



# FOOTPRINTS

AUGUST 2016

## BOWLING THE WORLD RECORDS OVER ANDREW JAMIESON MOVES INTO THE M70's WITH A BANG



**SADLY, WE LOSE TWO LIFE MEMBERS - RAY CALLAGHAN & SHIRLEY YOUNG**

**BROWNE SHIELD RESULTS AFTER THREE EVENTS**

## Editorial

Nice to see our membership rising to over 900. This is the highest it's been for some years and although it has been bolstered by some who are joining to compete in the World Championships, it does reflect the work that we have been doing in promoting the club. Let's hope that those who go to Perth for their first experience of Masters Athletics become regular competitors at our State and National Championships and maybe do a few more World Championships. There is an outdoor World Masters Athletics Championships every second year and an indoor one on the years in between. The reason Perth followed Lyon the next year was to get the outdoors back on even years. What a great way to see the world.

I must apologise to all the Throwers, I missed putting the results of the VMA Throws Pentathlon from April in the June edition of Footprints but I have included them this time.

We are very proud of our teams competing in the Athletics Victoria Cross Country competition, the XCR. Shane Draper has given a progress account on Page 4. You can compete in this team or in our teams in the Summer AV Shield track competition. It is great fun and VMA even subsidises your membership of Athletics Victoria if you represent us.

You will see we are advertising for a Club Captain. Lavinia has done this job for us and will continue to do the Browne Shield for the remaining events and Shane and David Sheehan have done the AV Summer and Winter seasons. We will need someone to take it on next year. The role may need to be redesigned to suit the applicant but it would suit someone who is already doing Browne Shield and/or AV events.

Sadly, we have lost two giants of Masters Athletics recently. Shirley Young and Ran Callaghan. We have tributes to both of them in this issue.

Our friends at Bendigo are having success with their series of events in the lead up to the Perth Worlds. There are two more to go - August 28 and September 25. Details are on the Athletics Bendigo website.

Doncaster is holding the popular "60 Minutes" event on September 26. A different way of racing against the clock. Why not grab a few mates from your Venue and get along?

Well, I'm out the door, training for Perth. The gap between Andrew Jamieson and me is downright embarrassing.

*huffing and puffing,*

*Russ Dickenson*

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## NAG FILE

Athletes Moving into  
a New Age Group

MAX BROOK	into M80
GEORGE MARNEY	into M80
BILL FOURKIOTIS	into M75
ALAN IRWIN	into M75
TOM LEONG	into M75
PAMELA PHILLIPS	into W75
RON CRACKNELL	into M70
ROBERT HENDERSON	into M70
GLENNIS McPHERSON	into W70
JOE DILWORTH	into M65
DENNIS JEFFRIES	into M65
GRAHAM KILFOYLE	into M65
ANNETTE CURTIS	into W60
ANNE MCPHERSON	into W60
LEANNE MONK	into W60
TERRY BURGESS	into M55
MARK CANT	into M55
JO MOLNAR	into W55
FRANCES HALTON	into W55
CARMEL QUIRK	into W55
TRACEY CARPENTER	into W50
PIA HUNTER	into W50
MARK SIMMONS	into M55
GERALDINE LOW	into W50
RAJWINDER SINGH	into M50
SANDRA WYNNE	into W45
MARKUS GURTNER	into M45
ANTHONY RICKARD	into M45
SHANE THIELE	into M40

## Masterpieces

### Do you realise ?

That with today's cost of postage it is costing us over \$3.00 to print and send out a paper copy of Footprints.

Six copies per year and that's nearly \$20.00 of your \$35.00 membership subscription gone !!

You would have to say that this is unsustainable, but we accept that a lot of our older members do not use computers and that this is a service we will provide for as long as we can.

**But**, more than half those receiving a paper copy of Footprints **do** have an email address and presumably use computers. We are now asking those people to please make the change to the online pdf version. It's a lot more attractive, it's in color, we email you when it's available for download, it's easy to store and you get it quicker. If you'd like to switch, email me at [dicko@iinet.net.au](mailto:dicko@iinet.net.au) or ring me on 0418 333 569 if you would like to discuss it - Russ



**Perth entries**  
**close 25th August**

## 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

August 21	VMA 10 Mile Championship - <i>Held in conj. with VCCL - Brimbank Park - Online entry only</i>
August 28	AMA 20k Walk Championships - <i>Adelaide - 8 am - Adelaide Harriers Clubrooms</i>
August 28	Winter into Spring - Bendigo Meet - <i>LUBAC Retreat Rd - <a href="http://www.athleticsbendigo.org.au">www.athleticsbendigo.org.au</a></i>
September 4	VMA/AV Half Marathon - <i>Kevin Bartlett Reserve - Online entry thru AV website</i>
September 25	Winter into Spring - Bendigo Meet - <i>LUBAC Retreat Rd. Bendigo.</i>
September 26	"The Sixty Minutes" - <i>Doncaster Venue - 7.30pm - Entry details this issue</i>
October 1-3	AMA Winter Throws Championships - <i>Wollongong - see AMA Website</i>
October 8	AV Shield starts - <i><a href="http://www.athsvic.org.au/">www.athsvic.org.au/</a> - see item P.4</i>
October 13	Doug Orr Final
October 16	Melbourne Marathon - <i>Also VMA Marathon -</i> <i>To enter for VMA team : Team Name : "Victorian Masters Athletics" Password : "masters"</i>
Oct 26-Nov 6	World Masters Athletics T&F Championships - <i>Perth, Australia - <a href="http://www.perth2016.com">www.perth2016.com</a></i>

### 2017

Jan 15	AMA Half Marathon Championships - <i>Hobart</i>
March 18-25	World Masters Athletics Indoor Championships - <i>Daegu South Korea</i>
April 21-30	World Masters Games - <i>Auckland New Zealand</i>
June 9-12	AMA Track and Field Championships - <i>Arafura Stadium Marrara Darwin NT</i>

### 2018

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

## VMA IN



### XCR 16 Update

With seven of ten rounds complete VMA teams are performing very well in the 2016 Athletics Victoria XCR (winter) season. With up to 20 VMA members competing in most rounds numbers have not been better in recent history. Notably the Men's Division 3 team sits 4th of 14 teams and the Men's Division 7 team is on top of the table. Most rounds we have had two women's teams competing including three new recruits showing really good commitment from the ladies.

Each and every round our athletes compete in open competition and usually against people many years younger. This helps test our inner resolve, competitive nature and training. At Albert Park Lake, for example, our Men's Division 3 team had three 50 plus runners, a 44 year old and a 43 year old with all five coming in under 38.30 minutes for 10,000m on the road.

In the individual Athletics Victoria winter 'Champion Athlete' category the following updates (as at round 7) are provided -

Men 50-54 - Peter Cowell 3rd

Women 50-54 - Carmel Quirk 9th

Men 55-59 - Steven Quirk 1st

Women 55 plus - Helen Stanley 3rd, Jeanne Bryan 12th

Men 40-44 - Shane Draper 8th

Men 60 plus - Kevin Bell 2nd, Peter Black 10th, Sam Defanis 14th

Anyone interested in joining for the remainder of the XCR 2016 series or for the summer track and field season commencing in October should contact Dave Sheehan (team manager) forthwith.

David's contacts are : [midget32@hotmail.com.au](mailto:midget32@hotmail.com.au) or 0448 213 200

# Masterpieces

## KNOX KNEWS -

Glenn Claiden wins hotly contested annual 1000 metre Phil Twining handicap with a time of 4.09min finishing 2 seconds ahead of Mick Carr and 6 seconds ahead of Liz Eastwood.

First three across the line Michelle Quan, Peter LeGet and Ryan Clark were all more than 10 sec faster than their best heat times and were ineligible. Handicapper Tracy managed to have all runners finish within 19 seconds of each other.



Venue Manager Tracey Carpenter, last year's winner Toscha Stopar presents the trophy to Glenn Claiden



Peter LeGet, Ryan Clark, Michelle Quan, Toscha Stopar, Glenn Claiden, Mick Carr.

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

Sunday 24 July 2016 at Braeside Park in conjunction with VCCL



The VMA 10 km road championship (Eric Greaves memorial) was held at the picturesque Braeside Park on Sunday 24 July in conjunction with the Victorian Cross Country League and for the fourth year we were also joined by the Victorian Business Runners. It is terrific to have the 3 clubs join forces and run together especially when you see a large field assemble at the start and the charge when the gun goes off. This was the 18th running of the combined event. Sunday morning dawned cold but clear and thankfully the only sight of the rain of the last few days was a few puddles on the track. However this wasn't a problem but the stiff headwind on the return from the far end of the course made the runners work hard.

Entries were down slightly on last year with 52 entrants which was a bit disappointing but with the VCCL and VBR runners it was quite a crowded start. We welcomed Eric's mother Linda to present the medals accompanied by his sister Marilyn and her husband Barry. Sadly Eric's father Ted passed away in March just short of his 95th birthday. Until last year he has been a regular attendee at the event. We received an apology from Wendy as she is touring overseas. The first male home Mike Rennie (M30) in a good time of 36.57. He was followed by Glen Sullivan (M45 - 38.57) and Les Williams (M60) 40.03. Howard Rees and Lou Buccieri maintained their record of competing in all Eric Greaves memorials. Who will be the last man standing? Of the ladies Heather Gaunt (F45) was first in 44.40 followed by the seemingly ageless Lavinia Petrie (F70) in 46.39 and Nicola Hamilton-Morris (F30) in 46.59.

The battle for the best age graded performance was a no contest with Lavinia Petrie winning for the 5th year in a row (and 7 times overall) with 101.12% just marginally below last year's performance of 101.51%. Other good efforts from the females came from Marlene Gourlay 84.61% and Helen Stanley 81.50%.

There were some good performances amongst the men with very little separating the first 3 placegetters in the M60 with Les Williams 83.35%, Greg Wilson 83.30% and Yassine Belaabed 83.00% closely followed by Paul Twining 82.81% and Peter Gaunt managed to better 80% with 80.19%.

Of course events like this don't just happen and thanks go to the helpers from the Springvale/Noble Park venue who arrive early to set up, distribute run numbers, time keep and record at the finish etc. As always they did a splendid job and the event went off smoothly as always. I won't name them all here but they have been personally thanked at the venue. I must also thank the Parks Victoria staff at Braeside for their continued support of our events.

Alan Bennie

### Women

	Name	Venue	Age	Time	AG%
<b>F30</b>					
1	HAMILTON-MORRIS Nicola	no venue	33	46.59	64.84
<b>F40</b>					
1	VAN REENEN Nicola	Knox	44	55.43	57.90
2	KERR Maegan	Coburg	44	57.53	55.74
<b>F45</b>					
1	GAUNT Heather	Collingwood	48	44.40	75.12
2	SULLIVAN Heather	no venue	49	50.25	67.32
3	ELY Fiona	Coburg	46	51.31	63.78
4	EASTWOOD Liz	East Burwood	47	54.45	60.62
<b>F50</b>					
1	BLACK Linda	Aberfeldie	54	57.59	62.34
<b>F60</b>					
1	STANLEY Helen	Knox	60	48.06	81.50
2	GOURLAY Marlene	Mentone	64	49.06	84.61
<b>F65</b>					
1	CARR Heather	Southern Pen	66	53.50	79.54
2	TROWBRIDGE Petrina	Collingwood	69	58.53	76.24
<b>F70</b>					
1	PETRIE Lavinia	Knox	72	46.39	101.12
2	THOMPSON Vicki	Casey	70	85.55	53.11

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

### Men

#### M30

1	RENNIE Mike	Knox	34	36.57	73.85
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#### M45

1	SULLIVAN Glenn	no venue	49	38.59	78.12
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#### M50

1	ITALIA Rob	Casey	50	40.46	75.30
2	DELL Tony	Croydon	53	42.27	74.10
3	KEMP Shaun	Springvale	54	46.56	67.58
4	PRYN Mark	Run2sday	54	52.03	60.94

#### M55

1	GAUNT Peter	Collingwood	57	40.34	80.19
2	CAMPISI Joe	Glen Eira	59	46.22	71.38
3	MURPHY Chris	Springvale	58	47.28	69.12
4	WORSNOP Christopher	East Burwood	58	50.57	64.39

#### M60

1	WILLIAMS Les	Springvale	60	40.03	83.35
2	WILSON Greg	no venue	64	41.32	83.30
3	BELAABED Yassine	no venue	64	41.41	83.00
4	MOORE Greg	Aberfeldie	64	43.41	79.20
5	BLACK Peter	Aberfeldie	61	44.12	76.20
6	KUYS Hank	Knox	62	51.08	66.45
7	BROWN Chris	Glen Eira	60	51.28	64.86
8	BUCCIERI Lou	Springvale	61	54.14	62.10
9	CLAIDEN Glenn	Knox	62	59.01	57.57

#### M65

1	TWINING Paul	Knox	66	42.33	82.81
2	BENNIE Alan	Springvale	69	49.17	73.60
3	DEFANIS Sam	East Burwood	68	49.51	72.02
4	REES Howard	Springvale	68	51.44	69.40
5	OXENHAM Lindsay	Springvale	66	55.56	63.00
6	THORNE Peter	Knox	68	60.05	59.75
7	ZELEZNIKOW John	Glen Eira	66	115.33	30.49

#### M70

1	BIRRELL Ashley	Mentone	71	48.56	75.89
2	LOVEJOY Greg	Sth Peninsula	74	51.56	74.68
3	YATOMI-CLARKE James	no venue	72	53.07	70.86
4	URQUHART Phillip	Glen Eira	71	60.13	61.67

#### M75

1	PAGE Ashley	Mentone	75	53.28	73.76
2	PEREZ Juan	Springvale	77	64.14	63.73

*Best age graded performance - Lavinia Petrie- 101.12%*



#### Invitation 10 km

1	THOMAS Mike	45	40.04
2	TAYLOR Ian	48	40.41
3	O'HALLORAN Ashley	41	45.40
4	SCHREITER Markus	32	48.44
5	PENH So	28	53.14

#### Invitation 5 km run/walk

1	MOORE Anna	32	23.29
2	TREGEAR Ian	66	28.33
3	JOHNSON Celia	68	34.07
4	KING Natalie	74	53.02

## PHOTOS FROM THE VMA 10KM ROAD CHAMPIONSHIP



*The Start*



*Glen Sullivan and Les Williams out in front.  
Both went on to win their age groups*

## ENTRY FORM

# THE SIXTY MINUTES

**Run or walk as far as you can in 60 minutes, great prizes up for grabs!**

*(Open to all athletes affiliated with Australian Masters' Athletics controlling bodies)*

*Tom Kelly Athletics Track, George St, Doncaster (Melway: 33, J10)*

## DONCASTER

**Monday, September 26, 2016 (Approx. 7.30pm)**

**Name (PRINT):** \_\_\_\_\_ **Age (on Sep 26)** \_\_\_\_\_

### I understand and acknowledge that:

*I hereby declare that I am in good health and will be properly conditioned to actively participate in events at THE SIXTY MINUTES meeting to be conducted by the Doncaster venue of the Victorian Masters' Athletic Club Inc. on September 26, 2016. I absolutely relieve the said club and organisers of any responsibility for any injury or personal damage I may sustain in the course of competing in events organised by that branch of the VMACI. I further agree to be bound by all conditions set down by the organisers.*

#### To enter:

- **Email entry form to [gford@bigpond.net.au](mailto:gford@bigpond.net.au) OR**
- **Post by the last mail delivery on Monday, September 19, 2016 to**  
**The Sixty Minutes, C/o 9 Pitura Place, ELTHAM, 3095, Vic OR**
- **Enter on the night by 7pm**

**I enclose my entry fee of \$10 (cheques payable to 'VMA Doncaster')\***

(\* To be refunded in full in the event of cancellation of The Sixty Minutes).  
Please bring your own lap timer.

**SIGNED:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

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

**e-mail:** \_\_\_\_\_

**OFFICE USE ONLY:**

**NUMBER**

**COLOUR**



# VMA

## 10 Mile Road Championship

BRIMBANK PARK, KEILOR EAST

SUNDAY, 21 AUGUST 2016

10AM

An invitation is extended to all Victorian Masters Athletes to take part in our 10 Mile Road Championship which will this year be held at Brimbank Park, East Keilor.  
The event is the 4th of the 5 Browne Shield events.

**WHERE:** Brimbank Park, East Keilor  
**WHEN:** Sunday, 21 August 2016. **START TIME:** 10 am  
**ELIGIBILITY:** To be eligible for an age category award and to receive points in the Browne Shield Competition, all runners must be financial and wear their VMA singlet.  
**ENTRY FEE:** \$10.00.

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

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

## RESULTS - Victorian Masters 10km Championships

### Held - 23rd July at Albert Park

A freezing Melbourne day with a gusty wind and the constant threat of rain, but still 24 brave souls tackled the 10k.

Naturally, the standout was Andrew Jamieson's World Record of 53.17 breaking Arthur Thomson's 10 year old record. This follows on from Andrew's 20K World Record a few weeks ago. Look out for him to improve on these times and add the other M70 records.

There were some other outstanding walks with Pam Tindal and Heather Carr joining Andrew in the 90%+ age grading and a fine walk by Sylvia Machin of 88.08%

### Women

#### W35

1. Sandra Geisler 0:55:08 76.10%

#### W45

1. Michelle Laufer 0:54:39 81.79%

2. Wendy Muldoon 0:55:14 80.22%

#### W50

1. Carolyn Rosenbrock 0:59:33 81.14%

#### W55

1. Pam Tindal 0:54:10 91.19%

2. Donna Elms 1:03:32 76.88%

#### W60

1. Alison Thompson 1:06:15 81.25%

2. Karyn O'Neill 1:08:51 76.17%

#### W65

1. Heather Carr 1:01:49 90.80%

#### W75

1. Sylvia Machin 1:13:52 88.08%

2. Margaret Beaumont 1:28:42 77.76%

### Men

#### M40

1. Pramesh Prasad 0:51:26 76.86%

2. Aaron McDonough 0:51:37 77.80%

3. Adam Patterson 0:52:44 76.15%

#### M45

1. James Christmass 0:51:53 79.93%

2. David Smyth 0:57:10 71.38%

#### M50

1. Gerard Feain 0:58:55 73.38%

- Albin Hess DQ

- Simon Evans DNF

#### M60

1. Clyde Riddoch 1:04:45 73.34%

- Geoff Barrow DQ

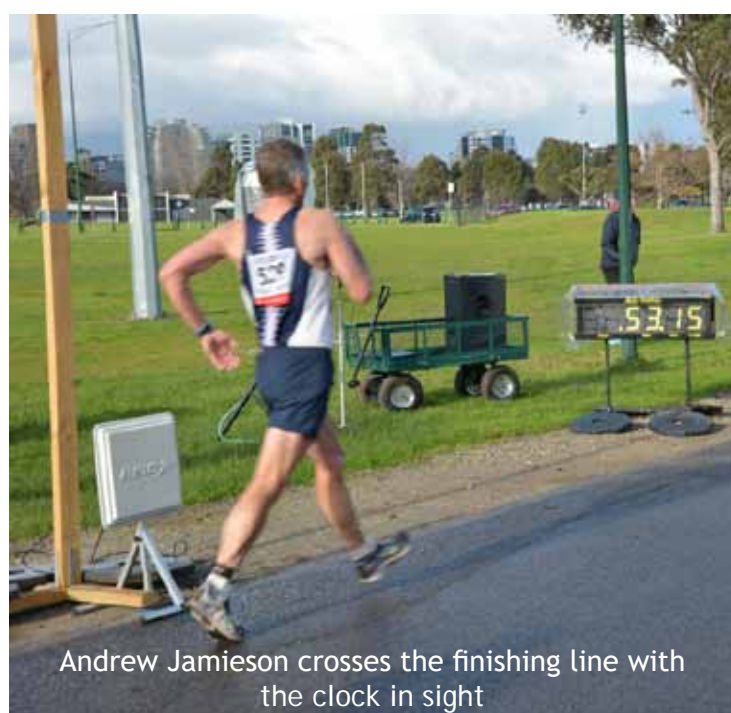
#### M70

1. Andrew Jamieson 0:53:17 96.58% W.R.

2. Russ Dickenson 1:04:54 79.29%

#### M75

1. Barrie Wicks 1:22:52 67.35%



# RESULTS -VMA Throws Pentathlon Championships 2016

Duncan Mackinnon Athletic Track 3 April 2016

## WOMEN

		Points	HT	SP	DT	JT	WT
<b>W35</b>							
1	Campbell, Zoe-Ann VMA W38	1141	16.93m 249	5.17m 231	13.10m 165	10.85m 133	7.19m 363
<b>W40</b>							
1	Johansen, Nicole VMA W43	2774	30.22m 613	8.78m 512	30.94m 548	29.14m 542	9.36m 559
2	Sangster, Catherine VMA W42	1291	11.61m 148	6.16m 324	16.19m 243	18.81m 318	5.14m 258
<b>W50</b>							
1	Buttigieg, Linda VMA W51	3222	41.66m 1010	8.41m 569	23.32m 474	20.48m 418	12.01m 751
2	Howorth, Sandra VMA W53	2662	31.51m 721	8.16m 548	20.83m 413	16.37m 317	10.81m 663
3	Scholtz, Jenny VMA W51	2040	25.10m 541	6.56m 417	16.60m 310	20.93m 430	6.35m 342
4	Lamb, Heather VMA W51	1949	22.83m 478	7.35m 481	17.99m 343	13.35m 244	7.21m 403
5	Charles, Vicki VMA W53	1883	22.63m 473	6.39m 403	18.74m 362	12.72m 228	7.41m 417
6	Voogd, Debbie VMA W50	1798	20.11m 403	6.34m 399	16.23m 301	13.87m 256	7.71m 439
7	Dell, Christine VMA W53	1590	18.61m 362	6.55m 416	15.40m 282	10.27m 169	6.63m 361
<b>W55</b>							
1	Bridle, Chris VMA W58	2660	29.23m 730	7.69m 564	18.37m 396	18.36m 412	8.57m 558
2	Goy, Cindy VMA W57	2169	14.94m 299	8.18m 609	15.65m 324	22.90m 537	6.56m 400
3	Messerle, Narelle VMA W57	2153	17.49m 374	7.37m 536	18.90m 410	16.27m 355	7.55m 478
<b>W60</b>							
1	Jenkins, Dorn VMA W60	4279	38.33m 1130	8.80m 741	26.73m 706	22.17m 586	16.53m 1116
<b>W65</b>							
1	Learmont, Bev VMA W67	2221	17.68m 496	5.58m 481	14.45m 386	12.85m 351	7.72m 507
2	Mussett, Lorraine VMA W67	1978	18.47m 525	5.41m 463	11.69m 295	9.08m 224	7.28m 471
<b>W70</b>							
1	Dundas, Rhondda W71 VMA	26.14m 3560	7.87m 934	18.57m 834	13.64m 618	9.38m 451	723
2	Rose, Astrid W72 VMA	2859	23.40m 818	5.73m 571	13.39m 415	12.37m 400	8.62m 655
<b>W75</b>							
1	Hugo, Bev W76 VMA	2455	17.94m 578	5.65m 552	13.40m 441	11.75m 416	6.88m 468
2	Kinsey, Jane W75 VMA	2207	18.65m 608	4.98m 472	10.66m 332	9.53m 321	6.95m 474

# RESULTS - VMA Throws Pentathlon Championships 2016 - continued

## MEN

		Points	HT	SP	DT	JT	WT
<b>M30</b>							
1	Benbow, Warren M34 VMA	2502	37.27m 468	11.11m 553	32.08m 506	44.04m 501	10.39m 474
<b>M40</b>							
1	Benbow, Shane M40 VMA	2600	32.63m 459	11.39m 648	31.73m 562	35.21m 417	10.20m 514
2	Newman, Alex M41 VMA	1677	21.87m 264	10.05m 557	31.99m 568	DNF 0	6.46m 288
<b>M45</b>							
1	Carroll, Pat M47 VMA	2990	30.89m 484	12.07m 760	32.33m 643	37.64m 502	10.81m 601
2	Hennig, Shawn M48 VMA	1951	16.96m 208	8.33m 486	24.54m 456	36.69m 485	6.45m 316
<b>M50</b>							
1	Dell, Tony M53 VMA	1332	17.34m 201	6.63m 353	18.54m 252	19.39m 213	7.15m 313
<b>M55</b>							
1	Olsson, Paul M59 VMA	2933	37.93m 674	9.42m 604	27.17m 468	30.27m 449	13.41m 738
2	Wrzuszcak, Peter M55 VMA	2711	33.02m 568	9.65m 622	29.39m 516	24.75m 343	12.23m 662
3	Peska, Stan M59 VMA	2704	24.73m 391	11.82m 790	28.88m 505	34.67m 535	9.40m 483
<b>M60</b>							
1	Lee, David M61 VMA	2258	25.24m 399	8.59m 529	29.94m 500	24.35m 362	9.88m 468
2	Riddoch, Clyde M62 VMA	2132	25.92m 413	7.97m 482	30.27m 507	22.19m 319	8.89m 411
<b>M65</b>							
1	Young, Peter M69 VMA	2933	28.39m 538	10.57m 752	33.53m 644	25.86m 448	10.55m 551
2	Neale, John M65 VMA	2269	25.23m 463	7.71m 515	28.90m 536	18.45m 282	9.31m 473
<b>M70</b>							
1	Rose, Graeme M72 VMA	3327	36.03m 715	10.65m 706	26.90m 551	28.70m 562	14.05m 793
2	Tonelli, Didimo M72 VMA	2603	25.59m 466	9.21m 594	23.08m 454	28.25m 551	10.12m 538
3	Wookey, David M72 VMA	2149	23.05m 406	7.87m 490	17.29m 311	22.30m 405	10.10m 537
<b>M75</b>							
1	Jupp, Trevor M75 VMA	1968	17.93m 343	7.61m 524	20.08m 440	16.52m 317	6.56m 344
2	Christodoulou, George M76 VMA	1953	20.49m 411	6.48m 429	18.31m 391	15.42m 288	7.88m 434
<b>M80</b>							
1	Simons, George M80 VMA	1579	14.60m 306	7.09m 526	16.81m 418	DNF 0	5.98m 329
<b>M85</b>							
1	Staecker, Harry M85 VMA	2378	18.22m 520	6.59m 553	14.98m 449	15.22m 400	6.98m 456
2	Clark, Russell M87 VMA	1861	15.73m 430	5.23m 415	11.57m 321	9.71m 211	7.32m 484
3	Davey, Jim M86 VMA	1584	16.26m 449	4.48m 340	10.28m 273	8.31m 165	5.75m 357

## RESULTS - 2016 VMA Cross Country Championships

### Women

F:35 39

1	Roberts Michelle	Invitation	38	46:26	52.70
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F:45 49

1	Gaunt Heather	Collingwood	48	36:48	71.90
2	Eastwood Elizabeth	East Burwood	46	40:33	63.89
3	Quan Michelle	Knox	46	42:27	61.03
4	Stopar Toscha	Knox	46	42:58	60.30
5	Ely Fiona	Coburg	46	43:34	59.47

F:50 54

1	Haddow-Cook Monica		53	44:33	62.94
2	Barbetti Maria	Coburg	51	45:21	60.39
3	Sharam Sharee		50	45:49	58.87
4	Black Linda	Aberfeldie	53	50:00	56.08
5	Dyer Rosalind	Croydon	52	53:11	52.10

F:55 59

1	Kuys Evelyn	Knox	59	42:00	60.78
2	Hertz Julie	Collingwood	59	44:00	59.54

F:60 64

1	Stanley Helen	Knox	60	39:16	77.93
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F:65 69

1	Trowbridge Petrina	Collingwood	69	49:35	69.93
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F:70 74

1	Petrie Lavinia	Knox	72	38:42	93.75
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F:80 84

1	Mews Pamela	Knox	81	1:33:02	45.61
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### Men

M:40 44

1	Delaney Liam	Collingwood	40	27:45	79.74
2	Draper Shane	Aberfeldie	43	31:20	72.25
3	McLennan Campbell	Doncaster	44	33:31	68.07
4	Lew Edmond	Inv.	40	44:47	50.55

M:50 54

1	Connor Paul	Knox	53	32:58	74.42
2	Italia Rob	Casey	50	34:54	68.58
3	Dell Tony	Croydon	53	35:00	70.10
4	Lovell Scott	Collingwood	50	39:33	60.51

M:55 59

1	Gaunt Peter	Collingwood	57	32:40	77.70
2	Rushen Peter		55	34:09	73.06
3	Hughes Greg	Glen Eira	57	37:12	68.23
4	Campisi Joseph	Glen Eira	59	37:54	68.15
5	Murphy Stephen	Aberfeldie	55	42:06	59.26
6	Dodson David	Frankston	57	44:08	57.51
7	Worsnop Christopher	East Burwood	58	46:24	55.18

M:60 64

1	Williams Les	Springvale/N P	60	32:52	79.29
2	Pearce	Terry	61	33:44	77.94
3	Wilson Greg		64	34:36	78.09
4	Moore Greg	Aberfeldie	64	36:16	74.50
5	Black Peter	Aberfeldie	61	37:50	69.50
6	Edwards Andrew	Glen Eira	62	40:23	65.70



## RESULTS - 2016 VMA Cross Country Championships - (cont)

M:60 64 continued

7	Brown Chris	Glen Eira	60	41:14	63.20
8	Riddoch Clyde	Aberfeldie	62	43:20	61.22
9	Kuys Hank	Knox	61	46:57	56.00

M:65 69

1	Twining Paul	Knox	66	35:47	76.92
2	Stewart Ernie	Aberfeldie	65	39:00	69.92
3	Hopkins Jim	Collingwood	66	40:50	67.41
4	De Fanis Sam	East Burwood	68	42:02	66.74
5	Thorne Peter	Knox	68	50:43	55.31
6	Zeleznikow John	Glen Eira	66	78:53	34.89

M:70 74

1	Dean John	Aberfeldie	71	48:38	59.60
2	Barker Stephen	Aberfeldie	73	49:17	60.43
3	Urquhart Phillip	Glen Eira	71	50:01	57.95
4	Diaz Horacio	East Burwood	71	57:33	50.37

M:75 79

1	Page Ashley	Mentone	75	45:45	67.17
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## THE DOUG ORR 880 YARDS INTER-VENUE FINAL

at East Burwood Venue (Bill Sewart Athletic Track, Burwood Hwy)  
on Thursday 13th October 2015 at 7:15pm  
A Self Handicap Event

You decide what time you'll run in order to cross the finish line first  
(to be written on the event sheet by each competitor upon arrival)

5 minutes LESS your time (e.g. 5:00 - 2:47 = 2:13) is the handicap start time you will run from after the starting gun.

You must not run 4 seconds faster than your specified time or you'll be disqualified.  
(Overall time under 4 : 56 will not be allowed).

The track clock will be switched off after the last competitor commences running.

The WINNER is the first person across the finish line with a legal time (i.e. after 4 : 56)

Teams will wear their venue singlets/t-shirts. A maximum of 4 entrants from each venue  
(the best 3 finishers from each venue score points for their team).

The team with the LEAST number of points is the winning team.

Medals will be awarded for 1st, 2nd and 3rd placegetters.

The Team trophy will be presented to the winning team.

If there are any queries regarding this event don't hesitate to contact me.

Good Luck,

Peter Dodgshun VMA East Burwood Venue Manager  
peterdodgshun@optusnet.com.au M: 0419 872 130

## RESULTS -The John Gosbell Memorial 5km Teams Run

### Individual Results

		Age	Team	Time	Age %
1	Rob SCHWERKOLT	50	EAST BURWOOD	16.28	87.60
2	Craig HARRIS	45	EAST BURWOOD	18.00	77.03
3	Andrew EGGINTON	54	CROYDON	18.22	81.15
4	Campbell McLENNAN	44	DONCASTER	18.43	73.52
5	Elizabeth DORNOM	35	GLEN EIRA	18.59	76.81
6	Peter BENCE	66	GLEN EIRA	20.20	81.43
7	Tony DELL	53	CROYDON	20.21	72.63
8	Gary ZUCCALA	53	DONCASTER	20.33	71.92
9	Grant MURFETT	49	CROYDON	20.41	69.18
10	Wayne JAMES	52	EAST BURWOOD	21.00	69.81
11	Greg HUGHES	57	GLEN EIRA	21.15	71.93
12	Lavinia PETRIE	72	KNOX	22.15	104.50
13	Pam TINDAL	56	CROYDON	22.23	80.87
14	Michael RICHARDS	64	EAST BURWOOD	22.37	71.88
15	Elizabeth GROVER	52	DONCASTER	22.47	75.28
16	Graham WALTER	58	DONCASTER	22.48	67.62
17	Gabor JAKUS	41	EAST BURWOOD	22.57	58.61
18	Liz EASTWOOD	47	EAST BURWOOD	23.15	69.23
19	Matt HUGHES	41	DONCASTER	23.36	56.99
20	David McCONNELL	63	DONCASTER	23.38	68.16
21	Sam DEFANIS	68	EAST BURWOOD	23.40	71.28
22	Michelle QUAN	46	KNOX	24.27	65.04
23	Toscha STOPAR	46	KNOX	24.38	64.55
24	Glen CLAUDEN	62	KNOX	24.42	64.64
25	Andrew TUNNE	57	CROYDON	24.52	61.47
26	Janet HOLMES	62	GLEN EIRA	25.15	78.18
27	Andrew EDWARDS	62	GLEN EIRA	25.16	63.19
28	Cec McKEOWN	76	CROYDON	25.44	73.32
29	Rob BAULCH	68	EAST BURWOOD	25.45	65.57
30	Ros DYER	51	CROYDON	27.08	62.40
31	Peter THORNE	68	KNOX	27.27	61.47
32	Barry MURLEY	77	CROYDON	27.43	69.40

### Team Results

Division 1	Points
1 East Burwood	31
2 Croydon	32
3 Doncaster	43
4 Glen Eira	48
5 Knox	81

Division 2	
1 Croydon	115

### Winners - Men

	Time	Age %
1 Rob SCHWERKOLT - East Burwood	16.28	87.60
2 Craig HARRIS - East Burwood	18.00	77.03
3 Andrew EGGINTON - Croydon	18.22	81.15

### Winners - Women

	Time	Age %
1 Elizabeth DORNAM - Glen Eira	18.59	76.81
2 Lavinia PETRIE - Knox	22.15	104.50
3 Pam TINDAL - Croydon	22.23	80.87

## THE BROWNE SHIELD AFTER 3 EVENTS

Knox continues to go further ahead after the third event and seems certain to win the Shield again with Collingwood comfortably in second place. Only Knox and Collingwood have fielded 3 runners in all 3 races. Lavinia leads the Women's section easily from Petrina Trowbridge while Les Williams of Springvale holds a narrow lead over Knox's Paul Twining. Last year's winner, Greg Moore and Ashley Page are not far away.



### VENUE STANDINGS

Venue	10k Track	Cross Country	10k Road	Cumulative
Knox	103.98 84.23 81.51	93.75 77.93 76.92	101.12, 82.81, 81.50	783.75
Collingwood	78.15 73.76 67.51	79.74 77.70 71.90	80.19, 76.24, 75.12	685.28
Mentone	76.38 74.00 72.43	67.17 45.61	84.61, 75.89, 73.76	569.85
Aberfeldie	75.82	74.5 72.25 69.92	79.20, 62.34, 76.20	510.23
Glen Eira	69.28	68.23 68.15 65.70	71.38, 64.86, 61.67	469.27
East Burwood	-	63.89 66.74 55.18	60.62, 64.39, 72.02	449.07
Springvale	82.89	79.29	83.35, 73.60, 69.40	388.53
Coburg	81.16 65.80	60.39 59.47	63.78, 55.74	386.34
Croydon	66.16	70.10, 52.10	74.10	262.46
Doncaster	73.45 63.98	68.07	-	205.50
Casey	-	68.58	75.30, 53.11	196.99
Sth. Peninsula	-	-	79.54, 74.68	154.22
Run2sday	-	-	60.94	60.94
Frankston	-	57.51	-	57.51

### WOMEN'S STANDINGS

Name	Venue	10k Track	Cross Country	10k Road	Cumulative
Lavinia Petrie	Knox	103.98	93.75	101.12	298.85
Petrina Trowbridge	Collingwood	78.15	69.93	76.24	224.32
Helen Stanley	Knox	-	77.93	81.50	159.43
Heather Gaunt	Collingwood	-	71.90	75.12	147.02
Elizabeth Eastwood	East Burwood	63.89	-	60.62	124.51
Maria Barbetti	Coburg	65.80	60.39	-	126.19
Fiona Ely	Coburg	-	59.47	63.78	123.25
Michelle Quan	Knox	61.38	61.03	-	122.41
Linda Black	Aberfeldie	-	56.08	62.34	118.42
Marlene Gourlay	Mentone			84.61	84.61
Heather Carr	Sth Peninsula	-	-	79.54	79.54
Kath Gawthorn	Doncaster	63.98	-	-	63.98
Evelyn Kuys	Knox	-	60.78	-	60.78
Toscha Stopar	Knox	-	60.30	-	60.30
Julie Hertz	Collingwood	-	59.54	-	59.54
Nicola Van Reenen	Knox	-	-	57.90	57.90
Maegen Kerr	Coburg	-	-	55.74	55.74
Vicki Thompson	Casey	-	-	53.11	53.11
Rosalind Dyer	Croydon	-	52.10	-	52.10
Pamela Mews	Knox	-	45.61	-	45.61

## THE BROWNE SHIELD AFTER 3 EVENTS - cont.

### MEN'S STANDINGS

Name	Venue	10k Track	Cross Country	10k Road	Cumulative
Les Williams	Springvale	82.89	79.29	83.35	245.53
Paul Twining	Knox	81.51	76.92	82.81	241.24
Greg Moore	Aberfeldie	75.82	74.50	79.20	229.52
Ashley Page	Mentone	72.43	67.17	73.76	213.36
Christopher Worsnop	East Burwood	66.23	55.18	64.39	185.80
Peter Gaunt	Collingwood	-	77.70	80.19	157.89
Ashley Birrell	Mentone	74.00	-	75.89	149.89
Peter Black	Aberfeldie	-	69.50	76.20	145.70
Mike Rennie	Knox	70.30	-	73.85	144.15
Tony Dell	Croydon	-	70.10	74.10	144.2
Rob Italia	Casey	-	68.58	75.30	143.88
Campbell McLennan	Doncaster	73.45	68.07		141.52
Jim Hopkins	Collingwood	73.76	67.41		141.17
Joseph Campisi	Glen Eira	-	68.15	71.38	139.53
Sam De Fanis	East Burwood	-	66.74	72.02	138.76
Greg Hughes	Glen Eira	69.28	68.23		137.51
Chris Brown	Glen Eira	-	63.20	64.86	128.06
Hank Kuys	Knox	-	56.00	66.45	122.45
Phillip Urquhart	Glen Eira	-	57.95	61.67	119.62
Peter Thorne	Knox	61.50	55.31		116.81
John Graham	Knox	84.23	-		84.23
Graeme Sayer	Coburg	81.16	-		81.16
Liam Delaney	Collingwood	-	79.74		79.74
Michael Bishop	Mentone	76.38	-		76.38
Greg Lovejoy	Sth. Peninsula	-	-	74.68	74.68
Paul Connor	Knox	-	74.42		74.42
Alan Bennie	Springvale	-	-	73.60	73.60
John Signorini	Knox	72.89	-		72.89
Westly Windsor	Collingwood	72.48	-		72.48
Shane Draper	Aberfeldie	-	72.25		72.25
Ernie Stewart	Aberfeldie	-	69.92		69.92
Howard Rees	Springvale	-	-	69.40	69.40
Chris Murphy	Springvale	-	-	69.12	69.12
Shaun Kemp	Springvale	-	-	67.58	67.58
Gerard Adrien	Collingwood	67.51	-		67.51
Rod Bayley	Collingwood	67.31	-		67.31
Barry Murley	Croydon	66.16	-		66.16
Andrew Edwards	Glen Eira	-	65.70		65.70
John Zeleznikow	Glen Eira	-	34.89	30.49	65.38
Juan Perez	Springvale	-	-	63.73	63.73
Lindsay Oxenham	Springvale	-	-	63.00	63.00

## MEN'S STANDINGS cont.

Lou Buccieri	Springvale	-	-	62.10	62.10
Clyde Riddoch	Aberfeldie	-	61.22		61.22
Mark Pryn	Run2sday	-	-	60.94	60.94
Scott Lovell	Collingwood	-	60.51		60.51
Stephen Barker	Aberfeldie	-	60.43		60.43
Peter Thorne	Knox	-	-	59.75	59.75
John Dean	Aberfeldie	-	59.60		59.60
Stephen Murphy	Aberfeldie	-	59.26		59.26
Glen Claiden	Knox	-	-	57.57	57.57
David Dodson	Frankston	-	57.51		57.51
Gary Bell	Collingwood	53.29	-		53.29
John Herbstreet	Collingwood	52.81	-		52.81
Horacio Diaz	East Burwood	-	50.37		50.37

# Vacancy - Club Captain

## Victorian Masters Athletics is seeking a Club Captain

This role has been filled by Lavinia Petrie, but Lavinia stepped down at the last Annual General Meeting, although she will continue to oversee the remaining Browne Shield events for 2016.

The Committee thanks Lavinia for her significant contribution over the last few years as Club Captain and as a member of the VMA Committee, as well as an enthusiastic promoter of all things related to Masters Athletics.

One of the major tasks of the Club Captain is to manage the Victorian Masters teams in the Athletics Victoria Summer Shield and Winter XCR competitions. This activity will continue to be handled by Shane Draper and David Sheehan.

The remaining duties of Club Captain are varied and the committee would not expect a newcomer to initially take on all duties.

*Details are available from and applications should be emailed to :  
Phil Urquhart at [secretary@vicmastersaths.org.au](mailto:secretary@vicmastersaths.org.au)*

## VALE RAY CALLAGHAN a tribute by Colin Browne

In the sixties and seventies in Australia, athletes who were forty and over could run with Australian Athletics Association or Athletics Victoria, but found it hard to beat the younger fellows. They looked with envy at U.S. Masters Athletics, where you could run against your own age group. Wal Sheppard, a Ringwood travel agent and runner, organised a group of men over 40 to go to Hanover to contest the World Veterans Games. Ron Young, Theo Orr, Jack Stevens and about 10 others were in the team. It did well, and when they came back, they had the taste and started veteran age-group running at Box Hill and Collingwood. Ray and Anne Callaghan got it going at Croydon. As municipal councils around Melbourne started putting in athletic tracks, other veteran venues got going. Ray Harbart at Collingwood, Leo Charles and Royce Foley at Caulfield, Ted McCoy at Mentone, the Radfords at Frankston, Bob and Lynne Schickert at East Burwood, Rob Waters at Aberfeldie, and Harold Stevens at Coburg took responsibility for running a venue once a week.

It was the Fun Run era so they recruited well, although some struggled at first. Then in the eighties, Peg and John Smith put in a bid to the World Association of Veteran Athletes (W.A.V.A) to host the World Veterans Games in Melbourne. Peg Smith and Ray Callaghan led an organising committee (including Richard Todd, Ian U'ren, Peter Colthup) to get the games on in 1987.

Ray, although untrained and not particularly well educated, learned how to do computer programming on a PC and created programs to solve all of the problems of running a major athletics carnival: taking entries, printing a program book, individual labels and chest numbers for each contestant, sorting entries into age-graded starting lists, making lane draws for the sprinters, entering results, printing them out on the day for notice boards, sending results to the paper and producing a results' booklet for posting to each contestant. With the help of John and Phyllis Gosbell, he was able to computerise the running of the carnival, a world first. It had never been done this well before and it took a few more World Games before it was done this well again.

Then came 1987. While Peg Smith handled the politics of dealing with councils and sponsors, Ray led the logistics team. He was very good at organising and at delegating. Outspoken and decisive, he got things done. He gave every venue a role to play, and they have tended to play that same role at every Australian state and national championship since.

We used Olympic Park and Peggy got us Olympic Park No.2, the greyhound racing track next door, too. It was promised that a tartan track would be laid for us inside the greyhound cinder track. Good idea on paper, as we had that many events to time-table, we needed a second track. But when it was completed, it measured only about 380 metres, which provided headaches for Ray and his program.

Nations from all over the world entered. Ray and Ann (with Croydon helpers like Peter Le Get, Les Clark, Ken Walters, etc) sorted and entered their details. John Smith and Ray Harbart handled finances. I contacted consulates and national clubs to get hospitality and interpreters for the visitors. We set up Olympic Park No.2 ground Betting Ring as a reception area. A working bee packed big envelopes with programs and chest numbers and tourist brochures. They were labelled by Ray's program and sorted for distribution on Opening Day.

It was huge. Ray was Head Supremo and ran everything with a firm hand. Fred Lester from Victorian Marathon Club was rules referee.

The Championships went well, despite a north wind dust storm on the 10km track event day, and another day lost to rain. Lapscorers in transparent ponchos are a memory. Ray's time-tabling skills were stretched to the limit.

Australian Veteran Athletics came of age on the world stage, with Victoria's venue system leading the other states in terms of numbers and organisation. Much of the credit has to go to Ray Callaghan.



*Ray Callaghan passed away on 11th June 2016 and a large group of family and people associated with VMA attended his funeral at Lilydale Memorial Park. We wish Anne and family condolences from all at Victorian Masters Athletics.*

# VALE SHIRLEY YOUNG

*Shirley passed away on July 8 this year. I have reprinted a tribute written to Shirley in 2010 by Nina Field. All at VMA offer our sympathies to Ron and Family*

A few hours before VMA legend, Shirley Young, ran her astonishing record-shattering 24 hour run at Coburg as a 70 year old in April 2000, she discovered a nasty blister on her little toe. The seam on a new pair of socks was the culprit and her husband and coach, Ron Young, rummaged around in his bag and found a little foam toe-separator to ease the discomfort.

A little over an hour into the run, Shirl was off the track in agony. That little piece of foam had disintegrated, rubbing half her skin off and leaving her with a shoe full of blood. Ron taped her up as best he could and convinced her not to give it away yet, but to go out and "just walk for a bit".

By the back straight, Shirl was running again and she went on to complete a record 176.8km in the 24 hours for W70, in a run that also set 4 world records along the way (100 mile, 100 k, 12 hours and 24 hours). Only the first two male finishers actually managed to clock up more kilometres than her. This was an ultra-run feat that many think will simply *not* be matched and earned her the nick-name among ultra-runners of "the Living Legend".

Yet, this is just one aspect of Shirl's impressive CV of running, spanning more than thirty years.

Shirl has set 22 world records, has 3 Australian Open 100km championships (won in her late 60s and early 70s), set more than 50 Australian Masters' and ultra age-group records and has more medals and trophies than any self-respecting pool-room could accommodate.

She won gold in the World Masters' W55 marathon in Melbourne in 1987, bronze in Eugene marathon in 1989 and in 2001, in Brisbane, she won gold in W70 5km and W70 10km and silver in W70 marathon and W70 cross country. At the Oceania Games in Geelong in 2002, Shirl won 4 gold medals in the W70 1500m, 5000m, 8km cross country and the half marathon.

Shirl was a late convert to running. She took it up in 1977, at age 47, at the urging of her super-fit and talented athletic family. (Her daughter, Lorraine Jachno, was a world-class race walker, son-in-law, Andrew Jachno, was a three-time Olympian walker and Ron himself was no slouch as a middle-distance runner and steeple-chaser, including making the training squad for Melbourne Olympics in 1956 as 4<sup>th</sup> ranked Australian.) Shirl's daughter, Lorraine, insisted one morning that she join her husband and three kids on a ritual morning run along the beach at Tidal River - instead of just holding the towels.

From those runs along the beach - where Shirley couldn't actually make it the whole way, she quickly developed into a formidable running machine. Shirl joined St Stephen's Women's Athletics Club and the Vic Vets Women's Club later that same year and began forging the strong bonds and friendships among fellow runners that have brought such joy to her life and the lives of others, ever since. She has competed at the Collingwood venue of the Victorian Masters since its very first week in 1978. At Collingwood, Shirl has been an inspiration and role model to so many fellow runners over the years, particularly women.

A year after she first took up running, Shirl decided to enter the inaugural Melbourne Marathon in 1978. She finished her first marathon in 3 hours 50 mins and 31 seconds, the 2nd woman over 40 to cross the line. When her husband Ron found her after the race, sitting on a stretcher, Shirl declared "I am never doing one of those again!"

"And now it's 72 marathons and 50 odd ultra marathons later," Ron chuckles.

Shirl went on to become the only woman to complete all 30 Melbourne Marathons until 2007, putting her amongst an elite set of 13 runners, known as the Spartan Legends, who had completed every Melbourne marathon to that year. Her best marathon time was 3 hours 18 minutes and 38 seconds, clocked up in 1987 as a 57 year old.

The way Ron sees it, Shirl was "never the fastest runner" over the shorter distances, but after she'd been going for awhile she hit the "happy zone" and could just go on and on running at exactly the same pace for hours.

Ron reckons she didn't go out to break all those records, but if she got into a run when she was the only one in the age group she would say to Ron "I'm just going to go out there and try to beat some of those young ones." And, as many a significantly younger (and often male) runner's ego can attest, most of the time - she did!

Shirl was made a life member of St Stephen's and the Spartans in 2006.

In June 2002, when her doctor told her she had Alzheimer's, Shirl went very quiet. After a few moments, her doctor asked her if she was alright - could she handle the diagnosis? She replied: "I'll be alright, as long as you don't say I have to give up running."



## VALE SHIRLEY YOUNG

To the contrary, her doctor told her that the more active she could be the better it would be, although he did want her to stop doing those “excessive” ultras. She had to cut back to just the 6 hour, 50km, marathons and other “short stuff.”

Shirl was always very upfront about her disease and for many years could be heard to cheerily introducing herself to people at the track with a: “Do I know you? Don’t mind me, I’ve got Alzheimer’s and I don’t remember things... but I love my running.”

With Ron by her side, Shirl was able to go on running right through to the end of 2007. Eight weeks before the 30th Melbourne Marathon in 2007, Shirl had a fall and broke two ribs. Because she wasn’t able to run for so many weeks, the Alzheimer’s took over and she just lost “all commitment and all motivation”, according to Ron.

She only started back running a fortnight before the marathon was due to start, down at the familiar territory of the track at Collingwood. That night she couldn’t complete the 3000m because she was too sore. But nobody, including Ron, had the heart to tell her she wasn’t going to run in the marathon. They figured they would just have to let her enter and pick her up after 10km or so.

But Shirl ran and completed her 30th Melbourne marathon, with a little help from her Spartan Legend friend, Peter Battrick who ran for the whole 6 and a half hours with her so that they could cross the line together. Others joined her along the way and her incredible courage and tenacity in the face of the challenge of Alzheimer’s was covered by the *7.30 Report*.

Ron credits the friendships forged among the running community for supporting him through the journey, too. That and a good sense of humour. In 2007, the *7.30 Report* had asked Ron if they could get some footage of him acting as her support crew during the 30th marathon by handing Shirl a drink. So, as the runners turned back from Marine Parade on to the Esplanade, Ron handed her the drink in front of the cameras and asked her: “Anything else you want?” Shirl answered: “Yeah, drop dead.”

Shirl and Ron also tried to run the 31st Melbourne marathon together in 2008. Despite a distinct lack of training by either of them (Shirl wasn’t training much at all and Ron had not done a marathon for six years), the incredible running pair made it to the 33km mark before hamstring problems got the better of both of them and a St John’s Ambulance Officer said Shirl’s blood pressure was too low to continue.

As Shirl’s running training dropped off after the fall she had in 2007, she began wandering around the neighbourhood - sometimes going missing for hours and ending up half a suburb away. It went on for some time, until Ron and the doctors worked out that after living such an active life she needed more to keep her mind and body occupied during the day. So, she started walking with a neighbour and her dog, went back to the gym and started spending two days at an occupational day-care. And, of course, she kept going to the track every Tuesday night at Collingwood where the community of runners still made her feel at home each week.

Shirl has spent most of the past couple of years walking at Collingwood, rather than running, but then one night her regular walking buddies were all away.

“Where’s my friend?” she asked Ron.

When he answered that she was “not here tonight” Shirl thought for a minute, then replied: “I think I’ll go out jogging, then.”

After she went around the track once, she called to Ron and Tony “Rocket” Williams who were doing the timing: “Have I done one lap yet?”

Rocket called back: “When you come around again it will be one lap, Shirl.”

So she ran around again, and asked the same question and received the same answer. She did seven laps that night. And she’s been running laps at the track ever since. Shirl used to say she would run a marathon when she was 100. She may not quite be up for that just yet, but it’s great to see “the Living Legend” enjoying her running again.

Go Shirl!

*Start Spreading the News..*



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

Membership of Victorian Masters Athletics is a prerequisite to entry.

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

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

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

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

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

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

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

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

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

**Register for full VMA membership at:**

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

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

You will compete against the worlds best Masters athletes.



## CELEBRATING SUCCESS - MASTERS STYLE - NINE YEARS ON CONGRATULATIONS TO MEREDITH AND MARGARET FOR PROMPT AND EFFICIENT ACTION TAKE ADVANTAGE OF A WONDERFUL OPPORTUNITY TO LEARN NEW SKILLS OR BRUSH UP ON EXISTING SKILLS.

*An article by Heather Carr*

On a sunny Sunday morning, 9th September 2007 at the Truemans Road Reserve, Tootgarook, the home of the Southern Peninsula Masters, a dramatic situation unfolded, with all the hallmarks of a tragedy but eventually resulting in a happy and joyous occasion.

The story began during a Southern Peninsula Track meet. Des Middleton and his wife, Sandra, had ridden their bikes from their Rye holiday home to the Tootgarook grass track prior to competition. Like all venues, competition had been planned and was undertaken as usual - a regular, normal weekly occurrence. Following the sprints and middle distance events, a short walk was programmed. Des, then a 60 year old Masters athlete, competed in this walk, but his day went completely topsy turvy, when the totally unexpected happened!

Whilst waiting patiently for Meredith Radford, Southern Peninsula co-manager, to organize the next event, Des and several other competitors walked from the finish line towards the clubrooms, chatting amongst themselves. Unexpectedly Des collapsed. Immediately everyone on the track knew that something was seriously amiss. There was no sign of life at all. Des was

completely unresponsive to all who tried in vain to get some reaction. It was then that Meredith and Margaret Luckhurst took control and with efficiency and expediency went to work, almost in automatic mode, amazingly displaying and performing the skills they had learnt at previous CPR courses.

Both Margaret and Meredith knew that by Des's grey colour that rapid and immediate resuscitation was crucial. Meredith checked for vital signs, but there were none! Des was beginning to turn blue, so immediately was placed on his back. Meredith removed the grass from Des's mouth following his 'face plant', then applied chest compressions to 'kick start' his heart whilst Margaret simultaneously administered the 'kiss of life'; supplying air to compensate for his lack of oxygen.

Others stepped into assist, Julie Baldwin immediately ringing 000 for an ambulance and professional help, whilst Bryan Baldwin removed a bollard that would have impeded the ambulance's access to the track. Meredith applied about 30 compressions, with Margaret supplying 2/3 breaths. At this stage Des was coming around, extremely confused, vague and disorientated. He was in complete disbelief and insisted on standing up. A chair was brought out from the clubrooms and Des was ordered to sit down. He wanted to continue with the events, but both girls insisted that he remain seated and wait for the ambulance. With a cardiac arrest, the body stops suddenly and immediately. Now that Des had come to, it was imperative that he not exert himself.

An ambulance arrived about 10 minutes after the initial phone call was made. Des was persuaded to get into the ambulance, with Sandra supporting Des on the journey to Rosebud Hospital. Following extensive tests, the official diagnosis was 'Acute Cardiac Ischaemia Episode', not a heart attack. Des had 3 stents inserted, and remains on cholesterol reducing medication as well as blood thinners. Follow ups include blood tests, ECG and stress tests every 2 years and each year after he turns 70. Fortunately he has been able to resume normal life.

At this point you may ask, why is this being highlighted now?  
Well, for three very important reasons.

Firstly. Des has been able to enjoy a healthy lifestyle and he will celebrate his 70th birthday this December. He continues to remain fit and healthy, competing at Glen Eira on a weekly basis. He continues to compete with the Southern Peninsula mob, predominately



*Margaret Luckhurst left Meredith Radford right*

during summer. He continues swimming, running, walking and cycling, travelling the world and has developed strong bonds with his four grandchildren.

Secondly. Meredith Radford and Margaret Luckhurst need to be recognised for their exceptional altruism and extraordinary unselfishness. Southern Peninsula athletes acted as a team, working well together, remaining calm under remarkable circumstances. They acted promptly, which I believe was the result of excellent training. There was no sense of panic or alarm, which would have been detrimental for Des. Both Meredith and Margaret worked as a well oiled machine, even though they had never been in this situation ever before. It was only through strong discipline, with learned skills as well as the desire to help another human being that they managed such a positive outcome.

Thirdly. This incident has had a huge impact on many people, and the moral of this story is that it is crucial that CPR and first aid courses are vital for Masters members to undertake. VMA members need to be better informed, and trained to help when incidents happen. Incidents and accidents can happen at any time, any place.

This is where VMA offers members an amazing opportunity. VMA offers CPR & first aid courses FREE OF CHARGE to all their members. Free CPR and first aid courses are offered annually by VMA in either January or February.

Contact our VMA Secretary, Phil Urquhart, email [secretary@vicmasters.org.au](mailto:secretary@vicmasters.org.au) or call Phil on 0419 357 823 to be added to the list for participation in training.

As Meredith Radford says, "There is no point in only one person knowing how to do CPR, because that one person could be the one on the ground!" Victorian Masters Athletics aim to have at least one person at each venue trained in basic first aid and CPR. It is vital that all of us acquire knowledge of how to assist fellow athletes as well as family members and others in our daily lives. Southern Peninsula now holds regular upgrades for CPR. In becoming trained, you may be the one who saves a life! Defibrillators are essential equipment for VMA venues. Your venue may own one, as does Southern Peninsula, or you may share with other clubs who use the same venue as you do. Defibrillators are easy to use and have a very high success rate in resuscitating anyone who experiences a cardiac arrest. Victorian Masters Athletics aim for every venue to have a defibrillator available at every venue and every event. Any venue that does not have access to a defibrillator can apply to the VMA committee for a \$ for \$ subsidy to cover costs. Suppliers of defibrillators include training in use and maintenance of the unit. It is also necessary for the venue to appoint a person or persons to be responsible for observing the maintenance and care of each defibrillator. Lets continue with successful stories like this one. *Wonderful outcome all round!*



*A fit looking Des Middleton*



## AMA 20KM WALK CHAMPIONSHIPS ADELAIDE SOUTH AUSTRALIA

**Sunday 28<sup>th</sup> August 8.00am**

**Entry Fee \$20**

**Entries Close Saturday 20<sup>th</sup> August**

Contact: George White [gwhite@adam.com.au](mailto:gwhite@adam.com.au) Mob 0419 348 888, Tel 08 8178 0639

Venue: South Parklands, Adelaide Harriers Clubrooms, corner of South Terrace and Peacock Road

Same course as the Nationals 10km course - 10 laps of 2km.

Pay by Electronic Funds Transfer. Pay funds to SA masters Athletics, BSB 015 259, Account 458951668. Include your full name in the reference field and forward a completed entry form by email to George White [gwhite@adam.com.au](mailto:gwhite@adam.com.au)

Receipt Number if paying by EFT.....

You may also enter by completing this paper form and sending with a cheque made out to SA Masters Athletics, to G White, 12A Gulfview Road, Blackwood, SA 5051.

Surname: ..... First Name: .....

Male..... Female.....

Address: .....

.....Postcode.....

Telephone ..... Email:.....

Date of Birth: ..... Age on August 28<sup>th</sup> 2016.....

Emergency contact..... Phone.....

**MEDICAL Are you on any medication or have allergies that medical staff should be aware of in the event that you became unconscious? If yes please write this information down, seal in an envelope with your name on the outside and give to race organisers. It will be held in case of emergency.**

**Even if not on medication do you suffer from any medical condition that could result in unconsciousness e.g. diabetes.....**

### WAIVER

In entering this event I acknowledge and agree that I am fully aware of the risks and hazards inherent in participating in this event. I declare that I am in good health and that I will be properly conditioned for the event. I agree to assume all risks of loss, damage, and injury including death that I may sustain as a consequence of my participation. I release AMA and SAMA and its officers from any claims, actions, suits or demands of whatever nature, arising out of or related in any way to my participation in this event.

-----  
|  
| **Signature** **Date**  
|  
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### PRIVACY STATEMENT

We respect the confidentiality and security of your personal information and we are committed to protecting it at all times. By completing this entry form you consent to our use and disclosure of your personal information as outlined in our Privacy Policy. You can get more information on our Privacy Policy by contacting George H White on 08 8178 0639 or at [gwhite@adam.com.au](mailto:gwhite@adam.com.au)

## AMA 20KM WALK CHAMPIONSHIPS - ADELAIDE SOUTH AUSTRALIA

### Important Information

#### Eligibility to Compete

To compete in AMA Championships, an athlete must be registered as a member of a State or Territory Club and the Club uniform must be worn during competition. Failure to wear the correct uniform may result in disqualification.

#### Age Groups

The Championship is conducted in five year age groups starting at 30 years, and medals are awarded in each age group for every event. Your age group is determined by your **age on the day of competition** (28<sup>th</sup> August 2016).

#### Confirmation of entries

Confirmation of accepted entries and the events entered will be provided by email to entrant or the State Secretary if no email address is given.





# 21<sup>st</sup> AMA Winter Throwing Championships

Saturday October 1<sup>st</sup> — Monday October 3<sup>rd</sup>, 2016  
Kerryn McCann Athletics Centre, Wollongong, NSW

## OFFICIAL ENTRY FORM

(On-line entry is available from July 11<sup>th</sup>, 2016 at <http://www.nswmastersathletics.org.au/>)

**(ENTRIES CLOSE AT MIDNIGHT ON SATURDAY SEPTEMBER 24<sup>TH</sup>, 2016 – Late entries will NOT be accepted)**

## Program

Day	Start	Events
Saturday	9.00am	Individual Events: Hammer, Shot, Discus, Javelin, Weight Demonstration Event: Weight for Distance *
Sunday	9.00am	Throws Pentathlon Demonstration Event: Weight for Height (Weight over Bar) *
Monday	9.00am	Heavy Weight Pentathlon 56lb & 100lb Weight Throw

## Your Details

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

Please circle your association.

ACT      NSW      NT      QLD      SA      TAS      VIC      WA      Overseas

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

Age on 01/10/16: \_\_\_\_\_ Gender: **M / F** Date of Birth: \_\_\_\_\_

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

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

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

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

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

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

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

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

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

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

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

## Event Entries & Fees

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

Mark with 'X'	Event	Day	Cost
	Throws Pentathlon	Sunday	\$8
	Weight for Height*	Sunday	No charge
	Heavy Weight Pentathlon	Monday	\$8
	56lb Weight	Monday	\$4
	100lb Weight	Monday	\$4

Administration Fee \$25

Event Fees (add up your events above) \$

T Shirt: 3XL 2XL XL L M (please circle) @ \$25 each \$

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

## Payment

**Cheques:** Please make cheques payable to **NSW Masters Athletics Inc.**

**Credit Card:**

Card Type: (please circle) VISA / Mastercard Amount: \$

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

Card Number: \_\_\_\_\_

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

## Further Information & Signature

**\* Demonstration Events:** **Weight for Distance** and **Weight for Height** are **NOT** official events for the AMA Winter Throws Championships and no medals will be awarded for these events. Both events are based on Highland Games events. **Weight for Distance** involves throwing a weight implement (one size down from the usual one thrown in the Weight event) one-handed from a discus circle—usually with an action similar to the discus throw. **Weight for Height** involves throwing a weight (men: 35lb; women: 20lb) one-handed over a bar which increases in height in a manner similar to a high jump competition.

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

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

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

**2016 Championships Dinner:** Although yet to be confirmed at this stage, an informal dinner is planned at Hogs Breath Café, Shellharbour on the evening of Sunday October 2nd. This will give athletes and their 'significant others' an opportunity to participate in the traditional Hog's Breath Challenge. This will be confirmed closer to the date of the event.

**Entry Form:** This entry form should be signed and dated below. It should be sent to the following address:

Stuart Gyngell  
14 Valetta St  
West Wollongong, NSW, 2500

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

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

## NEW RECORDS REPORT



### Pending World Records:

M70	20k Road Walk	Andrew Jamieson	Vic	1:52:36	93.6%	26-6-16	Middle Park
M70	10k Road Walk	Andrew Jamieson	Vic	53:16	96.6%	23-7-16	Middle Park

### Australian Records:

W80	200m	Consie Larmour	ACT	46.10s	80.4%	28-5-16	AIS ACT
M45	100m	Rob Colling	WA	11.34s	93.6%	5-6-16	Calgary
W75	30k Walk	Val Chesterton	ACT	4:42:31	82.4%	12-6-16	ACT
W35	HW Pentathlon	Bryony Glass	WA	4655pts	-	25-6-16	Perth

### Australian Championship Records from AMA Half Marathon Championships

M50	Half Marathon	Bruce Graham	ACT	1:16:54	87.0%	10-1-16	Hobart
M60	Half Marathon	Ron Peters	Qld	1:18:53	92.2%	10-1-16	Hobart
M65	Half Marathon	Rex Wagner	Tas	1:28:11	87.6%	10-1-16	Hobart

### Victorian Records:

M80	High Jump	Brian Greaves		1.15m	85.0%	19-3-16	Doncaster
W45	Triple Jump	Gaelyne Kenshole		10.18m	80.5%	18-4-16	Adelaide

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](mailto:clyderiddoch@msn.com)



## AUSTRALIAN MASTERS ATHLETICS Inc.

### PROCEDURE FOR ENTERING INTERNATIONAL COMPETITION

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

Online Entry, the preferred option by the Perth LOC)

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

#### **A Online Entries**

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

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

Online entries close on 25TH August

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

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

#### **B Paper Entries**

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

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

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

Paper entries are to be forwarded to:

**Judy Cooper**

**AMA International Entries Clerk**

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

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

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

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

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

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

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

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

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



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

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

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

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

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

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

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

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

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

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

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

## Victorian Masters Athletics Inc. - Venue Managers

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

## Victorian Masters Athletics Inc.

### Venues

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

## Victorian Masters Athletics Inc.

<b>President</b>	Russ Oakley	9720 8835	president@VicMastersAths.org.au
<b>Vice President</b>	Tony Bradford	9749 2248	vice-president@VicMastersAths.org.au
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