



# FOOTPRINTS

APRIL 2016

## SOME OF OUR OLDER MODELS STILL GO LIKE THE CLAPPERS



- 🥚 **OUR NEWEST VENUE - WITH A DIFFERENCE !**
- 🥚 **RESULTS OF THE VIC T&F CHAMPS; T&F PENTATHLON;  
NEIGHBOURS NIGHT; 5000M WALK**
- 🥚 **ASK THE COACH - POLE VAULT; THE TRUMPOMETER**

## Editorial

Golly gee willickers, Batman, it's April already. The Victorian Championships are behind us and the Nationals in Adelaide are just around the corner.

In this issue you will see that we have a new Venue. A Venue with a difference. Bronwen Cardy and David Sheehan have been running their training group for quite some time and last year put the proposition to VMA to come under our umbrella as a Venue. In return, any of their group who weren't already VMA members would be required join us. Read all about it on pages 8 & 9

The VMA promotional movie we mentioned previously has opened on Facebook to rave reviews. Well done to all those involved. It was mainly Mike Rennie's baby and it finishes with the theme of "*Be Active, Be Social, Be Safe*". This ties in nicely with our *Run Safely Tonight* promotion which seems as appropriate as ever with daylight saving about to end. Now, if you are not on Facebook, please get on it, like the Victorian Masters Page and share the video. It is important for this to be shared as widely as possible. This will have a snowball effect and put VMA's message out to a wider audience. You know what they say - More members = more revenue = pay rise for Footprints Editor.

Upgrades are almost completed to our website but even in it's present form you will find that upcoming events, entry procedures, records and results are easy to find.

The Victorian Masters Championships were a big success again. Thanks to everybody involved in the running of the event, that means all the work done by the AV folks and our own VMA Committee but especially to those volunteer officials at the end of a long season. We should all go out of our way to thank them at the end of our event.

There has been some comment about our Championships clashing with the Little Aths finals and the Run for the Kids. This is unfortunate and I know it rules out some of our athletes. If it were possible we would always have it on a free weekend but it is a virtual impossibility. The calendar is always "chockers".

You will notice that the entries are now open to the World Championships in Perth this year. It is likely to be anything from 12 to 20 years before they are in Australia again. Will you still be competing by then? Whether you are competitive or a "plodder" as I will be in Perth, don't miss it. It's a fantastic experience.

*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

STEPHANIE ARMSTRONG	into W55
LIBBY BELTON	into W55
PHILLIP BOWES	into M60
SARAH BRENNAN	into W40
MAX BROOK	into M80
NISHA BROWN	into W40
MARK BURNS	into M65
ALLISON DEVINE	into W60
DONNA-MARIE ELMS	into W55
ALAN JENKINS	into M55
GEORGE KNIGHT	into M80
KEITH LODGE	into M85
MELISSA MACEOIN	into W45
GEOFF MAJOR	into M80
PAUL MARSHALL	into M45
LLOYD NICHOLS	into M75
IAN ORR	into M65
STANLEY PESKA	into M60
GORDON PORTER	into M55
STEPHEN RICHARDS	into M55
GRAEME SAYER	into M55
SHAREE SHARAM	into W50
PAMELA THOMAS	into W70
LEO WATSON	into M75

# Masterpieces

Once again the IAAF has held Masters events at the their World Championships, this time at the Indoors at Portland, Oregon. The events were an M60 and W55 800m. No Australian men qualified/entered but 2 Aussie women did, Marie Kay and Deborah Drennan. Unfortunately, Marie did not start because of a hamstring injury but Deborah (pictured right) ran a very respectable 5th, in 2:42.69.

Both of these runs are on youtube :

<https://youtu.be/7WA9RyWG5BU>

<https://www.youtube.com/watch?v=hpFYzFhB-HY>

The Mens race in particular, is a beauty.

Marie Kay is, of course, a magnificent all rounder and you will see in Clyde's NRR that she has recently equalled the World Long Jump record.



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

April 3	VMA Weight Pentathlon - <i>Duncan McKinnon</i> - <i>Entries online thru VMA Website</i>
April 16-19	2016 Australia Masters Athletics Championships - <i>Adelaide</i> - <i>Entries Closed</i>
April 24	VMA 3000m Championship - <i>Duncan McKinnon</i> - <i>Entries online thru VMA Website</i>
April 27	Peter Colthup 5 Miles - <i>Dolamore Reserve, Mentone</i>
May 10	VMA 10K Track Championship - <i>George Knott</i>
June 26	VMA 8K Cross Country Championship - <i>Meet at George Knott</i>
June 26	VMA 20K Walk Championship - <i>Albert Park</i>
July 17	Eric Greaves VMA 10k Road Race - <i>Braeside Park</i>
July 23	VMA 10K Walk Championships - <i>Albert Park</i>
August 21	VMA 10 Mile Championship - <i>Brimbank Park</i>
September 7	VMA/AV Half Marathon - <i>Kevin Bartlett Reserve.</i>
Oct 26-Nov 6	World Masters Athletics T&F Championships - <i>Perth, Australia</i> - <a href="http://www.perth2016.com">www.perth2016.com</a>

### 2017

March 18-25	World Masters Athletics Indoor Championships - <i>Daegu South Korea</i>
April 21-30	World Masters Games - <i>Auckland New Zealand</i>

### 2018

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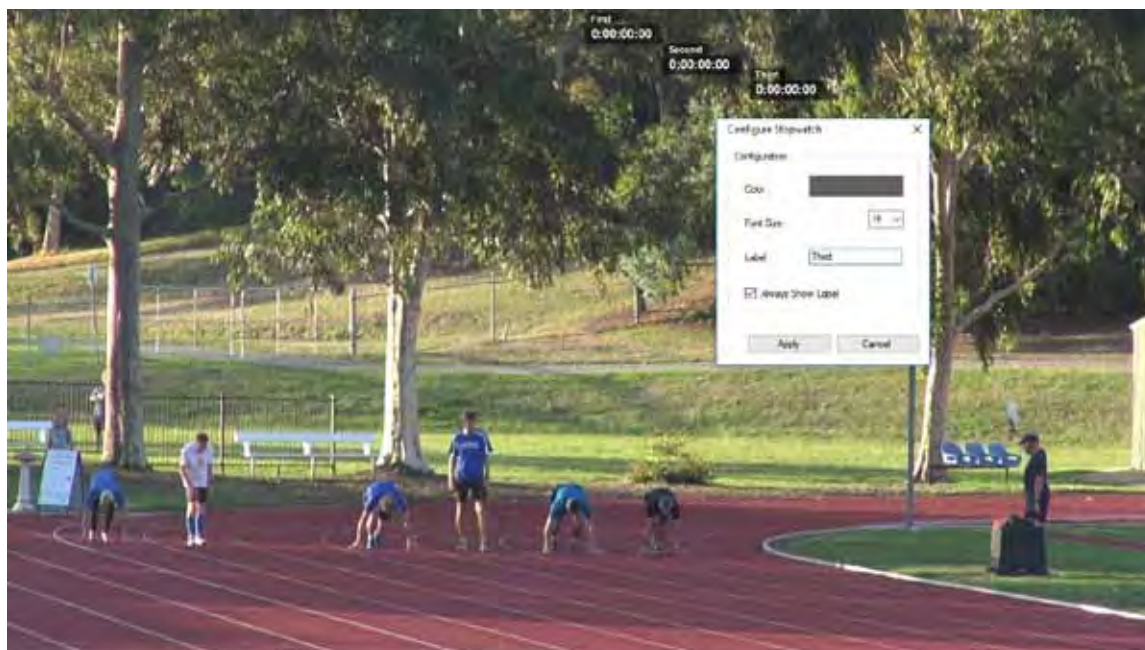


# Masterpieces

## Doncaster - Moving with the times

For some time now Doncaster Masters have been including electronic times against some of the sprint events over Summer. Occasionally we get asked how we achieve that and, as it is relatively easy, I thought I'd explain.

These times are taken from the video. Using a free video editing program, Kinovea, the video is perused, frame by frame, until the operator sees the smoke from the gun. At this point stopwatch icons are added to the video, one for each competitor, and each stopwatch "started".

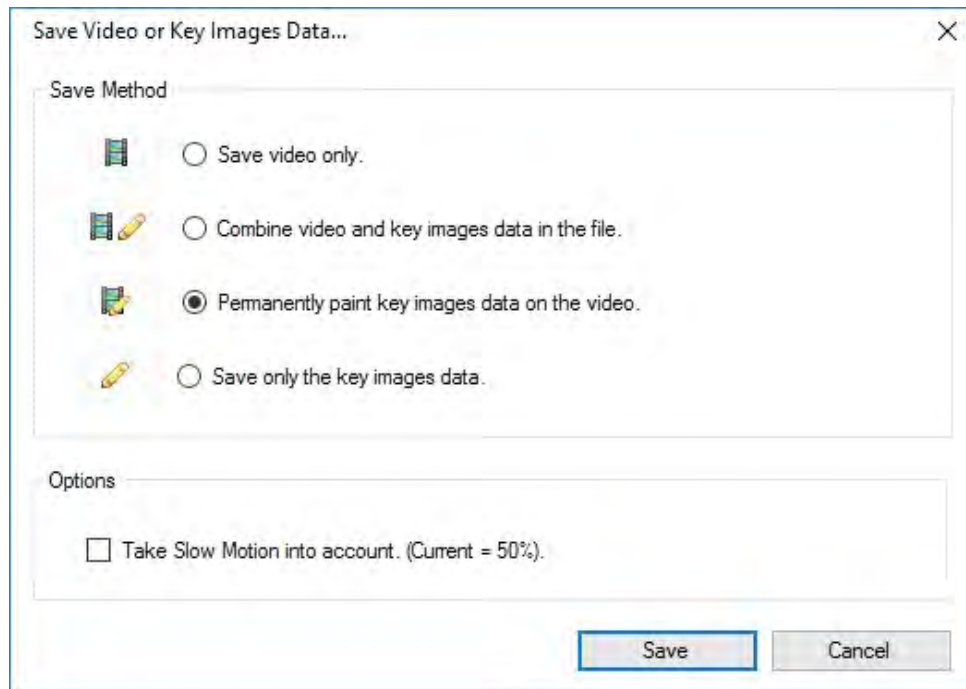


Then the video is played until the winner approaches the finish line. The video is paused and advanced, frame by frame, until the runner crosses the line, at which stage that runner's stopwatch is stopped, recording their time.



# Masterpieces

## Doncaster - Moving with the times (continued)



Of course only one watch is required if you just want to record the times as the runners finish. At the end you can save the video with the times as shown in the picture above, and upload that to youtube. It has been quite interesting to note the difference in times between hand and electronic times. Generally they are quite accurate, but we have had instances where the electronic time is slower than hand. Currently this method is not accepted for VMA records, though judging from the number of errors which creep into the AV Shield competition, I believe it should.

*Graham Ford*

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Coburgs' Graeme Sayer competed in the NZMA Track & Field Championships in late February in Dunedin - representing VMA. He won the 3,000M Steeplechase (12m23.8s) and finished 2nd in the 10,000M (38m37.7s) in the M50-54 age group. Well done, Graeme. We know how good those Kiwis are at distance running.





## Masterpieces

I saw this contraption on a hot evening recently at East Burwood. It's a Low Pressure Misting Ring made by Ozmist and attaches at one end to a garden hose and the other to a fan. The Company, based in Wangaratta, makes a variety of misting machines for industrial and large event purposes but this one, which costs about \$100 (without the fan) could be handy for our events and Venues.



## The 13th annual Gwen Davidson 100 metres handicap held at East Burwood

Gwen Davidson was a great athlete. At 93 and long retired she still holds 11 Australian records in sprints, jumps and throws.

This was the thirteenth running of the race in her honour. The heats and final were held over two months and were as hotly contested as ever. Videos from both sides of the track have been used to separate placings, and head off disputes, in the heats and the final.

The final saw Leo Watson win with his best run of the year, staving off fast finishing backmarker Paul Durrant and edging out-marker Gordon Onley to third.

Results of the Gwen Davidson 100 METRE HANDICAP SPRINT Final 17.3.2016

		Age	Hcp/Mtrs
1	Leo WATSON	74	30
2	Paul DURRANT	54	2
3	Gordon ONLEY	81	38
=4	Stephen DAY	45	9
=4	Donna CLARKE	62	21
6	Andrew FRASER	74	20
7	Gary TURNER	62	19
8	Tracey CARPENTER	49	14
9	Aiden O'RILEY	40	4
10	Lloyd NICHOLS	74	53

### Photos

Gwen Davidson competing in the Australian Master Championships in Adelaide in 1999.

Placegetters in the 2016 Gwen Davidson 100 metres handicap: Gordon Onley third, Leo Watson first and Paul Durrant second—with manager Peter Dodgshun observing sternly.





## OUR NEWEST VENUE - *WITH A DIFFERENCE*

The VMA Committee has approved the training group, *"Run2sday"*, run by Bronwen Cardy and David Sheehan as a Venue of Victorian Masters Athletics. This is an innovative move which gives us our first "floating" Venue and a point of difference to our traditional track based Venue.

Most of our members will know, or know of, Bronwen and David. They both have been involved with Masters Athletics for decades - David with an extensive background of competing, managing Venues and being on the VMA Committee and Bronwen as an exceptional runner having won a string of titles including World Masters Championships.

The Group's training according to their fact sheet is - *"Based on traditional British guidelines of three main sessions per week:*

- 1) **SPEED (Tues)** *Hardest session of the week - faster repetitive type efforts with slow jog recovery. Gradual build up in number of reps and shortening recoveries rather than increased speed. Pace 800m -3000 metres pacing depending on length of effort.*
- 2) **TEMPO (Thurs)** *Medium effort session. Continuous steady running interspersed with quicker race pace surges.*
- 3) **DISTANCE (Weekend)** *Steady, long, distance running to build up stamina. Generally relaxed, so cial running unless incorporating longer surges for race build-ups.*



I have now been to two of their Jells Park sessions, one being reps over a hilly course and the other being an "out and back" run with 1,2,3,4,5,4,3,2,1 minute efforts with an easy one minute rest/jog in between.

*Left* The group meets in the carpark where instructions are given and those with injuries or who are resting may modify the session.

*Below* The various sub-groups, based on ability, come together often during the session for rest and stretching and a chat.

As is the case with all of VMA, no-one is more important than the other and people of all ages work together to achieve their own aims.



I thought the name "Keeping up with the CardySheehans" was a good one for the group, but apparently not.



# TRAINING SESSIONS STRUCTURE - Run2sday Group

## Meeting Times & Places:

DAY	TIME:	VENUE:	SESSIONS:	NOTES:
TUES	6 PM	JELLS PARK (summer)	SPEED	Ferntree Gully Rd entrance. Car Park: 5 <sup>th</sup> drive on right next to toilet block.
		KNOX TRACK (winter)	SPEED	Meet: top of car park. Sessions on tarmac surface around illuminated industrial park or on track.
THUR	6 PM	JELLS PARK (summer)	TEMPO	Meet: as for Tuesday summer speed session.
		KNOX BIKE PATH (winter)	TEMPO	Meet: as for winter speed session.
SAT/SUN		VARIOUS VENUES	DISTANCE	Ask other members for details.

## Group Philosophy:

We are not elite runners, just a group of runners of differing abilities whose aim is to support each other in reaching personal goals. The purpose of the sessions is to either maintain or improve fitness levels. Although the sessions include an element of social running, (shared misery is less painful!) they are the serious sessions of the week. It requires a strong sense of commitment in order to be beneficial to all.

We try to avoid the disheartening practice of being 'left behind' by operating a self-handicapping system. Quicker groups start after slower groups and double back on 'out & back' runs & turns. We aim to keep each group together where possible by re-grouping after efforts. We support each other regardless of ability. Slow or fast runners work equally hard and are therefore, equally important in our running group.

The emphasis is on **consistent** running for the whole session- completing all the efforts at a sustained and controlled pace.

**We try to avoid starting too quickly then having to slow down and risk not finishing the session.**

## Organisation & Guidance:

- We try and ensure each ability group has an experienced co-ordinator to mentor group members.
- A stopwatch with audible countdown repeats is very useful for these sessions (1 minute repeat setting covers most sessions) plus reflective kit and headlamps for the winter sessions.
- Additional training days (if preferred) can be used for steady running or cross training for improving core strength (swimming/cycling)
- Do not run too hard too often. Aim to alternate effort session days with a rest/easy day.
- Listen to your body. Avoid injuries by reducing effort/distance if tired or sore (be aware of over training or racing)
- Do not build up too quickly. Work on an 8 - 12 week build up programmes for races.
- Schedules and training days are for guidance only. Adapt to suit your lifestyle and personal preferences.
- Sessions include a warm up and cool down of approx. 10-15 mins jogging. Speed session includes 3-4 'strides/run throughs'.
- Warm up follows same circuit for each venue to enable late comers to run out in reverse and meet the group.
- Do not panic if finishing behind other group members in the efforts. Members will re-group for the start of the next effort. Runners strengths vary between different distances & terrains.
- Use common sense when the sessions coincide with race tapering/recovery or illness/niggles/injury. Consider:
  - i) Doing alternative efforts with your current group
  - ii) Joining a slower group - **ensuring you run behind at all times and not pressurise that group.**
  - iii) Socialise & join other injured/rehab, members for a walk or jog.
- Hot or inclement weather: 35 C+ meet for gentle walk/jog/run only. **40 C+ Session Cancelled.** Sessions continue when cold, wet or windy!

## **For details of sessions contact any of the following:**

Bronwen Cardy/David Sheehan.  
03 5968 1061  
0422 213 050/0448 213 200  
[bronwencardy@hotmail.com.au](mailto:bronwencardy@hotmail.com.au)  
[midget32@hotmail.com.au](mailto:midget32@hotmail.com.au)

John Signorini  
03 9752 9449  
0417 038394  
[jsignorini@bigpond.com](mailto:jsignorini@bigpond.com)

Meryl McConnochie  
0403 190 585  
[meryl.mcconnochie@bigpond.com](mailto:meryl.mcconnochie@bigpond.com)

## ABERFELDIE AT LAST --- "NEIGHBOURS NIGHT" AT COBURG

Twelve years is a long time to wait and a record breaking performance by the Aberfeldie "Bombers" was needed to achieve a well-deserved victory in the 4x200m "Barb Dalglish" Memorial Relay in perfect conditions at the Coburg Venue in February.

Congratulations must go to Collingwood "Matadors" who fell short by a mere 0.2 seconds in a classic finish, also in record time. Coburg "Bluestones", conceding age difference to the winners, were a respectable third. All six finalists clocked under two minutes.

The heats provided no surprises with the eventual placegetters coasting home rather easily. However, the final was the ultimate contest with former Coburg top sprinter Dave Chisholm just holding off the "Matadors" challenge.

The Allcomers Relay provided an outlet for promising junior teams from Collingwood and Coburg with the Magpie Allstars winning well.

During the excellent supper provided by the Coburg members Venue Manager Nev Wilson with Tom Dalglish presented Certificates of Achievement and the Perpetual Trophy to Dave Chisholm who responded suitably on behalf of the Aberfeldie Club with Tony Bradford, long-standing VMA Vice President and Aberfeldie Club member smiling broadly in the background.

Bernie Goggin thanked all who helped to make the evening such a pleasant occasion with particular reference to Heather and Debbie (Supper), Fiona and Michael (Registration and Recording), Brian (Changeovers), Tim and the clockers and Benny and Toni (Starters).

Results of the Barb Dalglish Relay Final are as follows. Results of all events appear in the February issue of "Around the Grounds".

Aberfeldie Bombers	1m 45.2s
Collingwood Matadors	1.45.4
Coburg Bluestones	1.48.9
Collingwood Meteors	1.53.8
Collingwood Moonbeams	1.54.1
Aberfeldie Dons	1.57.5

by George Goode, Coburg

**Right :** The winning Aberfeldie Team of Cathy Matthews, Richard Shortt, David Chisholm and Brett Maurer hold up the Neighbours Night Trophy which is a life sized statue of Tony Bradford.

**Next Page :** See how close the finish was as Dave Chisholm holds off Adam Delbridge.





# THE 2016 VICTORIAN MASTERS ATHLETICS 3000M CHAMPIONSHIP *Followed by Lunch and AGM*

**SUNDAY 24 APRIL 2016**

## ONLINE ENTRIES ONLY

[https://www.registernow.com.au/secure/](https://www.registernow.com.au/secure/Register.aspx?E=19756)  
[Register.aspx?E=19756](https://www.registernow.com.au/secure/Register.aspx?E=19756)

## Duncan McKinnon Reserve

North Road, Murrumbena

**Start :** 11.30 (check in 30 min before)

**Lunch :** 12.30

**AGM :** 1.00 (in the new Duncan McKinnon Rooms)

All VMA members and partners/friends are invited to attend the AGM and complimentary lunch to be held in the new pavilion following the race. Anyone interested in joining the committee can nominate on the form included in the February issue of Footprints.



Photo by Wayne Fitzsimmons

# RESULTS - 2016 VMA 5000m WALK CHAMPIONSHIPS

Held at Dolamore Oval, Mentone  
Sunday March 6th, 2016

## WOMEN

W35			
1	Sandra Geisler	W38	27:40
W50			
1	Donna-Marie Elms	W54	29:30
2	Carolyn Rosenbrock	W54	29:42
W60			
1	Alison Thompson	W62	32:07
W65			
1	Celia Johnson	W68	37:21
W70			
1	Gwen Steed	W73	33:21
2	Sylvia Machin	W74	36:29
W75			
1	Penny Hall	W75	39:49
2	Margaret Beaumont	W78	43:35
W80			
1	Pam Mews	W81	52:57

## MEN

M40			
1	Pramesh Prasad	M41	30:28
M45			
1	James Christmass	M48	23:54
2	David Smyth	M46	27:11
M50			
1	Bernie Keirl	M52	30:14
M55			
1	Simon Evans	M55	27:09
2	Paul Moritz	M56	34:08
3	Christopher Worsnop	M58	40:35
M60			
1	Clyde Riddoch	M62	31:18
2	Frank Prowse	M64	33:14
M65			
1	Geoff Barrow	M67	35:36
M70			
1	Ralph Bennett	M74	29:03
M75			
1	Gunter Ilgoutz	M78	34:49
2	John Morrison	M76	41:04
3	Barrie Wicks	M75	41:09
4	Ian Beaumont	M79	42:33
M80			
1	Harry Summers	M80	39:25



Narelle Lehmann sits beside the plaque acknowledging her 1998 win at Stawell. Narelle has been injured and is hoping to be right for Perth 2016.



# ASK THE COACH

## THE POLE VAULT

As the name suggests, The Pole Vault originated in Poland. Or to give it's correct name - *The Pole Vault*. The athletics community decided to change the "W" to a "V" with typical Western arrogance. I mean we just have to change everything to suit ourselves. Why can't we let Countries at least have their own names ? They call it Polska, we call it Poland. They call it Sverige, we call it Sweden. Then again, the Indonesians have their own name for Australia. They call it "Southern Indonesia".

When you look at the origins of the sport, it started so that people could vault over obstacles such as streams, marshes or rock walls instead of walking long distances to go around them. So you could say the sport grew out of laziness. Maybe it's the sport for me after all. Folk lore also said that inmates used to pole vault over jail walls. Hopefully to get out, not in. Also, there are places in the world where they have competitions with the emphasis on distance instead of height.

But I digress. The Pole Vault is a very technical sport and if you look closely at the first photo you will notice the all important grip. *I said look at the grip !!* This vaulter is at the top of her vault and about to go over the bar (which is hard to see with the mood lighting).

To be a Pole Vaulter, you need courage, speed, strength, and insurance. It helps to have a background in gymnastics or being chased over backyard fences by cops. The latter has the advantage of building speed as well as vaulting skills.

When masters athletes come to me for PV training I usually say something like "Would you throw yourself off the barn roof into a haystack ?" Of course, it would be a very low barn roof to equate to the heights most masters achieve.

Lots of our mob find the landing bags too high.

You know pole vaulting is not something you can practice in the back yard or at the park. You need a lot of specialised equipment. Like a music system. Before you even enter the arena you're going to need music coming through you're headphones. And a hoodie.

One of the most important drills for pole vaulters (and all jumpers, in fact) is the overhead clap. To do this you need to rest the pole on your shoulder fully extend the arms and clap as high as you can. You will send the crowd into a frenzy. I recommend that you do this on you first attempted height as you probably won't advance. You can then blame the absence of a crowd for your bad day.

Did you know that the thick foam landing pads we have now are only a recent phenomom. Back in the day, they used to only have a sand pit and would have to land on their feet. None of this "nancy" landing on the shoulders or back stuff.

You know I like to break things down into formulas that even you can understand, so -

*kinetic energy* expressed as an equation of *body inversion* :

and considering *relative integrity* during intense non gravity :

Will always encounter *isometric specificity* :

when you apply *specific altitude formular extrapolated roundly* :

*BIKE*

*RIDING.*

*IS*

*SAFER*



## VALE VICTOR HARLEY 23.1.1926—6.2.2016

On behalf of his many Masters Athletics friends, I would like to take this opportunity to extend our deepest thoughts on the recent passing of Victor Harley, also of course to his wife Jean and daughters Anne and Jeanette on this sad occasion for us all.

Personally my first introduction to Vic, I remember vividly, was one Wednesday night at the Dolomore Athletics track some 35 years ago, in my first year of Veteran Athletics. Yet another of nature's true gentlemen, particularly renowned for that perpetual smile, Vic joined the Malvern Harriers in his early years, completing many Marathons, and recorded his best time of 2hrs 51mins at the age of forty one in the 1967 Frankston to Melbourne event.

However upon joining the Veteran /Masters movement at fifty six in 1982 Vic then decided to add the extra challenge of race walking to his running exploits, particularly at the time with the added incentive of the forthcoming 1987 VII World Veteran Championships, in Melbourne, in which he successfully competed in three events, 5000mts{21.22} 10,000mts {43.00} and 5,000mts walk{29.59}.

A regular member of both Mentone and Glen Eira Venues, Vic amassed almost sixty state medals in a consecutive period of six age groups, culminating with three gold in the M80-84 division at the Victorian Track and Field Championships, before injuries finally curtailed his competitive instincts in 2006.

Rest in Peace Victor.

Mike Hall



*Vic, second from right, smiling as usual*



## **PETER COLTHUP 5 MILES SELF HANDICAP**

An invitation is extended by the Mentone Venue to all Masters to take part in the 22nd Annual PETER COLTHUP 5 Miles (8.045km) Road Self Handicap to be held on **Wednesday April 27th 2016** at Dolamore Reserve, Mentone (Melway 87 B6).

You will have the opportunity to add your name to the illustrious past winners of the most handsome trophy in Masters Athletics – a magnificently crafted perpetual trophy carved by Louis Waser.

Medals will also be awarded to placegetters and there will also be fastest time medals for M40+ and W35+.

You will also be helping to remember Peter Colthup and the tremendous contribution that he made to Victorian Masters.

The 5 Miles Self Handicap will be held as part of the regular Mentone Wednesday night competition. The program will be as follows :-

- 6.40 400m E.T. Walk
- 6.50 300m E.T. Sprint
- 7.00 900m Self Handicap
- 7.15 **Road Peter Colthup 5 Miles Self Handicap**
- 7.20 70m E.T.
- 7.30 1500m/ 5000m E.T. Walk on track
- 1.30 Supper and Presentations

Entry fee of \$3.00 to be paid on the night.

To facilitate handicapping the event will be conducted on a Self Handicap basis whereby you provide the starter with your estimated time for 5 miles and you will be started on the basis of your estimate but to deter an athlete seeking an advantage by submitting a slow time placegetters must not run more than 40 seconds faster than their estimate otherwise they will not be eligible for prizes.

Marge Colthup, Luke (Peter's grandson) and the Mentone members look forward to your participation in this special Masters event.

## 2016 VMA Men's T & F Pentathlon Championships

Duncan Mackinnon Athletic Track 6 March 2016

The 2016  
Victorian Masters  
Athletics  
T&F Pentathlon  
Champs

Place		Points	LJ	JT	200	DT	1500
<b>M40</b>							
1	Featherston, David VMA	<b>2921</b>	5.74m 641	40.14m 494	26.00 623	30.10m 527	05:01.60 636
<b>M45</b>							
1	Hennig, Shawn VMA	<b>2698</b>	4.98m 533	36.05m 475	26.18 677	22.45m 407	05:20.14 606
2	Carah, Nick VMA	<b>2522</b>	4.61m 445	33.22m 426	27.09 604	21.33m 381	05:09.38 666
3	Romeo, Fabrizio VMA	<b>1397</b>	3.49m 211	24.26m 277	31.11 328	18.85m 323	06:36.08 258
<b>M50</b>							
1	Dell, Tony VMA	<b>1883</b>	3.52m 259	23.76m 288	30.77 412	18.70m 255	05:22.69 669
<b>M60</b>							
1	Watts, Andrew VMA	<b>3224</b>	4.73m 732	34.68m 574	27.45 797	37.28m 657	06:39.76 464
2	McConnell, David VMA	<b>2471</b>	4.17m 559	23.85m 352	30.20 592	25.76m 413	06:18.98 555
3	Brown, Chris VMA	<b>2133</b>	3.92m 483	25.60m 387	32.10 466	21.94m 335	06:40.24 462
4	Prowse, Frank VMA	<b>1358</b>	3.03m 249	18.54m 246	38.48 146	16.50m 226	06:33.35 491
<b>M65</b>							
1	Aspinall, Dennis VMA	<b>2855</b>	3.64m 485	27.98m 496	29.24 746	27.02m 493	06:21.60 635
2	Ford, Graham VMA	<b>2767</b>	4.04m 615	24.35m 414	30.34 666	27.86m 512	06:38.47 560
3	Graham, John VMA	<b>2293</b>	2.74m 232	21.28m 345	33.54 458	20.66m 349	05:26.96 909
4	Bryant, Alan VMA	<b>1395</b>	3.32m 390	21.41m 348	35.63 341	19.18m 316	DNF 0



## 2016 VMA Men's T & F Pentathlon Championships (continued)

<b>M70</b>						
1	Philpott, Graham VMA	1630	3.12m 409	21.19m 379	39.15 256	14.76m 251 08:05.32
2	Fraser, Andrew VMA	1358	2.80m 310	16.14m 259	36.72 372	15.33m 264 09:11.86
3	Orelli, Michael VMA	979	2.19m 145	13.59m 200	51.66 0	11.44m 173 07:29.09
<b>M75</b>						
1	Bradford, Tony VMA	1832	2.42m 266	18.20m 362	36.98 471	16.94m 353 08:29.36
2	Dunn, Terry VMA	1793	2.07m 164	22.49m 479	39.18 358	17.85m 378 08:18.97
3	Wood, Alan VMA	1341	2.68m 348	19.22m 390	39.99 320	14.35m 283 DNF 0
<b>M85</b>						
1	Burke, Wyvern VMA	633	0.96m 0	11.51m 272	DNF 0	12.66m 361 DNF 0

## VMA Womens T & F Pentathlon Championship

Held at Duncan Mackinnon Athletic Track 6 March 2016

Place		Points	100	SP	LJ	JT	800
1	W45 Carah, Karen W47 VMA		14.26 749	8.54m 542	4.50m 640	26.66m 538	02:52.28 606
1	W50 Lamb, Heather W51 VMA		18.92 246	6.75m 432	2.27m 81	14.98m 283	04:36.03 15
1	W60 Tweedie, Margaret W61 VMA	15.94 2983	7.36m 773	3.71m 598	14.82m 654	03:21.20 361	597
1	W65 Learmont, Bev W67 VMA		18.64 525	5.96m 522	3.13m 522	13.22m 364	04:38.93 169



## 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.

# 2016 Victorian Masters & Athletics Victoria Track & Field Championships 3/19/2016 to 3/20/2016 Tom Kelly Athletics Complex, Doncaster

## 60 Meter

### Women 60 Meter Sprint

#### W75-79

1 Shirley Coppock	VMA	12.56	-1.1	79.38%
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#### W65-69

1 Janine James	VMA	10.55	-1.1	84.36%
	<i>Victorian Record</i>			

#### W60-64

1 Margaret Tweedie	VMA	9.75	-1.1	87.28%
	<i>Victorian Record</i>			

2 Donna Clarke	VMA	10.39	-1.1	81.91%
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3 Karen Kirby	CHIL	10.54	-1.1	80.74%
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#### W55-59

1 Christine Bridle	WAV	9.64	+0.0	84.65%
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2 Cherie Armour	GLG	10.37	+0.0	78.69%
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3 Evelyn Kuys	VMA	11.14	+0.0	73.25%
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#### W50-54

1 Linda Buttigieg	WAV	9.27	+0.0	84.47%
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2 Maggie Armstrong	VMA	10.61	+0.0	73.80%
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3 Heather Lamb	BRUNS	11.31	+0.0	69.23%
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#### W45-49

1 Sonya Pollard	VMA	8.57	+0.0	87.86%
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2 Sherry Gathercole	CORIO	8.66	+0.0	86.95%
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3 Gaelyne Kenshole	DIV	8.76	+0.0	85.96%
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4 Melissa Sammartino	RING	9.21	+0.0	81.76%
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#### W40-44

1 Alexandra Baker	COL	9.08	+0.0	79.96%
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2 Kirralee Radford	COL	9.96	+0.0	72.89%
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## Men 60 Meter Sprint

### M90+

1 James Sinclair	VMA	12.58	+0.0	88.71%
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### M85-89

1 Leo Coffey	VMA	11.12	+0.0	89.57%
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### M80-85

1 Brian Greaves	VMA	10.41	+0.0	88.18%
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### M75-79

1 Graeme Noden	VMA	9.46	+0.0	91.33%
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2 Ron Arthur	VMA	9.50	+0.0	90.95%
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3 Colin Burnett	VMA	10.05	+0.0	85.97%
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4 Russell Oakley	VMA	10.47	+0.0	82.52%
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5 Anthony Bradford	BEL	10.75	+0.0	80.37%
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6 John Jupp	VMA	11.14	+0.0	77.56%
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7 Allan Wood	VMA	11.27	+0.0	76.66%
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### M65-69

1 Philip Rosevear	VMA	8.74	0.8	90.27%
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2 Geoffrey Whitehall	EAG	8.86	0.8	89.05%
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3 Bill Carr	EAG	9.06	0.8	87.09%
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### M60-64

1 Paul Turner	CORIO	8.13	0.8	93.48%
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2 Ken Bruce	DIV	8.38	0.8	90.69%
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### M55-59

1 Ivan Dodin	VMA	8.26	-1.1	88.98%
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2 William McCombie	DAC	8.29	-1.1	88.66%
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3 Norman Maguire	S MELB	8.39	-1.1	87.60%
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# The 2016 Victorian Masters Athletics T&F Championships

4 Graham Shaw	WES	8.68	-1.1	84.68%
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5 Christopher Worsnop	OLX	10.68	-1.1	68.82%
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### M50-54

1 John Hilditch	VMA	8.01	-2.0	88.76%
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2 Robert Tribuzio	VMA	8.02	-2.0	88.65%
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3 Paul Foster	VMA	8.03	-2.0	88.54%
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4 Rob Italia	VMA	8.13	-2.0	87.45%
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5 Peter Virtue	COL	8.51	-2.0	83.55%
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6 Scott Lovell	COL	9.32	-2.0	76.29%
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*Start of the M50 60m*

### M40-44

1 Brett Maurer	ESS	7.61	-1.5	87.78%
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2 Mark Harper	COB	7.84	-1.5	85.20%
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3 Steven Coulson	SAN	7.97	-1.5	83.81%
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### M45-49

1 Stewart Dobrzynski	VMA	7.83	-1.5	87.99%
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2 Kurt Golonka	GHY	8.16	-1.5	84.44%
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### M30-34

1 Shaun Taylor	CASEY	7.31	1.6	87.41%
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### M35-39

1 Paul Mierisch	DAC	8.07	1.6	80.30%
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2 Antony Gottlieb	VMA	8.48	1.6	76.42%
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## 100 Meter

### Women 100 Meter Sprint

#### W75-79

1 Shirley Coppock	VMA	20.26	-0.4	74.48%
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#### W70-74

1 Anne Stobaus	KSB	17.95	-0.4	79.00%
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## 100 Meter (continued)

### W65-69

1 Janine James	VMA	16.89	-0.4	79.75%
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### W60-64

1 Margaret Tweedie	VMA	15.29	-0.4	84.30%
2 Donna Clarke	VMA	16.63	-0.4	77.51%
3 Karen Kirby	CHIL	17.24	-0.4	74.77%

### W55-59

1 Christine Bridle	WAV	15.64	-0.4	78.96%
2 Cherie Armour	GLG	16.68	-0.4	74.04%
3 Evelyn Kuys	VMA	18.22	-0.4	67.78%

### W50-54

1 Linda Buttigieg	WAV	15.14	1.6	78.34%
2 Helen Anderson	VMA	15.86	1.6	74.78%
3 Cathy Orelli	CHIL	16.22	1.6	73.12%
4 Maggie Armstrong	VMA	17.79	1.6	66.67%

### W45-49

1 Jacinta Burns	CHIL	13.81	-0.5	82.62%
2 Sherry Gathercole	CORIO	14.04	-0.5	81.27%
3 Sonya Pollard	VMA	14.08	-0.5	81.04%
4 Melissa Sammartino	RING	14.70	-0.5	77.62%
5 Anna Corney	COL	15.28	-0.5	74.67%
6 Jodi Chandler	VMA	15.82	-0.5	72.12%
7 Jackie Guillou	RING	16.75	-0.5	68.12%

### W40-44

1 Alexandra Baker	COL	14.68	0.8	74.86%
2 Sophie Todorov	YRA	14.76	0.8	74.46%
3 Kathi Hewitson	YRA	17.10	0.8	64.27%
4 Nicole Johansen	RING	18.95	0.8	57.99%

### W30-34

1 Emma Norbury	CHIL	14.75	0.8	71.12%
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## Men 100 Meter Sprint

### M90+

1 James Sinclair	VMA	20.91	-1.8	81.64%
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### M85-89

1 Leo Coffey	VMA	18.38	-1.8	82.92%
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### M80-85

1 Gordon Onley	SSH	21.16	-1.8	66.40%
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### M75-79

1 Ron Arthur	VMA	15.34	0.4	86.11%
2 Graeme Noden	VMA	15.77	0.4	83.77%
3 Russell Oakley	VMA	16.45	0.4	80.30%
4 Anthony Bradford	BEL	17.65	0.4	74.84%
5 Allan Wood	VMA	18.16	0.4	72.74%

### M70-74

1 Robert Wishart	MEN	14.21	-1.8	88.53%
2 Keith Howden	VMA	14.62	-1.8	86.05%

### M65-69

1 Philip Rosevear	VMA	14.27	-0.8	84.58%
2 Geoffrey Whitehall	EAG	14.34	-0.8	84.17%
3 Graham Ford	DIV	14.53	-0.8	83.07%
4 Bill Carr	EAG	14.94	-0.8	80.79%

### M60-64

1 Paul Turner	CORIO	12.89	-0.8	90.30%
2 Ken Bruce	DIV	13.24	-0.8	87.92%
3 John Cooper	ESS	15.78	-0.8	73.76%

### M55-59

1 Robert Mayston	BOH	12.76	-2.3	88.17%
2 William McCombie	DAC	13.33	-2.3	84.40%
3 Norman Maguire	S. MELB	13.41	-2.3	83.89%

The 2016  
Victorian Masters  
Athletics  
T&F Championships

4 Ivan Dodin	VMA	13.65	-2.3	82.42%
5 Graham Shaw	WEST	14.07	-2.3	79.96%
6 Christopher Worsnop	OLX	16.45	-2.3	68.39%

### M50-54

1 John Hilditch	VMA	12.58	-1.3	86.49%
2 Robert Tribuzio	VMA	12.73	-1.3	85.47%
3 Paul Foster	VMA	12.75	-1.3	85.33%
4 Richard Polkinghorne	OLM	12.95	-1.3	84.02%
5 Luke De Biasi	DIV	13.24	-1.3	82.18%
6 Rob Italia	VMA	13.37	-1.3	81.38%
7 Peter Virtue	COL	13.47	-1.3	80.77%
8 Gerard Skene	BYC	13.94	-1.3	78.05%
9 Scott Lovell	COL	14.12	-1.3	77.05%

### M45-49

1 Kurt Golonka	GHY	14.08	0.5	74.86%
1 Grant Murfett	VMA	14.08	0.5	74.86%
3 Spase Veljanovski	ESS	14.46	0.5	72.89%
4 Ray Breed	VMA	18.01	0.5	58.52%

### M40-44

1 Brett Maurer	ESS	11.80	-2.7	86.61%
2 Geoffrey Pittman	GHY	11.93	-2.7	85.67%
3 Mark Harper	COB	12.25	-2.7	83.43%
4 Gavin White	VMA	12.30	-2.7	83.09%
5 Steven Coulson	SAN	12.65	-2.7	80.79%
6 Alexander Newman	GHY	12.86	-2.7	79.47%

### M35-39

1 Carl Van Der Speck	WYND	11.25	-1.9	88.18%
2 Cameron Yorke	RING	12.02	-1.9	82.53%
3 Aaron Norton	SBE	13.11	-1.9	75.67%

### M30-34

1 Shaun Taylor	CASEY	11.61	-1.9	84.32%
2 Colin Newman	WHIT	18.94	-1.9	51.69%

## 200 Meter

### Women 200 Meter Sprint

### W75-79

1 Shirley Coppock	VMA	45.77	+0.0	71.25%
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### W65-69

1 Kathryn Heagney	EAG	33.25	+0.0	85.08%
2 Janine James	VMA	37.59	+0.0	75.26%
3 Heather Carr	EAG	40.54	+0.0	69.78%

### W60-64

1 Margaret Tweedie	VMA	31.68	0.1	85.26%
2 Donna Clarke	VMA	34.46	0.1	78.38%
3 Karen Kirby	CHIL	37.55	0.1	71.93%

### W55-59

1 Christine Bridle	WAV	32.79	0.1	78.77%
2 Cherie Armour	GLG	35.74	0.1	72.27%
3 Evelyn Kuys	VMA	38.71	0.1	66.73%

### W50-54

1 Helen Anderson	VMA	32.07	0.1	77.17%
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## 200 Meter (continued)

## W45-49

1 Jacinta Burns	CHIL	28.30	1.2	83.96%
2 Karen Carah	BOH	28.41	1.2	83.63%
3 Sonya Pollard	VMA	28.53	1.2	83.28%
4 Anna Corney	COL	31.20	1.2	76.15%
5 Jackie Guillou	RING	35.13	1.2	67.63%

## W40-44

1 Julie Aylward	MEN	28.81	-0.9	79.28%
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## W35-39

1 Cath Bezemer	DAC	32.83	-0.9	67.01%
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## W30-34

1 Sarah Lewis	SCA	31.13	-0.9	68.55%
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## Men 200 Meter Sprint

## M90+

1 James Sinclair	VMA	45.75	-1.7	80.72%
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## M85-89

1 Leo Coffey	VMA	41.06	-1.7	77.76%
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## M80-85

1 Gordon Onley	SSH	45.40	-1.7	63.55%
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## M75-79

1 Ron Arthur	VMA	32.35	+0.0	82.78%
2 Graeme Noden	VMA	33.93	+0.0	78.93%
3 Russell Oakley	VMA	34.27	+0.0	78.14%
4 Julian Jacotine	VMA	34.44	+0.0	77.76%
5 Anthony Bradford	BEL	36.68	+0.0	73.01%
6 Allan Wood	VMA	39.65	+0.0	67.54%

## M70-74

1 Andrew Fraser	VMA	36.20	-0.5	69.83%
2 Michael Orelli	CHIL	42.18	-0.5	59.93%

## M65-69

1 Philip Rosevear	VMA	29.46	-0.5	81.91%
2 Graham Ford	DIV	29.89	-0.5	80.73%
3 Geoffrey Whitehall	EAG	29.90	-0.5	80.70%
4 Bill Carr	EAG	31.02	-0.5	77.79%

## M60-64

1 Andrew Watts	WAV	26.93	1.9	86.11%
2 David McConnell	BOH	26.96	1.9	86.02%
3 Paul Turner	CORIO	27.21	1.9	85.23%
4 Ken Bruce	DIV	27.33	1.9	84.85%
5 Hank Kuys	VMA	32.93	1.9	70.42%

## M55-59

1 Robert Mayston	BOH	25.34	+0.0	88.32%
2 William McCombie	DAC	27.20	+0.0	82.28%
3 Norman Maguire	S MELB	27.52	+0.0	81.32%
4 Graham Shaw	WES	28.42	+0.0	78.75%
5 Christopher Worsnop	OLX	35.79	+0.0	62.53%

## M50-54

1 John Hilditch	VMA	25.59	-1.4	84.53%
2 Robert Tribuzio	VMA	25.71	-1.4	84.13%
3 Darren Berntsen	RING	26.01	-1.4	83.16%
4 Rob Italia	VMA	26.32	-1.4	82.18%
5 Paul O'Neill	VMA	26.58	-1.4	81.38%
6 Paul Foster	VMA	26.62	-1.4	81.25%
7 Peter Virtue	COL	27.33	-1.4	79.14%
8 Chris Lang	WEN	28.08	-1.4	77.03%

## M45-49

1 Kurt Golonka	GHY	25.93	+0.0	80.68%
2 Grant Murfett	VMA	28.64	+0.0	73.04%

## M40-44

1 Brett Maurer	ESS	23.62	-1.2	85.77%
2 Geoffrey Pittman	GHY	23.86	-1.2	84.91%
3 Mark Harper	COB	25.07	-1.2	80.81%
4 Steven Coulson	SAN	25.83	-1.2	78.44%

## M35-39

1 Carl Van Der Speck	WYND	22.62	-1.2	86.83%
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## M30-34

1 Shaun Taylor	CASEY	22.68	-1.2	85.19%
2 William Little	GHY	23.53	-1.2	82.11%

## 400 Meter

## Women 400 Meter Run

## W75-79

1 Shirley Coppock	VMA	1:52.05	72.14%
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## W70-74

1 Anne Stobaus	KSB	1:24.49	85.34%
2 Vicki Thompson	VMA	2:22.67	50.54%

## W65-69

1 Kathryn Heagney	EAG	73.96	89.37%
<i>Victorian Record</i>			
2 Rhonda Trengrove	GHY	1:47.59	61.44%

## W60-64

1 Margaret Tweedie	VMA	77.32	79.80%
2 Janet Holmes	VMA	79.27	77.84%
3 Donna Clarke	VMA	1:24.37	73.13%

## W55-59

1 Christine Bridle	WAV	76.44	76.24%
2 Cherie Armour	GLG	1:22.06	71.02%
3 Evelyn Kuys	VMA	1:27.44	66.65%

## W50-54

1 Helen Anderson	VMA	74.67	74.34%
2 Cathy Orelli	CHIL	77.43	71.69%

## W45-49

1 Rachel Little	ALBURY	62.84	84.33%
2 Carolyn Huehl	WEST	72.91	72.68%
3 Jodi Chandler	VMA	73.94	71.67%
4 Jackie Guillou	RING	1:25.84	61.73%

## W35-39

1 Jean. Van Den Bulk	MUU	61.72	78.71%
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## W30-34

1 Emma Norbury	CHIL	67.22	70.81%
2 Sarah Lewis	SCA	76.17	62.49%

## Men 400 Meter Run

## M75-79

1 Russell Oakley	VMA	79.63	77.65%
2 Anthony Bradford	BEL	1:34.52	65.41%
3 John Hertz	VMA	1:42.99	60.03%

## M70-74

1 Keith Howden	VMA	72.69	79.63%
2 Andrew Fraser	VMA	1:26.39	67.00%
3 Michael Orelli	CHIL	1:45.71	54.75%

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## 400 Meter (continued)

### M65-69

1 Peter Lamb	BEL	65.43	84.21%
2 Geoffrey Whitehall	EAG	68.84	80.04%
3 Geoff Shaw	BGO	69.16	79.67%
4 Graham Ford	DIV	71.31	77.27%
5 Stephen Baird	VMA	1:33.07	59.20%

### M60-64

1 Andrew Watts	WAV	60.42	87.65%
2 Murray Lawrence	RICH	61.20	86.54%
3 David McConnell	BOH	61.69	85.85%
4 Les Williams	VMA	65.99	80.25%
5 John Cooper	ESS	71.58	73.99%
6 Gregory Moore	KSB	72.48	73.07%
7 Hank Kuys	VMA	72.95	72.60%
8 Brian Delaney	COB	76.76	68.99%



David McConnell, Andrew Watts  
& Murray Lawrence

## Men 400 Meter Run

### M55-59

1 Robert Mayston	BOH	58.05	87.99%
2 William McCombie	DAC	61.60	82.92%
3 Lyal Douglas	DIV	65.20	78.34%
4 David Mitchell	VMA	68.72	74.33%
5 Christopher Worsnop	OLX	1:23.86	60.91%

### M50-54

1 Richard Polkinghorne	OLM	55.76	88.47%
2 Allan Cook	WES	56.93	86.65%
3 Peter McDonald	KSB	57.81	85.33%
4 Rob Italia	VMA	60.38	81.70%
5 Chris Lang	WEN	74.95	65.82%
6 Gerard Skene	BYC	1:40.07	49.30%

### M45-49

1 Craig Sanford	WAV	55.09	86.57%
2 Shawn Hennig	MEN	58.41	81.65%
3 Gregory Hilson	SBE	60.16	79.27%
4 Grant Murfett	VMA	62.49	76.32%

5 Mark Tapping	DIV	64.32	74.14%
6 Spase Veljanovski	ESS	66.92	71.26%

### M40-44

1 Brett Maurer	ESS	53.55	86.20%
2 Nick Macreadie	WELL	56.02	82.40%
3 Mark Harper	COB	56.14	82.22%
4 Craig Hewitson	YRA	58.23	79.27%

### M35-39

1 Cameron Yorke	RING	52.17	85.74%
2 Kulan Ranasinghe	GHY	52.95	84.48%
3 Aaron Norton	SBE	59.11	75.67%

### M30-34

1 Anthony Paige	DAC	57.76	74.76%
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## 800 Meter

### Women 800 Meter Run

#### W70-74

1 Jeanne Bryan	MEN	3:35.78	77.75%
-- Lavinia Petrie	RING	DNF	

#### M65-69

1 Kathryn Heagney	EAG	2:59.99	85.72%
2 Heather Carr	EAG	3:30.75	73.21%

#### W60-64

1 Janet Holmes	VMA	3:05.16	77.95%
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#### W55-59

1 Pam Tindal	VMA	2:56.45	77.39%
2 Evelyn Kuys	VMA	3:34.24	63.74%

#### W50-54

1 Pauline Allan	RICH	2:58.05	73.05%
2 Carolyn Rosenbrock	ANW	3:15.30	66.60%

#### W45-49

1 Helen Bryan	MEN	2:33.46	80.91%
2 Caroline Beischer	SCA	2:35.68	79.76%
3 Carolyn Huell	WES	2:48.59	73.65%
4 Michelle Quan	RING	3:29.92	59.15%

#### W40-44

1 Julie Aylward	MEN	2:27.33	80.62%
2 Kellie Macknamara	GHY	2:29.01	79.71%
3 Tracie Dekleva	CHIL	2:34.84	76.71%

#### W35-39

1 Rebecca Xuereb	RICH	3:00.94	62.92%
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#### W30-34

1 Sarah Lewis	SCA	2:29.66	75.69%
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## Men 800 Meter Run

### M80-85

1 Colin Silcock-Delaney	VMA	5:35.43	47.99%
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### M75-79

1 John Hertz	VMA	3:51.61	63.05%
2 Hawley Thomas	VMA	4:51.76	50.05%

### M70-74

1 Colin Waring	VMA	2:56.43	77.24%
2 Michael Orelli	CHIL	3:28.74	65.28%
3 Elwyn Egan	GLG	3:28.83	65.25%

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**800 Meter (continued)**

4 Neville Gardner	BOH	3:49.62	59.35%
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**M65-69**

1 John Graham	VMA	2:40.89	80.82%
2 Colin Williams	VMA	3:07.90	69.20%
-- Geoff Shaw	BGO	DNF	

**M60-64**

1 Michael Barrand	VMA	2:23.20	86.82%
2 Les Williams	VMA	2:24.60	85.98%
3 Murray Lawrence	RICH	2:29.78	83.00%
4 Colin Page	VMA	2:34.44	80.50%
5 Ashley Ryan	VMA	2:41.68	76.89%
6 Brian Delaney	COB	2:56.74	70.34%

**M55-59**

1 Mark Hipworth	IND	2:18.03	86.28%
2 Paul Thomas	WTN	2:20.49	84.77%
3 Colm Rothery	ESS	2:27.34	80.83%
4 Lyal Douglas	DIV	2:27.79	80.58%
5 Greg Hughes	VMA	2:44.59	72.36%
6 Christopher Worsnop	OLX	3:18.25	60.07%

**800 Meter (continued)****M50-54**

1 Richard Polkinghorne	OLM	2:05.12	91.34%
2 Robert Schwerkolt	OSC	2:05.52	91.05%
3 Allan Cook	WES	2:09.80	88.05%
4 Peter McDonald	KSB	2:12.82	86.05%
5 Andrew Egginton	BOH	2:16.71	83.60%
6 Tony Dell	RICH	2:33.01	74.69%
7 Digby Race	WOD	2:36.55	73.01%

**M45-49**

1 Craig Sanford	WAV	2:09.01	85.16%
2 James McEniry	WAV	2:11.99	83.24%
3 Mark Sharp	WES	2:13.64	82.21%
4 Steve Preece	MPA	2:14.44	81.72%
5 Gregory Hilson	SBE	2:18.85	79.13%
6 Mark Tapping	DIV	2:22.07	77.34%
7 Craig Green	BGO	2:23.77	76.42%
8 Shawn Hennig	MEN	2:28.15	74.16%

**M40-44**

1 Cameron Simon	DIV	2:05.46	84.30%
2 Campbell McLennan	DAC	2:07.24	83.12%
3 Nathan Crowley	WTN	2:07.52	82.94%
4 Brett Anthony	MPA	2:09.04	81.96%
5 Nick Macreadie	WELL	2:10.65	80.95%
6 Craig Hewitson	YRA	2:17.17	77.10%
7 Michael Thomas	VMA	2:19.06	76.05%
8 Mark Harper	COB	2:26.40	72.24%

**M35-39**

1 Benjamin Bailey	CASEY	2:16.04	74.95%
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**1500 Meter****Women 1500 Meter****W80-85**

1 Pam Mews	VMA	13:53.9h	55.24%
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**W70-74**

1 Jeanne Bryan	MEN	7:09.1h	81.65%
2 Vicki Thompson	VMA	10:19.7h	56.54%

**W65-69**

1 Rhonda Trengrove	GHY	8:26.9h	63.33%
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**W60-64**

1 Helen Stanley	VMA	5:59.6h	83.32%
2 Lorraine Bradbury	VMA	6:34.0h	76.04%
3 Marlene Gourlay	GHY	6:39.6h	74.98%

**W50-54**

1 Laura Campbell	DIV	5:35.2h	80.39%
2 Susan Howell	CHIL	5:44.6h	78.20%
3 Pauline Allan	RICH	5:55.1h	75.89%
4 Ros Dyer	VMA	7:39.3h	58.67%

**W45-49**

1 Helen Bryan	MEN	5:13.2h	82.09%
2 Susanne Wilson	KNOX	5:18.4h	80.75%
3 Carolyn Huell	WEST	5:30.9h	77.70%
4 Anne Buckley	BGO	5:36.6h	76.38%
5 Jodi Chandler	VMA	6:09.3h	69.62%
6 Michelle Quan	RING	6:54.3h	62.06%

**W40-44**

1 Tracie Dekleva	CHIL	5:20.8h	76.63%
2 Sally Morrison	CASEY	5:39.5h	72.41%
3 Kathryn Gawthorn	VMA	6:17.5h	65.12%

**W35-39**

1 Melissa Vandewater	ESS	5:17.3h	74.21%
2 Rebecca Xuereb	RICH	6:13.6h	63.03%
3 Cath Bezemer	DAC	6:16.9h	62.48%
-- Zoe-Ann Campbell	CASEY	DNF	

**W30-34**

1 Sarah Lewis	SCA	5:40.3h	68.31%
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**Men 1500 Meter Run****M80-85**

1 Colin Silcock-Delaney	VMA	10:22.2h	55.93%
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**M75-79**

1 John Hertz	VMA	7:46.5h	67.36%
2 Hawley Thomas	VMA	9:56.3h	52.69%

**M70-74**

1 Anthony Guttman	VMA	6:20.1h	76.56%
2 Michael Orelli	CHIL	7:05.8h	68.34%
3 Neville Gardner	BOH	8:09.7h	59.42%

**M65-69**

1 John Graham	VMA	5:22.6h	84.81%
2 Peter Bence	OAK	5:40.5h	80.36%

**M60-64**

1 Terry Pearce	WTN	4:59.3h	86.70%
2 Les Williams	VMA	5:08.2h	84.19%
3 Gregory Moore	KSB	5:34.2h	77.64%
4 Brian Delaney	COB	6:19.7h	68.34%

**M55-59**

1 Steven Quirk	VMA	4:46.8h	86.15%
2 Paul Thomas	WTN	4:53.8h	84.10%
3 Doug Sandiford	RICH	5:16.6h	78.04%
4 Greg Hughes	VMA	5:20.3h	77.14%
5 Christopher Worsnop	OLX	6:26.50	63.93%

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## 1500 Meter

### M50-54

1 Robert Schwerkolt	OSC	4:20.1h	90.71%
2 Andrew Egginton	BOH	4:42.7h	83.46%
3 Timothy Thomas	MUU	4:50.0h	81.36%
4 Tony Dell	RICH	5:23.2h	73.00%

### M45-49

1 Kynan Dawes	BOH	4:32.5h	82.84%
2 Craig Green	BGO	4:49.4h	78.01%
3 Gregory Hilson	SBE	5:03.2h	74.46%
4 Fabrizio Romeo	VMA	6:14.3h	60.31%

### M40-44

1 Cameron Simon	DIV	4:23.5h	82.13%
2 Campbell McLennan	DAC	4:25.2h	81.60%
3 Brett Anthony	MPA	4:26.0h	81.36%
4 Andrew Thomas	STK	4:28.2h	80.69%
5 Shane Draper	VMA	4:29.2h	80.39%
6 Michael Bishop	MPA	4:37.7h	77.93%
7 Michael Thomas	VMA	4:49.8h	74.68%

### M35-39

1 Benjamin Bailey	CASEY	4:51.6h	71.27%
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Rob Italia with  
Shane Draper

## 5000 Meter

### Women 5000 Meter Run

#### W35-39

1 Melissa Vandewater	ESS	20:36.60	69.24%
2 Liza Henshall	BOH	21:38.73	65.79%

#### W40-44

1 Carolyn Tonelli	KSB	21:03.16	70.03%
2 Sally Morrison	CASEY	21:03.55	70.01%
3 Kathryn Gawthorn	VMA	23:11.29	63.58%
-- Tracie Dekleva	CHIL	DNF	

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### W45-49

1 Julie Norney	BOH	19:00.19	82.88%
2 Susanne Wilson	KNOX	19:15.66	81.77%
3 Anne Buckley	BGO	20:20.21	77.45%
4 Carolyn Huell	WES	20:39.44	76.24%
5 Michelle Quan	RING	24:55.82	63.18%

### W50-54

1 Susan Howell	CHIL	20:27.01	80.77%
2 Debby Kirne	BGO	25:30.12	64.77%

### W55-59

1 Margaret Fitzgerald	OLX	20:56.91	82.88%
2 Julie Hertz	VMA	29:29.55	58.87%

### W60-64

1 Helen Stanley	VMA	22:12.55	82.68%
2 Lorraine Bradbury	VMA	22:59.57	79.86%

### W65-69

1 Rhonda Trengrove	GHY	29:57.21	65.43%
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### W70-74

1 Lavinia Petrie	RING	22:21.17	94.85%
2 Vicki Thompson	VMA	39:31.48	53.64%

## Men 5000 Meter Run

### M30-34

1 Tristan Harradine	DAC	16:41.28	75.60%
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### M35-39

1 Jason Antonelli	OLX	16:58.64	74.31%
2 Brian O'Donoghue	MUU	17:03.98	73.93%
3 Robert Trott	KSB	17:30.68	72.05%
4 Roland Burke	ESS	17:57.70	70.24%

### M40-44

1 Michael Bishop	MPA	16:59.77	76.92%
2 Malcolm Campbell	COL	17:12.11	76.00%
3 Dino Imbriano	STK	17:34.13	74.41%
4 Simon Bull	VMA	18:58.11	68.92%

### M45-49

1 Tony Langelaan	BOH	17:16.24	78.53%
2 Mark Clarence	KNOX	17:50.41	76.03%
3 Craig Green	BGO	17:54.76	75.72%
4 Domenic Michienzi	KSB	17:57.00	75.56%
5 Angelo Portelli	GHY	22:26.12	60.46%

### M50-54

1 James Atkinson	WAV	16:50.34	83.69%
2 Peter Cowell	BGO	17:15.56	81.65%
3 Mark Anderson	OLX	20:56.94	67.27%
4 Simon St. Hill	BOH	21:08.35	66.66%

### M55-59

1 Steven Quirk	VMA	17:39.36	83.05%
2 Greg Hughes	VMA	19:26.25	75.44%
3 Patrick O'Leary	BYC	20:15.07	72.41%
4 Simon Evans	BOH	20:45.16	70.66%
4 Doug Sandiford	RICH	20:45.16	70.66%
6 Robert Meek	OLX	21:04.66	69.57%
7 Christopher Worsnop	OLX	23:21.22	62.79%

**5000 Meter (continued)****M60-64**

1 Terry Pearce	WTN	18:39.92	81.88%
2 Alan Hammond	WES	20:23.07	74.98%

**M65-69**

1 John Graham	VMA	20:04.41	79.64%
2 Peter Bence	OAK	21:05.67	75.79%
3 Robin Broberg	DIV	21:20.04	74.94%

**M70-74**

1 Norman Franzl	COL	24:38.59	68.45%
2 Michael Orelli	CHIL	25:57.39	64.98%

**M80+**

1 Colin Silcock-Delaney	VMA	37:09.47	53.57%
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**Walks****Women 1500 Meter Race Walk****W80+**

1 Pam Mews	VMA	15:13.22	59.31%
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**W75-79**

1 Penny Hall	CASEY	11:12.79	74.33%
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**W70-74**

1 Gwen Steed	GHY	9:33.87	81.27%
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**W65-69**

1 Heather Carr	EAG	7:52.72	92.80%
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**W60-64**

1 Alison Thompson	VMA	8:47.75	78.78%
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**W55-59**

1 Pam Tindal	VMA	7:20.24	90.06%
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**W50-54**

1 Carolyn Rosenbrock	ANW	8:03.69	78.50%
2 Donna-Marie Elms	PRES	8:10.14	77.47%
3 Karen Archer	VMA	12:07.77	52.18%

**W35-39**

1 Sandra Geisler	RING	7:12.39	78.68%
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**Men 1500 Meter Race Walk****M80+**

1 Col Silcock-Delaney	VMA	12:54.66	63.99%
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**M75-79**

1 Barrie Wicks	VMA	11:43.03	65.67%
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**M70-74**

1 Ralph Bennett	GHY	8:15.71	87.38%
2 Russell Dickenson	VMA	9:17.05	77.76%

**M65-69**

1 Geoff Barrow	MEN	9:42.97	70.14%
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**M60-64**

1 Clyde Riddoch	WAV	8:24.38	76.96%
2 Frank Prowse	DAC	9:42.05	66.69%

**M55-59**

1 Paul Moritz	VMA	9:34.20	64.49%
2 Christopher Worsnop	OLX	12:03.12	51.21%

**M50-54**

1 Bernie Keirl	DIV	7:58.26	74.13%
2 Gerard Feain	KSB	8:11.98	72.06%

**M45-49**

1 James Christmass	CORIO	6:16.19	90.39%
2 Stuart Kollmorgen	COL	6:25.99	88.10%
3 David Smyth	COL	7:18.37	77.57%
4 Grant Murfett	VMA	9:44.29	58.20%

**M40-44**

1 Pramesh Prasad	VMA	7:15.19	75.07%
2 Adam Patterson	ANW	7:27.95	72.93%

**Women 3000 Meter Race Walk****W80+**

1 Pam Mews	VMA	30:25.9h	62.87%
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**W75-79**

1 Penny Hall	CASEY	23:05.0h	76.01%
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**W70-74**

1 Gwen Steed	GHY	19:39.4h	82.79%
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**W60-64**

1 Marlene Gourlay	GHY	17:44.6h	81.01%
2 Alison Thompson	VMA	19:06.1h	75.25%

**W55-59**

1 Pam Tindal	VMA	15:24.9h	88.59%
2 Jennifer Payne	SBE	19:29.1h	70.09%

**W50-54**

1 Carolyn Rosenbrock	ANW	16:26.7h	79.37%
2 Donna-Marie Elms	PRES	17:35.9h	74.16%
3 Robyn Shaw	WEST	19:19.4h	67.54%

**W35-39**

1 Megan Szirom	FRANK	14:41.1h	79.63%
2 Sarah Brennan	BYC	15:33.2h	75.18%
3 Sandra Geisler	RING	15:43.9h	74.33%

**Men 3000 Meter Race Walk****M80+**

1 William Lotherington	VMA	21:44.2h	77.62%
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**M75-79**

1 Robert Gardiner	COL	18:45.6h	83.68%
2 Gunther Ilgoutz	VMA	19:29.8h	80.51%
3 Barrie Wicks	VMA	25:16.7h	62.10%

**M70-74**

1 Ralph Bennett	GHY	17:06.8h	86.01%
2 Russell Dickenson	VMA	18:32.4h	79.39%

**M65-69**

1 Geoff Barrow	MEN	20:15.1h	68.60%
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**M60-64**

1 Frank Prowse	DAC	19:59.7h	65.95%
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**M55-59**

1 Simon Evans	BOH	15:22.4h	81.84%
2 Paul Moritz	VMA	19:47.3h	63.58%
3 Christopher Worsnop	OLX	23:41.1h	53.12%

**M50-54**

1 Bernie Keirl	DIV	17:06.3h	70.43%
2 Gerard Feain	KSB	17:31.8h	68.73%

**M45-49**

1 Stuart Kollmorgen	COL	13:17.4h	86.97%
2 James Christmass	CORIO	13:21.3h	86.55%
3 David Smyth	COL	15:23.0h	75.13%

**M40-44**

1 Adam Patterson	ANW	16:00.9h	69.35%
2 Pramesh Prasad	VMA	16:01.5h	69.31%
3 Leigh Browell	SBE	22:34.8h	49.19%

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## Hurdles

### Women 80 Short Hurdles 76.2cm

#### W45-49

1 Gaelyne Kenshole	DIV	13.27	0.8	84.33%
2 Karen Carah	BOH	13.82	0.8	80.97%
3 Jacinta Burns	CHIL	16.34	0.8	68.48%

### Men 110M Short Hurdles 99.1cm

#### M30-34

1 David Ancrum	ESS	15.96	-1.4	80.89%
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#### M35-39

1 Kulan Ranasinghe	GHY	16.83	-1.4	77.48%
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#### M40-44

1 Brad Krawczyk	KNOX	16.21	-1.4	83.59%
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#### M45-49

1 Shawn Hennig	MEN	20.09	-1.4	70.23%
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### Men 100M Short Hurdles 91.4cm

#### M50-54

1 Chris Lang	WEN	19.72	-0.1	68.15%
2 Tony Dell	RICH	23.33	-0.1	57.61%

### Men 100M Short Hurdles 84cm

#### M60-64

1 David McConnell	BOH	18.61	-1.1	77.00%
2 Greg Champion	DIV	22.98	-1.1	62.36%

### Men 80M Short Hurdles 76.2cm

#### M70-74

1 George Schillinger	BOH	18.19	0.8	69.43%
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### Men 80M Short Hurdles 68.6cm

#### M80-84

1 Brian Greaves	VMA	22.72	0.8	63.78%
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### Women 400 Long Hurdles 76.2cm

#### W35-39

1 Jean. Van Den Bulk	MUU	66.11		79.17%
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### Men 400 Long Hurdles 91.4cm

#### M45-49

1 Shawn Hennig	MEN	64.89		78.84%
2 Gregory Hilson	SBE	1:22.80		61.79%

#### M35-39

1 Kulan Ranasinghe	GHY	57.80		83.9%
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### Men 300 Long Hurdles 76.2cm

#### M60-64

1 David McConnell	BOH	47.85		97.76%
2 Andrew Watts	WAV	51.66		90.55%
3 Greg Champion	DIV	55.48		84.32%
-- Clyde Riddoch	WAV	DNF		

#### M65-69

1 Graham Ford	DIV	52.42		89.24%
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### Women 300 Long Hurdles 76.2cm

#### W60-64

1 Margaret Tweedie	VMA	56.09		93.31%
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*Victorian Record*

## Steeplechase

### Women 2000 Meter Steeplechase 76.2cm

#### W35-39

1 Elizabeth Dornom	GHY	10:53.59		82.86%
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#### W40-44

1 Melissa Gillick	VMA	15:05.87		59.79%
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#### W45-49

1 Amanda Harper	BOH	11:14.86		80.25%
2 Carolyn Huell	WEST	11:34.32		78.00%

#### W50-54

1 Ros Dyer	VMA	15:08.14		59.64%
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### Men 2000 Meter Steeplechase 76.2cm

#### M60-64

1 Terry Pearce	WTN	9:05.71		86.79%
2 Gregory Moore	KSB	10:33.14		74.81%
3 Frank Prowse	DAC	13:00.71		60.67%

#### M70-74

1 Elwyn Egan	GLG	12:16.60		65.28%
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#### M75-79

1 Robert Davey	COB	15:25.55		56.85%
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#### M80

1 Colin Silcock-Delaney	VMA	15:21.52		62.01%
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### Men 3000 Meter Steeplechase 91.4cm

#### M40-44

1 Peter Macknamara	GHY	10:22.09		83.17%
2 Malcolm Campbell	COL	11:36.19		74.32%
3 Leigh Browell	SBE	13:29.60		63.91%

#### M45-49

1 Grant Simpson	BEL	10:40.15		84.61%
2 Fabrizio Romeo	VMA	16:04.69		56.15%

#### M50-54

1 Graeme Sayer	VMA	12:00.03		78.60%
2 Rob Italia	VMA	12:24.90		75.97%
3 Digby Race	WOD	12:33.07		75.15%

#### M55-59

1 Christopher Worsnop	OLX	15:49.53		62.16%
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## Long Jump

### Women Long Jump

#### W30-34

1 Emma Norbury	CHIL	4.41m	NWI	58.64%
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#### W40-44

1 Alexandra Baker	COL	4.07m	NWI	60.12%
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#### W45-49

1 Gaelyne Kenshole	DIV	4.53m	NWI	70.89%
2 Sherry Gathercole	CORIO	4.03m	NWI	63.07%
3 Melissa Sammartino	RING	3.96m	NWI	61.97%
4 Anna Corney	COL	3.42m	NWI	53.52%

#### W50-54

1 Linda Buttigieg	WAV	3.65m	NWI	60.83%
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#### W55-59

1 Christine Bridle	WAV	3.69m	NWI	65.78%
2 Leanne Monk	VMA	2.93m	NWI	52.23%

#### W60-64

1 Margaret Tweedie	VMA	3.94m	NWI	75.48%
2 Karen Kirby	CHIL	2.76m	NWI	52.87%

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### Men Long Jump

#### M65-69

1 Geoff Shaw	BGO	4.24m	NWI	71.99%
2 Graham Ford	DIV	3.78m	NWI	64.18%
3 John Neale	PREST	2.74m	NWI	46.52%

#### M70-74

1 Keith Howden	VMA	3.67m	NWI	67.59%
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#### M75-79

1 Graeme Noden	VMA	3.80m	NWI	76.46%
2 Mike Hall	VMA	2.91m	NWI	58.55%
3 Allan Wood	VMA	2.74m	NWI	55.13%

#### M80

1 Brian Greaves	VMA	3.22m	NWI	71.56%
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#### M40-44

1 Brad Krawczyk	KNOX	5.83m	NWI	71.01%
2 Kamal Liyanage	ANW	5.48m	NWI	66.75%
3 Steven Coulson	SAN	4.96m	NWI	60.41%

#### M45-49

1 Gregory Hilson	SBE	5.43m	NWI	70.06%
2 Shawn Hennig	MEN	5.17m	NWI	66.71%
3 Ray Breed	VMA	5.08m	NWI	65.55%
4 Fabrizio Romeo	VMA	3.00m	NWI	38.71%

#### M35-39

1 Aaron Norton	SBE	4.32m	NWI	49.77%
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#### M30-34

1 Colin Newman	WHIT	2.84m	NWI	31.73%
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#### M50-54

1 Luke De Biasi	DIV	6.11m	NWI	83.93%
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*Pending Aust Record*



Luke De Biasi

### Triple Jump

#### Women Triple Jump

##### W30-34

1 Emma Norbury	CHIL	8.33m	NWI	53.74%
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##### W40-44

1 Alexandra Baker	COL	8.94m	NWI	62.17%
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##### W50-54

1 Linda Buttigieg	WAV	8.03m	NWI	63.23%
2 Debbie Voogd	RING	5.69m	NWI	44.80%
3 Heather Lamb	BRUNS	5.24m	NWI	41.26%

##### W55-59

1 Christine Bridle	WAV	8.32m	NWI	70.15%
2 Leanne Monk	VMA	7.22m	NWI	60.88%

#### W45-49

1 Gaelyne Kenshole	DIV	9.72m	NWI	71.79%
2 Sherry Gathercole	CORIO	8.99m	NWI	66.40%
3 Anna Corney	COL	8.43m	NWI	62.26%
4 Melissa Sammartino	RING	8.41m	NWI	62.11%

#### W60-64

1 Margaret Tweedie	VMA	8.03m	NWI	72.87%
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### Men Triple Jump

#### M40-44

1 Brad Krawczyk	KNOX	11.66m	NWI	67.79%
2 Steven Coulson	SAN	11.03m	NWI	64.13%
3 Kamal Liyanage	ANW	10.94m	NWI	63.60%

#### M55-59

1 Paul Olsson	CASEY	9.83m	NWI	68.79%
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#### M60-64

1 Clyde Riddoch	WAV	7.01m	NWI	52.59%
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#### M65-69

1 Geoff Shaw	BGO	9.40m	NWI	76.05%
2 Graham Ford	DIV	8.37m	NWI	67.72%
3 John Neale	PREST	5.82m	NWI	47.09%

#### M75-79

1 Julian Jacotine	VMA	8.56m	NWI	82.15%
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#### M80-85

1 Brian Greaves	VMA	7.18m	NWI	76.30%
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#### M85-89

1 Leo Coffey	VMA	6.80m	NWI	81.73%
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### High Jump

#### Women High Jump

##### W45-49

1 Anna Corney	COL	1.25m	69.44%
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##### W50-54

1 Linda Buttigieg	WAV	1.20m	70.18%
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##### W55-59

1 Christine Bridle	WAV	1.25m	77.64%
2 Leanne Monk	VMA	1.00m	62.11%

### Men High Jump

#### M60-64

1 David McConnell	BOH	1.40m	74.47%
2 Greg Champion	DIV	1.30m	69.15%

#### M65-69

1 Graham Ford	DIV	1.25m	70.62%
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#### M65-69

1 John Neale	PRES	1.05m	59.32%
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#### M75-79

1 Anthony Bradford	BEL	1.05m	68.18%
2 Allan Wood	VMA	1.00m	64.94%

#### M80

1 Brian Greaves	VMA	1.15m	80.99%
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## Javelin

### Women Javelin Throw 600gm

#### W40-44

1 Nicole Johansen	RING	31.93m	50.19%
2 Sophie Todorov	YRA	25.28m	39.74%
3 Melissa Gillick	VMA	14.89m	20.40%

#### W45-49

1 Karen Carah	BOH	28.01m	47.88%
2 Melinda Story	COL	21.52m	36.79%
3 Melissa Sammartino	RING	19.47m	33.28%

### Women Javelin Throw 500gm

#### W50-54

1 Linda Buttigieg	WAV	23.97m	43.17%
2 Michele Knight	CASEY	22.04m	39.69%
3 Debbie Voogd	RING	14.33m	25.81%
4 Karen Archer	VMA	12.45m	22.42%

#### W55-59

1 Pam Tindal	VMA	22.37m	44.38%
2 Christine Bridle	WAV	21.87m	43.38%
3 Narelle Messerle	RING	16.11m	31.96%

### Women Javelin Throw 400gm

#### W60-64

1 Karen Kirby	CHIL	18.53m	40.91%
2 Helen Stanley	VMA	10.23m	22.59%

#### W65-69

1 Lorraine Mussett	VMA	10.01m	24.92%
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### Men Javelin Throw 400gm

#### M80-84

1 Brian Greaves	VMA	15.33m	32.62%
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#### M85

1 Wyvern Burke	VMA	13.35m	33.04%
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### Men Javelin Throw 500gm

#### M70-74

1 Ray Mooney	VMA	34.26m	58.44%
2 Didimo Tonelli	KSB	30.91m	52.73%
3 Errol Amerasekera	WAV	25.94m	44.25%
4 David Wookey	GHY	25.30m	43.16%
5 Samuel Ginsberg	COB	18.70m	31.90%

#### M75-79

1 Allan Wood	VMA	20.83m	40.04%
2 Graeme Noden	VMA	18.38m	35.33%
3 Anthony Bradford	BEL	18.37m	35.31%

### Men Javelin Throw 600gm

#### M60-64

1 Phillip Curtain	COB	33.77m	48.49%
2 David Lee	DAC	27.20m	39.05%

#### M65-69

1 Andrew Farr	MEN	39.23m	62.22%
2 Robert Holzer	GLG	33.35m	52.89%
3 Peter Young	DAC	27.39m	43.44%
4 John Neale	PRES	22.59m	35.83%
5 Graham Ford	DIV	21.28m	33.75%

### Men Javelin Throw 700gm

#### M50-54

1 Alan Hawkins	CHIL	38.68m	48.22%
2 Luke De Biasi	DIV	36.97m	46.09%
3 Andrew Egginton	BOH	28.64m	35.71%
4 Scott Lovell	COL	26.66m	33.24%

#### M55-59

1 Stan Peska	WES	34.46m	46.82%
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### Men Javelin Throw 800gm

#### M30-34

1 Colin Newman	WHIT	25.29m	25.68%
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#### M35-39

1 Angus Sutherland	VMA	45.20m	46.48%
2 Aaron Norton	SBE	27.64m	28.42%

#### M40-44

1 Justin Hawkins	COL	28.78m	31.74%
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#### M45-49

1 Shawn Hennig	MEN	39.70m	47.23%
2 Andrew Nolan	VMA	37.68m	44.83%
3 Patrick Carroll	RING	35.55m	42.29%
4 Nick Carah	BOH	35.15m	41.82%
5 Fabrizio Romeo	VMA	26.61m	31.66%

## Hammer

### Women Hammer Throw 4kg

#### W40-44

1 Nicole Johansen	RING	28.79m	43.98%
2 Sophie Todorov	YRA	23.36m	35.69%
3 Kathi Hewitson	YRA	22.42m	34.25%

#### W45-49

1 Melinda Story	COL	23.56m	38.91%
2 Melissa Sammartino	RING	16.77m	27.70%

### Women Hammer Throw 3kg

#### W50-54

1 Linda Buttigieg	WAV	40.70m	67.86%
2 Debbie Voogd	RING	18.78m	31.31%
3 Robyn Shaw	WES	17.64m	29.41%

#### W55-59

1 Christine Bridle	WAV	23.58m	42.83%
2 Narelle Messerle	RING	17.40m	31.60%

#### W65-69

1 Lorraine Mussett	VMA	17.84m	39.48%
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### Men Hammer Throw 4kg

#### M70-74

1 Didimo Tonelli	KSB	24.82m	41.56%
2 David Wookey	GHY	22.25m	37.26%
3 Errol Amerasekera	WAV	18.72m	31.35%
4 Samuel Ginsberg	COB	17.60m	29.47%

### Men Hammer Throw 5kg

#### M60-64

1 Phillip Curtain	COB	24.28m	36.62%
2 David Lee	DAC	23.67m	35.70%

#### M65-69

1 Robert Holzer	GLG	39.34m	66.48%
2 Peter Young	DAC	28.48m	48.12%
3 John Neale	PREST	26.03m	43.98%

### Men Hammer Throw 6kg

#### M55-59

1 Paul Olsson	CASEY	37.01m	56.08%
2 Stan Peska	WES	25.24m	38.25%



**Men Hammer Throw 7.26kg****M30-34**

1 Brett Nuske	BOH	41.76m	48.14%
2 Colin Newman	WHIT	27.96m	32.23%

**M40-44**

1 Justin Hawkins	COL	31.65m	41.06%
2 Matthew Hall	IVAN	29.00m	37.62%
3 Leigh Browell	SBE	15.94m	20.68%

**M45-49**

1 Patrick Carroll	RING	29.85m	42.66%
2 David de Vries	KSB	29.81m	42.60%
3 Fabrizio Romeo	VMA	18.48m	26.41%

**High Jump****Women High Jump****W45-49**

1 Karen Carah	BOH	1.40m	77.78%
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**Men High Jump****M35-39**

1 Aaron Norton	SBE	1.45m	60.67%
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**M40-44**

-- Paul Schofield M DIV NH

**M45-49**

1 Shawn Hennig	MEN	1.60m	72.07%
2 Grant Simpson	BEL	1.40m	63.06%
2 Gregory Hilson	SBE	1.40m	63.06%

**Pole Vault****Women Pole Vault****W30-34**

1 Katherine Iannello	MUU	3.35m	65.05%
2 Simone Carre	BOH	3.20m	62.14%

**W35-39**

1 Catherine Macrae	MUU	3.35m	70.38%
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**W45-49**

1 Jacinta Burns	CHIL	2.75m	64.86%
2 Dale Masini	WES	2.30m	54.25%
3 Louise Davey	COB	2.00m	47.17%
4 Joanne Jones	COL	1.85m	43.63%
4 Amanda Harper	BOH	1.85m	43.63%

**W50-54**

1 Linda Buttigieg	WAV	2.90m	73.05%
2 Vicki Charles	GHY	1.85m	46.60%
3 Heather Lamb	BRUNS	1.70m	42.82%

**W55-59**

1 Leanne Monk	VMA	1.70m	45.82%
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**W55-59**

1 Dawn Hartigan	MUU	3.05m	82.21%
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**Men Pole Vault****M40-44**

1 Alexander Newman	GHY	3.05m	53.51%
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**M45-49**

1 Stuart Mackie	BOH	3.05m	57.01%
2 Warren Hill	MUU	2.75m	51.40%
3 Shawn Hennig	MEN	2.60m	48.60%

**M50-54**

1 Christopher Boylen	COL	3.50m	70.00%
2 Tony Dell	RICH	2.15m	43.00%
3 Scott Lovell	COL	2.00m	40.00%

**M55-59**

1 Mark Burgman	MUU	2.30m	49.36%
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**M60-64**

1 David McConnell	BOH	2.30m	53.36%
2 Clyde Riddoch	WAV	1.55m	35.96%

**W65-69**

1 John Neale	PRES	3.01m	75.82%
2 Geoff Shaw	BGO	1.55m	39.04%

**M70-74**

1 George Schillinger	BOH	2.60m	71.82%
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**M75-79**

1 Mike Hall	VMA	1.70m	51.83%
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**Discus****Women Discus Throw 1kg****W35-39**

1 Tania Neale	VMA	21.86m	29.51%
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**W40-44**

1 Kirralee Radford	COL	20.20m	29.33%
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**W45-49**

1 Melissa Sammartino	RING	20.42m	32.06%
2 Melinda Story	COL	19.86m	31.18%

**W50-54**

1 Linda Buttigieg	WAV	24.45m	41.79%
2 Heather Lamb	BRUNS	18.81m	32.15%
3 Michelle Knight	CASEY	17.46m	29.85%
4 Erika Bedyne	YRA	16.47m	28.15%
5 Debbie Voogd	RING	16.41m	28.05%
6 Karen Archer	VMA	14.96m	25.57%

**W55-59**

1 Narelle Messerle	RING	19.45m	36.48%
2 Christine Bridle	WAV	17.47m	32.77%

**W65-69**

1 Lorraine Mussett	VMA	11.78m	27.50%
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**W60-64**

1 Karen Kirby	CHIL	14.99m	31.15%
2 Helen Stanley	VMA	13.86m	28.80%

**Men Discus Throw 1kg****M60-64**

1 Andrew Watts	WAV	37.16m	53.31%
2 Phillip Curtain	COB	32.17m	46.15%
3 Clyde Riddoch	WAV	29.91m	42.91%
4 David Lee	DAC	29.00m	41.61%

**M65-69**

1 Peter Young	DAC	30.61m	48.08%
2 Graham Ford	DIV	28.77m	45.19%
3 John Neale	PRES	28.08m	44.11%

**M70-74**

1 Ray Mooney	VMA	25.52m	44.03%
2 Errol Amerasekera	WAV	25.08m	43.27%
3 Neville Gardner	BOH	23.28m	40.17%

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## M70 Discus Throw (continued)

4 Didimo Tonelli	KSB	22.77m	39.29%
5 David Wookey	GHY	17.88m	30.85%

## M75-79

1 Anthony Bradford	BEL	20.36m	39.39%
2 John Jupp	VMA	19.77m	38.25%

## M80-84

1 George Simons	VMA	18.11m	40.19%
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## M85-89

1 Wyvern Burke	VMA	13.40m	35.29%
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## Men Discus Throw 1.5kg

## M55-59

1 Stan Peska	WES	31.90m	47.81%
2 Duncan Large	DAC	21.76m	32.61%

## Men Discus Throw 2kg

## M35-39

1 Paul Mierisch	DAC	26.88m	36.80%
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## M45-49

1 Patrick Carroll	RING	34.01m	55.32%
2 Justin Hanrahan	MEN	33.47m	54.44%
3 David de Vries	KSB	26.43m	42.99%
4 Shawn Hennig	MEN	24.81m	40.35%
5 Fabrizio Romeo	VMA	18.36m	29.86%

## M40-44

1 Marco Tonelli	KSB	38.02m	56.53%
2 Matthew Hall	IVAN	35.79m	53.21%
3 Alexander Newman	GHY	31.48m	46.80%
4 Justin Hawkins	COL	30.22m	44.93%

## Shot Put

## Women Shot Put 3kg

## W50-54

1 Michelle Knight	CASEY	7.61m	42.40%
2 Heather Lamb	BRUNS	7.32m	40.78%
3 Karen Archer	VMA	6.29m	35.04%
4 Erika Bedyne	YRA	6.24m	34.76%

## W55-59

1 Christine Bridle	WAV	8.42m	51.00%
2 Narelle Messerle	RING	6.91m	41.85%
3 Leanne Monk	VMA	5.61m	33.98%

## W60-64

1 Dorn Jenkins	MEN	8.59m	57.00%
2 Karen Kirby	CHIL	6.94m	46.05%

## W65-69

1 Lorraine Mussett	VMA	5.43m	39.84%
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## Women Shot Put 4kg

## W35-39

1 Tania Neale	VMA	7.91m	36.23%
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## W40-44

1 Nicole Johansen	RING	8.42m	41.29%
2 Kirralee Radford	COL	6.27m	30.75%

## W45-49

1 Karen Carah	BOH	9.10m	48.02%
2 Gaelyne Kenshole	DIV	8.24m	43.48%
3 Melissa Sammartino	RING	7.93m	41.85%
4 Melinda Story	COL	7.06m	37.26%

## Men Shot Put 3kg

## M80-84

1 George Simons	VMA	7.17m	46.68%
2 Wyvern Burke	VMA	5.51m	40.19%

## Men Shot Put 4kg

## M70-74

1 Ray Mooney	VMA	10.62m	58.84%
2 Didimo Tonelli	KSB	9.23m	51.14%
3 David Wookey	GHY	7.95m	44.04%
4 Errol Amerasekera	WAV	7.68m	42.55%

## M75-79

1 John Jupp	VMA	8.12m	49.15%
2 Anthony Bradford	BEL	6.74m	40.80%

## Men Shot Put 5kg

## M65-69

1 Peter Young	DAC	10.63m	62.57%
2 John Neale	PRES	7.40m	43.56%

## M60-64

1 Phillip Curtain	COB	9.99m	53.94%
2 David Lee	DAC	8.88m	47.95%
3 Clyde Riddoch	WAV	7.70m	41.58%

## Men Shot Put 6kg

## M55-59

1 Stan Peska	WES	11.73m	64.45%
2 Duncan Large	DAC	7.57m	41.59%

## M50-54

1 Scott Lovell	COL	7.74m	39.23%
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## Men Shot Put 7.26kg

## M30-34

1 Colin Newman	WHIT	8.82m	38.15%
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## M40-44

1 Marco Tonelli	KSB	12.67m	61.03%
2 Matthew Hall	IVAN	11.16m	53.76%
3 Alexander Newman	GHY	10.01m	48.22%
4 Justin Hawkins	COL	9.59m	46.19%

## M45-49

1 Russell Short	GHY	13.96m	72.59%
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## Victorian Record

2 Patrick Carroll	RING	11.66m	60.63%
3 Justin Hanrahan	MEN	10.94m	56.89%
4 David de Vries	KSB	9.12m	47.43%
5 Shawn Hennig	MEN	8.50m	44.20%
6 Fabrizio Romeo	VMA	8.29m	43.11%

## Weight Throw

## Women Weight Throw 5.45kg

## W60-64

1 Dorn Jenkins	MEN	17.58m	90.20%
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## W65-69

1 Lorraine Mussett	VMA	4.77m	26.80%
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## Women Weight Throw 7.26kg

## W50-54

1 Linda Buttigieg	WAV	12.16m	60.92%
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## W55-59

1 Christine Bridle	WAV	9.81m	53.69%
2 Narelle Messerle	RING	7.89m	43.19%

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**Women Weight Throw 9.08kg****W40-44**

1 Nicole Johansen	W	RING	9.67m
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2 Melissa Gillick	VMA	6.48m	32.55%
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**W45-49**

1 Melinda Story	COL	7.76m	42.59%
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**Men Weight Throw 7.26kg****M70-74**

1 David Wookey	GHY	10.83m	47.77%
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2 Didimo Tonelli	KSB	9.62m	42.43%
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**M75-79**

1 John Jupp	VMA	7.26m	34.49%
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**Men Weight Throw 9.08kg****M60-64**

1 Clyde Riddoch	WAV	10.58m	42.64%
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2 David Lee	DAC	10.09m	40.67%
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3 Phillip Curtain	COB	9.24m	37.24%
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**M65-69**

1 Robert Holzer	GLG	13.06m	56.32%
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2 Peter Young	DAC	9.80m	42.26%
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3 John Neale	PRES	9.74m	42.00%
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**Men Weight Throw 11.34kg****M55-59**

1 Paul Olsson	CASEY	14.06m	61.02%
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2 Stan Peska	WES	10.13m	43.97%
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**Men Weight Throw 15.88kg****M30-34**

1 Brett Nuske	BOH	12.32m	47.64%
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**M40-44**

1 Matthew Hall	IVAN	10.43m	43.95%
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2 Justin Hawkins	COL	8.94m	37.67%
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**M45-49**

1 David de Vries	KSB	10.35m	46.81%
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2 Patrick Carroll	RING	10.31m	46.63%
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3 Fabrizio Romeo	VMA	6.92m	31.30%
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# FOOTPRINTS TECHNOLOGIES



Always leading the way in technology and marketing, Footprints Inc. is in negotiations with the IAAF to introduce the *Trumpometer Wind Gauge* to World Athletics.

This would involve having "The Donald" sit by the track appropriately wired with our technology to get a wind readout on The Donald's hair.

Usain Bolt and Trump in the same stadium ? Capacity crowd. Sorry, but I only have eyes for The Donald. Sigh !





## NEW RECORDS REPORT

### Pending World Record:

W55	Long Jump	Marie Kay	Qld	5.01m(=)	91.3%	20-2-16
				SOPAC Sydney		

### Australian Records:

W45	400m	Adrienne Mclvor	Qld	56.89s	97.3%	9-1-16	St Lucia
M55	400m	Trevor Young	NSW	55.06s	94.2%	9-1-16	Bankstown
W45	56lb Weight	Althea Mackie	Qld	5.16m	-	10-1-16	Gold Coast
W35	100m	Wendy Seegers	WA	12.01s	90.4%	15-1-16	Perth
M40	Decathlon	Paul Jeffery	WA	7007pts	-	15-1-16	Perth
M45	Decathlon	Mark Jeffery	WA	7299pts	-	15-1-16	Perth
M80	5000m	Colin McLeod	Qld	22:58.42	89.5%	16-1-16	SAF Nathan
W65	2000m Walk	Heather Carr	Vic	10:56.8	-	16-1-16	Albert Park
W60	Pentathlon	Carol Davis	Qld	3417pts	-	17-1-16	Gold Coast
W65	Pentathlon	Wilma Perkins	Qld	3720pts	-	17-1-16	Gold Coast
W70	Pentathlon	Marge Allison	Qld	3437pts	-	17-1-16	Gold Coast
M60	4x1500m Relay	John Shaw	Qld	19:28.03	-	23-1-16	SAF Nathan
		Ron Peters	Qld				
		Ian Cameron	Qld				
		Peter Reeves	Qld				
W65	60m	Carol Davis	Qld	9.12s	101.4%	24-1-16	Gold Coast
W65	100m	Carol Davis	Qld	14.61s	97.1%	24-1-16	Gold Coast
W65	Pole Vault	Wilma Perkins	Qld	2.13m	84.2%	30-1-16	SAF Nathan
W35	56lb Weight	Byrony Glass	WA	5.71m	-	31-1-16	Perth
W45	H/Weight Pent	Althea Mackie	Qld	4015pts	-	31-1-16	Perth
M40	H/Weight Pent	Matt Staunton	WA	3749pts	-	31-1-16	Perth
W45	400m	Adrienne Mclvor	Qld	56.60s	97.8%	6-2-16	QSAC
W45	800m	Adrienne Mclvor	Qld	2:11.19	92.8%	13-2-16	SAF Nathan
W65	Pole Vault	Wilma Perkins	Qld	2.19m	86.6%	13-2-16	SAF Nathan
W30	100m Hurdles	Eliana Seymour	Qld	13.94s	87.6%	20-2-16	AIS ACT
M80	10k	Colin McLeod	Qld	47:13.84	90.8%	26-2-16	QSAC
W75	Pole Vault	Val Chesterton	ACT	1.22m	64.2%	3-3-16	AIS ACT
M50	Long Jump	Luke Di Biasi	Vic	6.11m(=)	85.7%	19-3-16	Doncaster
W60	Heavy Weight	Dorn Jenkins	Vic	17.58m	94.9%	20-3-16	Doncaster

### Australian Indoor Records:

M40	Mile	Colin Dalton	NSW	5:34.88	75.4%	13-2-16	Houston USA
M45	60m	Ashley McMahon	NSW	7.21s	93.1%	21-2-16	London
M45	200m	Ashley McMahon	NSW	23.53s	88.5%	21-2-16	London
W55	800m	Deborah Drennan	NSW	2:42.69	85.7%	19-3-16	Portland USA

### Victorian Records:

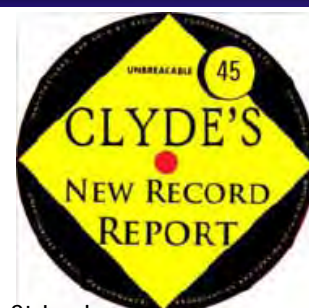
M75	Pole Vault	Rob Barclay		2.55m	84.1%	10-1-15	East Burwood
W70	Throws Pent	Rhondda Dundas		4007pts	-	6-12-15	Murrumbeena
W60	Pentathlon	Margaret Tweedie		2983pts	-	6-3-16	Murrumbeena
W65	Pentathlon	Bev Learmont		2102pts	-	6-3-16	Murrumbeena
W65	400m	Kathryn Heagney		73.96s	90.1%	19-3-16	Doncaster
W60	300m Hurdles	Margaret Tweedie		56.09s	85.3%	20-3-16	Doncaster
W60	60m	Margaret Tweedie		9.75s	90.6%	20-3-16	Doncaster
W65	60m	Janine James		10.55s	90.0%	20-3-16	Doncaster
M45	Shot Put	Russell Short		13.96m	68.6%	20-3-16	Doncaster

Clyde Riddoch

VMA Records Officer

14 Joan Street, Sunshine West Vic 3020

Telephone 03 9363 2515 (H), Mobile 0439 902 907, Email: clyderiddoch@msn.com



VICTORIAN MASTERS ATHLETICS INC.

## ANNUAL GENERAL MEETING

SUNDAY 24 APRIL 2016



Notice is hereby given that the 44th Annual General Meeting of Victorian Masters Athletics Inc. will be held at Duncan Mackinnon Reseve, Cnr. North Road and Murrumbeena Road, Murrumbeena, on Sunday 24 April 2016 commencing at 1:00 pm.

### AGENDA

- 1 Confirm minutes of last preceding AGM and of any general meeting held since that meeting.
- 2 Presentation and receipt of the Annual Report and audited financial statement.
- 3 Receive and consider the statement by the Association in accordance with S30(3) of the act.
- 4 Ballot for the election of officers of the Association and the ordinary members of the Committee.
- 5 Declaration of the result of the election ballot of (named) Executive positions of the Committee.
- 6 Declaration of the result of the election ballot of members of the General Committee
- 7 Declaration of the result of the election of other Executive positions of the Committee.
- 8 Election of auditor(s).
- 9 Election of Life Members.
- 10 Presentations of special awards, trophies etc.
- 11 Other general business of which notice has been duly given.

# NOMINATION OF CANDIDATES

**VICTORIAN MASTERS ATHLETICS INC.**



Clause 21 of the Constitution states that nominations of candidates for election as officers of the Association or as ordinary members of the Committee shall be made in writing, signed by two members of the Association and accompanied by the written consent of the candidate and shall be delivered to the Secretary of the Association not less than 7 days before the date fixed for the holding of the annual general meeting.

To nominate a candidate please complete the details below and forward to the Secretary by post to:  
Phil Urquhart 21 Holywood Grove Carnegie 3163  
or by email to [runphil@bigpond.com](mailto:runphil@bigpond.com) before 17 April 2016.

Candidate Name.....

Office (please indicate)

- President
- Vice President
- Treasurer
- Secretary
- Assistant Secretary
- Club Captain
- Club Vice Captain
- Ordinary member of Committee
- Any of the above

Proposer: Name.....

Signature.....Date.....

Seconder: Name.....

Signature.....Date.....

Consent of Candidate : I consent to the above nomination

Name.....

Signature.....Date.....



# 2016 VMA MEMBERSHIP FORM



NAME

ADDRESS

SUBURB  POSTCODE

EMERG CONTACT   DOB

TELEPHONE  MOBILE

EMAIL

VMA VENUE ATTENDING  WOULD YOU LIKE TO RECEIVE THE VMA NEWSLETTER BY EMAIL?

OCCUPATION OR AREA OF EXPERTISE

APPLICANT'S SIGNATURE  DATE

Please tick the category you are applying in. (see following explanation of categories)

	Sub to 31/12/15	from 1/1/16
<b>Renewals -</b>		
<input type="checkbox"/> Member's subscription	\$35	\$45
<input type="checkbox"/> Two members residing at the same address	\$55	\$75
<input type="checkbox"/> Life Members		free
<input type="checkbox"/> Renewing 80+ (if immed. 5 consecutive years prev.)		free
<input type="checkbox"/> Venue Volunteer (non competing)		free
<b>Lapsed Members -</b>		
<input type="checkbox"/> Individual fees	\$45	\$45.
<input type="checkbox"/> Two members residing at the same address	\$75	\$75
<b>Associate Members</b>		
<input type="checkbox"/> Subscription	\$20	\$20
<b>New Members</b>		
<input type="checkbox"/> Individuals	\$45	\$45
<input type="checkbox"/> Two members residing at the same address	\$75	\$75
<input type="checkbox"/> AV Members	\$35	\$35

**PAYMENT** - Please make cheques or money orders payable to VMA and send to the Subscription registrar- Ewen Wilson, 9-11 Cyril Street, 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 2016. 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

## 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 424 185  
Note: The regulation uniform must be worn for all championship events.

## 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	Greg Champion Ange Champion	champs@gregchampion.com.au ange.champion@yahoo.com	9439 7460
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
<b>Secretary</b>	Phil Urquhart	9572-0805 0419357823	secretary@VicMastersAths.org.au
<b>Asst Secretary</b>	Chris Murphy	9547 6324	assistant-secretary@VicMastersAths.org.au
<b>Treasurer</b>	Andrew Edwards	95554226	treasurer@VicMastersAths.org.au
<b>Club Captain</b>	Lavinia Petrie	9728 3929	captain@VicMastersAths.org.au
<b>Committee</b>	Graeme Rose	9836 2350	graeme.rose@VicMastersAths.org.au
	Andrew Edwards	95554226	Leedsfan2@optusnet.com
	Shane Draper		shane.draper@VicMastersAths.org.au
	Mike Rennie	0422 148 736	admin@VicMastersAths.org.au
	Russ Dickenson	9870 8103 0418333569	editor@VicMastersAths.org.au dicko@inet.net.au
	Ewen Wilson	9529 5260 0423 424185	registrar@VicMastersAths.org.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>IT Admin Digital Services Mgr</b>	Mike Rennie	0422 148 736	admin@VicMastersAths.org.au
<b>Uniforms</b>	Ewen Wilson	9529 5260 0423 424185	uniforms@VicMastersAths.org.au
<b>Subscriptions</b>	Ewen Wilson	9529 5260 0423 424185	registrar@VicMastersAths.org.au
<b>Records Officer</b>	Clyde Riddoch	9363 2515	14 Joan Street, Sunshine West 3020 clyderiddoch@msn.com
<b>Footprints Editor</b>	Russ Dickenson	9870 8103 0418333569	dicko@inet.net.au
<b>Around The Grounds</b>	Russ Dickenson	9870 8103 0418333569	dicko@inet.net.au
<b>Throwers' Group</b>	Graeme Rose	9836 2350	graeme.rose@VicMastersAths.org.au