

FOOTPRINTS



FEBRUARY 2017

TOUGH AS



ANDREW JAMIESON 2016 WMA ATHLETE OF THE YEAR
LAVINIA BREAKS HER OWN 10K WORLD RECORD

Editorial

No sooner do we get through the World Championships in Perth than there is another international event that some of our athletes are going to. The WMA Indoor Championships are on in a few weeks and there are 15 of our members going to compete. They are all on P.5.

I have mentioned our talks with parkrun before. This movement is having a big effect on athletics worldwide with people getting out of bed early on Saturdays in droves to enjoy a free, convivial run in a lovely environment. We told the good people at parkrun that VMA was a supporter and would like to have an association with them. The result is that once every quarter, we can supply all the volunteers and in return publicise our club. Our first "day out" is at the Lillydale Lake parkrun and we want to get as many members there in their VMA singlets as possible. See P.4 of this issue. Ring me if you need more info 0418333569, but put it in your diary !!! Parkrun is always 8am Saturday. You have to register online and get a barcode before your first run. If you got a problem, I can help.

As you can see from our cover, two of our Legends are at it again. Andrew Jamieson being awarded the 2016 World Masters Male Athlete of the year. We've got a little piece on Andrew on P.6.

Then there's Lavinia. As I've said before, one name suffices for her as it does for Madonna or Prince. Lavinia broke her own World 10k record at Aberfeldie in the process booking a lazy 109.9% Age Graded. Still it's a bit tough when you have only your own records to break !!

There's a good story on a new member of ours, Rajwinder Singh of Shepparton. I only stumbled upon this "Googling" her because she is going to Daegu indoors.

Entries are open for the VMA 3000m Championship and, as is now a tradition, you can stay for lunch and the AGM. You can run 3000m. There is no such thing as a free lunch, but this goes close. Should you or a friend wish to nominate for the Committee you would be very welcome. You'll see we now have Leanne Monk on the Committee so come on girls. No "glass ceiling" at VMA.

Now, did I tell you about the VMA day at Lillydale parkrun on Saturday 4th March ? I don't think I did !! I want to see everybody who can run or walk 5k there. Bring your dog - perfectly acceptable at parkrun. Bring your kids, or someone else's. *And proudly wear your VMA clobber !!!!*

Get out and do it,

Russ Dickenson

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NAG FILE

Athletes Moving into a New Age Group

JONATHAN HOLMES	into M65
FRASER MURRAY	into M45
KATHY GREEN	into W55
PETRINA TROWBRIDGE	into W70
TREVOR HAWKSWORTH	into M70
EVELYN KUYIS	into W60
RUSSELL MOORE	into M55
JULIE HOVEY	into W55
JULIE HERTZ	into W60
JOHN HERBSTREET	into M65
MAEGAN KERR	into W45
MARGARET ARMSTRONG	into W55
YASSINE BELAABED	into M65
JACK DURRANT	into M20
RICHARD TREMBATH	into M75
NATALIE KING	into W75
TONI PHILLIPS	into W45
IAN WINNEN	into M55
SHOBHANA CHETTY	into W50
ROSS KENT	into M75
PAUL OLSSON	into M60
CHRISTY ROTHERY	into W40
MICHAEL BENOIT	into M55
CHRISTOPHER CRENNAN	into M45
JAMES DEANE	into M45
ADAM DELBRIDGE	into M45
ROBERT MAYSTON	into M60
ROSHAN SAMARASINGHE	into M45
JEANNETTE VAN DEN BULK	into W40
WIM VAN WEENEN	into M85
JOHN VROLAND	into M75

Masterpieces



COMMITMENT - Shane Draper (left) made a day trip back from Bright to compete in the last round of AV Shield and ensure our team made the Final. Looking for a landing spot is Rob Italia

What's On

any queries on VMA running races can be directed to our Secretary
Phil Urquhart 0419357823 or secretary@vicmastersaths.org.au

2017

January 26-28	2017 Victorian Country Track & Field Championships, <i>Casey Fields, Cranbourne</i>
February 1	Andy Salter Memorial Relay - <i>Springvale/Noble Park Venue</i>
February 19	VMA 5000m Walk Championship - <i>George Knott Reserve, Clifton Hill - 8.30 am</i>
March 4	Parkrun - VMA Day - <i>8.00 am Lilydale Lake - Wear Uniform - Russ 0418333569</i>
March 5	VMA T&F Pentathlon - <i>12pm - Duncan McKinnon Athletic Track</i>
March 18-25	World Masters Athletics Indoor Championships - <i>Daegu South Korea</i>
March 19	VMA Throws Pentathlon - <i>10am - Duncan McKinnon Athletic Track</i>
March 25-26,	2017 Victorian Masters Championships - <i>Tom Kelly Aths Track, Doncaster</i>
April 23	VMA 3000m Championship/Lunch/AGM - <i>Duncan McKinnon Athletic Track</i>
April 21-30	World Masters Games - <i>Auckland New Zealand</i>
April 26	Peter Colthup 5 Mile Self Handicap - <i>Dolamore Oval, Mentone - 7.15</i>
June 9-12	AMA Track and Field Championships - <i>Arafura Stadium Marrara Darwin NT</i> http://ntmastersathletics.com.au/
May 9	2017 VMA 10k Track Championship - <i>George Knott Reserve, Clifton Hill</i>
June TBA	2017 VMA Cross Country Championship - <i>George Knott Reserve, Clifton Hill</i>

2018

TBA	World Masters Athletics T&F Championships - <i>Malaga, Spain</i> www.rfea.es/competi/2018_Malaga_WMA/
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Masterpieces

Some talent in this relay team.

Andrew Egginton, John Meagher, Scott Lawrence and Rob Schwerkolt, all Box Hill runners broke the M50 Australian 4x1500m record at the Athletics Victoria Track Relay Competition.

Two other talented foursomes : Kurt Golonka, Geoffrey Pittman, Alexander Newman, Leigh Phelan of Glenhuntly broke the M40 4x100m and 4x400m State Records and Dominic Condello, Mark Harper, Colin Ritchie and Mark Giglio of Essendon broke the M40 4x200m State Record.



VMA DAY at LILLYDALE LAKE PARKRUN Saturday 4th MARCH 2017

As a Victorian Supporter of Parkrun we have been allowed to display our signage and give out brochures in return for providing all the Volunteers on an arranged day.

Most of our regulars can do the Volunteering, but we would like as many of our people as possible to show up in VMA singlets (please wear shorts as well).

Contact Russ with any queries 0418333569

INVITE US TO YOUR PARKRUN - WE WANT TO DO FOUR PER YEAR !!

Masterpieces



These guys are off to the World Masters Indoor Championships.

Top Row : Heather Carr; John Herridge; Jimmy Sinclair

Upper Middle ~~Began~~ Row : Michele Hossack; Scott Lawrence; Andrew Jamieson; Bill Carr

Lower Middle Row : George Schillinger; Rajwinder Singh; Andrew Wilcox; Stephen Dinneen

Bottom Row : Kevin Solomon; Simon Evans; Allan Wood; Lavinia Petrie.

CLUB CAPTAIN

We need someone to take over the role of Club Captain.

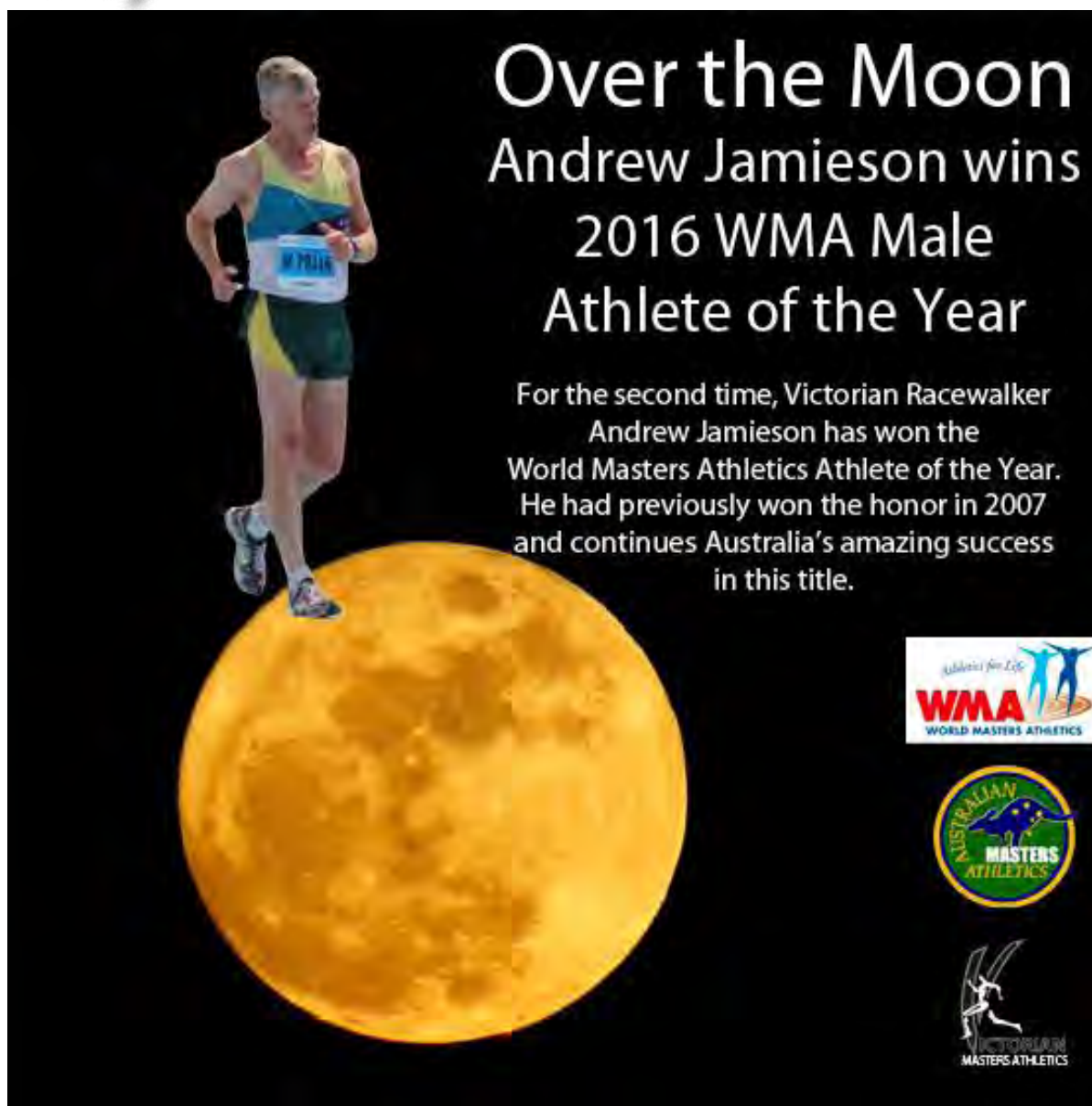
You don't necessarily need to be competing, it is more an administrative and ceremonial role.

You would need to manage entries and attend the 5 Browne Shield events and report on results.

You would be welcome to be involved with our AV Shield and Cross Country teams but David Sheehan and Shane Draper are handling those.

Contact Phil Urquhart 0419357823

Masterpieces



Over the Moon

Andrew Jamieson wins 2016 WMA Male Athlete of the Year

For the second time, Victorian Racewalker
Andrew Jamieson has won the
World Masters Athletics Athlete of the Year.
He had previously won the honor in 2007
and continues Australia's amazing success
in this title.

WMA
WORLD MASTERS ATHLETICS

AUSTRALIAN
MASTERS
ATHLETICS

VICTORIAN
MASTERS ATHLETICS

Andrew's Year in 2016.

It's fair to say that Andrew has struggled with injury in the last few years. He occasionally gets AF (Atrial Fibrillation) during races and has to stop or back off and he has had an ongoing problem with a knee.

Still, he is so far ahead of any other Masters walker that he can still break records. Shortly after turning 70 he grabbed the 10k and 20k World Records and I would be surprised if he doesn't get the full suite this year.

26 June	20km	1:52:35	Middle Park	WR
23 July	10km	53:17	Middle Park	WR
8 Oct	3000m	15:17.0	East Burwood	AR
26 Oct	5000m	26:42.1	Perth	AR
12 Dec	2000m	10:32.9	East Burwood	AR

Then, of course, he won 3 individual Gold Medals in the Perth Worlds and one team Gold.

Andrew and Lyn are very busy running their Olive grove and processing plant in Fish Creek so it's not as if he is in retirement like most 70 year olds.

Thanks to Tim Erickson for details.

Masterpieces

The VMA teams in this summer's AV Shield started encouragingly with the Mens 40+ team sitting in second place behind Box Hill until our numbers were badly depleted by our representation at the World Championships in Perth. We slipped down to 4th and looked no chance of making the top two to get in the Final....

However, after a terrific last 4 weeks where we finished 2nd; top; top; and 2nd, we have made the Final. It will be held on Sunday 12th February.

Our Women's 40+ team has been very low on numbers all year, but particularly since Perth.

C'mon guys, consider joining our team next year. Over 50's and over 60's get an age adjustment. The main thing we need is numbers.

VMA IN



AVSHIELD



VOLUNTEERS NEEDED

Aquatic leg exercises and knee pain

This research project is testing leg movement & rehabilitation exercises in water and on land

To volunteer for this project you need to;

- ▣ Be 60 years or older
- ▣ Have knee pain or knee osteoarthritis
- ▣ Have NO other leg or back injuries or balance problems
- ▣ No medical issues preventing you getting into a hydrotherapy pool

What does the project involve?

The testing sessions will be conducted at St Vincent's hospital in Fitzroy. The sessions will last approximately 2-3 hours. You will need to wear your bathing costume or shorts and a tee-shirt for the sessions. The following exercises will be performed by all participants holding on to a rail to help with balance:

- ▣ Squat (bending knees), calf raise (rising up onto the toes), stepping up and jumping

These exercises will be done holding on to a rail both on land and also in the pool at 2 different depths, with water up to the waist and also water up to the chest. We will be taking a video of these exercises you check how much the hip, knee and ankle moves. A physiotherapist will supervise all the testing. This project has been approved by the St Vincent's Human Ethics Committee

THANKS FOR CONSIDERING VOLUNTEERING YOUR TIME.

For more info on the research project please contact Sophie Ph: 0402 455 309

Lavinia

You all know the Zatopek 10,000m. Australia's premier track distance race. Well, they also hold lower grade races for those not up to the standard of the main race.

It was in the 2nd Division race, held at Aberfeldie, that Lavinia broke her own W70 World Record, running 44:36.61.



Lavinia often paces her Grandson Robbie at parkrun

RESULTS - LINDSAY THOMAS MEMORIAL 2017

- Springvale/Noble Park venue



The 25th running of this event was held on Wednesday 18th January at the picturesque Braeside Park. The weather conditions at this time of year are a lottery and had the event been 24 hours earlier the runners would have sweltered. However, thanks to a timely cool change, conditions were ideal for distance running. In fact a number of officials and spectators were seen donning jumpers and coats to keep themselves warm. The vagaries of Melbourne's weather - don't we just love it.

This year, for the first time in the event's history, the course was over a measured 10km. We are using the same course as we did for the Eric Greaves memorial in July following a minor modification to the course due to a track realignment by Parks Victoria. If you ran faster than previous years don't get too excited because those events were longer than 10km.

Again it was pleasing to see a good crowd in attendance with quite a number of supporters and officials in addition to the 89 competitors, comprising 50 Masters and 39 visitors. Although down on last year's number it is still a good turn up. There were 34 in the 10km event, 32 in the 5km run and 23 in the 5km walk. As a long standing event there are many familiar faces appearing year after year to support this event. It is great to get their support and I know that Lindsay's widow Pam and son Andrew, both regular attendees, appreciate the large number turning up.

In the 10 km event Marc Vellin was easily the first male while in the females Bronwen Cardy managed to finish ahead of Lavinia Petrie. In the 5 km Masters, Andrew Eggington and Helen Stanley took first place, though a visitor, Rosslyn Crosswell, was the first female home. In the 5 km walk Pramesh Prasad and Heather Carr (again) were clear winners. The closest tussle of the night was the sprint the line in the 5 km walk (if that is what walkers call it) to decide 3rd place between Gunther Ilgoutz and Peter Ellis with Gunther getting there by a narrow margin. Perhaps it was just as well there were no walk judges.

Prize winners were as follows (hopefully full results will be in the next edition of Around the Grounds)

	Male		Female	
10 km Masters	1. Marc Vellin 40.35		1. Bronwen Cardy 46.27	
	2. Greg Wilson 43.14		2. Lavinia Petrie 47.00	
	3. Chris Grafen 44.15		3. Pam Tindal 49.44	
5 km Masters	1. Andrew Eggington 19.00		1. Helen Stanley 22.37	
	2. Peter Thorne 28.35		2. Liz Eastwood 25.29	
	3. Ian Tregear 29.53		3. Ros Dyer 28.49	
5 km walk	1. Pramesh Prasad 24.34		1. Heather Carr 30.37	
	2. Greg Hughes 31.51		2. Penny Hall 41.37	
	3. Gunther Ilgoutz 34.09		3. Shelley Graham 45.16	
10 km run 1st 50+ (unplaced)	1. Paul Earl 47.32			
10 km run 1st 60+ (unplaced)	1. Andrew Edwards 46.03			
10 km non Masters	1. Shane Davin 41.56		1. Vicki Bergman 53.05	
	2. Jonte Andrew 43.02		2. Debbie Tyler 56.10	
	3. Jed Smith 43.41		3. Paula Hill 61.52	
5 km non Masters	1. Mitchell Graham 21.07		1. Rosslyn Crosswell 22.25	
	2. Jahvon Bergman 21.58		2. Sue Mapleson 26.08	
	3. Nathan Crosswell 23.09		3. Kate Thomas 27.21	

Another successful event and particular thanks go to the helpers from the Springvale venue who acted as officials and provided supper and spot prizes. The event would not succeed without their efforts. As race manager it makes my job easy (or relatively so) and it is encouraging to see people enjoying themselves in a real social atmosphere post race. So much so that as usual I almost had to evict people from the car park so that I could lock the gate and go home.

I hope to see you all again next year at the same time - 3rd Wednesday in January. Encourage others to attend - family, friends etc. It is a good event and the course is flat in a pleasant environment.

LINDSAY THOMAS MEMORIAL 2017 - cont.



10K winners - Bronwen Cardy and Marc Vellin

VMA 5000m Race Walk Championship.

Sun 19 February 2017

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

8.30 am	5000m VMA Championship	Masters Women
9.15 am	5000m VMA Championship	Masters Men
10.00 am	5000m and 3000m VRWC	Open
10.40 am	1500m VRWC	Open



THE 2017 VICTORIAN MASTERS ATHLETICS 3000M CHAMPIONSHIP

Followed by Lunch and AGM

SUNDAY 23 APRIL 2017

ONLINE ENTRIES ONLY - Entries close 19th April

<https://www.registernow.com.au/secure/Register.aspx?E=24168>

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.



Leanne Monk - Welcome to the Committee.

VMA is very pleased to welcome Leanne Monk to the Committee. Many of you will know Leanne, who has had a long involvement with athletics, both as a competitor and in administration with Little Athletics. Leanne is a strong Masters performer having competed in World Championships in Sacramento, Porto Alegre, Lyon and Perth and is also a regular at State and National Championships. Leanne also represents the VMA in our AV Shield team, primarily as a sprinter, but is a talented all-rounder doing throws and jumps including Pole Vault. In Perth 2016, Leanne won a Bronze medal in the Pole Vault and Gold in the W60 4x100m and 4x400m.





RESULTS - 2016 VMA Marathon Championship Sunday 16th October

VMA members achieved some excellent results in this year's Melbourne Marathon, notably Stephen Dinneen M35 in 2:28:37 (10th overall) and Trevor McCann M50 in 2:58:54. Despite the absence of many VMA distance athletes at the WMA Championships a total of 30 members finished including Neville Gardner who has completed all 38 and Tony Martin who missed only the first. In spite of the short gap, George Dyer, Peter Black and Stephen Barker backed up to run the Marathon in Perth 2016 !!

W30	Nicola Hamilton-Morris	03:45:21	Run2sDay
W45	Tanya Fiore-Yatomi	04:49:13	Run2sDay
W50	Kuni Bowden	03:50:37	Mentone
W55	Merle Want	04:57:30	Glen Eira
W60	Jane Sturzaker	04:57:30	Glen Eira
W70	Vicki Thompson	06:34:22	
M35	Stephen Dinneen	02:28:37	Collingwood
M35	David Martini	03:06:31	
M35	Brad Buyck	03:22:54	
M45	Matthew Bowden	04:23:36	Mentone
M50	Trevor McCann	02:58:54	Mentone
M50	George Dyer	03:17:52	Knox
M50	Chris Grafen	03:39:34	Glen Eira
M55	Peter Rushen	03:07:22	
M55	Peter Gaunt	03:11:52	Collingwood
M55	Steven Barker	03:26:09	Springvale
M55	Sydney Bone	03:33:40	Glen Eira
M55	Albin Hess	04:48:47	Casey Fields
M60	Peter Black	03:33:42	Aberfeldie
M60	Gregory Moore	03:38:46	Aberfeldie
M60	John Signori	03:41:53	Knox
M65	Peter Moore	03:48:42	Collingwood
M65	Jim Hopkins	04:34:12	Collingwood
M70	Kari Jortikka	04:38:55	Run2sDay
M70	Rod Bayley	04:41:43	Collingwood
M70	James Yatomi-Clarke	04:49:49	Run2sDay
M70	Neville Gardner	07:04:26	Croydon
M70	Stephen Barker	05:27:19	Aberfeldie
M75	Ashley Page	05:47:54	Mentone
M85	Antony Martin	07:31:35	East Burwood



Husband and Wife team Matt & Kuni Bowden were a feature, winning their respective age groups.

Kuni has been running since her late 20's starting with triathlon and fun runs and now cross country and trail running. Matt, however, only took it up last year at age of 48. He has been a keen cricketer and kept telling Kuni that running is boring, but after running and winning a local fun run during their holiday in board shorts and old trainers, 10 years ago, he decided to join their old school cross country run and realised then how hard it was all going to be. They started running at Mentone Masters together. Before long, Matt started beating Kuni in the shorter distances (up to 5K). The Melbourne Marathon was his first, and whilst Kuni was disappointed with her time, one of her slowest, Matt's debut was very creditable.

ONLINE ENTRY - <https://www.registernow.com.au/secure/Register.aspx?E=24173>



VMA T & F PENTATHLON CHAMPIONSHIP 2017

Sunday 5 March 12 noon start; Check-in 11.30 am

Venue: Duncan Mackinnon Athletic Track

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

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

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

Further details: Tony Bradford

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

Cost: \$10

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

Events(in order):

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

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

2017 T & F Pentathlon ENTRY FORM

SURNAME: _____ **CALL NAME:** _____

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

ADDRESS: _____

PHONE: _____ **E-MAIL:** _____

EVENT	ENTRY FEES
T & F Pent @ \$10	_____
Late fee @ \$10	_____
Total Enclosed:	_____

Method of Payment

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

Credit Card Payment ☐ Mastercard ☐ Visa

Card Number: _____ Expiry Date: _____

Name on Card: _____ Signature: _____

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

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

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

ONLINE ENTRY - <https://www.registernow.com.au/secure/Register.aspx?E=24175>



VMA THROWS PENTATHLON CHAMPIONSHIP 2017

Sunday 19 March 10.00 am start for first group
Venue: Duncan Mackinnon Athletic Track

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

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

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

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

THROWERS

Closing date for Throws Pent: Friday 3rd March

Cost: \$10

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

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

2017 Throws Pentathlon ENTRY FORM

SURNAME: _____ **CALL NAME:** _____

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

ADDRESS: _____

PHONE: _____ **E-MAIL:** _____

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

Method of Payment

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

Credit Card Payment

☐ Mastercard ☐ Visa

Card Number: _____ Expiry Date: _____

Name on Card: _____ Signature: _____

Send Entry to: VMA TP Championship 2017
 C/o A & G Rose
 71 Union Rd
 Surrey Hills, 3127
(To arrive no later than closing date)

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

ANDY SALTER MEMORIAL RELAY



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

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

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

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

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

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

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

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

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

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

The program for the night is;

7.10 pm 100 metre sprint

7.15 pm Andy Salter relay/Bert Warburton Relay

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

Enquiries to Alan Bennie on 9547 2978 or 0428990873.

PETER COLTHUP

5 MILES SELF HANDICAP

An invitation is extended by the Mentone Venue to all Masters to take part in the 23rd Annual PETER COLTHUP 5 Miles (8.045km) Road Self Handicap to be held on Wednesday April 26th 2017 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 500m E.T. Walk
- 6.50 300m E.T. Sprint
- 7.00 600m E.T. Run
- 7.15 Road Peter Colthup 5 Miles Self Handicap
- 7.20 120m E.T.
- 7.30 5 Lap Spiral E.T. Walk on track
- 8.30 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.



RESULTS - 2017 AMA Multi Event Championships

7/01/2017 to 8/01/2017 - LATROBE UNIVERSITY BENDIGO ATHLETICS COMPLEX



Women Heptathlon

W35-39	Points	100H	HJ	SP	200	LJ	JT	800
1 RYAN, LISA		25.12	1.18m	7.12m	28.97	3.89m	13.33m	2:32.59
VICTORIAN MASTERS A		w: -0.2			w: 0.7	w: 0.6		
W37	2539	(31)	(350)	(359)	(622)	(326)	(181)	(670)
W50-54	Points	80H	HJ	SP	200	LJ	JT	800
1 TOWNSEND, VICKI		15.43	1.27m	10.57m	31.23	3.94m	19.75m	3:28.34
NEW SOUTH WALES MAS		w: 2.2			w: 0.7	w: 1.7		
W52	4043	(606)	(678)	(749)	(718)	(540)	(400)	(352)
2 RICHARDS, LEONIE		17.25	1.24m	8.66m	32.31	3.74m	26.70m	3:12.09
NORTHERN TERRITORY		w: 2.2			w: 0.7	w: 1.7		
W50	3801	(398)	(632)	(589)	(642)	(474)	(574)	(492)
W60-64	Points	80H	HJ	SP	200	LJ	JT	800
1 BOWMAN, CAROL		24.06	1.03m	4.79m	37.52	2.73m	9.35m	3:24.11
WA MASTERS		w: 2.2			w: 0.7	w: 0.4		
W62	2499	(61)	(523)	(347)	(507)	(292)	(198)	(571)

Men Decathlon

Men Decathlon											
M40-44	Points	100	LJ	SP	HJ	400	110H	DT	PV	JT	1500
1 GIBBONS, GEOFF		11.79	6.29m	10.20m	1.71m	52.85	15.71	28.83m	3.90m	48.41m	4:39.55
TASMANIAN MASTERS		w: 0.7	w: 2.0				w: 1.0				
M40	7022	(795)	(778)	(567)	(619)	(841)	(853)	(499)	(673)	(627)	(770)
M45-49	Points	100	LJ	SP	HJ	400	110H	DT	PV	JT	1500
1 CHISHOLM, DAVID		12.65	4.76m	8.10m	1.29m	57.69	21.47	22.04m	1.80m	27.96m	5:55.18
VICTORIAN MASTERS	w: 0.7	w: 2.8				w: 1.0					
M48	4386	(701)	(479)	(469)	(331)	(714)	(377)	(397)	(151)	(338)	(429)
M50-54	Points	100	LJ	SP	HJ	400	100H	DT	PV	JT	1500
1 MANN, GREG		14.06	4.09m	9.12m	1.26m	68.15	22.26	28.40m	2.00m	34.90m	7:10.48
TASMANIAN MASTERS		w: 0.7	w: +0.0				w: 1.0				
M53	3838	(529)	(386)	(527)	(360)	(425)	(248)	(445)	(231)	(484)	(203)
2 DELL, TONY		14.49	4.08m	6.72m	1.17m	67.06	24.54	19.27m	2.30m	23.18m	5:36.54
VICTORIAN MASTERS	w: 0.7	w: 1.2				w: 1.0					
M54	3521	(461)	(384)	(359)	(283)	(458)	(122)	(266)	(314)	(278)	(596)
DNF HOUGH, ALAN		14.12	2.49m	DNS							
NORTHERN MASTERS UK		w: 0.7	w: +0.0								
M50	(518)	(72) (0)	(0) (0) (0)	(0) (0) (0)	(0) (0) (0)						
M60-64	Points	100	LJ	SP	HJ	400	100H	DT	PV	JT	1500
1 MCCONNELL, DAVID		13.38	4.49m	7.65m	1.38m	64.30	18.38	28.37m	2.20m	20.16m	5:57.57
VICTORIAN MASTERS		w: 0.7	w: 3.9				w: 0.5				
M64	5704	(804)	(657)	(458)	(619)	(706)	(670)	(467)	(389)	(278)	(656)
M65-69	Points	100	LJ	SP	HJ	400	100H	DT	PV	JT	1500
1 JERMACANS, VIDDY		15.36	3.79m	7.76m	1.17m	124.28	DNF	23.56m	1.60m	26.25m	7:33.70
SOUTH AUSTRALIAN	w: 0.7	w: 2.8									
M68	3545	(563)	(533)	(519)	(480)	(0)	(0)	(414)	(235)	(457)	(344)

RESULTS - 2017 AMA Multi Event Championships - cont.

M75-79	Points	100	LJ	SP	HJ	400	80H	DT	PV	JT	1500
1 POULTER, JIM	16.44	3.72m	7.76m	1.05m	DNF	DNF	20.85m	2.30m	20.77m	DNF	
VICTORIAN MASTERS	w: 0.7	w: +0.0									
M75	4010	(614)	(743)	(537)	(520)	(0)	(0)	(462)	(702)	(432)	(0)



*Women's Heptathlon Competitors :
Vicki Townsend; Carol Bowman;
Lisa Ryan and Leonie Richards*



*Victorian Decathlon Competitors : Tony Dell;
Jim Poulter; David Chisholm and
David McConnell*

RESULTS - AUSTRALIAN MASTERS ATHLETICS

HALF MARATHON CHAMPIONSHIPS - HOBART - 15/1/17

		Age	Time	Age Grade %
W30-34				
Lynsey Maher	Tas	34	1:43:23	63.50%
W35-39				
Shiloh Watts	Qld	37	1:25:27 #	77.67%
W40-44				
Angela Green	Tas	42	1:52:00	61.07%
Regina Magierowski	Tas	43	2:14:07	51.40%
W45-49				
Fiona Lennon	Tas	47	1:31:27	78.31%
Kylie Mayne	Vic	47	1:37:57	73.12%
Jodie Watson	Qld	47	1:42:54	69.60%
Tracey Keating	Tas	47	1:44:22	68.62%
Wendy Meadowcroft	Tas	47	2:22:41	50.19%
W50-54				
Carolyn Davis	Tas	51	1:42:50	72.98%
Patsy Law	Tas	51	2:17:45	54.48%
Sal Shade	Tas	52	2:21:28	53.70%
W55-59				
Louisa Abram	Qld	56	1:26:36 #	92.22%
Ann Sweeney	Tas	55	1:44:02 *	75.79%
W60-64				
Carol Bristow	Tas	60	2:07:52	65.85%
Cheryl Longey	Tas	61	2:14:27	63.49%
W65-69				
Susan Archer	ACT	68	1:56:18	81.21%
M30-34				
Chris Sullivan	Tas	34	1:29:10	65.64%
Oliver Mundy-Castle	Tas	30	1:29:26	65.28%
M35-39				
Patrick Nispel	Qld	36	1:12:03 #	81.68%
M40-44				
Paul Dannock	Tas	44	1:46:48	57.99%
M45-49				
Michael Davis	Tas	46	1:17:41	81.06%
Michael Bishop	Vic	45	1:20:06	77.97%
William Yee	Tas	48	1:24:36	75.69%
Graeme Crow	Qld	49	1:39:39	64.81%
M50-54				
Steve Nicholls	Qld	53	1:27:05	76.82%
Anthony Baines	Tas	51	1:27:18	75.28%
Craig Canham	Tas	52	1:28:39	74.79%
Bennie Lindeque	Qld	50	1:31:55	70.88%
Wayne Royals	Tas	54	1:34:39	71.32%
Phil Hniat	Tas	54	1:40:46	66.99%
M55-59				
Phil Davies	Qld	59	1:24:09	83.98%
Andrew Law	Tas	57	1:31:03	76.19%
Greg Hickey	Tas	59	1:32:00	76.81%

RESULTS - AUSTRALIAN MASTERS ATHLETICS HALF MARATHON CHAMPIONSHIPS cont.

M60-64

Yassine Belaabed	Vic	64	1:30:43	81.76%
Chris Gates	Tas	62	1:33:00	78.19%
Suet Bayram	Vic	63	1:41:56	72.04%
Rob Ormerod	Tas	61	1:44:52	68.67%

M65-69

Kevin Bell	Vic	65	1:33:24	80.19%
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Tasmanian Open Best on Record * Tasmanian Residential Best on Record

BEST AGE-GRADED PERFORMANCES

W55-59	Louisa Abram	Qld	56	1:26:36	92.22%
M55-59	Phil Davies	Qld	59	1:24:09	83.98%
M60-64	Yassine Belaabed	Vic	64	1:30:43	81.76%
M35-39	Patrick Nispel	Qld	36	1:12:03	81.68%
W65-69	Susan Archer	ACT	68	1:56:18	81.21%
M45-49	Michael Davis	Tas	46	1:17:41	81.06%
M65-69	Kevin Bell	Vic	65	1:33:24	80.19%



*Yassine Belaabed
Being right at the end of his age group didn't stop
him winning.*

THE 2017 VICTORIAN MASTERS ATHLETICS T&F CHAMPIONSHIPS

MARCH 25 & 26th

TOM KELLY ATHLETICS TRACK, GEORGE STREET, DONCASTER



ONLINE ENTRIES ONLY THRU THE A.V. WEBSITE

www.athsvic.org.au

AV Members welcome

ENTRIES CLOSE MARCH 12TH





These are the medals for Darwin. I told them I wouldn't put them in unless they sent me a Gold. I'd better get it back from the engraver. "Russ Dickenson - Winner 10K Walk - Australian Record"



"If You Never Have a Go, Then You'll Never Ever Know"

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

Facebook : Australian Masters Athletics Championships 2017

George White is the President of SAMA (South Australian Masters Athletics). He has vast experience in running athletics events, most recently the very successful 2016 AMA Championships in Adelaide. He has suggested these changes to the AMA Committee. We are looking for feedback on George's ideas. If you contact me, your views can influence the VMA response.

DISCUSSION - NATIONAL TRACK AND FIELD CHAMPIONSHIPS

The Problem

Over the years that I was Competition Director it became quite evident that the long standing National T&F Championships program was due for a revamp. There is overwhelming support for the 4 day T&F Championships but with numbers of athletes now regularly in the mid to even high 600s, the current program is in need of adjustment. Day 4 is underutilised and Days 1 and to a lesser extent Day 2 can be very long and stressful days, especially for officials. Shortening days 2 and 3 would assist with the Athletes forum and Awards dinner. Part of the problem is gaps left by not needing scheduled heats.

Possible solutions

1. A minimalist approach

Have larger fields in the non – sprints. Masters athletes have a much greater range of abilities and I believe these greater numbers could be handled. It would also make for more exiting races

- 800m to 9 on a 6 lane track, to 12 on an 8 lane track and 14 on a 9 lane track.
- 1500m to 20
- 5000m to 25
- 10000m to 30 (there were over 30 in both the men's and the women's 10000m in Rio!)
- 1500m walk to 20
- 5000m walk to 25
- Steeplechase to 20

2. A re-structured program (preferably also with changes to numbers in races!)

Obviously there are many options but whatever is done, it is essential to maintain a spread of events for those who do not specialise.

I have looked at the option of replacing the 10000m with a 3000m but it cannot be justified on time saving as the 3000m would attract more entries requiring more races and based on 5000m entries would not result in any time saved. There are arguments for both distances and Council should make the final decision.

One of the major objectives in looking at re-structuring was to get sprint heats to the end of the day where possible so that if heats are not required no time is wasted.

Possible timetable

Day 1	Day 2	Day 3	Day 4
10000m	5km Walk	5000m	10km Road Walk
Hammer	Discus	Triple Jump	Cross Country (8k & 4k)
Long Jump	Javelin	Throws Pentathlon	T&F Pentathlon
Shot	High Jump	Pole Vault	Weight Throw
	Short Hurdles	400m Finals	
PM	PM	PM	PM
Welcoming Ceremony	1500m	Triple Jump	200m Finals
60m Heats	High Jump	Throws Pentathlon	T&F Pentathlon
Hammer	100m Finals	Pole Vault	Weight Throw
Long Hurdles	Discus	1500m Walk	Ch. of Champ Throws
Shot	Javelin	200m Heats	4 x 100m Relays
Long Jump	Steeplechase		4 x 400m Relays
60m Finals	Ch. of Champ 100m		
800m	400m Heats		
100m Heats			
	Athletes Forum	Dinner	

DISCUSSION - NATIONAL TRACK AND FIELD CHAMPIONSHIPS cont.

This program would see the following changes:

Day 1

The 100m final would come out and the 100m heats would be at the end of the day. This would only leave a possible gap with the 60m heats. By removing one sprint group there will be less clash with Long Jump. Taking the 1500m W out and bringing in the Long Hurdles avoids having Long hurdles and 400m on the same day. **This should save about 80 to 90 minutes on the program.**

Day 2

The 100m final and Champion of Champion 100m come in but 200m finals go out. With the 400m heats at the end of the day there will be no gaps. **This should save about 60 minutes.**

Day 3

The Champion of Champion 100m and 4x100m relay are out and 200m heats come in at the end of the day. **This should save about 45 minutes.**

Day 4

The 200m finals and 4x100m relay come in. **This would probably add about 2 hours.**

Comments

To come to this program I canvassed a number of regular Nationals athletes:

- Of the 4 people who commented on sprints, 2 wanted the traditional progression of 60m, 100m, 200m and 400m, but the other 2 appreciated the order as shown. This is an area that will need more consideration.
- Generally the spread of sprints over the 4 days was accepted.
- It was suggested that a shorter cross country distance be introduced for older runners! If the cross country course was standardised at 4km, a 4km event could be offered. Alternatively if a 2km course became standard either a 4km or a 6km could be offered.

While this process has centred on track events it would be an opportune time to consider possible changes to the field program though I feel the opportunities for change are far less.

I think the State and Territory Clubs should begin a discussion with the aim of having Council delegates at the next AMA AGM, in a position to make an informed decision. This would enable Perth in 2018 to trial an amended program.

George White

Yes, I acted like a groupie in Perth and I know Kath was scratching her head as I ran down to the track to get a “selfie” with Bill Collins after his 100m heat. It pleases me to know that Michael Barrand - himself a 800m Gold Medallist at the World Masters Games - feels the same way. Michael, I picked up on that same “vibe” from Bill. Lovely man.

Bill Collins - article by Michael Barrand

I first met Bill Collins in the marshalling tent in Sydney 2009 at the Masters Games. It was my first serious Masters event and I was new to the experience. Sitting in the rows of nervous athletes, I spoke to the relaxed, quiet man beside me and although I don't remember what was said, I know what a friendly and modest exchange it was.

I soon learnt that it was Bill Collins and that he had a huge reputation as an athlete. As we went through the 100, 200 and 400m races, my admiration of the way he conducted himself grew. I began to call Bill “the quiet assassin” (to myself) as in three 400m runs I heard his quiet footsteps come past me at the 300 mark and then watched him accelerate away down the final straight as everyone else tightened up.

I also began to stalk him at the warm up track, hoping to learn some secrets of the sport by watching his preparation before a race. But he mostly sat there in the sun, doing a few gentle stretches, chatting to all who were around him and using his massage stick (an innovation I'd never seen) to run over his quads. I asked a Canadian about his relaxed approach and his reply was, “Bill! Warm up? Never seen him do that but I've seen him set lots of world records doing what he's doing now.”

Although that didn't seem to be true, Bill maintained his unique routines for the remainder of the meeting. My wife and I had befriended a couple of US and Canadian athletes and as we had a car, we always offered to help them with transport. On the final Sunday I stayed to watch the relays and saw Bill anchor both the 100 and 400 relays to wins for his teams. A little later I passed him leaving the venue and he was noticeably limping. We offered him a ride but he politely declined, saying that he needed a massage before going but he gave me details of his squad to contact back in Texas.

I did this and purchased a copy of his book (since leant and lost) and was fascinated at his holistic approach to running and both physical and spiritual health. This helped to explain his gentle character and temperament. So it was shocking news to hear of the ill health that nearly finished his career. And then to see the marvellous interview with Bill on the Perth website last month brought a lump to my throat. Again his humility outshone his extraordinary athletic performance. Bumping into him the next day in the stands found me going through that star struck mumble you get when having a chance meeting with a star. But Bill downplayed his efforts in Perth and deflected the conversation to what a great track meet it was proving to be.

If I've received nothing else out of Masters athletics, it is the chance to meet wonderful people and learn from their example about the way to live life. Thanks, Bill.



**Ever Feel Like
Just Throwing Something ?**



Discuss it with us !!

vicmastersaths.org.au



The Victorian Masters throwing
group meets on Sundays at
Duncan McKinnon Reserve,

NOUN NAMES

Ashley Page



Ashley Book



Bill Carr



Bill Carrpark



Stephen Day



Stephen Week



NEW RECORDS REPORT

Pending World Record:

W70 10,000m	Lavinia Petrie	Vic	44:36.61	109.9%	6-12-16	Aberfeldie
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Australian Records:

M70 3k Walk	Andrew Jamieson	Vic	15:15.17	96.3%	8-10-16	East Burwood
W75 20k Road Walk	Lynne Schickert	WA	2:52:27	81.0%	4-11-16	Perth
W80 One Hour Run	Anne Young	ACT	7202m	-	17-11-16	AIS ACT
M50 4x1500m Relay	John Meagher	Vic	18:35.10	-	26-11-16	Albert Park
	Andrew Egginton	Vic				
	Scott Lawrence	Vic				
	Rob Schwerkolt	Vic				
W75 Hammer	Jan Banens	ACT	34.46m	101.9%	26-11-16	Turner ACT
W65 800m	Jeanette Flynn	Qld	2:43.39	98.7%	7-12-16	QSAC Nathan
M70 2k Walk	Andrew Jamieson	Vic	10:32.9	-	10-12-16	East Burwood
W65 400m	Jeanette Flynn	Qld	69.32s	96.1%	17-12-16	QSAC Nathan
M40 Decathlon	Geoffrey Gibbons	Tas	7022pts	-	8-1-17	Bendigo

Victorian Records:

M60 2k Steeple	Terry Pearce		7:23.53	90.0%	6-11-16	Perth
W60 High Jump	Margaret Tweedie		1.25m	88.0%	12-11-16	Mt Evelyn
M40 4x400m Relay	Alexander Newman		3:36.87	-	26-11-16	Albert Park
	Kurt Golonka					
	Geoffrey Pittman					
	Leigh Phelan					
M40 4x100m Relay	Kurt Golonka		45.75	-	26-11-16	Albert Park
	Geoffrey Pittman					
	Alexander Newman					
	Leigh Phelan					
M40 4x200m Relay	Dominic Condello		1:42.83	-	15-12-16	Aberfeldie
	Mark Harper					
	Colin Ritchie					
	Mark Giglio					

Clyde Riddoch

VMA Records Officer

40 Beauchamp Street, Preston Vic 3072

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

by LAUREN BORDIN | NOVEMBER 03, 2016



Putting in her all: Rajwinder Singh won a silver medal in shot put at the World Masters Athletics Championships.

Rajwinder Singh had not picked up a shot put in 26 years before deciding to compete at the World Masters Athletics Championships in Perth last week.

She only propelled herself back into training 15 days before heading to the tournament, acknowledging how astounding it was to return to Tatura with a silver medal. "It was incredible, it felt like my olden days and to do it after 26 years was a big achievement. It's a really good moment," Singh said.

Singh, 50, was a national shot put champion in her birth country of India, but after migrating to Australia in 1990 she left her athletic days behind.

That was until she was driven to compete after seeing her former Indian coach Mohinder Singh Dhillon compete at the Asian Championships in Singapore earlier in the year.

Contesting shot put and discus at the Masters Games himself, Dhillon came to Australia early to help train Singh in the discipline she excelled at when he coached her more than two decades ago.

"It was tough training but this medal is all because of him. He just worked on technique and this is the reason I got the medal, otherwise I wouldn't have got as far. It was very hard, but he inspired me a lot," Singh said.

Competing against about 25 competitors in the 50-54 age group, Singh finished second only to an outstanding effort from a Chilean competitor.

Her silver medal distance of 12.74m might be more than 4m shorter than what she threw in her prime, but Singh said she was thrilled to record the distance in her return event.

Having regained her love for the sport, Singh said her children Dhillon, 26, Reet, 25, and Karan, 18, as well as son-in-law Sunny continued to encourage her.

Working as a personal care assistant Singh is grateful for the help she has received from employers Ave Maria and Moyola Age Care who gave her holidays at short notice to further her training.

She is set to use more of her annual leave in the near future, with there not being another 26 years' wait before she picks up the shot put again.

"I'll definitely continue. Next year I'm going to the World Masters Indoor Championships in South Korea in March as well as the Australian Masters Athletic Championships in Darwin," Singh said.

VICTORIAN MASTERS ATHLETICS INC.

ANNUAL GENERAL MEETING

SUNDAY 23 APRIL 2017

Notice is hereby given that the 45th Annual General Meeting of Victorian Masters Athletics Inc. will be held at Duncan Mackinnon Reseve, Cnr. North Road and Murrumbeena Road, Murrumbeena, on Sunday 23 April 2017 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 before 16 April 2017.

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.....

2017 VICTORIAN MASTERS ATHLETICS -- MEMBERSHIP FORM

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

Circle amount of the membership category applying to you

Renewing members (from 2016)	Payment from 1/1/17
Individual renewing member	\$45
Two members residing at the same address	\$75
Life members	Free
Renewing 80+ member (if a member for the previous 5 consecutive years)	Free
Volunteer (non competing)	Free
Lapsed members	
Individual lapsed member	\$45
Two members residing at the same address	\$75
Associate member (Under 30)	\$20
New members	
Individual new member	\$45
Two members residing at the same address	\$75
Current AV members	\$35

PAYMENT - Please make cheques or money orders payable to VMA and send the Subscription to: registrar – Ewen Wilson, 9-11 Cyril St Windsor 3181. (Ph. 0423 424 185).

Credit Card – Visa / Mastercard Card No: Expiry Date: ... / ...
 Name on Card: Signature:

Disclaimer

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

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

VMA privacy statement

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

Uniforms & Associated Merchandise

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

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



AUSTRALIAN MASTERS ATHLETICS CHAMPIONSHIPS

DARWIN 2017



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



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

QUICK FACTS

When:

Saturday 9th June – 12th June 2016

Where:

Darwin, Northern Territory

Travel:

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

Accommodation:

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

Other Activities:

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



For further information refer to:
www.ntathletics.org.au
 Hosted by Athletics NT



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

PROPOSED SCHEDULE OF EVENTS

THURSDAY 8TH JUNE 2017

Registrations open from 12 noon

FRIDAY 9TH JUNE 2017

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

SATURDAY 10TH JUNE 2017

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

ATHLETICS FORUM

SUNDAY 11TH JUNE 2017

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

DINNER / AWARDS NIGHT

MONDAY 12TH JUNE 2017

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

DARWIN & THE NORTHERN TERRITORY

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

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

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

‘or watch the sunset
over the Timor Sea after
visiting the famous Mindil
Beach Markets”.



Victorian Masters Athletics Inc. - Venue Managers

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

Victorian Masters Athletics Inc.

Venues

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

Victorian Masters Athletics Inc.

President	Russ Oakley	9720 8835	president@VicMastersAths.org.au
Vice President	Tony Bradford	9749 2248	anthonybradford@bigpond.com
Secretary	Phil Urquhart	9572-0805 0419357823	secretary@VicMastersAths.org.au
Asst Secretary	Chris Murphy	9547 6324	czm@stbedes.catholic.edu.au
Treasurer	Andrew Edwards	95554226	leedsfan2@optusnet.com.au
Club Captain	Vacant		
Committee	Graeme Rose	9836 2350	grarose@yahoo.com
	Andrew Edwards	95554226	leedsfan2@optusnet.com.au
	Shane Draper		shane.draper@VicMastersAths.org.au
	Russ Dickenson	9870 8103 0418333569	dicko@iinet.net.au
	Leanne Monk	0402083445	blmonk1@optusnet.com.au
Hon. Auditor	David McConnell	9849 0680	
VMA Team in AV	David Sheehan	95681061 0448 213200	PO Box 539, Gembrook 3783 midget32@hotmail.com
Uniforms	Ewen Wilson	9529 5260 0423 424185	registrar@vicmastersaths.org.au
Subscriptions	Ewen Wilson	9529 5260 0423 424185	registrar@vicmastersaths.org.au
Records Officer	Clyde Riddoch	9470 1490 0439 902 907	40 Beauchamp Street, Preston Vic 3072 clyderiddoch@msn.com
Footprints Editor	Russ Dickenson	9870 8103 0418333569	dicko@iinet.net.au
Around The Grounds	Russ Dickenson	9870 8103 0418333569	dicko@iinet.net.au
Website (Interim only)	Russ Dickenson	0418333569	dicko@iinet.net.au
	Phil Urquhart	0419357823	secretary@VicMastersAths.org.au
Throwers' Group	Graeme Rose	9836 2350	grarose@yahoo.com