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# FOOTPRINTS

JUNE 2016

## WATCH OUT FOR THE LIGHT TOWER, LEON

LEON D'ONOFRIO WAS ONE OF 8 VICS TO WIN THE POLE VAULT AT THE NATS



- VICTORIAN RESULTS AND PHOTOS FROM THE NATIONALS IN ADELAIDE
- SPECIAL TEMPORARY MEMBERSHIP OFFER FOR THE PERTH WORLDS
- AND THE WINNER IS - DARWIN 2017!!
- BROWNE SHIELD RESULTS AFTER 10K TRACK
- ASK THE COACH (WHY WOULD YOU ?)

## Editorial

I feel like it's been a total waste of time producing this issue of Footprints because I know very few of you will read it, being so absolutely engrossed in the upcoming Federal election. It really is inspiring having an election going on for so long. It's like having a new season of your favorite show. You can rush home to watch or record it. And those debates, so exciting.

It is typical that athletes come out of the woodwork to compete in their home Country's World Masters Athletics Championships and we believe this will be the case in Perth this year, but to add a little bit of incentive to those Victorians who are not currently active in Masters Athletics we are offering the following :

- Anyone who is a current member of an A.V. club can have a free membership of VMA for the duration of the Championships (Oct 26- Nov 6)

- Anyone who is a member of neither VMA or A.V. can have a \$20.00 Membership of VMA for that period.

With this in mind, we are asking everyone to "Start Spreading the News". (*This policy has been fully costed*).

The Browne Shield is off and running with Knox getting off to a big lead after the 10k Track. Sorry to see Aberfeldie have only one runner compete, even though it was a good one in Greg Moore. Disappointing, after such a great effort last year.

All of the Victorian results are here along with some very good photos. Thanks to SAMA for putting on a great show. I think they handled it brilliantly in spite of being a little short on Officials. Croydon's "everywhere man" Les Clark made his own way over to Adelaide to help out. Talk about dedication !

Next year the Nationals move to Darwin. I think this is a first and I would hope it is a great success following on from Perth. I think the temperatures may be around 30 degrees, so great for the sprinters, maybe a test for the endurance guys. Still it is a great thing getting away with like minded people and seeing healthy people doing healthy things.

Please have a think about what you would like to see in a promotional singlet/tee and let me know. (P.7) We are going to subsidise this so it will be a *win/win* (Damn those elections, influencing me again)

*vote early, vote often,*

*Russ Dickenson*

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FOOTPRINTS is free to download. We invite everyone with an interest in Masters Athletics to read it. If you have friends who are not members of our club but may like it, please share the link.

## NAG FILE

Athletes Moving into  
a New Age Group

TOM HANCOCK	into M80
SYLVIA MACHIN	into W75
JOY PRIESTLEY	into W75
ANNE STOBAS	into W75
ROD BAYLEY	into M70
ANDREW JAMIESON	into M70
KEVIN BELL	into M65
CAROLYN DICKSON	into W65
GRAHAM EADIE	into M65
RONALD MUIR	into M65
ALAN RADFORD	into M65
HAROLD MILLER	into M60
JENNIFER PAYNE	into W60
MARK TRAVILL	into M60
LAURA CAMPBELL	into W55
PAUL DURRANT	into M55
PAUL FOSTER	into M55
JOHN HILDITCH	into M55
PETER SHANAHAN	into M55
ROBYN SHAW	into W55
CATHERINE MATTHEWS	into W50
VINCENT CULLINAN	into M50
CAROLYN HUELL	into W50
DAVID NICHOLSON	into M40
PHILLIP RICHARDSON	into M40
WARREN BENBOW	into M35

# Masterpieces

## We need a woman's touch...

Once again, and as usual, we find ourselves without a woman on the VMA Committee.

You only need to attend a Venue, any Venue, to see that this is not a "Boy's Club" and yet, we can't get women on the Committee.

We don't meet in a pub; we don't tell dirty jokes and there are no nudie posters on the wall.

There is a bit of boring stuff discussed but we are really keen to get some fresh ideas and new blood on the Committee. Of course, we would welcome any men who would like to join. It's just that at the moment we are worse than Tony Abbott's cabinet. (At least he had Julie Bishop !!)

The Committee meets once a month in Surrey Hills. If you would like to discuss joining we are all ears.

Phil Urquhart would welcome your call -

0419357823 or email [secretary@VicMastersAths.org.au](mailto:secretary@VicMastersAths.org.au)



Perth entries  
are now open

## What's On

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

### 2016

June 16	John Gosbell 5k Teams Run - <i>East Burwood Venue</i>
June 26	VMA 8K Cross Country Championship - <i>Meet at George Knott - <u>Online entry only</u></i>
June 26	VMA 20K Walk Championship - <i>Albert Park - Enter on day</i>
June 26	Winter into Spring - Bendigo Meet - <i>LUBAC Retreat Rd. Bendigo. See advert this issue</i>
July 24	Eric Greaves VMA 10k Road Race - <i>Braeside Park - <u>Online entry only</u></i>
July 23	VMA 10K Walk Championships - <i>Albert Park - Enter on day.</i>
July 31	Winter into Spring - Bendigo Meet - <i>LUBAC Retreat Rd. Bendigo. See advert this issue</i>
August 21	VMA 10 Mile Championship - <i>Held in conj. with VCCL - Brimbank Park - Online entry only</i>
August 28	Winter into Spring - Bendigo Meet - <i>LUBAC Retreat Rd. Bendigo. See advert this issue</i>
September 4	VMA/AV Half Marathon - <i>Kevin Bartlett Reserve - Online entry thru AV website</i>
September 25	Winter into Spring - Bendigo Meet - <i>LUBAC Retreat Rd. Bendigo. See advert this issue</i>
October 16	Melbourne Marathon - Also VMA Marathon - <i>To enter for VMA team : Team Name : "Victorian Masters Athletics" Password : "masters"</i>
Oct 26-Nov 6	World Masters Athletics T&F Championships - <i>Perth, Australia - <a href="http://www.perth2016.com">www.perth2016.com</a></i>

### 2017

Jan 15	AMA Half Marathon Championships - <i>Hobart</i>
March 18-25	World Masters Athletics Indoor Championships - <i>Daegu South Korea</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>

### 2018

TBA	World Masters Athletics T&F Championships - <i>Malaga, Spain</i>
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# Masterpieces

## GLEN EIRA GOSSIP –

### The Superwomen of Glen Eira

No doubt all Masters Venues are proud of their members' achievements, whether they occur on the track or off it, whether they are running, jumping or throwing at any level. We celebrate these achievements and to some extent take them for granted.

Back in April we saw some Glen Eira members take this to a new level. It was no surprise to us that a recent newcomer, Elizabeth Dornum, won her age group (and was third female overall) in the Victorian Triathlon Championship. No surprise given Elizabeth's record in numerous endurance events. The surprise was when we heard that Heather Carr, not to be outdone, won her age group, in the same event, and took out the 2015/2016 series in her age group. Janine McKerron and Peter Battrick were also among the many who completed the race. Note - this was no sprint triathlon, but an Olympic distance event (1500 m swim, 40 km cycle, 10 km run).

Heather was heard to admit on the following Tuesday that she took up triathlons just to add some variety to her training and has completed over 90 triathlons.

On the same weekend Jane Sturzaker completed her 174<sup>th</sup> marathon in Canberra, accompanied by Merle Want, who ran her 30<sup>th</sup> marathon. In the short time since that weekend Jane has added another 13 marathons to her list.

It's fair to say that these four females have completed more endurance races than I have had hot breakfasts, or whatever.

Glen Eira was also represented over the same weekend in that other endurance event, the Oxfam 100 km, where Sydney Bone led a team of Masters members into 55<sup>th</sup> place out of 690, while Karen and Terry O'Neill followed in 278<sup>th</sup> place.

*Phil Urquhart*

*Merle Want, Jane Sturzaker, Janine McKerron, Elizabeth Dornum, Heather Carr.*





# Masterpieces

## DONCASTER DOINGS

### 2015-16 Summer Pentathlon Series at Doncaster

The Pentathlon Series at Doncaster again proved popular with nine athletes competing over the six month period. Again David Featherston (M40) was the overall winner of the Summer Series, winning five of the six competitions. Competitors are only entitled to win one prize.

Winners for 2015-16 were:

Overall: David Featherston (M40)

Highest Score: Dennis Aspinall (M65)

Most Improved: Matt Hughes (M40)

Best Long Jump: Graham Ford (M65)

Best Javelin Throw: Bev Learmont (W65)

Best Sprint: David McConnell (M60)

Best Discus Throw: Matt Scholes (M45)

Best 1500 metres: Graham Walter (M55)

The Winter Series has already started on the third Monday of each month. Everyone welcome. Only four of the six competitions count and to win a minor prize you only need to compete twice. Runners World vouchers up to a value of \$100 are available.

### What is it about the Carrs and the steeplechase ?

Heather Carr, who is one of our best ever walkers, has taken to the steeplechase in recent years and has become very good. Hubby Bill, however, was very critical of her proficiency in getting over the steeples so he built her one to practise on in the back yard. (Running my Builder's eye over this - Well done, Bill)

David Carr of W.A., (no relation - well I'm sure David has relations but he's just not related to Heather or Bill) seems to be doing laps in the water jump. I think he's about to start the backstroke leg in the photo. I'm not "slagging off" at David, he is one of the best credentialed masters athletes in the world, but the water jump is a great leveller.



# Masterpieces

Doncaster Venue has new Joint Venue Managers with Katrina Philip and Kath Gawthorn taking over from Greg and Ange Champion. Congrats Katrina and Kath. Thanks Greg and Ange.

I've been talking to Tim Oberg, the boss of Australian parkrun and telling him how many of our "troops" love parkrun. We have agreed that once a quarter if VMA members make up the entire volunteer force at a given parkrun we can have our banner on display and give out our brochures. As those of you who do parkrun will know, volunteering 2-3 times a year is expected and I know most of our guys do their share. If you're a parkrunner drop me an email so I have your name.  
dicko@inet.net.au

Croydon Venue has a new Joint Venue Manager with Barrie Wicks replacing Pam Tindal and joining Karen Archer. Congrats Barrie. Thanks Pam.

Athletics Bendigo will be holding 4 track and field meets to assist athletes that may be attending the World Masters in Perth or anyone else that is getting ready for the 2016/17 athletics season (this is NOT a Masters only event). A great range of events on offer. First round on Sunday 26 June, then Sunday 31st July, Sunday 28th August and Sunday 25th September. Online registration at <https://www.registernow.com.au/secure/Register.aspx?E=21140>

**Perth Accommodation.**  
Andrew Egginton has a room with 2 single beds available in Subiaco from 2 to 7 November in apartment he is renting.  
\$450  
0408325356



# Masterpieces

## What do you think ?

We would like your thoughts on a promotional tee shirt/singlet. VMA is prepared to supply a **heavily subsidised** singlet/tee for our members to wear when running in events like the Melbourne Marathon, fun runs or parkrun.

The "bullet hole" singlet we did a few years ago sold well and certainly got attention but was disliked by some.

What would **you** like to see on a singlet that you are going to wear ?

Would you like a plain but well designed singlet that just says "Victorian Masters Athletics" ?

Would you like something with a catchy message or with impact ? If so, any ideas ?

Would you like a "VMA/Run Safely Tonight" graphic on the front and the Venues listed on the back ?

Also, I have heard it said that some will pay extra to have an item of perceived better quality e.g. a 2XU, Adidas or Nike garment with our message on it. Would you ?

Amanda Harper wears the 2XU casual top created for Lyon (right)

Those going to Lyon were happy to pay more for this "branded" top.



The "bullet hole" singlet

Contact Russ if you have any ideas/ opinions  
[dicko@iinet.net.au](mailto:dicko@iinet.net.au)

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## **The John Gosbell Memorial 5km Teams Run**

**To be held at East Burwood Venue**

**Thursday 16th June 2016, 7:40pm**

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

### **Prize Categories**

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

### **Eligibility**

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

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

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

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

**Program** – Also included on the night are:

7:00pm      80m sprint

7:00pm      Discus

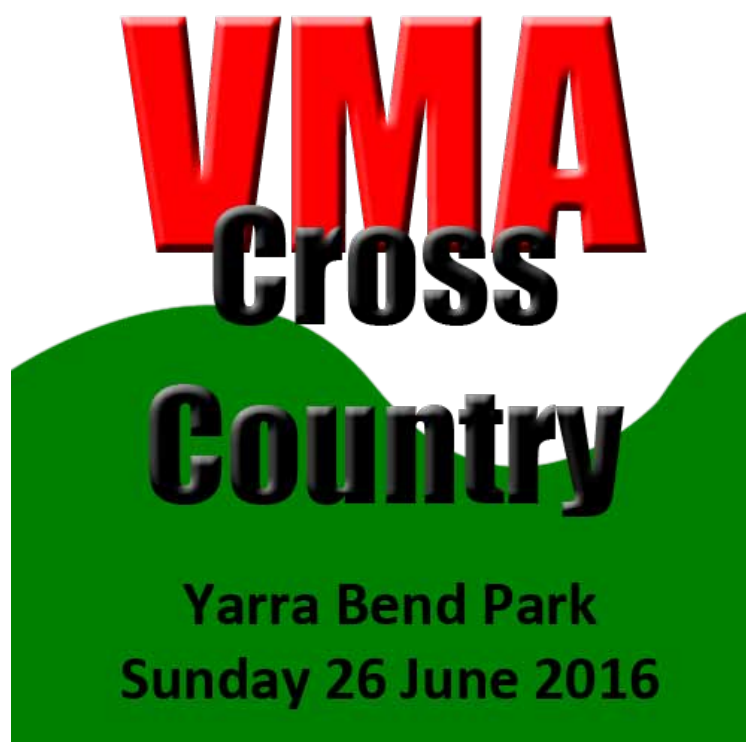
7:15pm      1200m walk

7:35pm      100m handicap

**Enquiries to Peter Dodgshun (VMA East Burwood Venue Manager)**

**(M: 0419 872 130 or email: [peterdodgshun@optusnet.com.au](mailto:peterdodgshun@optusnet.com.au))**





Sunday 26 June 2016

Location: George Knott Reserve Heidelberg Road Clifton Hill [Melways 30 F12]

Check in by: 8:30am at George Knott Reserve Heidelberg Road Clifton Hill

Start: 9:00am

**ONLINE ENTRY ONLY**

<https://www.registernow.com.au/secure/Register.aspx?E=20799>

Entries close midnight Wednesday 23 June 2016

For any further queries please contact Lavinia Petrie  
captain@vicmastersaths.org.au Ph:9728 3929

Additional information

The event is open to financial members of the VMA.

No late entries or entries on the day

To be eligible for VMA medals participants **MUST** wear VMA uniform.

To purchase a uniform click [HERE](#) to go directly to the VMA merchandise page  
If you are currently not registered as a member click [HERE](#) to go to the registration page.



VICTORIAN MASTERS ATHLETICS Inc

## 10 km “Eric Greaves Memorial” Road Race Championship

Two laps of a fast and flat gravel road course through scenic parkland in

**Braeside Park, Mentone**  
(Melway Map 88 D8)

**Sunday 24 July 2016**

**10.00 am Start**

**Entries online on the VMA Website – Entry fee \$10.**

**Entries close midnight Wednesday 20th July**

Check in before 9.45am on the day – no late entries or entries on the day.

VMA uniform (not venue uniform) must be worn to be eligible for the specially struck memorial medals for winners and placegetters in each 5 year age division.

The Eric Greaves Memorial Trophy will be awarded to the most outstanding performance, based on age graded percentages.

Entries will be taken on the day for 10km (non-Masters) or 5km run/walk.  
Entry fee \$5 – no prizes.

Ample car parking - picnic facilities available.

Tea, coffee and biscuits after the race.

**Enquiries Alan Bennie 9547 2978 or Tony Doran 0425796740**

## THE BROWNE SHIELD AFTER THE 10K TRACK

Knox has gone to a big early lead after the first event. Only Knox, Collingwood and Mentone fielded 3 runners and last year's leader for most of the rounds - Aberfeldie - could only get the one competitor.



Venue	10k Track	Cumulative
Knox	103.98 84.23 81.51	269.72
Mentone	76.38 74.00 72.43	222.81
Collingwood	78.15 73.76 67.51	219.42
Coburg	81.16 65.80	
Doncaster	73.45 63.98	
Springvale	82.89	82.89
Aberfeldie	75.82	75.82
Glen Eira	69.28	69.28
Croydon	66.16	66.16

Name	Venue	10k Track
Lavinia Petrie	Knox	103.98
Petrina Trowbridge	Collingwood	78.15
Maria Barbetti	Coburg	65.80
Kath Gawthorn	Doncaster	63.98
Michelle Quan	Knox	61.38

Name	Venue	10k Track
John Graham	Knox	84.23
Les Williams	Springvale	82.89
Michael Bishop	Mentone	76.38
Paul Twining	Knox	81.51
Graeme Sayer	Coburg	81.16
Greg Moore	Aberfeldie	75.82
Ashley Birrell	Mentone	74.00
Jim Hopkins	Collingwood	73.76
Campbell McLennan	Doncaster	73.45
John Signorini	Knox	72.89
Westly Windsor	Collingwood	72.48
Ashley Page	Mentone	72.43
Mike Rennie	Knox	70.30
Greg Hughes	Glen Eira	69.28
Gerard Adrien	Collingwood	67.51
Rod Bayley	Collingwood	67.31
Christopher Worsnop	East Burwood	66.23
Barry Murley	Croydon	66.16
Peter Thorne	Knox	61.50
Gary Bell	Collingwood	53.29
John Herbstreet	Collingwood	52.81

# Results - VMA 10k Track Championships

Held Tuesday 10th May

Collingwood Venue.



The first event of the 2016 Browne Shield saw a keen group gather at George Knott Athletic Field for the Victorian Masters 10 km Track Championship on a cool and somewhat windy Tuesday evening.

The Browne Shield is contested throughout the Winter Season of the Victorian Masters Athletics competition calendar. After each event, points are allocated to each finisher according to their score on the World Masters Athletics Age-Graded Percent of World-Record scale. The highest three scorers from each venue are then totalled to determine the winning VMA Venue for each round.

After the exciting finish in 2015, when Aberfeldie looked like taking the Shield, until Knox pipped them at the post to win by a mere 2.8 points (1225.8 to 1223), there is an expectation of a close fought competition this year.

The field of 34 (11 female and 23 male) saw exciting racing in both divisions with Lavinia Petrie (Knox W70) first female across the line in 46:16, while it was no surprise that Lavinia also achieved the highest Age Graded % of 103.98.

In the men's race the two under 30 invitationals from Knox, Mark Richards and Henry Kiellerup, gave the Masters entrants something to chase finishing in 33:42 and 33:51. First of the Masters across the line was Michael Bishop (Mentone M40) in 37:36 with Mike Rennie (Knox M30) 38:04 and Graeme Sayer (Coburg M55) in 38:39. John Graham was the highest Aged Graded male with 84.23%.

It seems that Knox are not leaving it to the last race this year as their strong field sees them well ahead after the first round. A surprising second place is held by Mentone, who have performed well in other inter venue events recently. Collingwood are not far behind in third place, but the other top 3 finishers from last year, Aberfeldie and Glen Eira, are struggling with only one finisher each in the first race.

Next round is the 8 km Cross Country at Yarra Bend on June 26 again hosted by Collingwood. Online entries are now open and close on June 22. We need as many athletes as possible from each venue to keep the pressure on the leading venues. Unfortunately we can only hope that the Knox team lose their way en route to the new location for the 10 mile event - Brimbank Park.

		Venue	Time	Age Grade %
F:40 44				
1	Gawthorn Kath	Doncaster	48:53	63.98
F:45 49				
1	Quan Michelle	Knox	53:12	61.38
F:50 54				
1	Barbetti Maria	Coburg	52:01	65.80
F:65 69				
1	Trowbridge Petrina	Collingwood	58:20	78.15
F:70 74				
1	Petrie Lavinia	Knox	46:16	103.9
M U30				
1	Richards Mark	Knox	33:42	78.99
2	Kiellerup Henry	Knox	33:51	79.46
M:30 34				
1	Rennie Mike	Knox	38:04	70.30
M:40 44				
1	Bishop Michael	Mentone	37:36	76.38
2	McLennan Campbell	Doncaster	38:48	73.45



## Results - VMA 10k Track Championships - (continued)

M:55 59

1	Sayer Graeme	Coburg	38:39	81.16
2	Hughes Greg	Glen Eira	46:03	69.28
3	Adrien Gerard	Collingwood	46:28	67.51
4	Worsnop Christopher	East Burwood	48:35	66.23

M:60 64

1	Williams Les	Springvale/NP	39:30	82.89
2	Moore Greg	Aberfeldie	44:45	75.82
3	Signorini John	Knox	45:43	72.89
4	Bell Gary	Collingwood	62:32	53.29
5	Herbststreet John	Collingwood	64:15	52.81

M:65 69

1	Graham John	Knox	40:39	84.23
2	Twining Paul	Knox	42:24	81.51
3	Hopkins Jim	Collingwood	46:51	73.76
4	Bayley Rod	Collingwood	52:51	67.31
5	Thorne Peter	Knox	56:43	61.50

M:70 74

1	Birrell Ashley	Mentone	49:13	74.00
2	Windsor Westly	Collingwood	50:15	72.48

M:75 79

1	Page Ashley	Mentone	53:24	72.43
2	Murley Barry	Croydon	60:41	66.16



*The start of the fast heat.*



*Doncaster's Campbell McLennan  
with his son Liam*

*These photos were taken by Mike Rennie. To see all the photos from this event click here*



## **The 2016 World Masters Athletics T&F Championships are to be held in Perth, Australia from 26 October to 6 November this year.**

Membership of Victorian Masters Athletics is a prerequisite to entry.

Victorian Masters Athletics are offering all Athletics Victoria members, aged 35 and over, complimentary membership for the duration of the World Masters Athletics championships.

We do this in an effort to maximise attendances and to give Athletics Victoria members the chance to represent their country at "The Olympics for Oldies".

Make no mistake, the WMA Championships are the most prestigious Masters events, being exclusively an athletics meet. You can expect to see the most amazing Masters Athletes from all over the World.

Don't miss the opportunity to compete against the world's best Masters Athletes.

More than this, we are offering temporary membership for only \$20.00 to people who are neither AV nor VMA Members. This is to encourage those who may have moved away from the sport to think about getting fit and participating.

Get your family and your mates together and experience a very rare occurrence - a WMA Championship on home soil.

**Register for your temporary VMA membership at:**

**<https://www.registernow.com.au/secure/Register.aspx?E=21190>**

Of course, full VMA membership is available for athletes who want to train and compete with other VMA members at our 13 Venues throughout Melbourne and Geelong in the months leading up to the World Masters Championships. This does not mean existing AV members need to desert their current club, but gives them the opportunity for additional training over winter.

**Register for full VMA membership at:**

**<https://www.registernow.com.au/secure/Register.aspx?E=18263>**

Remember – there are no qualifying standards for Masters events – if you enter you start.

You will compete against the worlds best Masters athletes.



## **PETER COLTHUP 5 MILES (8.045KM) ROAD SELF HANDICAP**

### **27 APRIL 2016**

The 22<sup>nd</sup> Annual Peter Colthup 5 mile Road Handicap was conducted at Dolamore Reserve, Mentone, on a cool and windless evening conducive to running.

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

It was also pleasing that runners from Frankston, Glen Eira, East Burwood, Knox and Southern Peninsula joined the field, including Club Captain, Lavinia Petrie.

The event was conducted as a self handicap whereby competitors nominated their finishing time aware that running too quickly could bring about a disqualification.

The backmarker, Corey Lawson of Mentone, gave a start of 45 minutes to the limit marker, Glen Eira marathon man John Zeleznikow.

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

John Kneen was first across the line but he and three other competitors were relegated as they ran faster than the 40 second tolerance below their estimate and the rest of the field finished in a 3 minute spread with John Graham of Knox leading Heather Carr of Southern Peninsula, who walked the course, by 1 second with Tim Loveday of Knox in third place. .

Corey Lawson was the fastest male in 20.38 and Lavinia Petrie was the fastest female finishing in 36.49, despite a scenic diversion on the first lap.

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

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

Ashley Page

Venue Manager



*John Graham, Tim Loveday and Heather Carr with Marge Colthup*



# VMA

## 10 Mile Road Championship

BRIMBANK PARK, KEILOR EAST

SUNDAY, 21 AUGUST 2016

10AM

An invitation is extended to all Victorian Masters Athletes to take part in our 10 Mile Road Championship which will this year be held at Brimbank Park, East Keilor.

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

**WHERE:** Brimbank Park, East Keilor

**WHEN:** Sunday, 21 August 2016. **START TIME:** 10 am

**ELIGIBILITY:** To be eligible for an age category award and to receive points in the Browne Shield Competition, all runners must be financial and wear their VMA singlet.

**ENTRY FEE:** \$10.00.

ONLINE ENTRIES ONLY - VMA WEBSITE [www.vicmastersaths.org.au](http://www.vicmastersaths.org.au)

**ENQUIRIES:** Lavinia Petrie 9728 3929 or [captain@vicmastersaths.org.au](mailto:captain@vicmastersaths.org.au)



# We did good

## 100 Vic Golds at Nationals



VMA sent a really strong team to Adelaide for this year's National Championships and it showed in the results with a 100 Gold Medal haul. (139 Victorian athletes entered)

We had very few women sprinters at these Championships only Sonya Pollard, Julie Hovey and Michele Hossack, but they all battled along womanfully. In the Men's sprints we were quite successful. Shaun Taylor, Leigh Phelan, Brian Greaves, Leo Coffey and Jimmy Sinclair all dominated their age groups.

Our Men were particularly strong in all track events winning 4 of the 400m; 3 of the 800m; 4 of the 1500m and 3 of the 5000m. We had real depth in these events too, often filling the minor places.

Some outstanding performances were those of :

- **Brian Greaves** in the M80. He won the 60m; 100m; 80m Hurdles; Long Jump; Triple Jump and High Jump. Brian set new Victorian Records in 5 events.
- **Pam Tindal** walked brilliantly to win her 3 walks, she had two tremendous battles with Lyon World Champion Lyn Ventris and won both.
- **Rob Schwerkolt** has just moved into the M50 age group and won easily in the 800m; 1500m and 5000m
- **Phuket based, Michele Hossack** set new Australian and Championship records in winning both her hurdles races.

I also like the "specialists" who just do the one event, win and go home. This applied to Geelong's Nick Hodgson in the M50 Triple Jump; Jim Poulter in the M70 TJ and Julian Jacotine in the M75 TJ. Also Jeanette Van Den Bulk in the W35 Long Hurdles. It would have been the case for Gaelyne Kenshole in the W45 Short Hurdles but she met a "smoking hot" Lenore Lambert of NSW, probably the Athlete of the Meet.

Congratulations to the Adelaide Organising Committee for putting on a fantastic meet. I thought things went beautifully. Unfortunately, the Convenor and Event Referee George White had enough time away from his duties to kick my butt in 2 races.

One funny thing though, Elaine MacFarlane, the lady who you will all recall did such a brilliant job as Track Commentator was only given a competitors list with an initial and no christian names, so she winged it a bit. I did manage to hear "Latitia" Petrie, "Patricia" Tindal and "Patricia" Mews. I was waiting for "Fred" Romeo to pop out but it didn't.

### Medal Count

Team	Total athletes	Gold	Silver	Bronze	Total Medals
NSW	154	149	114	84	347
VIC	139	100	63	45	208
SA	134	76	74	58	208
QLD	74	72	58	48	178
WA	61	54	50	26	130
ACT	40	38	24	28	90
TAS	29	24	27	15	66
NZ	15	19	11	10	40
NT	22	14	16	20	50
SIN	1				
UK	1				

A great initiative of the South Australians was to provide free digital photos to all events at the Nationals. All of the Photos in this edition, and lots more, were taken by Michael Slagter and are provided free for download. To view a terrific collection of photos or should you need prints, you can buy them on this web-site -

<http://www.michaelsphotos.com.au/Australian-Masters-Athletics-2>

## RESULTS - 2016 Australian Masters Champs

### Women 60 Metre Dash

W45

6	Pollard, Sonya	W49	VIC	8.87	1.6
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### Men 60 Metre Dash

M30

1	Taylor, Shaun	M30	VIC	7.33	0.5
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M40

7	White, Gavin	M42	VIC	7.88	2.7
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M50

4	Hilditch, John	M54	VIC	8.00	3.7
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7	Foster, Paul	M54	VIC	8.19	3.7
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11	Italia, Rob	M50	VIC	8.40	3.7
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M55

6	Shaw, Graham	M58	VIC	8.90	1.2
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M65

4	Whitehall, Geoff	M67	VIC	9.17	3.0
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6	Carr, William	M66	VIC	9.38	3.0
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M75

2	Noden, Graeme	M78	VIC	9.95	1.8
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4	Bradford, Tony	M76	VIC	11.04	1.8
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5	Wood, Allan	M78	VIC	11.22	1.8
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6	Jupp, Trevor	M75	VIC	11.64	1.8
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M80

1	Greaves, Brian	M81	VIC	10.25	1.6
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M85

1	Coffey, Leo	M86	VIC	12.97	1.6
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M90

1	Sinclair, James	M91	VIC	12.63	1.2
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### Women 100 Metre Dash

W45

6	Pollard, Sonya	W49	VIC	14.52	1.9
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W50

9	Hovey, Julie	W54	VIC	18.57	3.7
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### Men 100 Metre Dash

M30

1	Taylor, Shaun	M30	VIC	11.66	1.5
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M40

2	Phelan, Leigh	M40	VIC	11.81	1.2
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9	White, Gavin	M42	VIC	12.70	1.2
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M45

6	Chisholm, David	M47	VIC	12.93	1.6
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M50

Preliminaries

4	Hilditch, John	M54	VIC	12.93Q	2.6
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8	Foster, Paul	M54	VIC	13.12q	1.1
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10	Italia, Rob	M50	VIC	13.30	1.1
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12	Hennessy, Gary	M53	VIC	13.79	1.1
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M50

Final

3	Hilditch, John	M54	VIC	12.68	1.9
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7	Foster, Paul	M54	VIC	13.23	1.9
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*Two of the stars of the 60 Metres at opposite ends of the age scale:  
Shaun Taylor winning the M30 and  
Brian Greaves winning the M80*





## RESULTS - 2016 Australian Masters Champs

### Men 100 Metre Dash (continued)

#### M55

1	Mayston, Rob	M59	VIC	12.84	1.9
6	Shaw, Graham	M58	VIC	14.49	1.9

#### M60

2	Watts, Andrew	M60	VIC	13.29	1.2
8	Cooper, John	M63	VIC	15.62	1.2

#### M65

##### Preliminaries

5	Carr, William	M66	VIC	15.33q	3.1
	Whitehall, Geoff	M67	VIC	DNF	1.9

#### M65

##### Final

4	Carr, William	M66	VIC	15.48	2.7
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#### M75

3	Noden, Graeme	M78	VIC	16.35	1.1
4	Bradford, Tony	M76	VIC	17.75	1.1
6	Wood, Allan	M78	VIC	18.71	1.1

#### M80

1	Greaves, Brian	M81	VIC	17.62	2.1
4	Howes, John	M80	VIC	18.62	2.1

#### M90

1	Sinclair, James	M91	VIC	21.47	-2.1
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### Mens 100 Metre Dash Champion of Champions

=1	Mayston, Rob	M59	VIC	10.56	NWI
8	Watts, Andrew	M60	VIC	11.24	NWI
9	Phelan, Leigh	M40	VIC	11.25	NWI

### Women 200 Metre Dash

#### W45

6	Pollard, Sonya	W49	VIC	29.17	1.5
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#### W55

4	Hossack, Michele	W55	VIC	30.15	1.8
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### Men 200 Metre Dash

#### M30

1	Taylor, Shaun	M30	VIC	22.63	0.9
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#### M40

1	Phelan, Leigh	M40	VIC	22.89	0.9
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#### M45

2	Sanford, Craig	M47	VIC	24.99	0.0
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#### M50

##### Preliminaries

3	Hilditch, John	M54	VIC	25.27	Q 2.8
6	O'Neill, Paul	M50	VIC	25.46	q 2.8
10	Italia, Rob	M50	VIC	25.82	2.8
12	Foster, Paul	M54	VIC	26.75	2.8

#### M50

4	Hilditch, John	M54	VIC	25.18	0.4
6	O'Neill, Paul	M50	VIC	25.77	0.4

#### M55

2	Mayston, Rob	M59	VIC	25.29	1.0
5	Sargent, Jeff	M57	VIC	27.01	1.0



Rob Mayston not only won his least favored event - the 100m - he dead heated in the 100m Champion of Champions



Jimmy Sinclair won his 3 sprints. This time from Maurice Dauphin of Queensland.

## RESULTS - 2016 Australian Masters Champs

### Men 200 Metre Dash (continued)

#### M60

##### Preliminaries

2	Watts, Andrew	M60	VIC	28.70	Q 0.9
5	McConnell, David	M63	VIC	29.54	q 1.8
9	Cooper, John	M63	VIC	32.07	1.8

#### M60

##### Final

2	Watts, Andrew	M60	VIC	26.77	0.5
3	McConnell, David	M63	VIC	26.78	0.5

#### M65

6	Carr, William	M66	VIC	30.64	1.3
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#### M75

3	Noden, Graeme	M78	VIC	34.21	1.4
4	Bradford, Tony	M76	VIC	37.12	1.4
5	Wood, Allan	M78	VIC	38.53	1.4

#### M90

1	Sinclair, James	M91	VIC	44.47	0.3
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### Women 400 Metre Run

#### W45

5	Huell, Carolyn	W49	VIC	74.19
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#### W55

4	Hossack, Michele	W55	VIC	68.21
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### Men 400 Metre Run

#### M40

1	Phelan, Leigh	M40	VIC	51.89
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#### M45

1	Wilcox, Andrew	M47	VIC	52.89
2	Sanford, Craig	M47	VIC	53.86

#### M50

2	Italia, Rob	M50	VIC	56.78
3	McDonald, Peter	M51	VIC	57.31
4	O'Neill, Paul	M50	VIC	57.94

#### M55

2	Mayston, Rob	M59	VIC	56.66
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#### M60

1	Watts, Andrew	M60	VIC	60.15
2	McConnell, David	M63	VIC	62.19
6	Cooper, John	M63	VIC	70.93

#### M75

3	Bradford, Tony	M76	VIC	89.48
4	Wood, Allan	M78	VIC	101.61
5	Hertz, John	M76	VIC	104.00

#### M90

1	Sinclair, James	M91	VIC	130.68
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### Women 800 Metre Run

#### W45

2	Huell, Carolyn	W49	VIC	2:38.45
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#### W50

6	Dyer, Ros	W51	VIC	3:54.05
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#### W55

2	Tindal, Pam	W56	VIC	2:59.17
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Rob Italia - very stiff to be just pipped in 400



Andrew Wilcox winning his 7th consecutive National 400 metres



## RESULTS - 2016 Australian Masters Champs

### Women 800 Metre Run (continued)

#### W60

3 Stanley, Helen W60 VIC 2:55.85

#### W70

1 Petrie, Lavinia W72 VIC 3:16.65

3 Bryan, Jeanne W73 VIC 3:42.19

#### W80

2 Mews, Pam W81 VIC 6:48.61

### Men 800 Metre Run

#### M40

1 Deane, James M44 VIC 2:05.47

3 Simon, Cameron M42 VIC 2:06.79

4 Crowley, Nathan M43 VIC 2:08.15

5 Anthony, Brett M41 VIC 2:09.43

#### M45

1 Sanford, Craig M47 VIC 2:09.38

3 McEniry, James M45 VIC 2:10.04

7 Sharp, Mark M49 VIC 2:14.76

9 Soussan, Mickael M45 VIC 2:16.19

12 Hennig, Shawn M48 VIC 2:24.36

15 Romeo, Fabrizio M48 VIC 2:53.06

#### M50

1 Schwerkolt, Robert M50 VIC 2:05.01

2 Cook, Allan M53 VIC 2:12.34

3 McDonald, Peter M51 VIC 2:13.20

5 Egginton, Andrew M54 VIC 2:16.23

7 Italia, Rob M50 VIC 2:20.74

#### M55

2 Hipworth, Mark M56 VIC 2:17.45

4 Thomas, Paul M59 VIC 2:20.59

7 Hughes, Greg M57 VIC 2:45.84

#### M65

2 Graham, John M65 VIC 2:38.46

#### M70

5 Egan, Elwyn M73 VIC 3:24.11

#### M80

3 SilcockDelaney, Col M83 VIC 5:29.62

Howes, John M80 VIC DNF

### Women 1500 Metre Run

#### W45

1 Wilson, Susanne W49 VIC 5:14.66

2 Huell, Carolyn W49 VIC 5:15.03

4 Buckley, Anne W48 VIC 5:30.12

#### W50

3 Campbell, Laura W54 VIC 5:34.66

#### W60

3 Stanley, Helen W60 VIC 6:01.05

#### W70

1 Petrie, Lavinia W72 VIC 6:21.55

2 Bryan, Jeanne W73 VIC 7:06.04

#### W80

2 Mews, Pam W81 VIC 13:51.61



*James Deane leads  
Cameron Simon.  
James won the 800m.  
Cameron the 1500m*



*Lavinia Petrie  
won the distance  
"Athlete of the  
Meet" award.*

## RESULTS - 2016 Australian Masters Champs Men 1500 Metre Run

M40					
1	Simon, Cameron	M42	VIC	4:19.53	
2	Deane, James	M44	VIC	4:20.78	
3	Crowley, Nathan	M43	VIC	4:22.02	
4	Anthony, Brett	M41	VIC	4:22.94	
M45					
8	Romeo, Fabrizio	M48	VIC	6:00.71	
M50					
1	Schwerkolt, Robert	M50	VIC	4:22.64	
3	Egginton, Andrew	M54	VIC	4:45.90	
8	Dell, Tony	M53	VIC	5:21.07	
M55					
1	Hipworth, Mark	M56	VIC	4:40.76	
2	Thomas, Paul	M59	VIC	4:47.04	
7	Hughes, Greg	M57	VIC	5:39.84	
M60					
8	Cooper, John	M63	VIC	5:40.74	
M65					
1	Herridge, John	M65	VIC	5:14.10	
3	Graham, John	M65	VIC	5:20.52	
M80					
2	Silcock Delaney, Col	M83	VIC	10:21.57	

## Women 5000 Metre Run

W40					
3	Gillick, Melissa	W41	VIC	26:54.94	
W45					
2	Wilson, Susanne	W49	VIC	19:24.80	
4	Buckley, Anne	W48	VIC	20:24.48	
5	Huell, Carolyn	W49	VIC	20:34.22	
W60					
4	Stanley, Helen	W60	VIC	22:18.41	
W65					
1	Trowbridge, Petrina	W69	VIC	28:25.09	
W70					
1	Petrie, Lavinia	W72	VIC	22:19.03	

## Men 5000 Metre Run

M40					
1	Draper, Shane	M42	VIC	16:28.19	
2	Bishop, Michael	M44	VIC	17:28.27	
M50					
1	Schwerkolt, Robert	M50	VIC	16:39.32	
3	Cowell, Peter	M52	VIC	17:15.86	
M55					
7	Evans, Simon	M56	VIC	20:54.51	
8	Hughes, Greg	M57	VIC	22:03.75	
M65					
1	Herridge, John	M65	VIC	19:24.32	
2	Graham, John	M65	VIC	19:42.47	
5	Bence, Peter	M66	VIC	20:50.30	
M80					
2	Silcock Delaney, Col	M83	VIC	38:25.49	



*Rob Schwerkolt announced his arrival in the M50's by easily winning the 800; 1500 & 5000m*



*John Herridge trebled the 1500; 5000 & 10000m*



## RESULTS - 2016 Australian Masters Champs Women 10000 Metre Run

W65

1 Trowbridge, Petrina W69 VIC 57:36.03

## Men 10000 Metre Run

M40

1 Bishop, Michael M44 VIC 35:34.71

M65

1 Herridge, John M65 VIC 41:06.84  
Graham, John M65 VIC DNF

## Women 1500 Metre Race Walk

W50

4 Shaw, Robyn W54 VIC 9:00.56  
5 Archer, Karen W53 VIC 11:13.14

W55

1 Tindal, Pam W56 VIC 7:21.83  
3 Elms, DonnaMarie W55 VIC 8:05.62

W65

1 Carr, Heather W66 VIC 8:00.71

W75

1 Hall, Penny W75 VIC 11:15.76  
3 Beaumont, Marg W78 VIC 15:55.07

W80

1 Mews, Pam W81 VIC 12:55.76

## Men 1500 Metre Race Walk

M40

1 Prasad, Pramesh M41 VIC 7:37.97

M50

1 Feain, Gerard M53 VIC 7:54.60

M55

2 Moritz, Paul M56 VIC 9:21.66

M70

2 Dickenson, Russ M70 VIC 8:50.96

M75

1 Ilgoutz, Gunther M77 VIC 9:09.98

M80

1 Silcock Delaney, Col M83 VIC 11:00.08  
4 Beaumont, Ian M80 VIC 12:37.81

## Women 5000 Metre Race Walk

W50

4 Shaw, Robyn W54 VIC 32:01.95

W55

1 Tindal, Pam W56 VIC 26:19.20  
4 Elms, Donna Marie W55 VIC 29:44.42

W65

1 Carr, Heather W66 VIC 29:04.11

W75

1 Hall, Penny W75 VIC 38:34.33  
2 Beaumont, Marg W78 VIC 45:17.74

## Men 5000 Metre Race Walk

M40

1 Prasad, Pramesh M41 VIC 26:04.08



*Gunther Ilgoutz  
winning the 1500m  
walk*



*3 brilliant races from Pam Tindal,  
this one is the 5000 metre*

## RESULTS - 2016 Australian Masters Champs

### Men 5000 Metre Race Walk (continued)

M50	1	Feain, Gerard	M53	VIC	28:24.90
M55	1	Evans, Simon	M56	VIC	26:01.83
	3	Moritz, Paul	M56	VIC	33:41.22
M70	2	Dickenson, Russ	M70	VIC	31:11.73
M75	2	Ilgoutz, Gunther	M77	VIC	32:58.58
M80	1	SilcockDelaney, Col	M83	VIC	38:20.31
	2	Beaumont, Ian	M80	VIC	43:05.70

### Women Short Hurdles

W45 80 Short Hurdles	2	Kenshole, Gaelyne	W46	VIC	13.66	0.1
W55 80 Short Hurdles	1	Hossack, Michele	W55	VIC	14.09	0.7
<i>Australian Championship &amp; Victorian Record</i>						

### Men Short Hurdles

M80 80 Short Hurdles	1	Greaves, Brian	M81	VIC	20.32	0.0
<i>Victorian Record</i>						
M50 100 Short Hurdles	4	Dell, Tony	M53	VIC	21.80	0.7
M60 100 Short Hurdles	2	McConnell, David	M63	VIC	18.24	0.9
M40 110 Short Hurdles	1	Krawczyk, Brad	M40	VIC	16.24	1.3
M45 110 Short Hurdles	1	Chisholm, David	M47	VIC	19.75	1.3
	2	Hennig, Shawn	M48	VIC	19.97	1.3

### Women Long Hurdles

W55 300 Long Hurdles	1	Hossack, Michele	W55	VIC	51.00
<i>Australian Record</i>					
W35 400 Long Hurdles (76.2cm)	1	Van Den Bulk, Jean.	W39	VIC	64.71
<i>Australian Championship Record</i>					

### Men Long Hurdles

M60 300 Long Hurdles (76.2cm)	2	McConnell, David	M63	VIC	49.84
	4	Watts, Andrew	M60	VIC	64.09
M45 400 Long Hurdles (91.4cm)	1	Chisholm, David	M47	VIC	65.07

### Women Steeplechase

W40 2000 Metre Steeplechase	2	Gillick, Melissa	W41	VIC	11:16.43
W45 2000 Metre Steeplechase	1	Huell, Carolyn	W49	VIC	8:39.40



*Michele Hossack broke the Australian Record in the long hurdles and the Championship record in the short hurdles.*

*Not satisfied with that, she competed in the Asian Masters Championships in Singapore two weeks later and chopped nearly another second off the long hurdle time. This was an age graded 98.1 %. Wowee !!*

*Must have been reading "Ask the Coach".*



## RESULTS - 2016 Australian Masters Champs

### Women Steeplechase (continued)

#### W50 2000 Metre Steeplechase

2 Dyer, Ros W51 VIC 12:11.95

#### W65 2000 Metre Steeplechase

1 Carr, Heather W66 VIC 11:00.42

*Victorian Record*

### Men Steeplechase

#### M60 2000 Metre Steeplechase

2 Pearce, Terry M61 VIC 7:37.05

3 Holden, Geoff M62 VIC 8:07.57

#### M70 2000 Metre Steeplechase

3 Egan, Elwyn M73 VIC 11:40.86

#### M80 2000 Metre Steeplechase

2 Silcock Delaney, Col M83 VIC 16:09.92

#### M40 3000 Metre Steeplechase

1 Simon, Cameron M42 VIC 10:59.58

#### M45 3000 Metre Steeplechase

1 Simpson, Grant M46 VIC 11:05.91

5 Romeo, Fabrizio M48 VIC 14:52.94

#### M50 3000 Metre Steeplechase

1 Sayer, Graeme M54 VIC 12:01.30

### Relays

#### W3090 4x100 Metre Relay

4 VIC A 58.81

1) Kenshole, Gaelyne 46 2) Pollard, Sonya 49

3) Tindal, Pam 56 4) Hossack, Michele 55

#### M3090 4x100 Metre Relay

2 VIC A 51.22

1) Phelan, Leigh 40 2) Krawczyk, Brad 40

3) Chisholm, David 47 4) Mayston, Rob 59

4 VIC B 52.32

1) Italia, Rob 50 2) McDonald, Peter 51

3) Boylen, Christopher 52 4) Olsson, Paul 59

#### M3090 4x100 Metre Relay 240+

3 VIC A 68.98

1) Noden, Graeme 78 2) Bradford, Tony 76

3) Wood, Allan 78 4) Hall, Michael 77

#### W3090 4x400 Metre Relay

5 VIC A 5:30.30

1) Huell, Carolyn 49 2) Pollard, Sonya 49

3) Tindal, Pam 56 4) Bryan, Jeanne 73

#### M3090 4x400 Metre Relay

3 VIC A 3:58.63

1) Schwerkolt, Robert 50 2) Cook, Allan 53

3) O'Neill, Paul 50 4) Egginton, Andrew 54

#### M3090 4x400 Metre Relay

1 VIC A 3:49.58

1) Phelan, Leigh 40 2) Chisholm, David 47

3) Sanford, Craig 47 4) Wilcox, Andrew 47

#### M3090 4x400 Metre Relay 240+

1 VIC A 4:15.81

1) Carr, William 66 2) McConnell, David 63

3) Watts, Andrew 60 4) Mayston, Rob 59



*A couple of boys who can go a bit. Allan Cook passes to Rob Schwerkolt*



*Another couple who move well. This time David McConnell passes to Rob Mayston*

## RESULTS - 2016 Australian Masters Champs

### Women Long Jump

W45

7	Kenshole, Gaelyne	W46	VIC	4.16m	0.0
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### Men Long Jump

M40

2	Krawczyk, Brad	M40	VIC	6.31m	1.5
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M45

2	Hennig, Shawn	M48	VIC	5.43m	1.1
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6	Romeo, Fabrizio	M48	VIC	3.78m	1.8
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M70

1	Poulter, Jim	M74	VIC	3.81m	0.0
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M75

1	Noden, Graeme	M78	VIC	3.92m	0.2
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2	Hall, Michael	M77	VIC	2.92m	0.1
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3	Wood, Allan	M78	VIC	2.91m	0.5
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M80

1	Greaves, Brian	M81	VIC	3.50m	1.1
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M85

1	Coffey, Leo	M86	VIC	2.58m	0.0
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### Women Triple Jump

W45 Triple Jump

1	Kenshole, Gaelyne	W46	VIC	10.18m	0.0
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W50 Triple Jump

4	Dyer, Ros	W51	VIC	5.83m	2.0
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### Men Triple Jump

M40 Triple Jump

1	Krawczyk, Brad	M40	VIC	12.49m	1.5
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M45 Triple Jump

4	Chisholm, David	M47	VIC	10.51m	0.0
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M50 Triple Jump

1	Hodgson, Nick	M52	VIC	12.70m	2.0
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*Australian Championship Record*

M55 Triple Jump

1	Olsson, Paul	M59	VIC	9.98m	1.7
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M60 Triple Jump

1	Watts, Andrew	M60	VIC	10.27m	1.9
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M70 Triple Jump

1	Poulter, Jim	M74	VIC	7.98m	0.7
---	--------------	-----	-----	-------	-----

M75 Triple Jump

1	Jacotine, Julian	M76	VIC	7.95m	1.0
---	------------------	-----	-----	-------	-----

M80 Triple Jump

1	Greaves, Brian	M81	VIC	7.86m	0.7
---	----------------	-----	-----	-------	-----

*Victorian Record*

M85 Triple Jump

1	Coffey, Leo	M86	VIC	6.23m	0.8
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*Australian Championship Record*

### Men High Jump

M45

3	Hennig, Shawn	M48	VIC	1.55m
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5	Simpson, grant	M46	VIC	1.45m
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Triple Jump specialist Nick Hodgson out jumped all the younger jumpers in winning the M50



Brad Krawczyk won the M40 TJ



## RESULTS - 2016 Australian Masters Champs

### Men High Jump (continued)

#### M60

1	McConnell, David	M63	VIC	1.40m
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#### M65

4	Shaw, Geoff	M68	VIC	1.29m
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#### M75

1	Hall, Michael	M77	VIC	1.05m
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2	Bradford, Tony	M76	VIC	1.05m
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4	Wood, Allan	M78	VIC	0.95m
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#### M80

1	Greaves, Brian	M81	VIC	1.11m
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*Victorian Record*

### Women Pole Vault

#### W45 Pole Vault

1	Masini, Dale	W48	VIC	2.50m
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### Men Pole Vault

#### M40 Pole Vault

1	D'Onofrio, Leon	M40	VIC	4.00m
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#### M45 Pole Vault

1	Hill, Warren	M47	VIC	2.00m
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#### M50 Pole Vault

1	Boylan, Christopher	M52	VIC	3.50m
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3	Dell, Tony	M53	VIC	2.20m
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#### M60 Pole Vault

2	McConnell, David	M63	VIC	2.60m
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#### M65 Pole Vault

1	Shaw, Geoff	M68	VIC	2.70m
---	-------------	-----	-----	-------

#### M70 Pole Vault

1	Poulter, Jim	M74	VIC	2.30m
---	--------------	-----	-----	-------

#### M75 Pole Vault

1	Hall, Michael	M77	VIC	1.70m
---	---------------	-----	-----	-------

#### M80 Pole Vault

1	Greaves, Brian	M81	VIC	1.60m
---	----------------	-----	-----	-------

*Victorian Record*

### Women Shot Put

#### W40 Shot Put 4kg

6	Gillick, Melissa	W41	VIC	5.91m
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#### W50 Shot Put 3kg

12	Archer, Karen	W53	VIC	6.06m
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#### W55 Shot Put 3kg

2	Messerle, Narelle	W57	VIC	7.49m
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#### W65 Shot Put 3kg

4	Mussett, Lorraine	W67	VIC	5.56m
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### Men Shot Put

#### M45 Shot Put 7.26kg

3	Carroll, Patrick	M47	VIC	11.61m
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5	Hennig, Shawn	M48	VIC	8.41m
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7	Romeo, Fabrizio	M48	VIC	7.82m
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#### M65 Shot Put 5kg

2	Young, Peter	M69	VIC	11.21m
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#### M70 Shot Put 4kg

5	Tonelli, Didimo	M72	VIC	8.79m
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8	Amerasekera, Errol	M72	VIC	7.70m
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*Narelle Messerle*

## RESULTS - 2016 Australian Masters Champs

### Men Shot Put (continued)

#### M75 Shot Put 4kg

5	Jupp, Trevor	M75	VIC	7.87m
7	Bradford, Tony	M76	VIC	6.03m

#### M80 Shot Put 3kg

4	Simons, George	M80	VIC	6.39m
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### Women Hammer Throw

#### W55 Hammer Throw 3kg

7	Messerle, Narelle	W57	VIC	18.87m
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#### W65 Hammer Throw 3kg

2	Mussett, Lorraine	W67	VIC	18.88m
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### Men Hammer Throw

#### M45 Hammer Throw 7.26kg

	Romeo, Fabrizio	M48	VIC	DNF
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#### M55 Hammer Throw 6kg

1	Olsson, Paul	M59	VIC	39.22m
2	Wrzuszczak, Peter	M55	VIC	35.50m

#### M65 Hammer Throw 5kg

1	Holzer, Bob	M67	VIC	39.03m
4	Young, Peter	M69	VIC	27.68m

#### M70 Hammer Throw 4kg

5	Tonelli, Didimo	M72	VIC	25.95m
7	Ginsberg, Sam	M72	VIC	19.28m

### Hammer Throw Champion of Champions

3	Olsson, Paul	M59	VIC	60.35m
6	Holzer, Bob	M67	VIC	58.59m

### Women Discus Throw

#### W50 Discus Throw 1kg

9	Archer, Karen	W53	VIC	14.51m
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#### W55 Discus Throw 1kg

4	Messerle, Narelle	W57	VIC	20.38m
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#### W65 Discus Throw 1kg

2	Mussett, Lorraine	W67	VIC	12.62m
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### Men Discus Throw

#### M45 Discus Throw 2kg

4	Carroll, Patrick	M47	VIC	32.66m
7	Hennig, Shawn	M48	VIC	25.53m
9	Romeo, Fabrizio	M48	VIC	18.20m

#### M55 Discus Throw 1.5kg

1	Wrzuszczak, Peter	M55	VIC	31.20m
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#### M60 Discus Throw 1kg

4	Watts, Andrew	M60	VIC	37.59m
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#### M65 Discus Throw 1kg

4	Young, Peter	M69	VIC	30.58m
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#### M70 Discus Throw 1kg

6	Tonelli, Didimo	M72	VIC	25.25m
7	Amerasekera, Errol	M72	VIC	24.29m

#### M75 Discus Throw 1kg

4	Jupp, Trevor	M75	VIC	21.69m
5	Bradford, Tony	M76	VIC	20.29m



*"Captain Casey" Paul Olsson lets rip with the Hammer*

*Errol Amerasekera in the Shot Put*





## RESULTS - 2016 Australian Masters Champs

### M80 Discus Throw 1kg

5 Simons, George M80 VIC 16.33m

### Women Javelin Throw

#### W40 Javelin Throw 600g

5 Gillick, Melissa W41 VIC 12.49m

#### W55 Javelin Throw 500g

2 Tindal, Pam W56 VIC 22.41m

4 Messerle, Narelle W57 VIC 17.73m

#### W65 Javelin Throw 500g

3 Mussett, Lorraine W67 VIC 11.22m

### Men Javelin Throw

#### M45 Javelin Throw 800g

5 Hennig, Shawn M48 VIC 35.95m

7 Romeo, Fabrizio M48 VIC 25.24m

#### M50 Javelin Throw 700g

7 Egginton, Andrew M54 VIC 31.80m

#### M65 Javelin Throw 600g

1 Farr, Andrew M66 VIC 41.16m

#### *Australian Championship Record*

4 Young, Peter M69 VIC 29.23m

Holzer, Bob M67 VIC DNF

#### M70 Javelin Throw 500g

3 Tonelli, Didimo M72 VIC 30.15m

4 Amerasekera, Errol M72 VIC 23.29m

8 Ginsberg, Sam M72 VIC 18.32m

#### M75 Javelin Throw 500g

3 Wood, Allan M78 VIC 20.79m

4 Noden, Graeme M78 VIC 20.30m

5 Bradford, Tony M76 VIC 16.29m

#### M80 Javelin Throw 400g

3 Greaves, Brian M81 VIC 19.67m

### Women Weight Throw

#### W40 Weight Throw 9.08kg[20lb]

3 Gillick, Melissa W41 VIC 6.53m

#### W55 Weight Throw 7.26kg[16lb]

5 Messerle, Narelle W57 VIC 7.47m

#### W65 Weight Throw 5.45kg[12lb]

1 Mussett, Lorraine W67 VIC 7.17m

### Men Weight Throw

#### M45 Weight Throw 15.88kg[35lb]

4 Romeo, Fabrizio M48 VIC 6.88m

#### M55 Weight Throw 11.34kg[25lb]

1 Olsson, Paul M59 VIC 14.22m

2 Wrzuszczak, Peter M55 VIC 13.50m

#### M65 Weight Throw 9.08kg[20lb]

2 Holzer, Bob M67 VIC 13.99m

#### M70 Weight Throw 7.26kg[16lb]

5 Tonelli, Didimo M72 VIC 11.11m



*Didimo Tonelli got 3rd in the Javelin*

*Petrina Trowbridge won all her events. The 5000m; 10000m and Cross Country*



## RESULTS - 2016 Australian Masters Champs

### Women Throws Pentathlon

W55	Points	HT	SP	DT	JT	WT
5 Messerle, Narelle	2310	19.84m (444)	7.65m (561)	19.47m (426)	19.60m (446)	6.98m (433)
W65						
1 Mussett, Lorraine	1878	16.22m (442)	5.65m (488)	12.67m (327)	9.28m (231)	6.26m (390)

### Men Throws Pentathlon

M45	Points	HT	SP	DT	JT	WT
3 Carroll, Patrick	2785	29.58m (458)	11.48m (716)	31.70m (628)	37.83m (505)	8.95m (478)
5 Romeo, Fabrizio	1567	19.86m (265)	7.57m (432)	17.83m (300)	23.96m (272)	6.18m (298)
M55						
1 Olsson, Paul	2973	37.42m (663)	10.90m (719)	29.09m (510)	26.68m (380)	12.83m (701)
2 Wrzuszczak, Peter	2854	35.11m (613)	9.71m (626)	31.09m (554)	24.82m (344)	13.09m (717)
M65						
3 Holzer, Bob	3273	40.71m (837)	8.23m (557)	27.97m (515)	36.08m (683)	12.61m (681)
4 Young, Peter	2916	26.46m (492)	11.07m (793)	30.39m (571)	28.82m (515)	10.46m (545)
M70						
4 Tonelli, Didimo	2592	25.90m (473)	8.97m (575)	24.13m (481)	30.36m (603)	8.90m (460)
M75						
4 Jupp, Trevor	2054	19.08m (374)	7.83m (543)	20.10m (441)	15.56m (291)	7.46m (405)

### Women 8k Cross Country

W40				
3 Gillick, Melissa	W41	VIC	53:27.00	
W45				
4 Huell, Carolyn	W49	VIC	35:54.00	
5 Buckley, Anne	W48	VIC	36:54.00	
W60				
3 Stanley, Helen	W60	VIC	38:56.00	
W65				
1 Trowbridge, Petrina	W69	VIC	50:15.00	
W80				
2 Mews, Pam	W81	VIC	1:43:00.00	

### Men 8k Cross Country

M40				
1 Draper, Shane	M42	VIC	29:21.00	
M50				
2 Cowell, Peter	M52	VIC	30:29.00	
M55				
8 Hughes, Greg	M57	VIC	39:28.00	
M65				
2 Graham, John	M65	VIC	35:00.00	
5 Bence, Peter	M66	VIC	37:23.00	

### Women 10k Race Walk

W55				
1 Tindal, Pam	W56	VIC	56:04.00	
4 Elms, Donna-Marie	W55	VIC	1:03:52.00	
W65				
1 Carr, Heather	W66	VIC	1:01:37.00	
W75				
1 Hall, Penny	W75	VIC	1:21:27.00	
2 Beaumont, Margaret	W78	VIC	1:34:13.00	

### Men 10k Race Walk

M40				
1 Prasad, Pramesh	M41	VIC	56:46.00	
M75				
2 Ilgoutz, Gunther	M77	VIC	1:07:21.00	
M80				
1 Silcock-Delaney, Col	M83	VIC	1:20:47.00	
3 Beaumont, Ian	M80	VIC	1:27:29.00	

## RESULTS - 2016 Australian Masters Champs

### Athlete of the Meet Age Graded Awards

The following athletes recorded the best age-graded performances in their respective categories.

#### Sprints/Hurdles

Gary Ralston	M60	WA	300m Hurdles	99.83%
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#### Middle Distance/Steeplechase

Donald Mathewson	M71	NSW	1500m	91.84%
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#### Distance

Lavinia Petrie	W72	VIC	5000m	95.01%
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#### Walks

Heather Lee	W89	NSW	10k Road	92.51%
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#### Jumps

Miriam Cudmore	W78	SA	Triple Jump	90.98%
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#### Throws

June Lowe	W61	NSW	Hammer	77.97%
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#### Royce Foley Awards Winners

##### Women

Gabi Watts	NSW	4235 points
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##### Men

Tom Gravestock	WA	3552 points
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#### Brian Foley Award Winner (Best age-graded 800m/1500m performance)

Don Mathewson	NSW	91.84%
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#### AMA Hall Of Fame inductees for 2016

Lyn Ventris - Western Australia

Marge Allison - Queensland

### The 2016 AMA Award winners (for the year 2015)

Sprint/Hurdles - Lyn Peake - SA

Middle Distance/Steeplechase - Scott Tamblin - WA

Distance - Angela Carpin - NSW

Walks - Heather Carr - VIC

Multi Events/Relays - Justin Hanrahan -VIC

Jumps - Melissa Foster - WA

Throws - Mary Thomas - NSW

Most Outstanding Individual Performance - Marie Kay - QLD

Administrator - Valmai & David Padget - SA

Most Outstanding Male Athlete - Don Mathewson - NSW

Most Outstanding Female Athlete - Marge Allison - QLD

*Is it just me, or does this shot  
look more like the "Hammer  
Catch" than the hammer throw ?*

*Maybe they were trialing a new  
event in Adelaide.*





# Athletics Bendigo



Presents

## Winter into Spring Round 1

26th June 2016

LUBAC

Retreat Road Bendigo

First Event 10:45am

Entries close 25th June @9:00pm

Must have at least 3 entries to conduct an event

Round 2 - 31st July, Round 3 - 28th August, Round 4 - 25th September

### DRAFT PROGRAM

10:45 Sprint Hurdles  
10:45 Mixed Pole Vault  
10:50 Mixed 3000 Metre Race Walk  
11:00 Men Long Jump  
11:00 Women Long Jump  
11:00 Mixed Hammer Throw  
11:20 Men 100 Metre Dash  
11:25 Women 100 Metre Dash  
11:30 Mixed 1500 Metre Run  
11:30 Mixed High Jump  
11:30 Men Discus Throw  
11:30 Women Discus Throw  
11:45 Men 200 Metre Dash  
11:50 Women 200 Metre Dash  
12:00 Men Javelin Throw  
12:00 Women Javelin Throw  
12:15 Mixed 800 Metre Run  
12:30 Men Shot Put  
12:30 Women Shot Put  
12:45 Men Triple Jump  
12:45 Women Triple Jump  
12:50 Men 400 Metre Run  
12:50 Women 400 Metre Run  
12:50 Mixed Distance Hurdle  
13:00 Mixed 3000 Metre Run

Final Program out 23rd June

11 Years old and up

Not restricted to Registered Athletes

\$7.50 entry for the day

Entries On-Line

Entry on day \$10.00 only if no alteration to program

Link at

<http://www.athleticsbendigo.org.au/>

For more information email [athleticsbendigo@ozemail.com.au](mailto:athleticsbendigo@ozemail.com.au)

## NEW RECORDS REPORT

Pending World Records:

Nil

Australian Records:

W80	400m	Consie Larmour	ACT	1:57.07	76.9%	17-12-15	AIS ACT
M45	60m	Rob Colling	WA	7.28s	95.7%	3-1-16	Calgary
W85	Pentathlon	Gwen Gleeson	ACT	1980pts	-	25-2-16	Woden ACT
W40	200m	Wendy Seegers	WA	24.52s	92.3%	3-3-16	Perth
W40	100m	Wendy Seegers	WA	12.18s	90.2%	24-3-16	Perth
W55	60m	Julie Forster	NSW	8.71	93.7%	16-4-16	Adelaide
W50	60m	Julie Brims	Qld	8.14s	96.2%	16-4-16	Adelaide
W30	Long Jump	Jitka Hiscox	NSW	5.74m	76.3%	16-4-16	Adelaide
W50	200m	Julie Brims	Qld	26.09s	94.9%	17-4-16	Adelaide
W60	Javelin	June Lowe	NSW	25.20m	55.6%	17-4-16	Adelaide
M90	Javelin	Maurice Dauphinnet	Qld	17.11m	50.6%	17-4-16	Adelaide
W80	400m	Consie Larmour	ACT	1:55.76	81.8%	18-4-16	Adelaide
M55	400m	Trevor Young	NSW	54.63s	93.5%	18-4-16	Adelaide
W55	300m Hurdles	Michele Hossack	Vic	51.00s	96.4%	19-4-16	Adelaide
M90	Pentathlon	Maurice Dauphinnet	Qld	2955pts	-	19-4-16	Adelaide
W30	Pentathlon	Jitka Hiscox	NSW	3236pts	-	19-4-16	Adelaide
W75	Pentathlon	Miriam Cudmore	SA	3931pts	-	19-4-16	Adelaide
W65	800m	Carol Davis	Qld	2:50.54	94.51%	19-4-16	Adelaide
W55	300m Hurdles	Michele Hossack	Vic	50.12s	98.1%	4-5-16	Singapore

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

W55	100m	Julie Forster	NSW	13.93s	88.7%	16-4-16
W65	800m	Carol Davis	Qld	2:57.17s	87.1%	16-4-16
W75	Long Jump	Miriam Cudmore	SA	3.38m	84.1%	16-4-16
W45	80m Hurdles	Lenore Lambert	NSW	12.57s	89.0%	17-4-16
W55	80m Hurdles	Michele Hossack	Vic	14.09s	86.3%	17-4-16
M35	1500m	Brett Halls	NSW	3:58.35	87.2%	17-4-16
W60	2k Steeple	Margaret Saunders	WA	9:26.96	87.3%	17-4-16
M70	200m	Peter Crombie	NSW	27.16s	93.1%	17-4-16
W80	200m	Consie Larmour	ACT	47.45s	76.8%	17-4-16
W70	200m	Marge Allison	Qld	33.40s	90.4%	17-4-16
W55	200m	Julie Forster	NSW	28.27s	91.4%	17-4-16
M90	Discus	Maurice Dauphinnet	Qld	19.33m	63.7%	17-4-16
W45	High Jump	Lenore Lambert	NSW	1.52m	84.4%	17-4-16
W70	Javelin	Mary Thomas	NSW	22.97m	66.0%	17-4-16
M65	Javelin	Andrew Farr	Vic	41.16m	65.3%	17-4-16
W80	5000m	Anne Young	ACT	39:20.64	67.6%	18-4-16
M85	Triple Jump	Leo Coffey	Vic	6.23m	74.9%	18-4-16
M50	Triple Jump	Nick Hodgson	Vic	12.70m	83.2%	18-4-16



## NEW RECORDS REPORT

### Australian Championship Records (continued)

M55	Pole Vault	William Tyler	NSW	3.20m(=)	68.7%	18-4-16
W60	Throws Pent	June Lowe	NSW	3882pts	-	18-4-16
W35	400m Hurdles	Jeanette Van Den Bulk	Vic	64.71s	80.9%	19-4-16
M75	300m Hurdles	Mick Stevenson	Tas	58.46s	80.0%	19-4-16

### Victorian Records:

W35	3000m	Anna Kasapis	9:56.60	86.7%	10-11-15	Albert Park
W35	Mile	Anna Kasapis	4:54.2	88.8%	23-2-16	Albert Park
W35	1500m	Anna Kasapis	4:30.27	89.3%	26-2-16	Albert Park
M75	60m	Graeme Noden	9.46s	93.2%	20-3-16	Doncaster
M80	Long Jump	Brian Greaves	3.50m	77.8%	16-4-16	Adelaide
W55	80m Hurdles	Michele Hossack	14.09s	86.3%	17-4-16	Adelaide
M80	80m Hurdles	Brian Greaves	20.32s	71.3%	17-4-16	Adelaide
W65	2k Steeple	Heather Carr	11:00.42	81.0%	17-4-16	Adelaide
M80	High Jump	Brian Greaves	1.11m	78.2%	17-4-16	Adelaide
M80	Triple Jump	Brian Greaves	7.86m	83.5%	18-4-16	Adelaide
M80	Pole Vault	Brian Greaves	1.60m	54.6%	18-4-16	Adelaide
W55	80m Hurdles	Michele Hossack	13.97s	88.1%	6-5-16	Singapore
W80	3000m	Pam Mews	29:05.57	56.0%	24-4-16	Murrumbeena

### Clyde Riddoch

VMA Records Officer

14 Joan Street, Sunshine West Vic 3020

## CASEY PUTS A GOOD CASE



Our newest Venue, Casey, may be small in numbers but at the recent National Championships six members accumulated 18 medals in total :- 15 Gold; 2 Silver and 1 Bronze.

Venue Manager Paul Olsson led the charge capturing 4 Gold in the Weight Pentathlon, Triple Jump, Hammer and Weight Throw. He was followed by Shaun Taylor with 3 sprint golds (60m, 100m, 200m). Pramesh Prasad and Penny Hall both got 3 Gold (1500m, 5000m and 10k walks). Mike Hall 2 Golds (Pole Vault, High Jump) Silver in the Long Jump and Bronze in the 4x100 and Robo Italia - Silver in the 400m.

*Photo : Pramesh Prasad, Penny Hall, Mike Hall, Paul Olsson and Shaun Taylor*



# ASK THE COACH - RACEWALKING

It is easy to overlook the popularity of Racewalking and as I write this article I am reliably informed that all the major TV networks are demanding that the International Olympic Committee bow to public pressure and include 6 more walking events in the 2028 Games.

In spite of it's popularity, racewalking is not for the faint hearted, particularly for Masters Athletes. It is a technical event and you need to maintain your form and not infringe the rules even when you get tired.

## RULES

There are only two rules in racewalking:

You must at all times appear to be in contact with the ground, and

Your leg must be locked from the time your heel touches the ground until it passes the vertical.



*Correct Technique*



*Incorrect Technique. Knee bent on contact.*

## CAUTIONS

This is an area where there is much confusion. If a judge shows you one of 3 yellow paddles it is just a warning and does not count toward disqualification. A judge can also red card you, you won't know about this. If 3 judges give you reds you will be shown the red paddle and you will be asked to leave the course and maybe, the State.

## KEEPING YOUR FORM

As you can see the Japanese walker (below) is starting to tire and yet he manages to retain perfect form with lovely straight knees and excellent contact with the ground. It could only be the years of hard work that has allowed him to perform so well near the end of the race



*Contact*

*Knees*

*Your fly is undone*

*Disqualified*

## THE VERY BEST

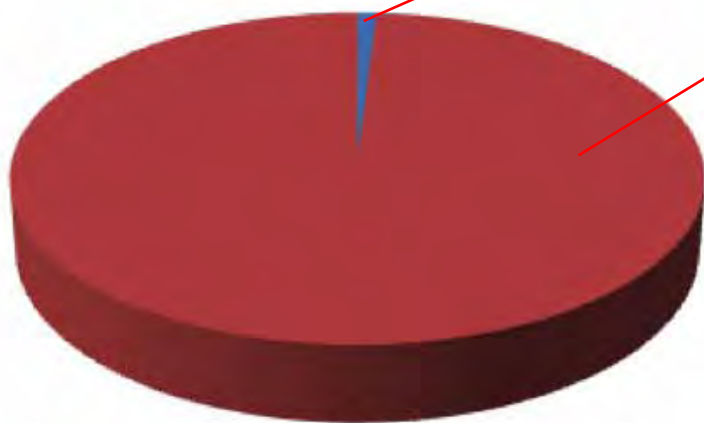
Australia has produced some great racewalkers, but none better than these two stylists



I've been working on my statistics

Races I actually entered and won

Races I almost certainly would have won if I had entered



## WHAT YOU SAID - WHAT YOU REALLY MEANT

*What you said* : Great run ! You are in fantastic form.

*What you really meant* : One day those spindly little legs are going to snap off and jam.....

*WYS* : Me ? Oh, I don't have time to train. I just roll up and do my best.

*WYRM* : 3 hours of hill reps; daily gym sessions; 67kms for the week; Physio; podiatrist; psychologist....

*WYS* : Wow ! You look ripped. What gym do you go to ? You'll leave me for dead today.

*WYRM* : Same old tub of lard. Don't get in my way today or you'll feel the pain.

*WYS* : 5k. Now is that 3 and a half laps or four and a half ?

*WYRM* : Gonna sit on you for 12 laps then break your heart.

*WYS* : I'm wearing all Nike ? Matching colors ? Didn't realise, I just go to the drawer, pull out what ever's on top. Definately worn these old things before.

*WYRM* : Yes, I wore them in the store trying them on. Wouldn't hurt you to buy some new clobber.

*WYS* : You couldn't possibly be in the M65 with me. I would have said you look M50.

*WYRM* : So they let you run in the Men's race today ?

*WYS* : Don't you just hate people who speed up when you try to pass them, keep you wide for half a lap and then die ?

*WYRM* : When I pass you today, can you just surrender gracefully ?



## AUSTRALIAN MASTERS ATHLETICS Inc.

### PROCEDURE FOR ENTERING INTERNATIONAL COMPETITION

Entries for the 2016 World Masters Athletics Championships in Perth, Australia can now be completed in either of two ways:

Online Entry, the preferred option by the Perth LOC)

By Paper Entry which are posted to the AMA International Entries Clerk

#### **A Online Entries**

Athletes who enter online DO NOT need to submit a paper entry form to AMA.

The AMA International Entries Clerk will be able to view the Online Entries to confirm if the athlete is a financial member of an affiliated athletics body or declined if not a financial member. The AMA Registrar will follow up with the athlete and/or their state if there is a problem. Proof of age will be required when athletes collect their registration pack in Perth.

Online entries close on 25TH August

**Note:** The AMA **administration fee** will be included in the online entry process so there is no need to send this separately to AMA. This fee contributes to the outlay of having Team Managers in Perth.

Online entries close 25th August - Late entries will **NOT** be accepted

#### **B Paper Entries**

Paper Entry forms are available on the WMA and Perth 2016 website or can be obtained from Judy Cooper, AMA International Entries Clerk, email address [jvcoop@bigpond.com](mailto:jvcoop@bigpond.com) or phone 07 3408 7933 Mobile: 0439 766 402

Athletes who do **NOT** enter online are required to submit their paper entry to the AMA Entries Clerk, Judy, together with a bulk payment of their fees, and AMA administration fee. The AMA Entries Clerk will validate financial membership to an accepted athletics body or temporary membership of same and then enter the athletes on-line. These athletes will then receive a copy and receipt of the entry. This will show proof of entry when registering at the Championships.

Paper entries must reach the AMA Entries Clerk, Judy Cooper on or preferably before **4th August** .

Paper entries are to be forwarded to:

**Judy Cooper**

**AMA International Entries Clerk**

**22 Marina Boulevard, Banksia Beach, Bribie Island 4507**

phone: 07 3408 7933, mobile : 0439 766 402 mail: [jvcoop@bigpond.co](mailto:jvcoop@bigpond.co)

#### **Payment for Paper Entries**

These athletes are asked to forward just ONE payment in Australian dollars (AUD) to AMA to cover all.

Your payment to AMA will therefore need to be the amount of your entry fees PLUS the AMA administration fee which will contribute towards the costs for team managers and administration expenses.

Please make cheques or money orders payable to **Australian Masters Athletics Inc.**

Alternatively contact Judy Cooper if you prefer to pay by credit card.

#### **When Registering for the Championships**

A Government issued photo ID or Passport and receipt of your entry will be required for collecting your registration pack in Perth from the Technical Information Centre (TIC)





**Relay Teams:** To assist selection, please indicate your interest in competing in the relay teams on the Athlete information form that will be sent to you after you have entered. Relay teams will be chosen with the national interest in mind. Selection criteria is available on the AMA website.

**Team Managers:** The AMA Board has appointed FOUR team managers to coordinate the team, manage athletic activities, assist athletes dealing with unexpected emergencies, handle issues such as protests, attend daily briefing meetings in Perth and keep athletes up to date with any changes to the program.

**Australian Uniforms:** It is **compulsory** for competitors to wear the official uniform of their country when competing in an international event and for Australian competitors, the previous past uniform and the current version will be recognized as the required uniform. Compression garments can be worn **under** the Australian uniform.

View Australian uniforms via the AMA website at [merchandise@australianmastersathletics.org.au](mailto:merchandise@australianmastersathletics.org.au) or they can be purchased by contacting uniform coordinator Hazel McDonnell, 102 Kangaroo Avenue Bongaree 4057

Mobile 0408 172 283 ,email [merchandise@australianmastersathletics.org.au](mailto:merchandise@australianmastersathletics.org.au). Uniforms will be available at the AMA Championships in Adelaide. **Note that final orders must be placed by 26th August.**

#### **Reminder: WMA Anti -Doping Requirements**

Athletes are reminded that WMA strictly observes the IAAF Anti-Doping Rules. This means that a medical certificate explaining the use by an athlete of a prohibited substance, even for sound medical reasons, will not avail in the event of an athlete testing positive to a prohibited substance. The only exception is if the athlete is in possession of a Therapeutic Use Certificate ("TUE") from the WMA Medical Officer or the assigned body provided for in IAAF Rule 34(5). For athletes wishing to apply for a TUE, written applications are to be submitted to the WMA Oceania regional Medical Officer

**DR ROGER PARRISH      17 Brentwood Avenue, Figtree Heights NSW 2525**

**Ph: 02-4275-1800 W 02 4228 6260 H or Mobile: 0418 470 244 E-mail: [roger@parag.com.au](mailto:roger@parag.com.au)**

All such applications are to be fully supported by medical documentation setting out the existing medical condition/s and the need for the use of the prohibited substance. The provisions of IAAF Rule 34(5) must be followed irrespective of to whom ever the athlete submits the TUE application. It should be noted that a TUE approval only lasts for a period of 12 months. A longer time period (up to 4 years) can be applied for if the treatment is ongoing.

Check also the WADA (World Anti-Doping Agency) website for the full list of prohibited substances. Refer to the WMA website for additional information.

## Victorian Masters Athletics Inc. - Venue Managers

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

## Victorian Masters Athletics Inc.

### Venues

ABERFELDIE Athletic Track	Aberfeldie Park, Corio Street, Moonee Ponds <b>Wednesday nights, 7 - 9pm</b>	Melway 28 D6
CASEY	160 Berwick - Cranbourne Rd, Cranbourne East <b>Monday nights, 7-9pm</b>	Melway134 E8
COBURG Athletic Track	Harold Stevens Athletic Field, Outlook Road, Coburg <b>Thursday nights, 7 - 9pm</b>	Melway 18 A9
COLLINGWOOD Athletic Track	George Knott Reserve, Heidelberg Road, Clifton Hill <b>Tuesday nights, 7 - 9pm</b>	Melway 30 F12
CROYDON Athletic Track	Behind Arndale Shopping Centre, Mt.Dandenong Road, Croydon <b>Tuesday nights, 7 - 9pm</b>	Melway 50 K5
DONCASTER Athletic Track	Tom Kelly Athletic TrackRieschieks Reserve, George Street, East Doncaster <b>Monday nights, 7.30pm</b>	Melway 33 J11
EAST BURWOOD Athletic Track	Burwood Road, opp. Mahoneys Road, behind basketball stadium <b>Thursday nights, 7 - 9pm</b>	Melway 62 C7
FRANKSTON Athletic Track	Ballam Park, Bananee Terrace, Frankston <b>Thursday nights, 7 - 9pm</b>	Melway 103 B4
GEELONG Athletic Track	Landy Field, off Barwon Terrace, Geelong <b>Wednesday nights, 6 - 8pm</b>	Melway 228 C7
GLEN EIRA Athletic Track	Duncan McKinnon Reserve, cnr North Road & Murrumbeena Road <b>Tuesday nights, track events, 7 - 9pm.</b> <b><i>Sunday, field events</i></b>	Melway 68 K9
KNOX Athletic Track	Bunjil Way, off Ferntree Gully Road, Scoresby <b>Wednesday nights, 7 - 9pm</b>	Melway 73 D7
MENTONE Athletic Track	Dolamore Reserve, cnr First Street & Queen Street, Mentone <b>Wednesday nights, 7 - 9pm</b>	Melway 87 B6
SPRINGVALE/NOBLE PARK	Ross Reserve, Memorial Drive, off Corrigan Road, Springvale <b>Wednesday nights, 7 - 9pm</b>	Melway 80 E12
SOUTHERN PENINSULA	Athletic Track Truemans Road, Tootgarook, (off Nepean Hwy) <b>Wednesday nights from 6 pm in daylight saving,</b> <b><i>Fortnightly in winter on Sunday at 9:00 am</i></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	vice-president@VicMastersAths.org.au
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<b>VMA Team in AV</b>	David Sheehan	95681061 0448 213200	PO Box 539, Gembrook 3783 midget32@hotmail.com
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<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	graeme.rose@VicMastersAths.org.au