	M54	4:51.24q
12	Italia, Rob	M50	5:00.61q

### Final

2	Schwerkolt, Robert	M50	4:16.99
9	Viney, Paul	M54	4:48.79
15	Italia, Rob	M50	5:09.00

## M55 1500 Metre

### Preliminaries

1	Egginton, Andrew	M55	4:44.26Q
2	Lawrence, Scott	M55	4:45.81Q
14	Moran, Tony	M57	4:52.67q

### Final

5	Lawrence, Scott	M55	4:36.37
7	Egginton, Andrew	M55	4:37.38
11	Moran, Tony	M57	4:46.10

## M65 1500 Metre

### Preliminaries

5	Herridge, John	M66	5:11.61Q
10	Solomon, Kevin	M69	5:18.33q

### Final

5	Solomon, Kevin	M69	5:08.55
6	Herridge, John	M66	5:08.82

## M70 1500 Metre

### Preliminaries

18	Egan, Elwyn	M73	7:30.71
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## M75 1500 Metre

### Final

11	Mee, Brian	M79	7:15.14
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## M80 1500 Metre

### Final

4	Le Get, Peter	M82	8:37.42
5	Silcock-Delaney, Colin	M84	10:10.38

## W40 5000 Metre

12	Morrison, Sally	W41	20:34.69
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## W45 5000 Metre

10	Buckley, Anne	W49	22:05.09
11	Eastwood, Elizabeth	W47	22:10.34

## W50 5000 Metre

6	Hunter, Pia	W50	20:12.65
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## W55 5000 Metre

4	Howell, Susan	W55	20:49.98
15	Hertz, Julie	W59	29:09.78

## W60 5000 Metre

6	Stanley, Helen	W61	22:12.92
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## W70 5000 Metre

1	Petrie, Lavinia	W73	22:00.89
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## M40 5000 Metre

7	Draper, Shane	M43	17:12.58
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## M45 5000 Metre

11	Muir, Gordon	M47	17:26.55
14	Green, Craig	M49	17:51.81
28	Peel, Brendan	M49	26:47.85

## M50 5000 Metre

5	Atkinson, James	M50	16:32.69
9	Quilty, Sean	M50	17:16.05
16	Viney, Paul	M54	18:36.34
17	Cowell, Peter	M53	18:54.07
18	Italia, Rob	M50	19:01.20
20	Dyer, George	M52	19:19.55

## M55 5000 Metre

8	Quirk, Steven	M57	17:19.24
30	Ryan, Michael	M55	20:49.41

## M60 5000 Metre

4	Brooks, Leon	M61	19:05.87
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## M65 5000 Metre

5	Herridge, John	M66	19:06.18
14	Solomon, Kevin	M69	20:00.44
30	Walker, Jeffrey	M69	22:34.61

## M70 5000 Metre

19	Barker, Stephen	M73	27:11.44
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## M75 5000 Metre

11	Mee, Brian	M79	26:30.01
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## M80 5000 Metre

5	Silcock-Delaney, Colin	M84	35:34.95
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## W35 8000 Metre Cross Country

10	Ryan, Lisa	W37	37:26.69
15	Dower, Andrea	W39	52:29.47

## W40 8000 Metre Cross Country

3	Seibold, Kate	W41	31:05.38
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## W45 8000 Metre Cross Country

11	Buckley, Anne	W49	37:05.69
13	Eastwood, Elizabeth	W47	38:21.21

## W55 8000 Metre Cross Country

21	Hertz, Julie	W59	50:43.89
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## W60 8000 Metre Cross Country

5	Stanley, Helen	W61	36:39.62
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## W70 8000 Metre Cross Country

1	Petrie, Lavinia	W73	37:22.01
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## W80 8000 Metre Cross Country

4	Mews, Pamela	W81	1:32:23.29
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## M40 8000 Metre Cross Country

6	Draper, Shane	M43	29:54.26
16	Browell, Leigh	M42	36:04.27

## M50 8000 Metre Cross Country

6	Atkinson, James	M50	28:22.69
13	Cowell, Peter	M53	31:12.33
23	Dell, Tony	M53	34:30.59

## M55 8000 Metre Cross Country

29	Ryan, Michael	M55	35:42.08
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## M60 8000 Metre Cross Country

9	Wilson, Greg	M64	33:10.13
25	Cochrane, Andrew	M61	38:34.73

# VICTORIAN RESULTS FROM THE PERTH 2016 WORLD MASTERS ATHLETICS CHAMPIONSHIPS

## M65 8000 Metre Cross Country

4	Herridge, John	M66	32:03.85
15	Bell, Kevin	M65	34:59.84
33	De Fanis, Sam	M68	38:44.03
47	Baird, Stephen	M65	1:02:22.69

## M70 8000 Metre Cross Country

19	Barker, Stephen	M73	46:16.85
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## W45 10000 Metre

8	Eastwood, Elizabeth	W47	46:11.26
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## W50 10000 Metre

7	Huell, Carolyn	W50	42:05.20
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## W60 10000 Metre

5	Stanley, Helen	W61	45:57.21
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## W70 10000 Metre

1	Petrie, Lavinia	W73	46:10.17
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## M45 10000 Metre

8	Muir, Gordon	M47	38:08.54
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## M50 10000 Metre

4	Meagher, John	M53	34:24.31
10	Viney, Paul	M54	39:40.23
16	Dyer, George	M52	45:35.86

## M60 10000 Metre

5	Brooks, Leon	M61	40:26.52
7	Wilson, Greg	M64	40:57.88

## M65 10000 Metre

5	Herridge, John	M66	41:17.55
19	Walker, Jeffrey	M69	50:19.60
20	De Fanis, Sam	M68	51:13.37

## M70 10000 Metre

10	Barker, Stephen	M73	59:05.66
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## W35 Half Marathon

8	Henshall, Liza	W38	1:42:00.00
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## W45 Half Marathon

5	Taylor, Carmel	W47	1:35:21.00
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## W50 Half Marathon

28	Black, Linda	W54	2:32:41.00
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## W55 Half Marathon

16	McKerron, Janine	W56	2:30:22.00
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## W60 Half Marathon

2	Stanley, Helen	W61	1:43:16.00 R
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## W70 Half Marathon

1	Petrie, Lavinia	W73	1:41:00.00 R
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## M40 Half Marathon

9	Draper, Shane	M43	1:24:22.00
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## M45 Half Marathon

6	Bishop, Michael	M45	1:22:07.00
21	Pane, Joe	M46	1:47:36.00

## M50 Half Marathon

3	Meagher, John	M53	1:15:59.00 R
10	Lawson, David	M51	1:26:57.00
12	Quilty, Sean	M50	1:29:15.00

## M60 Half Marathon

7	Blue, Robert	M60	1:37:29.00
12	Wilkinson- Beards, David	M62	1:41:10.00

## M65 Half Marathon

6	Herridge, John	M66	1:30:42.00
11	Bell, Kevin	M65	1:34:26.00
24	Hallett, Leonard	M67	2:22:28.00
30	Zeleznirow, John	M66	3:48:41.00

## W45 Marathon

6	Kanizay, Jane	W46	3:59:23.00
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## W50 Marathon

9	James, Irene	W53	4:15:21.00
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## W60 Marathon

3	Bradbury, Lorraine	W61	3:53:59.00
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## M40 Marathon

3	Bruneau, Damien	M40	2:37:26.00
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## M45 Marathon

9	McDowall, Ashley	M45	3:06:03.00
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## M50 Marathon

20	Dyer, George	M52	3:53:09.00
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## M60 Marathon

5	Black, Peter	M61	3:24:02.00
6	Wilson, Greg	M64	3:24:18.00

## M70 Marathon

9	Barker, Stephen	M73	5:41:49.00
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## W45 80M Short Hurdles

5	Kenshole, Gaelyne	W46	13.19	2.8
6	Deverell, Miachelle	W46	13.48	2.8

## W55 80M Short Hurdles

3	Hossack, Michele	W56	13.92	1.1
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## M60 100M Short Hurdles

5	McConnell, David	M64	17.76	-0.7
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## M40 100M Short Hurdles

3	Krawczyk, Brad	M41	15.76	0.1
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## W55 300M Long Hurdles

3	Hossack, Michele	W56	52.45
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## W60 300M Long Hurdles

1	Tweedie, Margaret	W62	53.28
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## M60 300M Long Hurdles

3	McConnell, David	M64	48.74
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## M65 300M Long Hurdles

### Preliminaries

5	Ford, Graham	M67	53.55Q
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### Final

6	Ford, Graham	M67	53.00
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## W35 400M Long Hurdles

2	Van Den Bulk, Jeannette	W39	1:06.37
6	Ryan, Lisa	W37	1:20.00

## M35 400M Long Hurdles

### Preliminaries

2	Ranasinghe Arachchig, Kulan	M38	58.41Q
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### Final

3	Ranasinghe Arachchig, Kulan	M38	58.05
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# VICTORIAN RESULTS FROM THE PERTH 2016 WORLD MASTERS ATHLETICS CHAMPIONSHIPS

## M40 400M Long Hurdles

1	Yorke, Cameron	M40	56.62
8	Samarasinghe, Roshan B	M44	1:18.73

## M45 400M Long Hurdles

### Preliminaries

6	Skipper, Paul	M48	1:04.99Q
11	Chisholm, David	M48	1:06.62

### Final

7	Skipper, Paul	M48	1:03.96
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## 2000 Meter Steeplechase

### W35

5	Ryan, Lisa	W37	8:35.26
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### W40

4	Seibold, Kate	W41	8:35.26
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### W45

6	Harper, Amanda	W48	8:39.29
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### W50

2	Huell, Carolyn	W50	8:36.93
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### W65

3	Carr, Heather	W67	10:50.02
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### M60

1	Pearce, Terry	M61	7:23.53
4	Holden, Geoff	M62	7:52.88
8	Keranen, Eero	M60	8:46.84

### M65

10	Walker, Jeffrey	M69	9:54.37
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### M70

8	Egan, Elwyn	M73	12:08.27
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### M80

3	Silcock-Delaney, Colin	M84	15:18.18
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## 3000 Meter Steeplechase

### M40

3	Thiele, Shane	M40	10:04.37
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### M45

3	Noden, Philip	M46	11:00.63
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## 4x100 Meter Relay

### W45

<b>1 Australia</b>	<b>51.05</b>
1) Lambert, Lenorë 46	2) Delaney, Janelle 46
3) Burns, Jacinta 48	4) Strong, Kylie 49

### W55

<b>1 Australia</b>	<b>56.82</b>
1) Bourke, Sue 56	2) Hossack, Michele 56
3) Shaw, Christine 57	4) Whelan, Gabrielle 55

### W60

<b>1 Australia</b>	<b>58.55</b>
1) Choate, Lynne 63	2) Tweedie, Margaret 62
3) Monk, Leanne 60	4) Reid, Marlene 61

### W65

<b>1 Australia</b>	<b>1:01.67</b>
1) Perkins, Wilma 67	2) Peake, Lyn 66
3) Heagney, Kathryn 66	4) Davis, Carol 65

## M35

<b>5 Australia</b>	<b>44.76</b>
1) Mhrshahi, Robin 37	2) Rossiter, Mark 37
3) Cooper, Marcus 44	4) Pittman, Geoffrey 43

## M40

<b>1 Australia</b>	<b>43.89</b>
1) Maurer, Brett 40	2) Phelan, Leigh 40
3) Scully, Graham 42	4) Stolp, Daniel 43

## M45

<b>3 Australia</b>	<b>45.82</b>
1) Berlin, Michael 47	2) Wilcox, Andrew 47
3) Telfer, Ken 49	4) Colling, Robert 45

## M55

<b>1 Australia</b>	<b>48.08</b>
1) O'Keeffe, Gregory 57	2) Hilditch John 55
3) Young, Trevor 58	4) Kocis, Rudy 55

## M60

<b>4 Australia</b>	<b>50.85</b>
1) Hepburn, Greg 62	2) Porter, Ken 63
3) Watts, Andrew 61	4) Ralston, Garry 61

## M65

<b>1 Australia</b>	<b>53.41</b>
1) Coleman, Alan 67	2) Lamb, Peter 67
3) Ford, Graham 67	4) Lamb, John 67

## M75

<b>1 Australia</b>	<b>59.95</b>
1) Noden, Graeme 78	2) Stevenson, Michael 76
3) Bunin, Pio 75	4) Kernaghan, Barrie 76

## M85

<b>1 Australia</b>	<b>1:23.82</b>
1) Thackray, Jack 85	2) Foley, Derry 87
3) Sinclair, James 92	4) Coffey, Leo 86

## 4x400 Meter Relay

### W35

<b>3 Australia</b>	<b>4:19.03</b>
1) Hobson, Ranell 44	2) Dix, Kate 35
3) Lockwood, Jane 37	4) Van Den Bulk, Jean. 39

### W50

<b>1 Australia</b>	<b>4:34.76</b>
1) Wight, Philippa 53	2) Burgess, Donna 54
3) King, Michelle 51	4) Leonard, Fiona 50

### W55

<b>1 Australia</b>	<b>4:37.85</b>
1) Bourke, Sue 56	2) Gunn, Victoria 55
3) Whelan, Gabrielle 55	4) Michele Hossack 56

### W60

<b>1 Australia</b>	<b>5:07.03</b>
1) Tweedie, Margaret 62	2) Saunders, Margaret 62
3) Monk, Leanne 60	4) Flynn, Jeanette 64

### W65

<b>1 Australia</b>	<b>5:06.10 R</b>
1) Moorhouse, Paula 67	2) Davis, Carol 65
3) Heagney, Kathryn 66	4) Peake, Lyn 66

## M40

<b>1 Australia</b>	<b>3:31.30</b>
1) Pittman, Geoffrey 43	2) Yorke, Cameron 40
3) Maurer, Brett 40	4) Stolp, Daniel 43

# VICTORIAN RESULTS FROM THE PERTH 2016 WORLD MASTERS ATHLETICS CHAMPIONSHIPS

## M45 4x400 Meter Relay

<b>3 Australia</b>	<b>3:36.73</b>
1) Neale, Christopher 47	2) Page, David 45
3) Sanford, Craig 48	4) Wilcox, Andrew 47

## M50

<b>3 Australia</b>	<b>3:46.74</b>
1) Hughes, Darren 53	2) Lynch, Matthew 50
3) Italia, Rob 50	4) Smith, Colin 53

## M55

<b>1 Australia</b>	<b>3:49.03</b>
1) Devery, Todd 56	2) O'Keeffe, Gregory 57
3) Mayston, Rob 59	4) Young, Trevor 58

## M60

<b>2 Australia</b>	<b>4:11.97</b>
1) Watts, Andrew 61	2) Michael Barrand 64
3) McConnell, David 64	4) Parker, Richard 60

## M65

<b>1 Australia</b>	<b>4:18.68</b>
1) Byrne, Michael 65	2) Lamb, Peter 67
3) Coleman, Alan 67	4) Lamb, John 67

## M70

<b>1 Australia</b>	<b>4:35.75</b>
1) Howden, Keith 71	2) Mathewson, Donald 72
3) McIntyre, Neville 73	4) Crombie, Peter 71

## High Jump

### W45

8	Masini, Dale	W49	1.26m
9	Matters, Toni	W48	1.22m

### W55

2	Hossack, Michele	W56	1.41m
9	Bridle, Christine	W59	1.23m

### M80

2	Hancock, Thomas	M80	1.22m
4	Greaves, Brian	M81	1.14m

## Pole Vault

### W35

1	MacRae, Catherine	W37	3.40m
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### W40

3	Egglestone, Donna	W43	1.60m
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### W45

3	Burns, Jacinta	W48	2.90m
5	Masini, Dale	W49	2.30m
6	Davey, Louise	W49	2.10m

### W50

2	Buttigieg, Linda	W52	2.90m
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### W55

2	Hartigan, Dawn	W59	2.90m
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### W60

3	Monk, Leanne	W60	2.00m
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### M35

3	Sherry, Cameron	M35	3.80m
--	Ujma, Matt	M38	NH

## M40

1	D'Onofrio, Leon	M41	4.40m
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## M45

--	Hill, Warren	M47	NH
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## M50

4	Boylen, Christopher	M533.60m	
10	Dell, Tony	M53	2.10m

## M60

8	Burgman, Mark	M60	2.50m
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## M65

2	Shaw, Geoff	M68	2.95m
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## M70

1	Schillinger, George	M70	2.80m
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## M75

4	Poulter, Jim	M75	2.40m
--	Hall, Mike	M77	NH

## M80

3	Greaves, Brian	M81	1.70m
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## Long Jump

### W60

2	Tweedie, Margaret	W62	4.34m	0.9
11	Monk, Leanne	W60	3.28m	2.3
14	Kirby, Karen	W61	2.65m	0.8

## M40

2	Krawczyk, Brad	M41	6.62m	4.0
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## M50

### Preliminaries

3	De Biasi, Luke	M53	5.47mq	+0.0
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## M65

7	Shaw, Geoff	M68	4.57m	+0.0
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## M75

7	Noden, Graeme	M78	3.66m	-1.7
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## M80

1	Greaves, Brian	M81	3.25m	5.6
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## Triple Jump

### W45

2	Kenshole, Gaelyne	W46	9.88m	1.6
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### W55

5	Bridle, Christine	W59	8.14m	NWI
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### W60

1	Tweedie, Margaret	W62	8.75m	3.2
4	Monk, Leanne	W60	7.58m	3.4

## M50

2	Hodgson, Nick	M52	12.99m	3.1
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## M55

9	Olsson, Paul	M59	9.69m	4.6
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## M65

5	Shaw, Geoff	M68	9.74m	1.1
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## M70

6	Vorchheimer, Mayer	M71	7.42m	3.4
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## M75

3	Jacotine, Julian	M76	8.48m	1.4
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**VICTORIAN RESULTS FROM THE PERTH 2016 WORLD MASTERS ATHLETICS CHAMPIONSHIPS**
**M80 Triple Jump**

2 Greaves, Brian M81 7.22m 2.4

**M85**

2 Coffey, Leo M86 6.07m 2.2

**Shot Put**
**W45**

11 Matters, Toni W48 8.51m

**W50**

2 Singh, Rajwinder W50 12.74m

**W55**

10 Messerle, Narelle W58 8.44m

**W60**

8 Kirby, Karen W61 7.87m

**W80**

7 Worrell, Val W81 6.21m

**M45**
**Preliminaries**

6 Carroll, Patrick M48 12.01mq

13 de Vries, David M47 8.77m

**Final**

8 Carroll, Patrick M48 12.00m

**M55**

16 Wrzuszczak, Peter M56 9.42m

20 Large, Duncan M57 7.16m

**M60**
**Preliminaries**

8 Peska, Stan M60 12.60mq

**Final**

7 Peska, Stan M60 12.44m

**M70**

5 Young, Peter M70 11.55m

**M80**

2 Hancock, Thomas M80 11.66m

**Discus**
**W45**

4 Matters, Toni W48 31.93m

**W55**

10 Messerle, Narelle W58 18.99m

**W60**

2 Jenkins, Dorn W61 29.01m

13 Kirby, Karen W61 14.48m

**W80**

2 Worrell, Val W81 16.59m

**M45**

10 Carroll, Patrick M48 32.73m

12 de Vries, David M47 28.36m

**M55**

13 Wrzuszczak, Peter M56 31.61mq

**M70**

9 Young, Peter M70 31.53m

14 Amerasekera, Errol M72 26.20m

17 Tonelli, Didimo M72 22.46m

**M80**

2 Hancock, Thomas M80 31.88m

**Hammer**
**W50**

4 Buttigieg, Linda W52 46.08m

**W55**

9 Bridle, Christine W59 25.48m

15 Messerle, Narelle W58 16.98m

**W60**

1 Jenkins, Dorn W61 42.18m

**W65**

11 Mussett, Lorraine W67 18.96m

**W80**

1 Worrell, Val W81 23.90m

**M45**

16 de Vries, David M47 32.62m

**M55**

13 Olsson, Paul M59 37.34m

14 Wrzuszczak, Peter M56 37.08m

18 Large, Duncan M57 23.43m

**M65**

8 Holzer, Robert M68 38.95m

**M80**

2 Hancock, Thomas M80 39.61m

**Javelin**
**W45**

8 Matters, Toni W48 25.37m

**W55**

4 Goy, Cindy W58 28.63m

9 Messerle, Narelle W58 19.85m

**W60**

13 Kirby, Karen W61 14.09m

**M35**

3 Farr, Thomas M37 53.18m

7 Sutherland, Angus M38 39.77m

**M50**

8 James, Wayne M52 36.62m

**M65**

6 Farr, Andrew M67 38.77m

**M70**

7 Tonelli, Didimo M72 28.81m

8 Young, Peter M70 28.39m

13 Amerasekera, Errol M72 21.42m

**M75**

9 Wood, Allan M79 21.03m

11 Hall, Mike M77 12.43m

12 Bradford, Tony M77 11.22m

**M80**

2 Hancock, Thomas M80 32.88m

**Weight Throw**
**W50**

9 Buttigieg, Linda W52 12.05m

**W55**

12 Messerle, Narelle W58 7.68m

13 Bridle, Christine W59 7.55m



# VICTORIAN RESULTS FROM THE PERTH 2016 WORLD MASTERS ATHLETICS CHAMPIONSHIPS

## W60 Weight Throw

1	Jenkins, Dorn	W61	16.57m
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## W65

9	Mussett, Lorraine	W67	6.77m
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## W80

2	Worrell, Val	W81	8.49m
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## M45

11	de Vries, David	M47	10.68m
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## M55

10	Olsson, Paul	M59	12.66m
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13	Wrzuszczak, Peter	M56	11.61m
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## M80

3	Hancock, Thomas	M80	14.97m
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## Decathlon

### M40

7	Hattwich, Warren	M43	4164
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### M50

18	Dell, Tony	M53	3733
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### M60

7	McConnell, David	M64	5860
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### M70

5	Schillinger, George	M70	4600
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### M75

2	Poulter, Jim	M75	5162
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## Heptathlon

### W45

2	Carah, Karen	W48	4673
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6	Masini, Dale	W49	2298
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7	Davey, Louise	W49	1991
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## Throws Pentathlon

### W55

9	Messerle, Narelle	W58	2453
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### W80

1	Worrell, Val	W81	3407
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## M45

8	Carroll, Patrick	M48	2828
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10	de Vries, David	M47	2355
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## M55

9	Wrzuszczak, Peter	M56	2682
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## M70

9	Young, Peter	M70	3097
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14	Tonelli, Didimo	M72	2580
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## 5000 Meter Race Walk

### W35

3	Geisler, Sandra	W38	27:33.77
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### W40

1	Ruddick, Kelly	W43	24:49.61
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### W45

1	Laufer, Michelle	W46	26:20.18
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2	Muldoon, Wendy	W45	28:23.39
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10	Eastwood, Elizabeth	W47	38:57.35
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## W50

6	Rosenbrock, Carolyn	W54	31:05.79
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## W55

1	Tindal, Pam	W56	27:15.69
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5	Elms, Donna-Marie	W55	31:08.97
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11	Shaw, Robyn	W55	35:56.97
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## W60

3	Bryant, Barb	W62	28:53.58
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6	Thompson, Alison	W63	30:57.74
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7	Payne, Jennifer	W60	31:22.16
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12	O'Neill, Karyn	W61	34:47.02
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## W65

1	Carr, Heather	W67	29:03.99
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## W75

2	Machin, Sylvia	W75	35:41.66
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8	Beaumont, Margaret	W78	45:06.63
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## M40

4	Prasad, Pramesh	M42	24:19.84
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5	McDonough, Aaron	M44	24:59.03
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## M45

1	Christmass, James	M48	23:17.38
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2	Kollmorgen, Stuart	M47	23:31.73
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9	Smyth, David	M47	27:27.93
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## M55

6	Evans, Simon	M56	27:11.77
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## M60

12	O'Neill, Terry	M60	31:54.98
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## M65

16	Barrow, Geoff	M67	34:49.71
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## M70

1	Jamieson, Andrew	M70	26:42.08
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6	Bennett, Ralph	M74	30:17.34
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10	Dickenson, Russ	M70	31:57.62
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## M75

8	Wicks, Barrie	M76	42:28.57
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## M80

2	Silcock-Delaney, Colin	M84	39:25.87
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3	Beaumont, Ian	M80	44:53.87
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## 10000 Meter Race Walk

### W35

3	Geisler, Sandra	W38	57:44.00
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--	Dower, Andrea	W39	DQ
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### W45

1	Laufer, Michelle	W46	54:06.00
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2	Muldoon, Wendy	W45	58:01.00
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### W50

7	Rosenbrock, Carolyn	W54	1:03:20.00
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### W55

2	Tindal, Pam	W56	57:57.00
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5	Elms, Donna-Marie	W55	1:04:10.00
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12	Shaw, Robyn	W55	1:16:35.00
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### W60

2	Bryant, Barb	W62	59:30.00
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6	Thompson, Alison	W63	1:04:22.00
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7	Payne, Jennifer	W60	1:04:47.00
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## VICTORIAN RESULTS FROM THE PERTH 2016 WORLD MASTERS ATHLETICS CHAMPIONSHIPS

### W65

1 Carr, Heather W67 59:38.00

### W75

2 Machin, Sylvia W75 1:12:54.00

8 Beaumont, Margaret W78 1:31:19.00

### M40

5 Prasad, Pramesh M42 49:23.00

### M45

1 Kollmorgen, Stuart M47 49:08.00

2 Christmass, James M48 50:00.00

9 Smyth, David M47 57:39.00

### M55

3 Donahoo, Mark M58 54:10.00

6 Evans, Simon M56 55:38.00

### M60

12 O'Neill, Terry M60 1:04:53.00

15 Riddoch, Clyde M63 1:20:38.00

### M65

17 Barrow, Geoff M67 1:12:18.00

### M70

1 Jamieson, Andrew M70 53:37.00

DNF Bennett, Ralph M74

### M75

7 Wicks, Barrie M76 1:26:34.00

### M80

1 Gardiner, Robert M80 1:10:33.00

3 Beaumont, Ian M80 1:29:22.00

-- Silcock-Delaney, Colin M84 DQ

### 20000 Meter Race Walk

### W35

3 Geisler, Sandra W38 2:01:09.00

### W40

-- Brennan, Sarah W40 DQ

### W45

1 Laufer, Michelle W46 1:55:38.00

### W55

3 Tindal, Pam W56 2:05:58.00

6 Elms, Donna-Marie W55 2:16:00.00

### W60

1 Bryant, Barb W62 2:05:22.00

### W65

1 Carr, Heather W67 2:06:45.00

### M40

8 McDonough, Aaron M44 2:06:06.00

10 Prasad, Pramesh M42 2:13:35.00

### M45

3 Kollmorgen, Stuart M47 1:51:42.00

### M55

4 Evans, Simon M56 1:57:11.00

### M70

1 Jamieson, Andrew M70 2:01:29.00

### M80

-- Beaumont, Ian M80 DQ

## VICTORIANS WINNING TEAM MEDALS

### Cross Country - Women

W40 - 1 Australia 1:32:26  
Kate Seibold 31:06:00

W60 - 1 Australia 1:49:28  
Helen Stanley 36:40:00

W70 - 1 Australia 2:19:36  
Lavinia Petrie 37:23:00

W80 - 1 Australia 3:57:44  
Pamela Mews 1:32:24

### Cross Country - Men

M50 - 1 Australia 1:23:56  
James Atkinson 28:23:00

M60 - 2 Australia 1:36:47  
Greg Wilson 33:11:00

M65 - 2 Australia 1:38:07  
John Herridge 32:04:00

### Marathon - Men

M40 - 1 Australia 7:57:03  
Bruneau, Damien 2:37:26

M60 - 1 Australia 9:44:02  
Wilson, Greg 3:24:18

M70 - 1 Australia 16:13:05  
Barker, Stephen 5:41:49

### Marathon - Women

W45 - 2 Australia 11:41:58  
Kanizay, Jane 3:59:23

W60 - 2 Australia 13:01:24  
Bradbury, Lorraine 3:53:59

### Half Marathon - Men

M40 - 2 Australia 4:06:09  
Draper, Shane 1:24:22

M45 - 2 Australia 4:13:50  
Bishop, Michael 1:22:07

M50 - 1 Australia 3:52:21  
Meagher, John 1:15:59

M60 - 2 Australia 4:49:14  
Blue, Robert 1:37:29

M65 - 2 Australia 4:39:25  
Herridge, John 1:30:42

Bell, Kevin 1:34:26

### Half Marathon - Women

W45 - 1 Australia 4:29:32  
Taylor, Carmel 1:35:21

W60 - 1 Australia 5:23:14  
Stanley, Helen 1:43:16

W65 - 1 Australia 7:02:04  
Petrie, Lavinia 1:41:00

### 20K Race Walk - Men

M45 - 1 Australia 5:39:25  
Stuart Kollmorgen 1:51:41

### 20K Race Walk - Women

W45 - 2 Australia 6:39:58  
Michelle Laufer 1:55:37

W55 - 2 Australia 6:37:37  
Pam Tindal 2:05:58

W65 - 1 Australia 7:47:30  
Heather Carr 2:06:45

### 10k Race Walk - Men

M45 - 1 Australia 2:29:27  
Stuart Kollmorgen 49:08:00

James Christmass 50:00:00  
M55 - 1 Australia 2:51:06

Mark Donahoo 54:10:00  
Simon Evans 55:38:00

M70 - 1 Australia 2:58:52  
Andrew Jamieson 53:37:00

### 10k Race Walk - Women

W45 - 1 Australia 2:57:52  
Michelle Laufer 54:06:00

Wendy Muldoon 58:01:00  
W55 - 2 Australia 3:07:00

Pam Tindal 57:57:00  
Donna-Marie Elms 1:04:10

W60 - 1 Australia 3:08:39  
Barb Bryant 59:30:00

Alison Thompson 1:04:22  
Jennifer Payne 1:04:47

W65 - 2 Australia 3:33:52  
Heather Carr 59:38:00

W75 - 1 Australia 3:53:57  
Sylvia Machin 1:12:54

## Narelle Messerle's Story of Perth 2106

*I think athletes of all standards can compete in State, National and World Championships in Masters athletics without fear of feeling out of place. I wanted to find someone who was attending their first World Championship to write on their experiences - Russ*

I started to compete in athletics for the first time in October 2015, when I was asked to join my son's AV club; they had on over 40's team. Why not! I had only ever competed in high jump at high school! I started participating in the throws events. They looked easier than what they actually are.

I really enjoyed my AV experience but was disappointed that the season was coming to an end just as I started getting into athletics. I found out about the VMA Thrower's Group and joined early in 2016. This started my journey of attending the AMA Championships in Adelaide in April, the AMA Winter Throws Championships in Wollongong and then ultimately the World Masters in Perth.

I was encouraged by my husband to make the trip to Perth. "It's in Australia, so of course you have to go! Do all the events you can, make the most of the experience." My expectations were realistic; it was always about the experience.

I immersed myself in the whole experience. The Opening Ceremony started off the week. Athletes gathered at Elizabeth Quay with excitement in the air. Wearing the team tracksuit or your accreditation pass connected you with everyone else, either through a smile or a conversation. This happened all of the time, sometimes in places you least expected.

My events started on the first day. I competed in six events over the course of the meet - Hammer, Weight Throw, Shotput, Javelin, Discus and the Throws Pentathlon. I was so nervous at my first event, Hammer. My practice throws went well. I was conservative on my first throw but tried too hard on my next two throws and they went out of sector to be recorded as fouls. I was disappointed about letting nerves take over, but was now ready to view my other five events as 'just another competition'. I just went out to have fun, just throw!

A highlight for me was when I made my first final in Shotput. I finished in twelfth place, with a 7.86m throw, after the two heats were completed. I never dreamed of making a final! I threw a personal best of 8.44m in the final and moved up two places to tenth.

I competed in the Throws Pentathlon as my last event. I had number of highlights over the five events and four hours of competition. One was in the Shotput where I threw 8.59m, another personal best. Also my Heavy Weight throw where I threw two personal bests and increased my distance by 86cm. My overall score was also a PB and I finished in 9th place. I had improved my total score by 143 points! A great way to finish.

I had a wonderful two weeks away in Perth. I reconnected with athletes I have previously met from around Australia at other National competitions and met new people from all parts of the world. Would attend another World Masters Athletics' Championship? I certainly would.

**I am looking forward to Malaga, Spain 2018. It is already in my diary...**

Narelle Messerle





## BILL COLLINS - "The Fast One"

One of the things I wanted to do when I went to the Sacramento World Championships was see the legendary Bill Collins run. But Bill didn't run there as he had been stricken by Guillain-Barre syndrome and couldn't even walk. To think that he could come back from that debilitating state to be his brilliant self again in Perth is just amazing.

In Perth, Bill broke the World Record for the M65 100m running 12.17 only to find out the tailwind was illegal.

How does a 65 y.o. run 12.17 even in a hurricane ?

Bill also had some drama with cramps in his arm and chest pains after his 200m heat. The medicos played it safe and Bill was taken to hospital fearing it might be his heart. Although they wanted to keep him in overnight he discharged himself saying "I've got a race to run tomorrow". And run it he did. Winning the 200m in a sizzling 25.55. There's more to Bill's hospital story and I'll let George Haywood (who defended his Lyon M60 title in the 300 hurdles at Perth) share his story which I found on the Masters Track website. Thanks guys !!

**Russ**

*Bill Collins is my teammate, friend, and one of the greatest masters athletes ever. He just turned 65, and ran the fastest-ever 100 meters by a 65-year-old, 12.17. There was a big article about him in the local paper, accompanied by a dramatic photo of him crossing the finish line. His story is particularly inspiring because three years ago Bill could barely walk. He was stricken with a rare auto-immune disease called Guillain-Barre syndrome. He went from being the fastest human ever above age 50 to being barely ambulatory. So the story of his return to breaking world records generates a lot of press, as it did here in Perth.*

*On Day 5 of the meet, after his feat in the 100, Bill ran the heats of the 200. I watched from the stands as he cruised easily, but after crossing the line he knelt on one knee. I was not alarmed because Bill has had some quadriceps issues which he deals with and proceeds to crush the competition in the next race. Then I noticed that he was flat on his back, surrounded by medics. I went down to the track to see what was happening. Bob Cozens, another teammate, came too. Bill said the left side of his chest was tight and uncomfortable. He said the tightness was diminishing but still there.*

*Now when a 65-year-old man who has just exercised vigorously (25.7 in the 200 is quite vigorous) says that he has tightness on the left side of his chest, alarm bells go off. He was treated at the track for about 30 minutes and then taken by ambulance to Sir Charles Gardiner Hospital, a major teaching hospital in Nedlands, a suburb of Perth.*

*We were not allowed to go in the ambulance with Bill, so we had to make our own way to the hospital. We were told that the best way to go was to take the train to the Shenton Park stop, and get a cab from there. When we got off at Shenton Park, we went down to the street but looked in vain for a cab.*

*Along came a nice lady in her 50s on a bike. She stopped to cross the street where we were standing. I asked her if she knew where we might catch a cab. I guess our colorful and foreign athletic attire sparked a conversation, in which we explained why we were 12,000 miles from home, where we wanted to go and why.*

*She said cabs were scarce in that area and the hospital was about a 20-minute walk. The woman then brightened and said "If you'll wait here, I can be back in a few minutes and give you a ride to the hospital!" We accepted her offer immediately, and sought shade from the intense sun under a nearby tree.*

*Ten minutes later, we see a Rolls-Royce approaching. We glanced at each other with questioning looks but within seconds the driver-side window rolled down and we could see it was our same cyclist, with fancier transport. Our heroine motioned for us to get in.*

*Barely containing our giddy surprise, we told her how grateful we were and asked her name. "Desley" she said, "Like Lesley, but with a D." I had never heard such a name before, but somehow it seemed like just the right name for a woman who would give three strangers a ride to the hospital in her Rolls-Royce.*

*The ride was short and we had a pleasant chat with Desley. Knowing our urgency, she bade us a quick farewell. We found Bill feeling much better.*

*One of the nurses thought she recognized Bill, and remembered the article and picture in the paper about Bill recovering from GBS and running faster than the world record in the 100. A couple of the staffers asked for autographs, which Bill was happy to sign.*

*After extensive testing, it was determined that the tightness he had felt was from skeletal muscles, with no cardiac involvement. He was released after a couple of hours. The next day, with his arm still black and blue from multiple blood draws, Bill Collins won the gold medal in the 200, and the local papers had themselves another story.*

**George Haywood**

## BILL COLLINS - "The Fast One"

*Such a thrill to get a photo with Bill Collins, a really nice guy.*



*Bill wins the 200m in Perth*



**NEW RECORDS REPORT - Clyde Riddoch - VMA Records Officer**

40 Beauchamp Street, Preston Vic 3072  
 Telephone 03 9470 1490 (H), Mobile 0439 902 907,  
 Email: clyderiddoch@msn.com

**Pending World Record:**

W65	4x400m Relay	Paula Moorhouse	NSW	5:06.10	6-11-16	Perth
		Carol Davis	Qld			
		Kathryn Heagney	Vic			
		Lyn Peake	SA			

**Australian Records:**

W50	60m	Julie Brims	Qld	8.09s	98.9%	17-9-16	QSAC Nathan
W50	Javelin	Sueli Dashwood	Qld	36.77m	70.4%	24-9-16	SAF Nathan
W75	100lb Weight	Fran Harris	ACT	1.19m	-	24-9-16	Turner ACT
M50	Discus	Todd Davey	WA	52.03m	70.2%	29-9-16	Perth
M80	Shot Put	Tom Hancock	Vic	11.77m	90.7%	1-10-16	Wollongong
M80	Discus	Tom Hancock	Vic	29.60m	76.8%	1-10-16	Wollongong
M80	Discus	Tom Hancock	Vic	31.07m	79.8%	2-10-16	Wollongong
M80	Throws Pent	Tom Hancock	Vic	4670pts	-	2-10-16	Wollongong
M80	Throws Pent	Tom Hancock	Vic	4741pts	-	5-11-16	Perth
M80	High Jump	Tom Hancock	Vic	1.22m	90.4%	6-11-16	Perth
M80	Discus	Tom Hancock	Vic	33.63m	86.4%	15-10-16	Doncaster
M50	Discus	Todd Davey	WA	53.75m	72.6%	2-10-16	Perth
W80	400m	Cory Collins	ACT	1:40.31	89.7%	6-10-16	AIS ACT
W50	60m	Julie Brims	Qld	8.01s	99.9%	8-10-16	QSAC Nathan
W50	100m	Julie Brims	Qld	12.60s	97.4%	8-10-16	QSAC Nathan
W80	100m	Cory Collins	ACT	19.29s	87.1%	13-10-16	AIS ACT
W75	80m Hurdles	Frances Harris	ACT	21.67s	86.5%	13-10-16	AIS ACT
W50	200m	Julie Brims	Qld	26.02s	97.9%	15-10-16	QSAC Nathan
W85	800m	Christiane Dauphin	Qld	5:26.22	80.8%	15-10-16	QSAC Nathan
M40	110m Hurdles	Geoffrey Gibbons	Tas	15.62s	86.4%	15-10-16	Hobart
W75	Hammer Throw	Jan Banens	ACT	33.87m	100.2%	20-10-16	Woden
W80	400m	Cory Collins	ACT	1:35.55	94.2%	20-10-16	AIS ACT
M70	5k Walk	Andrew Jamieson	Vic	26:42.08	93.8%	26-10-16	Perth
M40	Weight Throw	Richard Meiring	NSW	16.65m	72.4%	26-10-16	Perth
W75	Hammer	Jan Banens	ACT	34.25m	101.3%	26-10-16	Perth
W50	100m	Julie Brims	Qld	12.39s	99.0%	27-10-16	Perth
M55	Decathlon	Peter Murray	NSW	6130pts	-	27-10-16	Perth
M40	100m	Ashley McMahon	NSW	10.85s	95.2%	28-10-16	Perth
W75	Weight Throw	Jan Banens	ACT	13.48m	108.4%	28-10-16	Perth
M95	800m	John Gilmour	WA	9:19.93	62.8%	28-10-16	Perth
W75	5k	Lorraine Lopes	WA	26:41.46	93.8%	28-10-16	Perth
W65	80m Hurdles	Wilma Perkins	Qld	15.09s	99.9%	28-10-16	Perth
W65	Heptathlon	Wilma Perkins	Qld	5475pts	-	29-10-16	Perth
W75	Heptathlon	Frances Harris	ACT	4215pts	-	29-10-16	Perth
W60	200m	Margaret Tweedie	Vic	29.99s	96.2%	1-11-16	Perth
W50	200m	Julie Brims	Qld	25.84s	98.5%	1-11-16	Perth
M40	200m	Ashley McMahon	NSW	22.05s	95.2%	1-11-16	Perth
W50	Javelin	Sueli Dashwood	Qld	38.12m	73.0%	1-11-16	Perth
W75	80m Hurdles	Frances Harris	ACT	21.24s	88.3%	4-11-16	Perth
M40	110m Hurdles	Geoffrey Gibbons	Tas	15.29s	88.3%	5-11-16	Perth
W65	1500m	Jeanette Flynn	Qld	5:47.83	98.3%	5-11-16	Perth
W75	400m	Ruth Johnson	WA	89.78s	90.2%	5-11-16	Perth
W80	400m	Cory Collins	ACT	92.75s	97.0%	5-11-16	Perth
W70	Half Marathon	Lavinia Petrie	Vic	1:41:00	101.2%	6-11-16	Perth
M40	Weight Throw	Richard Meiring	NSW	17.26m	75.1%	6-11-16	Perth
W75	2k Steeple	Frances Harris	ACT	14:54	72.2%	6-11-16	Perth
W55	4x100m Relay	Sue Bourke	ACT	56.82s	-	6-11-16	Perth
		Michele Hossack	Vic				
		Christine Shaw	NSW				
		Gabrielle Whelan	NSW				



W60	4x100m Relay	Lynne Choate Margaret Tweedie Leanne Monk Marlene Reid	WA Vic Vic ACT	58.55s	-	6-11-16	Perth
W65	4x100m Relay	Wilma Perkins Lyn Peake Kathryn Heagney Carol Davis	Qld SA Vic Qld	61.67s	-	6-11-16	Perth
W70	4x100m Relay	Brenda Painter Marge Allson Anne Lang Peggy Maccliver	WA Qld SA WA	69.00s	-	6-11-16	Perth
W75	4x100m Relay	Ruth Johnson Miriam Cudmore Jo Klemke Francis Harris	WA SA ACT ACT	77.32s	-	6-11-16	Perth
M70	4x100m Relay	John Wall John Wight Neville McIntyre Peter Crombie	NSW Qld NSW NSW	53.67s	-	6-11-16	Perth
M75	4x100m Relay	Graeme Noden Michael Stevenson Pio Bunin Barrie Kernaghan	Vic Tas Qld WA	59.95s	-	6-11-16	Perth
M85	4x100m Relay	Jack Thackray Derry Foley Jim Sinclair Leo Coffey	ACT WA Vic Vic	83.82s	-	6-11-16	Perth
W55	4x400m Relay	Sue Bourke Victoria Gunn Gabrielle Whelan Michele Hossack	ACT Tas NSW Vic	4:37.85	-	6-11-16	Perth
W75	4x400m Relay	Ruth Johnson Cory Collins Jo Klemke Carol Melling	WA ACT ACT Qld	7:11.20	-	6-11-16	Perth
M35	4x400m Relay	Graham Scully Scott Tamblin Mark Rossiter Jay Stone	Qld WA ACT NSW	3:31.29	-	6-11-16	Perth
M75	4x400m Relay	Michael O'Reilly Pio Bunin Michael Stevenson Barrie Kernaghan	WA Qld Tas WA	5:12.41	-	6-11-16	Perth
M40	3000m	Philo Saunders	ACT	8:16.34	93.8%	12-11-16	Sydney



## Victorian Records:

W45	Half Marathon	Julie Norney	1:18:39	91.1%	3-7-16	Gold Coast
M45	Shot Put	Russell Short	15.01m	75.3%	8-9-16	Rio de Janeiro
W75	56lb Weight	Jane Kinsey	1.44m	-	25-9-16	Murrumbeena
M40	100lb Weight	Shane Benbow	3.05m	-	25-9-16	Murrumbeena
M50	56lb Weight	Nick Connell	5.88m	-	25-9-16	Murrumbeena
W60	300m Hurdles	Margaret Tweedie	53.5s	89.2%	3-10-16	Doncaster
W60	Triple Jump	Margaret Tweedie	8.43m	81.5%	27-10-16	Perth
W60	300m Hurdles	Margaret Tweedie	53.28s	92.7%	1-11-16	Perth
W45	High Jump	Karen Carah	1.50m	87.2%	28-10-16	Perth
W60	Discus	Dorn Jenkins	29.01m	61.5%	29-10-16	Perth
M80	Javelin	Tom Hancock	32.88m	68.8%	31-10-16	Perth
W55	High Jump	Michele Hossack	1.41m	89.7%	2-11-16	Perth
W55	80m Hurdles	Michele Hossack	13.92s	89.4%	4-11-16	Perth
M40	110m Hurdles	Brad Krawczyk	15.76s	86.4%	5-11-16	Perth
W60	Long Jump	Margaret Tweedie	4.34m	87.0%	5-11-16	Perth

# VICTORIAN RESULTS

## 2016 Pan Pacific Masters Games

### Gold Coast, Australia - 10/11/2016 to 12/11/2016



#### M45 Shot Put

6 Romeo, Fabrizio M48 8.98m 46.70%

#### M45 Long Jump

6 Romeo, Fabrizio M48 3.47m 44.77%

#### M60 Weight Throw

4 Peska, Stan M60 11.94m 48.13%

#### W70 Javelin

1 Dundas, Rhondda W72 15.46m 44.45%

#### M45 Discus

7 Romeo, Fabrizio M48 20.85m 33.91%

#### W40 Javelin

1 Gillick, Melissa W42 13.52m 21.25%

#### M40 Shot Put

8 Browell, Leigh M42 7.03m 33.86%

#### M60 Discus

2 Peska, Stan M60 36.73m 52.70%

#### M40 5000 Metre

2 Browell, Leigh M42 22:35.52 57.86%

#### M45 5000 Metre

3 Romeo, Fabrizio M48 29:27.81 46.03%

#### M55 5000 Metre

3 Worsnop, Christoph M59 24:10.06 60.67%

#### W40 5000 Metre

1 Gillick, Melissa W42 29:26.93 50.06%

#### M55 800 Metre

4 Worsnop, Christoph M59 3:22.95 58.68%

#### M45 800 Metre

4 Romeo, Fabrizio M48 3:03.34 59.93%

#### M40 800 Metre

3 Browell, Leigh M42 2:34.05 68.65%

#### W40 800 Metre

2 Gillick, Melissa W42 3:42.08 53.49%

#### M60 100 Metre

2 Cooper, John M64 15.23 76.43%

#### M55 100 Metre

6 Worsnop, Christoph M59 17.21 65.37%

#### M65 100 Metre

1 Aspinall, Dennis M69 14.28 84.52%

#### W55 5000 Metre Race Walk

1 Elms, Donna-Marie W55 31:12.33 75.02%

#### M60 Hammer

3 Peska, Stan M60 29.69m 44.78%

#### M70 Javelin

4 Goode, Thomas M71 11.66m 19.89%

#### W40 Shot Put

4 Gillick, Melissa W42 6.06m 29.72%

#### M70 Hammer

3 Goode, Thomas M71 18.72m 31.35%

#### M45 Weight Throw

4 Romeo, Fabrizio M48 6.80m 30.76%

#### M60 Javelin

1 Peska, Stan M60 36.57m 52.51%

#### W70 Discus

1 Dundas, Rhondda W72 19.41m 51.91%

#### W70 Shot Put

1 Dundas, Rhondda W72 7.85m 64.40%

#### M45 3000 Metre Steeplechase .914cm

3 Romeo, Fabrizio M48 17:13.07 52.43%

#### M55 3000 Metre Steeplechase .914cm

1 Worsnop, Christoph M59 16:07.08 61.03%

#### W40 2000 Metre Steeplechase .762cm

1 Gillick, Melissa W42 11:27.15 59.15%

#### M55 200 Metre

5 Worsnop, Christoph M59 37.30 60.00%

#### M60 200 Metre

1 Cooper, John M64 31.17 74.40%

#### M65 200 Metre

1 Aspinall, Dennis M69 29.78 81.03%

#### W70 Weight Throw

1 Dundas, Rhondda W72 10.60m 65.88%

#### M70 Shot Put

5 Goode, Thomas M71 6.57m 36.40%

#### M45 Javelin

8 Romeo, Fabrizio M48 26.28m 31.26%

#### W40 Weight Throw

2 Gillick, Melissa W42 6.89m 34.61%

#### M60 Throws Pentathlon

2 Peska, Stan M60 3105

#### M70 Throws Pentathlon

2 Goode, Thomas M71 1561

#### W70 Hammer

1 Dundas, Rhondda W72 27.45m 68.30%

#### M60 Shot Put

2 Peska, Stan M60 12.67m 68.41%

#### W70 Throws Pentathlon

1 Dundas, Rhondda W72 3719

#### M45 1500 Metre

3 Romeo, Fabrizio M48 6:42.52 56.08%

#### M55 1500 Metre

4 Worsnop, Christoph M59 6:56.78 59.29%

## VICTORIAN RESULTS -2016 Pan Pacific Masters Games

### M60 1500 Metre

3 Cooper, John M64 6:09.31 70.26%

### W40 1500 Metre

1 Gillick, Melissa W42 7:30.52 54.56%

### M55 60 Metre

7 Worsnop, Christoph M59 11.26 65.28%

### M65 60 Metre

1 Aspinall, Dennis M69 8.86 89.05%

### W55 3000 Metre Race Walk

1 Elms, Donna-Marie W55 17:45.62 76.89%

### M40 3000 Metre Race Walk

1 Prasad, Pramesh M42 14:29.66 76.63%

2 Patterson, Adam M44 19:57.11 55.67%

### M55 3000 Metre Race Walk

3 Worsnop, Christoph M59 27:59.84 44.94%

### W40 400 Metre

1 Gillick, Melissa W42 1:34.90 53.41%

### M65 400 Metre

2 Aspinall, Dennis M69 67.80 81.27%

### M60 400 Metre

1 Cooper, John M64 74.80 70.80%

### M55 400 Metre

3 Worsnop, Christoph M59 1:31.40 55.89%

### W55-59 Metre Race Walk

1 Donna-Marie Elms 1:08:18

### M40-44 Metre Race Walk

1 Pramesh Prasad 54:55

### M55-59 Metre Race Walk

1 Christopher Worsnop 1:30:15

## ASK THE COACH

### THE HIGH JUMP

I remember in my very first job my boss used to often say to me “Son, if you don’t pull up your socks you’re for the high jump”. It didn’t make sense to me because everybody knew I was a sprinter, footballer, cricketer and a tennis player. How did he expect me to find time for the High Jump ? And in those days people didn’t wear the poncy, long compression socks they do today. We only wore long socks in football, and even then most of us wore them down. So to further confuse me, my Football coach used to say “Son, if you can’t be a footballer at least look like one and pull your socks up”. But I digress.

The High Jump takes spring, agility, timing and being tall doesn’t hurt. So this sport discriminates against short people. Most people these days are taught the Fosbury Flop and while this may give you short term success and perhaps an Olympic Gold medal, here at The Coach Enterprises (Offices - New York, Paris, London, Beijing.... and East Ringwood) we are having incredible success with some gymnastic moves. We are finding that the cartwheel and the somersault can get you over the bar at good heights (*and you land on your feet*). With this in mind, we currently are talking to the IAAF about doing away with the foam landing bags, which would render the Fosbury Flop.... a flop. Our argument to the IAAF is along the lines of if you want to get crowds back to T&F you’ve got to have more danger. People mainly go to Football, Cricket and Cage Fighting to see people get hurt. If we eliminate foam landing bags, yes, you can win the event with your bloody flop, but you’re going to hospital. You know when you watch a tumbling sequence by a gymnast during the floor exercises and they do a series of cartwheels and and somersaults ending with one super high one ? We all say “Wow, How high was that ?” Well now we’ll know. Cause the last one will be over the high jump bar.





## 2017 VICTORIAN MASTERS ATHLETICS -- MEMBERSHIP FORM

Family name: ..... Other name(s): .....  
 Address: ..... Suburb: .....  
 Postcode: ..... Date of Birth: ... / ... / ... Home Ph: .....  
 Email: ..... Mobile: .....  
 Emerg contact Name: ..... Phone: .....  
 VMA venue attending: ..... Newsletter distributed by: Post / Email  
 If AV member athlete club: ..... Qualified coach: Y/N Area: .....  
 Occupation or area of expertise: .....

### Circle amount of the membership category applying to you

Renewing members (from 2016)	Payment prior to 1/1/17	Payment from 1/1/17
Individual renewing member	\$35	\$45
Two members residing at the same address	\$55	\$75
Life members	Free	Free
Renewing 80+ member (if a member for the previous 5 consecutive years)	Free	Free
Volunteer (non competing)	Free	Free
<b>Lapsed members</b>		
Individual lapsed member	\$45	\$45
Two members residing at the same address	\$75	\$75
<b>Associate member (Under 30)</b>	\$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 – Ewen Wilson, 9-11 Cyril St Windsor 3181. (Ph. 0423 424 185).

Credit Card – Visa / Mastercard Card No: ..... Expiry Date: ... / ...

Name on Card: ..... Signature: .....

### Disclaimer

I hereby declare that I am in good health and will be properly conditioned for the activities which I will enter with the Victorian Masters Athletics Inc. during the year 2017. I absolutely relieve Victorian Masters Athletics Inc. of any responsibility for any injury or damage to myself which I may sustain in the course of competing in events organised by the Association.

Signed: ..... Date: ... / ... / ....

### VMA privacy statement

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

### Uniforms & Associated Merchandise

For information on VMA uniforms contact Ewen Wilson (Ph) 9529 5260 (M) 0423 424185

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



## AUSTRALIAN MASTERS ATHLETICS CHAMPIONSHIPS

# DARWIN 2017



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



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

## QUICK FACTS

### When:

Saturday 9th June – 12th June 2016

### Where:

Darwin, Northern Territory

### Travel:

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

### Accommodation:

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

### Other Activities:

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



For further information refer to:  
[www.ntathletics.org.au](http://www.ntathletics.org.au)  
Hosted by Athletics NT



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



# DARWIN 2017

## PROPOSED SCHEDULE OF EVENTS

### THURSDAY 8TH JUNE 2017

Registrations open from 12noon

### FRIDAY 9TH JUNE 2017

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

### SATURDAY 10TH JUNE 2017

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

### ATHLETICS FORUM

### SUNDAY 11TH JUNE 2017

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

### DINNER / AWARDS NIGHT

### MONDAY 12TH JUNE 2017

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

## DARWIN & THE NORTHERN TERRITORY

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

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

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

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





## Victorian Masters Athletics Inc. - Venue Managers

Venue	Manager	Address	Phone
Aberfeldie	Doug Stokes	stokedw@yahoo.com.au	0447595170
Casey	Paul Olsson	olssonpf@bigpond.net.au	0408 340 151
Coburg	Neville Wilson	neville.wilson3084@outlook.com	9459 7827
Collingwood	Helen Brown Heather Johnstone John Pocock	helenrbrown@bigpond.com johnno88@tpg.com.au pocockjr@bigpond.com	0419 363 905 0412 353 696 0412 077 223
Croydon	Karen Archer Barrie Wicks	quinarcher@aapt.net.au barriewicks40@gmail.com	0414 701 772 9735-5462 0407 865 779
Doncaster	Kath Gawthorn Katrina Philip	kath_gawthorn@hotmail.com	0447 494 509
East Burwood	Peter Dodgshun Gerald Burke Jack Fredrickson	peterdodgshun@optusnet.com.au geraldburke@optushome.com.au	0419 872 130 0408 315 471 9802 6926
Frankston	Frances Halton David Dodson	rfhalton@alphalink.com.au david.dodson@iinet.net.au	0405 474 472 9782 1712
Geelong	Alan Jenkins	alanjenkins4@bigpond.com	5221 7468 0419 314 568
Glen Eira	Andrew Edwards Judy Wines	Leedsfan2@optusnet.com judywines@bigpond.com	9555 4226 9885 4904
Knox	Tracey Carpenter	traceycarpenter@y7mail.com	0407 093 132
Mentone	Ashley Page	apa16161@bigpond.net.au	0448 866 025
Southern Peninsula	Meredith Radford Alan Radford John Sutton Greg Lovejoy	radfordguns@sctelco.net.au radfordguns@sctelco.net.au jsutton2@optusnet.com.au	5988 6221 5985 9017 5982 0449
Springvale/ Noble Park	Alan Bennie Anthony Doran	alanbennie@optushome.com.au anthonyjdoran@y7mail.com	9547 2978 0425796740
Throwers	Graeme Rose Ken Priestley	grarose@yahoo.com knjoy@bigpond.net.au	9836 2350 0417 134 601
Run2sday	Bronwen Cardy David Sheehan	bronwencardy@hotmail.com.au midget32@hotmail.com.au	0422 213 050 0448 213 200

## Victorian Masters Athletics Inc.

### Venues

<b>ABERFELDIE Athletic Track</b>	Aberfeldie Park, Corio Street, Moonee Ponds <b>Wednesday nights, 7 - 9pm</b>	Melway 28 D6
<b>CASEY</b>	<b>160 Berwick - Cranbourne Rd, Cranbourne East</b> <b>Monday nights, 7-9pm</b>	<b>Melway134 E8</b>
<b>COBURG Athletic Track</b>	Harold Stevens Athletic Field, Outlook Road, Coburg <b>Thursday nights, 7 - 9pm</b>	Melway 18 A9
<b>COLLINGWOOD Athletic Track</b>	George Knott Reserve, Heidelberg Road, Clifton Hill <b>Tuesday nights, 7 - 9pm</b>	Melway 30 F12
<b>CROYDON Athletic Track</b>	Behind Arndale Shopping Centre, Mt.Dandenong Road, Croydon <b>Tuesday nights, 7 - 9pm</b>	Melway 50 K5
<b>DONCASTER Athletic Track</b>	Tom Kelly Athletic TrackRieschieks Reserve, George Street, East Doncaster <b>Monday nights, 7.30pm</b>	Melway 33 J11
<b>EAST BURWOOD Athletic Track</b>	Burwood Road, opp. Mahoneys Road, behind basketball stadium <b>Thursday nights, 7 - 9pm</b>	Melway 62 C7
<b>FRANKSTON Athletic Track</b>	Ballam Park, Bananee Terrace, Frankston <b>Thursday nights, 7 - 9pm</b>	Melway 103 B4
<b>GEELONG Athletic Track</b>	Landy Field, off Barwon Terrace, Geelong <b>Wednesday nights, 6 - 8pm</b>	Melway 228 C7
<b>GLEN EIRA Athletic Track</b>	Duncan McKinnon Reserve, cnr North Road & Murrumbeena Road <b>Tuesday nights, track events, 7 - 9pm.</b> <b>Sunday, field events</b>	Melway 68 K9
<b>KNOX Athletic Track</b>	Bunjil Way, off Ferntree Gully Road, Scoresby <b>Wednesday nights, 7 - 9pm</b>	Melway 73 D7
<b>MENTONE Athletic Track</b>	Dolamore Reserve, cnr First Street & Queen Street, Mentone <b>Wednesday nights, 7 - 9pm</b>	Melway 87 B6
<b>SPRINGVALE/NOBLE PARK</b>	Ross Reserve, Memorial Drive, off Corrigan Road, Springvale <b>Wednesday nights, 7 - 9pm</b>	Melway 80 E12
<b>SOUTHERN PENINSULA</b>	Athletic Track Truemans Road, Tootgarook, (off Nepean Hwy) <b>Wednesday nights from 6 pm in daylight saving,</b> <b>Fortnightly in winter on Sunday at 9:00 am</b>	Melway 169 E6

## 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
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	Shane Draper		shane.draper@VicMastersAths.org.au
	Russ Dickenson	9870 8103 0418333569	dicko@iinet.net.au
<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>Subscriptions</b>	Ewen Wilson	9529 5260 0423 424185	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 (Interim only)</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