

FOOTPRINTS



APRIL/MAY 2018

**OUR
REE-MARKABLE
NEW SINGLET**

**THIS IS REE
- OUR
MEDAL MODEL**



**RESULTS RESULTS RESULTS RESULTS RESULTS RESULTS -
2018 VIC MASTERS T&F CHAMPS
2018 THROWS PENTATHLON
2018 T&F PENTATHLON
& MORE. SO MUCH MORE**



From the desk of Russ Dickenson

I used to love it when I'd get pretentious edicts like the above. "From the desk of Joanne Bloggs".

It's like the writer could turn around later and say "No I didn't say that. It was my desk!"

So with that level of deniability, I'll raise the topic that so many people have contacted me about. The \$20 per event entry fee to the Victorian Masters Championships. This was arbitrarily set by Athletics Victoria who jointly hold our Championships. I know of several people who didn't enter in protest and I know of people like Linda Buttigieg who supported the meet to the extent of entering 10 events. That's \$200 thank you!! I think that is a disgrace and most unfair to an athlete who is "having a go". I know that the NSW Championships are also \$20 per event but they have a ceiling of \$70 on theirs. That sounds a lot more reasonable. Why can't we have a ceiling? ***The software doesn't allow it!!!***

You may know that our Secretary, Phil Urquhart has been tirelessly going around our Venues asking for people to become qualified as Officials and the response has been disappointing. Officiating is a chance to put something back into your sport and more importantly into your club. I say this being aware that there are some amazing people who do a lot of volunteering.

This cuts across the deafening calls I hear from Members for us to take our Championships back from AV and stage them ourselves with a more reasonable fee structure. We simply cannot do that without qualified Officials. Even with a lot of helpers we would need a bevy of qualified people.

There's a lot of talk these days of a two tiered society and I think this is a bit of what's happening here. Maybe spending, say, \$80 to enter 4 events to a 40 year old with a reasonable job doesn't sound too bad. It's what you'd pay to go in a fun run. But for a retiree (and we've got plenty of them) it's a lot of money and it's often the case that the older athletes do more events.

You will notice on the next page that we are hosting another parkrun. We have picked up a couple of wonderful new Members at Croydon as a result of hosting the Lillydale Lake and Mullum Mullum parkruns. Both these girls - Erica Bedyne and Angela Edwards competed in the recent T&F Pentathlon and

had a ball. Now at the urging of the dedicated Maggie Armstrong we are hosting the beautiful Maribyrnong parkrun and we need you there. We have had a good response from the Aberfeldie crew as far as volunteers go, but if you would still like to volunteer, let me know and it might release someone to run. But, we want a "bigger than Texas" turnout. We want you there in your VMA gear. State uniform or Venue uniform. The point of this exercise is to show the Maribyrnongians that we are a strong, fun, good-to-be-involved-with club. It's not going to kill you to get up a little earlier and drive a little further. Car-pool. Come and have a coffee afterwards with your club mates.

Remember, you can run or walk a parkrun!

We have our Annual General Meeting on Sunday 15 April at 1pm. We hope you can attend. And please consider whether you could add something to our Committee. We are always looking for some new blood and new ideas. We meet once a month in Surrey Hills and this is a chance to shape the direction of VMA. It's a busy time with ***Melbourne 2019 looming*** and there are some interesting roles to be played in this too.

I am talking to the good folks at Doncaster Venue at the moment. They are proposing to hold an inter Venue Track Challenge later in the year with a wide range of events, held on a Sunday, with a points system that encourages competitors of all standards. Sounds great! I'll keep you posted.

Enjoy the Comm Games

Russ Dickenson

CONTENTS

P.3-7	Masterpieces and 2019 Nationals
P.8-9	AGM & VMA 3000m Champs
P.10-12	Results - 2018 VMA T&F Pentathlon
P.13	Article - Neville Wilson
P.14-15	Results - 2018 VMA Throws Pentathlon
P.16	Results - Neighbours Night
P.17	Results - 2018 VMA 5k Walk Championship
P.18	Article - Dawn Hartigan
P.19	Report - VMA Team in AV Shield
P.20-31	Results - 2018 VMA T&F Championships
P.32	Results - Andy Salter Relays
P.33	Information - 2018 Browne Shield
P.34	AMA uniform discounts
P.35-36	Clyde's New Record Report/Details on XCR
P.37	New 2XU VMA Singlets
P.38-41	Alice Springs Masters / Oceania Masters
P.42-43	Article - Runner's & Connective Tissue
P.44	2018 Membership Form
P.45-47	Venues, Officials etc.
Back Cover	- More Photos from the Vic Champs

It's VMA DAY at

MARIBYRNONG parkrun

Burton Cres./Raleigh Rd, Maribyrnong.

It's beside the river !!!!

Saturday 12th May 2018 - 8am

As we did with the Lillydale Lake & Mullum Mullum parkruns we are hosting the Maribyrnong parkrun. We want as many of our people to turn up in their VMA gear as possible.

For those of you who are not familiar with parkrun it is a free (always free), timed 5k run/walk/stroll. You can take your dog, prams, kids, grandkids and go as fast or slow as you like.

For parkrun you need to go online and get a parkrun identity and barcode.
If you need help or want me to do it for you contact Russ 0418333569



What's On

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

2018

- April 4-15 Commonwealth Games - *Gold Coast*
- April 15 VMA AGM and 3000m Championship - *Venue TBA*
- April 26-29 2018 AMA T&F Championships - *Perth* - <http://www.mastersathleticswa.org/perth2018/>
- May 12 Maribyrnong Parkrun - *Speak to Russ 0418333569 - Attendance Compulsory*
- May 22 VMA 10k Track Championships - *Collingwood Venue*
- June 24 VMA 8k Cross Country - *Collingwood Venue*
- July 14 VMA 10k Road Walk Championips - *VRWC Middle Park - Enter on day*
- July 15 Eric Greaves 10k Road Race - *Braeside Park*
- July 24 VMA 20k Walk Championships - *VRWC Middle Park - Enter on day*
- August 5 AMA 20k Road Walk Championship - *Adelaide - Details TBA*
- August 12 VMA 10 Mile Road Race - *Knox Venue*
- August 19 AMA Half Marathon Championships - *Canberra - Shane Hutchinson 0419009403*
- Sept 2 AV/VMA Half Marathon - *Burnley - Online entry thru AV website*
- Sept 4-16 World Masters Athletics T&F Championships - *Malaga, Spain - www.malaga2018.com/*
- Nov 2-11 Pan Pacific Masters Games - *Gold Coast - https://mastersgames.com.au/ppmg/*

2019

- March 24-30 World Masters Indoors Championships - *Torun, Poland - www.wmaci2019.com*
- April 26-29 2019 AMA T&F Championships - *Melbourne*
- Aug 31- Sept 7 2019 Oceania Masters Athletics Championships - *Mackay, Queensland.*

2020

- TBA World Masters Athletics T&F Championships - *Toronto - www.wmatoronto2020.com/*

Masterpieces

LOCK IN THE DATES

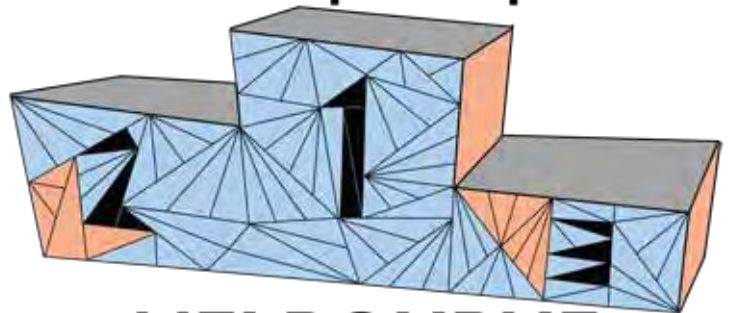
APRIL 26TH-29TH

We are thrilled to report that after some very awkward negotiations, our LOC Boss, Rob Mayston has come up with a time slot for us to hold the 2019 AMA Championships at Lakeside Stadium, and it's full steam ahead for April 26-29 that year.

Somewhat ironic to see that this year's Perth Nationals are being sponsored by "Venues West", their venue managing body.

Bloody hell, Rob deserves a medal for what he had to do to get a slot let alone getting funding.

Australian Masters Athletics Championships



MELBOURNE 2019

NAG FILE

Athletes Moving into a New Age Group

Michael Carr	Into M65
Donna Clarke	Into W65
Nathan Crowley	Into M45
Mark Donahoo	Into M60
Antony Langdon	Into M50
Christine Mcardle	Into W65
Ian Mcfarlane	Into M55
Narelle Messerle	Into W60
Pauline Paine	Into W40
Ken Priestley	Into M80
Andrea Putting	Into W55
Kelly Ruddick	Into W45
Chris Sheedy	Into M50
Colin Thompson	Into M70
Peter Thorne	Into M70
Alison Travill	Into W30
Chris Wright	Into M40

VALE FRANK TUTCHENOR

Sad to hear of the passing of Frank Tutchenor. Frank was up with Australia's best marathon runners 60 years ago. He won Victorian and South Australian titles and had a best time of 2 hours 35. Work commitments forced him out of running for 25 years but he then became a force in masters running. Frank ran and then walked until he could do no more. He carried on with official roles including starter. We hope to have a profile on Frank in a future issue.

Masterpieces

UP THE ROAD AT COBURG

After around 18 years of wonderful service, Neville Wilson has retired as Coburg Venue Manager as of 28th of February 2018.

Paul O'Neill has replaced Neville from March 1, and will be supported by a Management Committee consisting of Bernie Goggin, Fiona Ely, Maria Barbetti, Michael Meaney, Frank Bradley, Heather Collyer. That is a strong group to have behind you and we wish Paul well.

Paul's contact details are :

Paul O'Neill (advancedhealth@bigpond.com) P.O. Box 619, Gisborne, 3437 Ph. 0409 331 979.

Neville became Venue Manager in 1999 and added the Management Committee in 2014. He intends to stay involved. He says he will probably miss the demands on his time but will still have the enjoyment of the association.



The happy Coburg crew - Michael Meaney, Neville Wilson, Bernie Leddin, Ben Tancredi, Rob Davey and Fiona Ely

Our Cover

It's not often that I get photos of this quality to work with, but when you have a beautiful lady like Rhiannon (Ree) Lester and a super talented photographer like "Mesh" - that's fellow Casey member Pramesh Prasad - what can go wrong.

This is another lovely shot of Rhiannon and her kids, Christian 5 and Madeline 7.

Also, I'm told that our smallest Venue, Casey, came away from the weekends Championships with 29 medals !! That's pretty amazing. Congrats to all !



DOWN THE ROAD AT CROYDON



After a gruelling and grubby contest in which candidates were threatened, beaten and scared off, Karen Archer and Andrew Egginton emerged victorious as Manager and Asst. Manager respectively of Croydon Venue. You can see what a celebration we had. It is Karen's wish that a panel of elders fall in behind her as she is one busy lady. Karen was already Venue Manager when I joined Croydon about 17 years ago, so she has a wonderful record of service and we are so lucky to have her.

P.S. I made up all that stuff about the election. It was all very civilised

2017 WMA BEST MASTERS ATHLETES

MEN			
OVERALL			
1	Robert Lida	M81	USA
2	José Luis López Camarena	M67	MEX

Sprints			
1	Robert Lida	M81	USA
2	Hiroo Tanaka	M85	JPN
Middle Distance			
1	Hans Smeets	M70	NED
2	Paul Osland	M53	CAN
Long Distance			
1	Jean-Louis Esnault	M77	FRA
2	Sergey Polikarpov	M55	KAZ
Throws			
1	William Harvey	M72	USA
2	Takumi Matsushima	M85	BRA
Jumps			
1	Oleg Fedorko	M62	UKR
2	Washington Flores	M92	URU
Combined Events			
1	Jeferson Souza	M42	USA
2	Geoff Gibbins	M40	AUS
Race Walks			
1	Jose Luis Lopez Camarena	M65	MEX
2	Normunds Ivzans	M45	LAT

WOMEN			
OVERALL			
1	Kathryn Martin	W65	USA
2	Angela Copson	W70	GBR

Sprints			
1	Carol LaFayette-Boyd	W75	CAN
2	Julie Brims	W51	AUS
Middle Distance			
1	Kathy Martin	W65	USA
2	Lavinia Petrie	W73	AUS
Long Distance			
1	Angela Copson	W70	GBR
2	Yoko Nakano	W80	JPN
Throws			
1	Mary Thomas	W73	AUS
2	Marcela Barrientos	W52	CHI
Jumps			
1	Akiko Ohinata	W65	JPN
2	Carol LaFayette-Boyd	W75	CAN
Combined Events			
1	Checa Eseribano	W58	ESP
2	Rita Hanscom	W63	USA
Race Walks			
1	Heather Carr	W67	AUS
2	Rosemary Pelaez	W61	COL



It sure isn't easy to win the World Masters Athletics Athlete of the year award, but several Aussies have in the recent past. The two Yanks that won for 2017 are super athletes and have dominated their age groups for many years. Good to see some Aussies there again with Heather Carr winning her category and Julie Brims (Qld), Lavinia Petrie and Geoff Gibbons (Tas) being runners up.

EASTERN MASTERS

Our Newest Venue, Eastern Masters won the team event at the Warburton Up & Running festival on Sunday 25 February.

There were some impressive results on the day, including some age group placegetters.

Half-marathon:

Nicky Hamilton-Morris	1:40:38	5th female
Paul Earl	1:40:58	3rd M50-59
John Signorini	1:41:27	1st M60+
Peter White	1:43:18	PB

10km:

Moni Vantilberg	49:07		Mark Boyle	53.51
Kylie Barton	49:55	2nd F40-49	Liz Eastwood	54:29
Anne Kidman	50:21	1st agegroup	Glenn Walsh	57:02
Sam DeFanis	50:26	3rd M60+	Aldo D'Alberto	60:12

5km:

Ian McFarlane	28:15	3rd M50-59
---------------	-------	------------

Below is a picture of the winning team including supporters (from L-R):

Paul Earl, David Sheehan, John Signorini, Sam DeFanis, Aldo D'Alberto, Ian McFarlane, Nicky Hamilton-Morris, Gavin Morton, Kylie Barton, Monica Vantilberg, Liz Eastwood & Bronwen Cardy.

(Peter White, Anne Kidman & Mark Boyle absent from photo).



Russ : David (left) doing his impersonation of a tall person

LINK TO ENTRIES

<https://www.registernow.com.au/secure/Register.aspx?E=29717>

2018 VMA AGM

Due to the ongoing works at the Duncan McKinnon Track we have moved the 2018 VMA 3000m Championships to another track in the vicinity of Duncan McKinnon Reserve.

It's at Bricker Reserve, Rowans Road Moorabbin.

The AGM will still go ahead at Duncan McKinnon afterwards.

So when your kids ask you did you ever run at Bricker Reserve you can say "Yes"



**Bricker Reserve, Rowans Road
Moorabbin**

Sunday 15th April 2018

10.00 Sign In

Then go to Duncan Mackinnon for lunch commencing at 12:00 midday, followed by AGM at 1:00 pm.



VICTORIAN MASTERS ATHLETICS INC.

ANNUAL GENERAL MEETING

SUNDAY 15 APRIL 2018

Notice is hereby given that the 46th Annual General Meeting of Victorian Masters Athletics Inc. will be held at Duncan Mackinnon Reseve, Cnr. North Road and Murrumbeena Road, Murrumbeena, on Sunday 15 April 2018 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.
- 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 secretary@vicmastersaths.org.au before 7 April 2018.

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.....

Results -2018 VMA T&F Pentathlon

This was a terrific day at Doncaster with a good turnout and a real club spirit. And in spite of the fears of Tony Bradford and myself, we had lots of helpers. Best of all, we had several new starters in the Women's field. As always, these are events where the competitors are very supportive of each other. A really friendly environment.

Great to have Cathy McKeown come over from Tasmania. Cathy was attempting to break the Tasmanian record and came up only 20 points short. She was the top scoring Woman, however.

In the Men's comp, there were stellar performances from David McConnell, Denis Aspinall and Andrew Watts.

Many thanks to the following people who assisted greatly on the day

Russell Oakley, Frank Merrbach, Russ Dickenson, Tom & Margaret Hancock, Tom Leong, Paul Olso, Peter Young, David Sheehan, Andrew Fraser, Graham Woolridge, Barry Dorr, Nola Bradford and Grandson Jordan Busuttill and The Doncaster Venue, especially Kath Gawthorn and Graham Ford. Of course Tony Bradford, once again ran the show brilliantly doing lots of things *concurrently at the same time*.



Women

	Points	100m	Shot Put	Long Jump	Javelin	800m
W30						
1 Dux, Jessica		13.22	7.73	5.04	16.92	2:45.00
W33 Victorian Master		79.35%	34.16%	67.02%	23.18%	68.65%
	2431	730	382	570	232	517

2 Drysdale, Renee		15.22	7.55	4.21	13.96	2:52.00
W32 Victorian Master		68.92%	33.36%	55.98%	19.12%	65.86%
	1774	426	370	357	178	443

W35						
1 Lester, Rhiannon		14.40	8.12	4.49	20.13	3:17.00
W38 Victorian Master		73.61%	37.20%	62.71%	29.29%	57.79%
	2018	564	426	482	315	231

2 Neale, Tania		16.54	7.95	4.38	16.56	3:18.00
W39 Victorian Master		64.09%	36.42%	61.17%	24.09%	57.49
	1617	284	415	451	244	223

W45						
X1 McKeown, Cathy		14.66	9.77	4.46	22.21	2:57.00
W48 Tasmanian Master		77.83%	51.56%	69.80%	37.97%	70.15%
	2942	686	639	628	433	556

1 Lording, Ros		16.44	5.73	3.76	8.18	2:58.00
W45 Victorian Master		69.40%	30.24%	58.84%	13.98%	69.76%
	1829	440	325	408	110	546

2 Johansen, Nicole		19.40	9.06	3.05	31.80	4:04.00
W45 Victorian Master		58.81%	47.81%	47.73%	54.36%	50.89%
	1676	142	583	218	661	72

3 Fabre, Sofie		17.44	5.51	3.28	12.91	3:27.00
W48 Victorian Master		65.42%	29.08%	51.33%	22.07%	59.99%
	1412	324	308	276	217	287

W50						
1 Edwards, Angela		17.18	7.31	2.91	24.20	3:34.00
W51 Victorian Master		69.03%	40.72%	48.50%	43.58%	60.78%
	1956	430	478	229	511	308

2018 VMA Womens T&F Pentathlon cont.

2	Pollard, Sonia	14.86	4.92	2.86	7.27	3.30.00
	W51 Victorian Master	79.81%	27.41%	47.67%	13.09%	61.94%
	1680	743	284	216	98	339

3	Dyer, Ros	20.58	5.42	2.58	6.16	3.51.00
	W53 Victorian Master	57.63%	30.19%	43.00%	11.09%	56.31%
	852	114	324	148	72	194

W55

1	Tindal, Pam	17.34	6.62	2.85	21.12	3.06.00
	W58 Victorian Master	71.22%	40.10%	50.80%	41.90%	73.42%
	2359	495	469	267	488	640

2	Bedyn, Erica	17.78	6.90	3.24	13.25	3.22.00
	W55 Victorian Master	69.46%	41.79%	57.75%	26.28%	67.60%
	2088	443	494	388	274	489

W65

1	Learmont, Bev	18.26	5.88	2.98	13.19	4.34.00
	W69 Victorian Master	73.77%	43.14%	61.70%	32.84%	56.31%
	2101	569	514	461	363	194

2018 VMA Mens T&F Pentathlon

	Points	200m	Long Jump	Javelin	Discus	1500m
M30						
1	Bernard, Adam	25.48	4.52	27.70	17.56	5.10.00
	M33 Victorian Master	75.82%	50.50%	28.13%	23.70%	66.45%
	1856	565	294	267	227	503

M40

1	Pramesh, Prasad	30.10	3.80	24.95	15.31	5.31.00
	M43 Victorian Master	67.31%	46.29%	27.52%	22.76%	65.38%
	1508	330	229	259	214	476

M45

1	Scholes, Matthew	27.54	4.46	25.67	18.60	5.14.00
	M48 Victorian Master	75.96%	57.55%	30.54%	30.25%	71.89%
	2238	569	411	300	318	640

M50

1	Hennig, Shawn	28.24	5.08	41.08	29.51	5.42.00
	M50 Victorian Master	76.59%	69.78%	51.22%	40.70%	68.99%
	2856	587	639	595	467	568

2	Murfett, Grant	27.78	3.73	24.78	22.81	5.28.00
	M50 Victorian Master	77.86%	51.24%	30.89%	31.46%	71.93%
	2205	621	304	305	334	641

M55

1	Egginton, Andrew	30.04	3.95	28.24	23.76	5.05.00
	M56 Victorian Master	74.50%	57.92%	38.37%	35.61%	81.01%
	2601	529	417	410	394	851

2018 VMA Mens T&F Pentathlon cont.

	Points	200m	Long Jump	Javelin	Discus	1500m
M60						
1 Watts, Andrew		27.70	4.48	31.81	34.58	6.23.00
M62 Victorian Master		83.72%	70.44%	45.67%	49.61%	67.75%
	3081	778	652	515	599	537

M65						
1 McConnell, David	28.70	4.45	25.05	26.63	6.00.00	
M65 Victorian Master		84.08%	75.55%	39.73%	41.83%	76.00%
	3192	786	755	429	484	738

2 Ford, Graham		31.60	3.94	22.70	24.11	6.50.00
M68 Victorian Master		76.36%	66.89%	36.00%	37.87%	66.73%
	2476	580	582	377	426	511

3 Whitehall, Geoff		30.94	3.54	15.69	18.69	7.07.00
M69 Victorian Master		77.99%	60.10%	24.89%	29.36%	64.08%
	2050	625	455	223	305	442

4 Prowse, Frank		40.40	2.37	20.39	15.31	6.45.00
M66 Victorian Master		59.73%	40.24%	32.34%	24.05	67.56%
	1365	134	143	325	231	532
M70						
1 Aspinall, Denis		30.54	4.04	25.18	24.92	6.37.00
M70 Victorian Master		82.78%	74.40%	42.95%	43.00%	73.30%
	3136	753	732	476	501	674

2 Orelli, Michael		37.90	2.24	11.54	12.24	7.38.00
M73 Victorian Master		66.70%	41.25%	19.69%	21.12%	63.54%
	1244	313	158	153	192	428

M75						
1 Noden, Graeme		35.14	4.01	20.44	16.18	DNF
M79 Victorian Master		76.21%	80.68%	39.29%	31.30%	0
	2197	576	866	423	332	0

2 Philpott, Graham	41.66	2.69	19.50	15.34	DNF	
M75 Victorian Master		64.28%	54.12%	37.49%	29.28%	0
	1307	248	352	398	309	0

M80						
1 Wood, Allan		40.42	2.75	19.09	12.79	DNF
M80 Victorian Master		71.38%	61.11%	40.62%	28.38%	0
	1649	443	473	442	291	0

NEVILLE WILSON – COBURG LEGEND



On February 28th this year, Neville handed over his responsibilities as Venue Manager of Coburg Masters after almost 20 years of dedicated service to the club.

Neville was a relative latecomer to athletics. His early sporting links were with cricket and football teams in the Preston District. Nev also enjoyed tennis which he played socially. Squash also captured his interest until athletics took over in his mid-fifties.

Nev commenced his running career at age 57, relinquishing tennis and squash after developing tennis elbow. With typical enthusiasm and natural ability in all sports he soon made an impact running two Melbourne Marathons at age 58 (3hrs 49 mins) and 59 (3hrs 39mins). Overall, he ran over 20 half marathons. It was at the Melbourne World Veterans Games in 1987 that he began his long connection with the VMA running a commendable 45.19 in the 10 km cross country.

Nev retired from employment in 1989 (aged 60) as Corporate Manager of Aldus Ltd, printing machinery suppliers, after 39 years. The Neville Wilson Fun Run was formed by staff members just prior to his retirement and became an annual event.

Four years after the Vic. Vets. World Masters Games in Melbourne Neville joined the Coburg Veterans. In 1999, upon the retirement of Gordon Burrows and Vonda Saunders, he became joint Venue Manager at Coburg with George Goode, where his contribution has been invaluable in the efficient running of the venue. In particular, his innovative programs, meticulous record keeping, concern for the welfare of members and visitors and the establishment of excellent inter-venue relationships were features of his service. In 2011 he was awarded Life Membership of the Coburg Harriers Club in recognition of his service to them at fun runs and special events where he spent many hours as an official. His ability calling laps in the 24-Hour Runs is legendary.

Neville continued to provide top level performances including 1hr 42m in the Melbourne Half Marathon at age 62. Also, 22min 34s Vic Vets T & F Champs 5,000m at age 65 and 1,000m at Coburg in 3min 59s at age 67.

In 1998 he suffered serious injuries to his ankle in a fall at home and his recovery was slow and never quite complete. Nevertheless, he ran from time to time at club level and was often in the top 3 in the Age-Graded Championships. In the 2011 Vic. Masters T & F Championships he returned to competition at age 81 to earn gold in both 800m and 1500m.

Happily, he intends to maintain regular contact with us for as long as possible. Thanks Nev.

George Goode

Past Management Committee Member

RESULTS - VMA THROWS PENTATHLON CHAMPIONSHIPS

Sunday 18 March 2018

Bill Sewart Athletic Track Nunawading

The 2018
Victorian Masters
Athletics
Throws Pentathlon
Championships

Sunday March 18
East Burwood
Bill Sewart Reserve

			Points	HT	SP	DT	JT	WT
M30	1	Newman, Colin		30.99m	10.74m	24.29m	FOUL	11.80m
			1802	366	530	353	0	553
M35	1	Hicks, Graham		37.70m	11.60m	42.80m	41.47m	10.81m
			2815	493	608	734	471	509
	2	Nuske, Brett		40.59m	9.81m	32.02m	29.40m	12.01m
			2426	542	496	513	296	579
M40	1	Wilson, Travis		24.95m	10.31m	38.18m	33.34m	9.55m
			2462	320	575	706	387	474
	2	Van Baalen, Simon		29.21m	10.12m	26.49m	29.12m	10.12m
			2237	396	562	448	322	509
M45	1	Carroll, Pat		33.00m	11.56m	31.17m	30.42m	9.23m
			2739	527	722	615	379	496
M50	1	Connell, Nick		38.33m	11.94m	31.79m	30.73m	13.40m
			2933	602	728	513	409	681
M60	1	Peska, Stan		28.49m	12.49m	35.88m	32.08m	11.49m
			3004	468	826	627	520	563
	2	Olsson, Paul		FOUL	10.32m	28.41m	26.14m	15.24m
			2311	0	660	468	398	785
	3	Cauchi, Mark		27.09m	8.81m	FOUL	32.54m	10.22m
			2001	438	545	0	530	488
	4	Riddoch, Clyde		25.04m	7.23m	26.99m	17.39m	9.85m
			1952	395	427	439	224	467
	5	Brown, Chris		17.92m	6.64m	22.49m	23.60m	8.73m
			1724	246	383	346	347	402
M65	1	Neale, John		20.55m	7.41m	24.43m	17.57m	9.07m
			1996	352	490	433	263	458
	2	Prowse, Frank		10.19m	6.04m	20.04m	18.79m	5.71m
			1369	114	379	335	290	251
M70	1	Young, Peter		30.92m	11.33m	30.36m	26.92m	12.63m
			3210	592	759	640	518	701
	2	Tonelli, Didimo		20.94m	8.71m	19.63m	27.97m	8.98m
			2290	357	555	369	544	465
M75	1	Christodoulou, George		17.99m	5.83m	16.17m	12.66m	7.08m
			1646	345	375	332	215	379
M80	1	Hancock, Tom		35.88m	10.74m	29.45m	27.79m	FOUL
			3368	959	861	837	711	0
	2	Dunn, Terry		16.44m	6.75m	17.50m	20.73m	7.69m
			2242	361	495	440	492	454
	3	Simons, George		12.66m	6.14m	15.14m	12.39m	5.49m
			1592	249	440	365	243	295
M85	1	Davy, Jim		13.55m	3.88m	9.06m	7.53m	4.45m
			1255	352	280	229	139	255
			Points	HT	SP	DT	JT	WT

RESULTS - VMA THROWS PENTATHLON CHAMPIONSHIPS - cont.
WOMEN

W35	1	Gleeson, Kim	26.77m	9.93m	27.28m	27.32m	10.59m
		2502	478	548	430	458	588
	2	Selmore, Jen	18.15m	6.06m	15.54m	12.60m	5.47m
		1193	277	289	209	167	251
W45	1	Johansen, Nicole	32.29m	9.22m	29.31m	30.46m	10.29m
		3220	734	596	564	629	697
W50	1	Pfanner, Judy	33.95m	11.04m	28.58m	25.85m	10.83m
		3401	790	788	606	552	665
	2	Buttigieg, Linda	38.21m	8.06m	22.13m	22.07m	11.07m
		3036	911	540	445	458	682
	3	Prinsloo, Juan	26.69m	7.91m	19.96m	23.93m	9.36m
		2566	586	527	391	504	558
	4	Voogd, Debbie	21.65m	5.70m	15.77m	12.37m	7.45m
		1723	446	347	290	220	420
W55	1	Howorth, Sandra	27.72m	7.66m	20.83m	13.37m	9.48m
		2615	684	562	462	277	630
	2	Messerle, Narelle	18.44m	8.80m	19.80m	19.28m	9.10m
		2539	402	665	435	437	600
W60	1	Bridle, Chris	26.36m	7.65m	15.93m	17.01m	10.04m
		2778	721	627	377	428	625
W65	1	Learmont, Bev	16.85m	5.96m	16.54m	12.85m	6.95m
		2239	465	522	456	351	445
	2	Mussett, Lorraine	15.70m	4.72m	11.09m	8.51m	6.30m
		1685	423	388	276	205	393
	3	Gleeson, Vicki	14.07m	2.73m	7.24m	5.97m	3.64m
		1001	364	179	154	121	183
W70	1	Dundas, Rhondda	17.99m	7.35m	17.73m	11.96m	8.08m
		2935	590	770	585	384	606
W75	1	Hugo, Bev	17.06m	5.30m	13.85m	10.57m	6.31m
		2298	542	510	459	365	422
	2	Kinsey, Jane	16.00m	4.95m	10.97m	8.00m	6.79m
		2030	499	469	344	256	462

ABERFELDIE WINS AGAIN AT COBURG NEIGHBOURS NIGHT

Last Thursday night 22nd February saw the fourteenth “Neighbours Night” held between Coburg, Collingwood, Aberfeldie and Doncaster. Most of these nights have been held at the Coburg Venue and this latest was no exception.

The highlight of the night is the Barb Dagleish 4 x 200 metres Relay which is based on 4 runners to each team with a minimum total age of 180 years and represented by both sexes. Intensity has been high on all 14 occasions.

It must be said that Collingwood have pretty much dominated the event having been winners in 8 of the previous 13 years. Certainly, they are the largest of the 4 Clubs but that in itself doesn’t mean a lot as evidenced by Aberfeldie winning on each occasion for the last 3 years and by considerable margins including the record time of 1 minute 42.37s achieved last year.

10 teams (Collingwood 5, Coburg 3, Aberfeldie 2. Unfortunately, Doncaster were unable to field a team this year) lined up to do battle in 3 Heats with 2 of the Heats containing 3 teams and one Heat holding 4. The winner of each Heat plus the next 3 fastest going into the finals.

An “Allcomers” race is held before the final. This race has no age or other restriction and has been held consistently over the years. 2018 saw the Coburg Young Ones successful over the Magpie Magnets and Coburg Flyers with Paul O’Neill’s 2 sons playing a strong role.

The official teams Final showed, as results below, just how good the Aberfeldie team was with a resounding victory –

Aberfeldie Thunderbolts 1-43.75

Dave Chisholm, Cathy Mathews, Brett Maurer, Mark Harper

Coburg Bluestones 1-53.52

Paul O’Neill, David Woods, Michael Carney, Sally Collins

Collingwood Matadors 1-54.29

Keith Howden, Adam Delbridge, Gavin Piras, Sonya Pollard

Collingwood Magicians 2-07.40

Bruce Gibbs, Warren Howden, Eugene Nemesi, Rachel Delany

Coburg Lakers 2-10.01

Geoff Whitehall, Colin Hickie, Maria Barbetti, Stephen Russell

Collingwood Mystics 2-14.76

Ian Winnen, Markus Gurtler, Shane Derby, Sofie Fabre

During supper the presentation of the Barb Dagleish Perpetual Trophy was made, and certificates given to each member of the winning team. Dave Chisholm, responding on behalf of the winners made mention of the success of the nights and the pleasure derived by the Venues. Neville Wilson, retiring Venue Manager, was thanked for his co-ordinating role throughout the 14 years.



Jubilant Aberfeldie winners Dave Chisholm, Cathy Mathews, Bret Maurer, Mark Harper.

RESULTS - VMA 5000m Walk Championships Held at Mentone Track Sunday 18th February 2018

The women's 5000m Championships were up first at 8:30AM, with W50 Sandra Geisler taking fastest time with 27:02, and a whole swag of top age graded performances - W55 Pam Tindal (27:49 86.88%), W60 Alison Thompson (29:54 86.79%), W65 Heather Carr (32:04 85.34%), W75 Gwen Steed (36:21 83.95%) and W75 Sylvia Machin (38:10 81.35%).



VMA 5000m Championships Women

W40	1	Sandra Geisler	40	27:02	76.02%
W50	1	Pia Hunter	51	30:35	73.62%
	2	Sandra Howorth	54	38:41	59.93%
W55	1	Pam Tindal	58	27:49	86.88%
	2	Carolyn Rosenbrock	56	29:50	79.27%
	3	Donna-Marie Elms	56	31:29	75.12%
W60	1	Alison Thompson	64	29:54	86.79%
	2	Karyn O'Neill	63	34:18	74.68%
W65	1	Heather Carr	68	32:04	85.34%
W75	1	Gwen Steed	75	36:21	83.95%
	2	Sylvia Machin	76	38:10	81.35%
	3	Beverly Hugo	76	42:44	72.66%
W80	1	Margaret Beaumont	80	46:14	72.39%
	2	Pam Mews	83	58:23	61.00%



Thanks to VRWC for holding the event

The men's race were up next at 8:30AM, with fastest time going to M40 Pramesh Prasad (24:18) and top age graded performances going to M70 Andrew Jamieson (28:26 89.21%) and M75 Ralph Bennett (30:48 88.04%).

VMA 5000m Championship Men

M40	1	Pramesh Prasad	43	24:18	79.70%
	2	Rupert Van Dongen	43	31:37	61.25%
M45	1	David Smyth	48	29:07	69.26%
	2	Adam Patterson	45	33:22	58.99%
M55	1	Kevin Cassidy	57	27:17	79.90%
	2	Mark Donahoo	59	28:13	78.74%
	3	Simon Evans	57	29:22	74.23%
	4	Albin Hess - PB 1:29	58	32:01	68.71%
M60	1	Terry O'Neill	62	32:00	71.51%
	2	Clyde Riddoch	64	33:50	69.11%
M65	1	Frank Prowse	66	33:02	72.35%
	2	Geoff Barrow	69	34:43	71.29%
M70	1	Andrew Jamieson	71	28:26	89.21%
	2	Russ Dickenson	72	33:23	76.93%
M75	1	Ralph Bennett	76	30:48	88.04%
	2	Gunther Ilgoutz	79	37:19	75.93%
M80	1	Ian Beaumont	81	47:11	61.92%

Karma !!! Woooooo !

Here I was thinking that I'd be the model of the new 2XU VMA singlet myself - I'm even giving it the thumbs up in the photo - when the man in the background, Pramesh Prasad, takes such a sensational shot of Rhiannon Lester that there is no way I can do anything but feature it.

Still ... I'm leaving my photo in.



DAWN HARTIGAN

AN ARTICLE BY MIKE HALL

Arguably one of Australia's greatest Masters athletes in recent years, based purely on her consistent achievements for almost three decades, Dawn is no doubt a legend in her specialised event, the Pole Vault. To the extent I felt compelled to illustrate not only what an inspiration to us all in the organisation of Masters Athletics she is, but perhaps equally important a great example of what can be achieved as we age. I therefore highly recommend you read her book, *POWER WITH AGE* published in 2003, where in the preface she states quite categorically, and I quote, "with the gradual onset of the ageing process, we must decide how much we are prepared to do in order to achieve physical activity and happiness. For those of us who currently enjoy the many benefits of good health, there is no going back. The task is not a difficult one. A good habit can develop in exactly the same manner as a bad habit can arise. It's simply a matter of choice and motivation".

Born in November 1956 Dawn lives in the Melbourne suburb of Montmorency with her partner Ross, who she willingly says provides her with the inspiration in all that she does. As you are now probably aware health and fitness are unquestionably her top priority, her energy exudes all that is beneficial in living life to the fullest, regardless of age. We who are privileged to be involved in Masters Athletics know this of course and like Dawn have a duty to enlighten as many as we possibly can, of those benefits, to remain fit and healthy for as long as possible.

Initially coached and encouraged by Victorian Jim Poulter to concentrate on the pole vault, Dawn has continually refined her technique over the years. Her dedication and passion for her specialised event has constantly rewarded her at the highest level of Masters Athletics, having now set eight world and twenty one national records in five consecutive age divisions. To again illustrate her amazing consistency over many years she set and broke the world record in the W50 division on two occasions and went even better in the W55 age group, increasing her height on four occasions from 3.07 to 3.26. Other than injury sustained in the last World Games, Dawn had previously the distinction of never having been beaten in all five of the world championships she had so far competed in since 2001.

Over the years her outstanding achievements have been duly recognised by Australian Masters Athletics with numerous awards, beginning with the most outstanding individual

performance in Brisbane 1998 and again in Sydney 2008, the best age graded performance in Melbourne 2012, the most outstanding jumper of the meet in Canberra 2013 and more recently her nomination by the Oceania Masters Athletics, for the prestigious IAAF Masters Athlete of the year award. Under the shrewd guidance and expertise of her current coach Warren Hill, Dawn now has her sights firmly set on the next challenge, the W60-64 age group, and yet another attack on more world records at this year's World Championships in Spain. Like most of her fellow athletes in her book Dawn's particular busy lifestyle does not interfere with her passion for the sport, her interaction and encouragement to others, and without question, is indeed yet another great ambassador for Masters Athletics.



This is a summary of the performance of the Vic Masters team in the AV Shield final written by Grant Murfett. There was a strong representation in the other teams by other members of VMA as well, notably the 3 teams that finished ahead of us. We would like to congratulate them as well.

Well, there it is. AV season 2017/18 has drawn to a close in a close fought, nail biting but ultimately slightly frustrating finale. The scoreboard fluctuated throughout the day, like the Melbourne weather but we seemed unable to climb from 4th until, with all events but our relay done, we suddenly shot up to second leapfrogging Box Hill and Essendon. As the hopeful foursome marched out for the ultimate and decisive event of the day, 4x200, hopes remained for a possible podium. With the injection of the fresh legs of Gavin and Paul F to offset the significantly less fresh legs of Grant and Robbo, we gave it our best. A great start from Gav led to Grant taking the baton in a strong position and changing to Paul in third place who made some ground on the front runners giving Robbo a great break to run home. Only the very fresh and world ranked Andrew Wilcox of BH could pass him as he mightily held off DV and Glenhuntly in a classic finish for fourth. With Essendon setting a new state record up front and BH having some field events to add in we found ourselves, at the final reckoning, in fourth place. Whilst initially disappointed, this result should be seen for what it is: a fantastic team effort. Pure and simple.

So that was the end of the day, but let's revisit some of the days highlights and remind ourselves of the stellar individual performances that made for such a great team effort.

After cheering her majesty's baton around we got stuck into the competition proper with one of the most gruelling track races, the 400 hurdles. Stewart and Richard stepped up for us here and having great runs in their respective heats posting excellent times for good points. Next, it was the turn of the old stagers, Russ and Albin, to step out (literally) in the 2k walk again putting in great times and points. The 200m saw Stewart, Paul F, Robbo and Grant pull on the spikes and fly the feet around the half-track sprint. An injury hampered Stewart still managed a ripping heat time followed by a blistering run by Paul F to win his heat. Robbo and Grant set off in the same heat with the superstar flying home for a season best and Grant coming in with second best. All four securing over 400 points. With the short stuff done, attention turned to the 3000m runners to strut their stuff and they did so admirably. Shane, Antonio, Peter and Sam all logging good times in an increasingly difficult wind to earn more points. With the wind picking up considerably, it went to the 800m runners to battle it head on up the back straight. The middle distance men, being Robbo, Shane, Paul E and Grant all of whom ran near or season bests. A great effort in the conditions.

Meanwhile, off the track and on the field, all sorts of great things were happening for VMA. The metronomic consistency of Graeme Rose saw him earn 452 & 451 pts in the shot and hammer respectively. Aply backed by Russ in the shot and Richard in the hammer we gained more volume in the points bucket. Over at the high jump, Stewart and Richard battled with gravity with top performances again with Stewart inspirationally overcoming a very sore back as well as the bar. Over in the back straight, the triple jump saw Robbo chime in for a one jump cameo which gained a huge 395 pts only to be outdone by Rod "beach bum" Barret who again cleared 10 metres for a stratospheric 425. Why beach bum you ask? Because he clearly loves playing in the sand!

Personally, this was the most enjoyable season of athletics I've had, whilst not being in the sport very long and injuries aside, I found the commitment, camaraderie and good humour as much fun as the competition itself. Great idea to set up VMA all the way Robbo. The recruiting of Paul F, Paul E, Antonio, Rod and Albin has been an immeasurable bonus for the club and with Clyde onboard, we can look to another great season in 18/19.

Thanks to the ringmaster, David, for managing the team. To the Stat-gen, Gavin for his very engaging reports and tables throughout the season. Who won the points total by the way? Just asking, no reason really. It also didn't go unnoticed that you only gave yourself one event in the final despite being so good an athlete, selfless to a fault. Shane and Andrea's work across the whole year makes for a much easier year for the rest of us and thanks to our supporters yesterday; Maggie, Linda, Drapers and John(dad).

Stay fit, stay healthy and stay in touch, hopefully see many of you at the various VMA events across the next few months, for now it's goodbye for a short time.

Cheerio.

Grant Murfett

RESULTS

VMA & AV

TRACK & FIELD CHAMPIONSHIPS

HELD 24/03/2018 TO 25/03/2018
TOM KELLY ATHLETICS COMPLEX - DONCASTER

60 Metre Sprint

W75-79
1 Aughey, Carolyn W75 VMA 13.55 3.4

W80-84
1 Coppock, Shirley W82 VMA 12.20 3.4
2 De Zwart, Gloria W81 VMA 12.61 3.4

W70-74
1 James, Janine W70 VMA 10.28 3.4
2 Reeves, June W72 VMA 12.05 3.4

W65-69
1 Cash, Vivienne W66 VMA 10.04 3.4

W60-64
1 Bridle, Christine W60 WAVERLEY 9.96 3.4
2 Clarke, Donna W64 VMA 10.46 3.4
3 Kirby, Karen W62 CHILWELL 10.78 3.4

W55-59
1 Armstrong, Maggie W56 VMA 11.92 NWI
2 D'Monte, Arlene W59 VMA 13.64 NWI

W50-54
1 Burns, Jacinta W50 CHILWELL 8.87 1.5
2 Buttigieg, Linda W53 WAVERLEY 9.34 1.5
3 Mclean, Louise W53 GLENHUNTLY 9.76 1.5
4 Matters, Toni W50 GLENHUNTLY 10.27 1.5

W45-49
1 Gathercole, Sherry W47 CORIO 8.14 4.1
2 Meadows, Vani W46 SANDRINGHAM 9.27 4.1
3 Shaw, Pauline W48 VMA 10.34 4.1

W40-44
1 Dewsbury, Fran W40 VMA 8.98 4.1

W35-39
1 Lester, Rhiannon W38 FRANKSTON 8.74 4.1
2 Meagher, Laura W35 SOUTH MELB 8.94 4.1
3 Du Plooy, Karen W37 WESTERN ATH 9.16 4.1

W30-34
1 Dux, Jessica W33 ATHS NUNA 8.14 4.1

M80-84
1 Noden, Graeme M80 VMA 9.58 NWI
2 Wood, Allan M80 VMA 11.08 NWI

M85-89
1 Coffey, Leo M88 VMA 12.54 2.4
2 Doungas, Vasilios M87 BOX HILL ATH 21.54 2.4

M90+
1 Sinclair, James M90 VMA 13.91 2.4

M75-79
1 Hall, Michael M79 VMA 9.98 1.6
2 Jacotine, Julian M78 VMA 10.51 1.6
3 Bradford, Anthony M78 BELLARINE 11.56 1.6

M70-74
1 Vorchheimer, Myer M73 MACCABI 9.72 1.6
2 Gardner, Neville M74 BOX HILL ATH 12.44 1.6

M65-69
1 Bruce, Ken M66 DIAMOND VALL 8.34 2.5

2 Rosevear, Philip M68 VMA 8.65 2.5
3 Baird, Stephen M67 VMA 11.63 2.5

M60-64
1 Turner, Paul M64 CORIO 8.20 2.5
2 Watts, Andrew M62 VMA 8.48 2.5
3 Olsson, Paul M61 CASEY CARDIN 8.77 2.5
4 O'Brien, Trevor M60 VMA 9.62 2.5
5 Wyatt, Peter M61 MORNINGTON P 10.35 2.5

M55-59
1 Foster, Paul M56 VMA 7.89 1.5
2 Dodin, Ivan M57 VMA 8.15 1.5
3 O'Keeffe, Gregory M58 VMA 8.44 1.5
4 Barrett, Rod M57 VMA 8.85 1.5
5 Lang, Chris M56 WENDOUREE 9.05 1.5

M50-54
1 Ritchie, Colin M53 ESSENDON 7.90 2.8
2 Brophy, Richard M53 VMA 8.44 2.8
3 Murfett, Grant M50 VMA 8.46 2.8
4 Skene, Gerard M54 BALLARAT YCW 9.09 2.8
5 De Biasi, Luke M54 DIAMOND VALL 10.44 2.8

M45-49
1 Giglio, Mark M45 ESSENDON 7.33 3.9
2 Dobrzynski, Stewart M47 VMA 7.64 3.9
3 Wilcox, Andrew M49 BOX HILL ATH 7.69 3.9
4 Udugampala, Lalith M46 DIAMOND VALL 7.86 3.9
5 Hattwich, Warren M45 DONCASTER 8.15 3.9
6 Langdon, Antony M49 EAGLEHAWK 8.42 3.9
7 Pratt, Wil M45 MORNINGTON P 8.57 3.9
8 Trudgian, David M47 VMA 8.61 3.9

M40-44
1 Harper, Mark M42 ESSENDON 7.41 1.4
2 Akermanis, Jason M41 VMA 7.92 1.4

M35-39
1 Naga, Shahir M36 ESSENDON 7.49 1.4

100 Metre Sprint

W80-84
1 Coppock, Shirley W82 VMA 21.02 +0.0
2 De Zwart, Gloria W81 VMA 22.57 +0.0

W75-79
1 Stobaus, Anne W76 KEILOR ST BE 20.36 +0.0
2 Aughey, Carolyn W75 VMA 23.29 +0.0

W70-74
1 James, Janine W70 VMA 17.5h +0.0
2 Reeves, June W72 VMA 20.39 +0.0

W65-69
1 Cash, Vivienne W66 VMA 16.4h +0.0
2 Heagney, Kathryn W67 EAGLEHAWK 16.8h +0.0

W60-64
1 Bridle, Christine W60 ATHS WAVERLEY 16.58 +0.0
2 Clarke, Donna W64 VMA 17.10 +0.0
3 Kirby, Karen W62 ATHS CHILWELL 18.97 +0.0

RESULTS - 2018 VICTORIAN MASTERS T&F CHAMPIONSHIPS

W55-59

1	Anderson, Helen	W55	VMA	16.11	+0.0
2	Orelli, Cathy	W56	ATHS CHILWELL	18.05	+0.0
3	Green, Kathy	W56	RINGWOOD	18.15	+0.0
4	Hovey, Julie	W56	ALBURY	19.36	+0.0
5	Armstrong, Maggie	W56	VMA	20.54	+0.0
6	D'Monte, Arlene	W59	VMA	20.98	+0.0

W50-54

1	Burns, Jacinta	W50	CHILWELL	14.39	-0.2
2	McClean, Louise	W53	GLENHUNTLY	16.29	-0.2
3	Chetty, Shobhana	W51	VMA	18.11	-0.2

W45-49

1	Gathercole, Sherry	W47	CORIO	14.87	-0.2
2	Meadows, Vani	W46	SANDRINGHAM	15.86	-0.2
3	Clarkin, Elena	W47	SANDRINGHAM	16.46	-0.2

W40-44

1	Hinson, Monica	W44	FRANKSTON	13.97	-0.6
2	Dewsbury, Fran	W40	VMA	14.66	-0.6
3	Wilson, Heather	W42	VMA	15.89	-0.6

W35-39

1	Lester, Rhiannon	W38	FRANKSTON	14.53	-0.6
2	Du Plooy, Karen	W37	WESTERN	14.85	-0.6
3	Kerehoma, Blaise	W36	VMA	15.75	-0.6

W30-34

1	Dux, Jessica	W33	ATHS NUNA	13.18	-0.6
---	--------------	-----	-----------	-------	------

M90+

1	Sinclair, James	M90	VMA	24.38	+0.0
---	-----------------	-----	-----	-------	------

M85-89

1	Coffey, Leo	M88	VMA	22.15	+0.0
---	-------------	-----	-----	-------	------

M80-84

1	Noden, Graeme	M80	VMA	17.07	+0.0
2	Wood, Allan	M80	VMA	18.45	+0.0
3	Aughey, John	M80	VMA	19.32	+0.0

M70-74

1	Howden, Keith	M72	VMA	14.93	+0.0
2	Vorchheimer, Myer	M73	MACCABI	15.97	+0.0
3	McLure, Jim	M72	VMA	16.26	+0.0
4	Bryant, Alan	M71	VMA	18.11	+0.0

M75-79

1	Wishart, Robert	M76	VMA	13.73	-0.4
2	Hall, Michael	M79	VMA	16.93	-0.4
3	Jacotine, Julian	M78	VMA	17.31	-0.4
4	Bradford, Anthony	M78	BELLARINE	19.14	-0.4

M65-69

1	Bruce, Ken	M66	DIAMOND VAL	13.75	-0.4
2	Rosevear, Philip	M68	VMA	14.75	-0.4
3	Baird, Stephen	M67	VMA	20.41	-0.4

M60-64

1	Watts, Andrew	M62	VMA	13.5h	-0.4
2	Turner, Paul	M64	CORIO	13.8h	-0.4
3	O'Brien, Trevor	M60	VMA	15.6h	-0.4
4	Wyatt, Peter	M61	MORNINGTON	15.9h	-0.4

M55-59

1	Foster, Paul	M56	VMA	12.5h	-0.4
2	O'Keefe, Gregory	M58	VMA	12.7h	-0.4
3	Dodin, Ivan	M57	VMA	13.0h	-0.4
4	Maguire, Norman	M57	SOUTH MELB	13.3h	-0.4
5	McDonald, Peter	M56	BOX HILL ATH	16.4h	-0.4

M50-54

1	O'Dwyer, Peter	M51	BALLARAT HAR	11.81	NWI
2	Hughes, Paul	M50	VMA	12.27	NWI
3	Ritchie, Colin	M53	ESSENDON	12.62	NWI
4	De Biasi, Luke	M54	DIAMOND VALL	12.82	NWI
5	Italia, Rob	M52	VMA	13.31	NWI
6	Murfett, Grant	M50	VMA	13.61	NWI
7	Skene, Gerard	M54	BALLARAT YCW	14.06	NWI
8	Ihomana, Jeffter	M54	SOUTH COAST	14.57	NWI
9	Pedlar, David	M53	VMA	17.55	NWI

M45-49

1	Giglio, Mark	M45	ESSENDON	11.76	-0.3
2	Dobrzynski, Stewart	M47	VMA	12.31	-0.3
3	Hanrahan, Justin	M48	MENTONE	12.40	-0.3
4	Golonka, Kurt	M48	GLENHUNTLY	12.59	-0.3
5	Wilcox, Andrew	M49	BOX HILL	12.67	-0.3
6	Hattwich, Warren	M45	DONCASTER	13.13	-0.3
7	Doughty, Mark	M49	SOUTH MELB	13.50	-0.3
8	Trudgian, David	M47	VMA	13.70	-0.3
9	Langdon, Antony	M49	EAGLEHAWK	13.85	-0.3

M40-44

1	Phelan, Leigh	M42	GLENHUNTLY	11.42	0.1
2	Harper, Mark	M42	ESSENDON	11.81	0.1
3	Maurer, Brett	M42	ESSENDON	12.06	0.1
4	Akermanis, Jason	M41	VMA	12.61	0.1
5	Mierisch, Paul	M41	DONCASTER	12.73	0.1
6	Boutsalis, Harry	M44	VMA	13.22	0.1
7	Selva, Danny	M42	VMA	14.46	0.1

M35-39

1	Naga, Shahir	M36	ESSENDON	12.04	-0.8
---	--------------	-----	----------	-------	------

M30-34

1	Au-Yeung, Henry	M30	ATHS NUNA	11.63	-0.8
2	Taylor, Shaun	M32	VMA	12.42	-0.8

M30-34

1	Ancrum, David	M34	FRANKSTON	17.23	NWI
2	Dell, Brendan	M30	RICHMOND	23.87	NWI

200 Meter Sprint

W65-69

1	Heagney, Kathryn	W67	EAGLEHAWK	33.65	3.7
2	Cash, Vivienne	W66	VMA	33.70	3.7

W70-74

1	James, Janine	W70	VMA	35.75	3.7
---	---------------	-----	-----	-------	-----

W75-79

1	Aughey, Carolyn	W75	VMA	47.48	3.7
---	-----------------	-----	-----	-------	-----

W80-84

1	Coppock, Shirley	W82	VMA	45.43	3.7
---	------------------	-----	-----	-------	-----

W60-64

1	Bridle, Christine	W60	WAVERLEY	34.05	NWI
2	Clarke, Donna	W64	VMA	35.72	NWI

W50-54

1	McClean, Louise	W53	GLENHUNTLY	34.47	3.8
---	-----------------	-----	------------	-------	-----

W55-59

1	Anderson, Helen	W55	VMA	33.09	3.8
2	Green, Kathy	W56	RINGWOOD	36.72	3.8
3	Hovey, Julie	W56	ALBURY ATH	40.07	3.8
4	Armstrong, Maggie	W56	VMA	42.22	3.8

RESULTS - 2018 VICTORIAN MASTERS T&F CHAMPIONSHIPS

W45-49					2 Maurer, Brett M42 ESSENDON 23.47 1.5						
1	Gathercole, Sherry	W47	CORIO	31.11	1.5	3	Selva, Danny	M42	VMA	28.47	1.5
2	Hewitson, Kathi	W45	YARRA RANGES	33.24	1.5	M30-34					
W40-44					1 Taylor, Shaun M32 VMA 24.87 1.5						
1	Hinson, Monica	W44	FRANKSTON	28.81	1.5	400 Meter Run					
W35-39					W80-84						
1	Lester, Rhiannon	W38	FRANKSTON	29.32	2.1	1	Coppock, Shirley	W82	VMA	1:59.55	
2	Du Plooy, Karen	W37	WESTERN ATHS	30.56	2.1	W75-79					
W30-34					1 Aughey, Carolyn W75 VMA 1:57.35						
1	Dux, Jessica	W33	ATHS NUNA	26.89	2.1	W70-74					
2	Lewis, Sarah	W32	SOUTH COAST	29.04	2.1	1	Thompson, Vicki	W72	VMA	2:38.16	
M80-84					W65-69						
1	Noden, Graeme	M80	VMA	34.79	1.4	1	Heagney, Kathryn	W67	EAGLEHAWK	79.03	
2	Wood, Allan	M80	VMA	42.21	1.4	2	Gourlay, Marlene	W66	VMA	1:27.48	
M85-89					W60-64						
1	Coffey, Leo	M88	VMA	62.21	1.4	1	Farley, Heather	W63	TRARALGON	79.26	
M90+					2 Bridle, Christine W60 WAVERLEY 1:20.23						
1	Sinclair, James	M90	VMA	53.62	1.4	3	Holmes, Janet	W64	VMA	1:22.83	
M75-79					W55-59						
1	Hall, Michael	M79	VMA	33.86	1.8	1	Anderson, Helen	W55	VMA	75.22	
2	Bradford, Anthony	M78	BELLARINE	39.20	1.8	2	Orelli, Cathy	W56	CHILWELL	1:24.15	
M70-74					3 Armstrong, Maggie W56 VMA 1:40.91						
1	McLure, Jim	M72	VMA	33.57	1.8	W50-54					
2	Vorchheimer, Myer	M73	MACCABI	34.48	1.8	1	Kirne, Debby	W52	BENDIGO	78.36	
3	Bryant, Alan	M71	VMA	36.69	1.8	W45-49					
4	Sonenberg, David	M70	VMA	37.71	1.8	1	Hewitson, Kathi	W45	YARRA RANGES	75.14	
5	Orelli, Michael	M74	CHILWELL	38.38	1.8	2	Lording, Roslyn	W45	VMA	1:20.05	
M65-69					W40-44						
1	Bruce, Ken	M66	DIAMOND VALL	27.82	2.1	1	Gosney, Erika	W44	WILLIAMSTOWN	72.50	
2	McConnell, David	M65	BOX HILL ATH	28.08	2.1	W30-34					
3	Rosevear, Philip	M68	VMA	29.18	2.1	1	Lewis, Sarah	W32	SOUTH COAST	61.79	
4	Cooper, John	M65	ESSENDON	32.94	2.1	2	Dux, Jessica	W33	ATHS NUNA	64.15	
5	Carter, Kenneth	M65	COBURG HARR	72.95	2.1	W35-39					
W60-64					1 Lester, Rhiannon W38 FRANKSTON 73.22						
1	Watts, Andrew	M62	VMA	27.78	1.3	M80-84					
2	Wyatt, Peter	M61	MORNINGTON P	34.41	1.3	1	Aughey, John	M80	VMA	1:36.73	
M55-59					2 Wood, Allan M80 VMA 1:47.86						
1	Foster, Paul	M56	VMA	25.85	1.6	M75-79					
2	Dodin, Ivan	M57	VMA	26.31	1.6	1	Dorr, Barry	M79	VMA	1:33.92	
2	O'Keefe, Gregory	M58	VMA	26.31	1.6	2	Hertz, John	M78	VMA	1:46.85	
4	Barrett, Rod	M57	VMA	29.08	1.6	M70-74					
5	Lang, Chris	M56	WENDOUREE	29.94	1.6	1	Shaw, Geoff	M70	BENDIGO HARR	71.55	
6	Russell, Stephen	M58	COBURG HARRI	31.15	1.6	2	Howden, Keith	M72	VMA	71.67	
M50-54					3 McLure, Jim M72 VMA 77.24						
1	Hughes, Paul	M50	VMA	24.75	2.5	4	Sonenberg, David	M70	VMA	1:32.44	
2	Ritchie, Colin	M53	ESSENDON	25.96	2.5	5	Gardner, Neville	M74	BOX HILL ATH	2:00.14	
3	Murfett, Grant	M50	VMA	27.59	2.5	M65-69					
4	Skene, Gerard	M54	BALLARAT	29.57	2.5	1	McConnell, David	M65	BOX HILL ATH	63.93	
5	McDonald, Cameron	M53	VMA	30.38	2.5	2	Cooper, John	M65	ESSENDON	67.14	
M45-49					3 Lamb, Peter M68 BELLARINE AT 67.66						
1	Giglio, Mark	M45	ESSENDON	23.50	3.0	4	Moore, Gregory	M65	KEILOR ST BE	76.3h	
2	Wilcox, Andrew	M49	BOX HILL ATH	24.53	3.0	M60-64					
3	Dobrzynski, Stewart	M47	VMA	24.56	3.0	1	Lawrence, Murray	M64	RICHMOND	62.35	
4	Golonka, Kurt	M48	GLENHUNTLY	25.23	3.0	2	Thomas, Paul	M60	WILLIAMSTOWN	64.22	
5	Hattwich, Warren	M45	DONCASTER	27.15	3.0	3	Delaney, Brian	M64	COBURG	77.3h	
6	Langdon, Antony	M49	EAGLEHAWK	27.34	3.0	M55-59					
7	Hodgens, Ben	M46	GLENHUNTLY	35.84	3.0	1	O'Keefe, Gregory	M58	VMA	61.46	
M40-44											
1	Harper, Mark	M42	ESSENDON	23.29	1.5						

RESULTS - 2018 VICTORIAN MASTERS T&F CHAMPIONSHIPS

2	Douglas, Lyal	M58	DIAMOND VALL	63.57
3	Lang, Chris	M56	WENDOUREE	66.62
4	Mitchell, David	M58	DEAKIN ATH	68.83

M50-54

1	Hughes, Paul	M50	VMA	53.33
2	De Biasi, Luke	M54	DIAMOND VALL	58.33
3	Hennig, Shawn	M50	VMA	58.71
4	Murfett, Grant	M50	VMA	58.73
5	Italia, Rob	M52	VMA	61.49
6	Skene, Gerard	M54	BALLARAT YCW	65.58
7	Dougan, David	M52	BOX HILL ATH	66.28

M45-49

1	Wilcox, Andrew	M49	BOX HILL ATH	53.30	1
2	Dobrzynski, Stewart	M47	VMA	55.16	1
3	Golonka, Kurt	M48	GLENHUNTLY	55.79	1
4	Deane, James	M45	RINGWOOD	55.88	1
5	Hanrahan, Justin	M48	MENTONE	56.95	1
6	Doughty, Mark	M49	SOUTH MELB	61.02	2
7	Pratt, Wil	M45	MORN PEN	61.19	1
8	Hewitson, Craig	M46	YARRA RANGES	61.62	2
9	Portelli, Angelo	M48	GLENHUNTLY	66.75	2

M40-44

1	Robinson, Brad	M40	DIAMOND VALL	51.82
2	Maurer, Brett	M42	ESSENDON	52.22
3	Firth, David	M40	DONCASTER	53.50
4	Crowley, Nathan	M44	WILLIAMSTOWN	53.73
5	Mierisch, Paul	M41	DONCASTER	57.81
6	Akermanis, Jason	M41	VMA	59.63
7	Selva, Danny	M42	VMA	62.97

M30-34

1	Bernard, Adam	M33	VMA	55.74
---	---------------	-----	-----	-------

800 Meter Run**W80-84**

1	Mews, Pam	W83	VIMA	7:19.10
---	-----------	-----	------	---------

W60-64

1	Stanley, Helen	W62	VMA	3:01.86
2	Farley, Heather	W63	TRARALGON	3:05.37
3	Holmes, Janet	W64	VMA	3:12.91

W65-69

1	Gourlay, Marlene	W66	VMA	3:16.33
---	------------------	-----	-----	---------

W55-59

1	Haddow-Cook, Monica	W55	VMA	3:19.19
2	Bedyn, Erika	W55	YARRA RANGES	3:24.66

W45-49

1	Aylward, Julie	W45	MENTONE ATHL	2:25.30
2	Pedersen, Sharon	W45	CHILWELL	2:31.65
3	Lording, Roslyn	W45	VMA	3:10.32

W50-54

1	Buckley, Anne	W50	BENDIGO HARR	2:55.72
2	Kirne, Debby	W52	BENDIGO HARR	3:01.74

W40-44

1	Kasapis, Anna	W40	ESSENDON	2:15.58
2	O'Brien, Allyson	W41	MELB UNI	2:43.24
3	Gosney, Erika	W44	WILLIAMSTOWN	2:47.09

W35-39

1	Whitaker, Heather	W39	MENTONE ATHL	2:34.12
---	-------------------	-----	--------------	---------

W30-34

1	Lewis, Sarah	W32	SOUTH COAST	2:27.61
---	--------------	-----	-------------	---------

M70-74

1	Waring, Colin	M72	VMA	3:00.75
2	Orelli, Michael	M74	CHILWELL	3:50.37
3	Gardner, Neville	M74	BOX HILL ATH	4:30.89

M75-79

1	Stockdale, Graham	M75	VMA	3:05.97
2	Egan, Elwyn	M75	VMA	3:36.03
3	Dorr, Barry	M79	VMA	3:44.53
4	Hertz, John	M78	VMA	4:05.49

M85-89

1	Silcock-Delaney, Colin	M85	VMA	5:44.86
---	------------------------	-----	-----	---------

M80-84

--	Aughey, John	M80	VMA	DNF
----	--------------	-----	-----	-----

M65-69

1	Barrand, Michael	M65	VMA	2:32.44
2	Cooper, John	M65	ESSENDON	2:41.66
3	Jones, David	M67	ESSENDON	3:03.47
4	Carter, Kenneth	M65	COBURG	7:12.09

M60-64

1	Thomas, Paul	M60	WILL' TOWN	2:25.77
2	Delaney, Brian	M64	COBURG	3:01.47

M55-59

1	Cook, Allan	M55	WESTERN ATHS	2:11.82
2	Douglas, Lyal	M58	DIAMOND VALL	2:31.87
3	Newling, Rob	M58	MORN PEN	2:45.79

M50-54

1	Schwerkolt, Robert	M52	OLD SCOTCH	2:09.82
2	Leeton, David	M50	OLD SCOTCH	2:16.11
3	Sharp, Mark	M51	WESTERN ATHS	2:16.32
4	Italia, Rob	M52	VMA	2:23.13
5	Dougan, David	M52	BOX HILL ATH	2:29.18
6	Earle, Paul	M54	VMA	2:46.84

M45-49

1	Sanford, Craig	M49	WAVERLEY	2:05.92
2	Deane, James	M45	RINGWOOD	2:06.50
3	Ruggero, Adam	M45	VMA	2:08.06
4	McLennan, Campbell	M45	DONCASTER	2:09.95
5	Soussan, Mickael	M47	GLENHUNTLY	2:11.78
6	Hall, Jonathon	M46	VMA	2:15.89
7	Pratt, Wil	M45	MORNINGTON P	2:22.90
8	Clamp, Jonathan	M47	SOUTH MELB	2:24.04
9	Hewitson, Craig	M46	YARRA RANGES	2:29.41

M40-44

1	Crowley, Nathan	M44	WILLIAMSTOWN	2:00.97
2	Simon, Cameron	M43	DIAMOND VALL	2:01.93
3	Robinson, Brad	M40	DIAMOND VALL	2:04.57
4	Selva, Danny	M42	VMA	2:31.93

M35-39

1	Clowes, Russell	M38	BOX HILL ATH	2:09.50
2	Gottlieb, Antony	M38	DONCASTER	2:41.21

1500 Meter Run**W50-54**

1	Hunter, Pia	W51	BOX HILL	5:43.12
2	Buckley, Anne	W50	BENDIGO	5:54.15

W55-59

1	Howell, Susan	W56	CHILWELL	5:49.83
---	---------------	-----	----------	---------

W60-64

1	Stanley, Helen	W62	VMA	6:06.97
---	----------------	-----	-----	---------

RESULTS - 2018 VICTORIAN MASTERS T&F CHAMPIONSHIPS

2 Farley, Heather	W63	TRARALGON	6:23.18	5 Clamp, Jonathan	M47	STH MELB	4:59.10
W65-69				M40-44			
1 Gourlay, Marlene	W66	VMA	6:55.69	1 Simon, Cameron	M43	DIAMOND VALL	4:36.86
W70-74				2 Lawson, Corey	M40	MENTONE	4:40.21
1 Thompson, Vicki	W72	VMA	11:14.32	3 Draper, Shane	M44	VMA	4:45.09
W80-84				4 Zubko, Vladimir	M43	WESTERN ATH	4:50.06
1 Mews, Pam	W83	VMA	14:47.70	5 Mah, Lincoln	M42	ST KEVIN'S	5:08.57
W30-34							
1 Pratt, Joanne	W30	CASEY CARDIN	5:26.46	5000 Meter Run			
W35-39				W35-39			
1 Wilson, Vanessa	W36	GLENHUNTLY	4:57.53	1 Wilson, Vanessa	W36	GLENHUNTLY	18:29.62
2 Whitaker, Heath.	W39	MENTONE	5:24.49	2 Osmand, Kym	W35	VMA	20:08.12
3 Osmand, Kym	W35	VMA	5:34.51	W40-44			
W40-44				1 Thomas, Stephanie	W41	WESTERN ATH	18:35.47
1 Kasapis, Anna	W40	ESSENDON	4:43.39	2 Walker, Sarah	W41	DEAKIN ATH	18:55.09
2 Thomas, Stephan.	W41	WESTERN ATHS	5:10.40	W45-49			
3 Seibold, Kate	W42	KNOX	5:16.84	1 Murray, Maryann	W48	DIAMOND VALL	20:10.76
4 O'Brien, Allyson	W41	MELB UNI	5:41.64	W50-54			
5 Gosney, Erika	W44	WILLIAMSTOWN	5:49.32	1 Hunter, Pia	W51	BOX HILL ATH	20:23.91
W45-49				2 Buckley, Anne	W50	BENDIGO HARR	21:22.79
1 Murray, Maryann	W48	DIAMOND VALL	5:37.28	W55-59			
M85-89				1 Howell, Susan	W56	CHILWELL	20:55.88
1 Silcock-Delaney, C.	M85	VMA	12:07.7h	2 Lane, Mechelle	W56	WESTERN ATH	21:00.07
M75-79				W60-64			
1 Hertz, John	M78	VMA	8:34.0h	1 Stanley, Helen	W62	VMA	22:51.75
M70-74				W65-69			
1 Bennie, Alan	M71	VMA	6:17.1h	1 Gourlay, Marlene	W66	VMA	23:12.11
2 Orelli, Michael	M74	ATHS CHILWELL	7:47.9h	W70-74			
M65-69				1 Thompson, Vicki	W72	VMA	41:14.45
1 Belaabed, Yassine	M66	VMA	5:26.4h	W70-74			
2 Cooper, John	M65	ESSENDON	5:28.6h	1 Solomon, Kevin	M70	RICHMOND HAR	20:43.40
3 Wilson, Greg	M65	VMA	5:36.55	2 Birrell, Ashley	M73	VMA	24:17.31
4 Moore, Gregory	M65	KEILOR ST BE	6:03.5h	3 Defanis, Sam	M70	VMA	24:47.56
5 Jones, David	M67	ESSENDON	6:16.5h	4 Guttman, Anthony	M72	VMA	24:51.91
6 Carter, Kenneth	M65	COBURG	14:06.9h	5 Orelli, Michael	M74	CHILWELL	27:46.85
M60-64				M65-69			
1 Purvis, Mark	M60	OLD SCOTCH	5:01.46	1 Belaabed, Yassine	M66	VMA	19:52.74
2 Thomas, Paul	M60	WILLIAMSTOWN	5:02.38	2 Wilson, Greg	M65	VMA	20:45.25
3 Sandiford, Doug	M60	RICHMOND	5:33.84	3 Moore, Gregory	M65	KEILOR ST BE	22:13.80
4 Edwards, Andrew	M64	VMA	5:38.76	4 Hopkins, Jim	M68	COLLINGWOOD	22:47.83
5 Sommers, David	M60	ATHS NUNA	5:44.18	W60-64			
6 Delaney, Brian	M64	COBURG	6:25.02	1 Purvis, Mark	M60	OLD SCOTCH	19:11.99
M55-59				2 Sandiford, Doug	M60	RICHMOND	21:14.68
1 Cook, Allan	M55	WESTERN ATHS	4:47.95	3 Campisi, Joseph	M60	GLENHUNTLY	21:58.96
2 Zuccala, Gary	M55	VMA	5:27.04	4 Edwards, Andrew	M64	VMA	23:14.70
3 Newling, Rob	M58	MORNINGTON P	5:32.76	W55-59			
4 Murphy, Stephen	M57	ESSENDON	6:53.11	1 Ross, Andrew	M55	SOUTH MELB	18:23.43
M50-54				2 Van Dueren, Philip	M58	MELB UNI	19:28.71
1 Schwerkolt, Robert	M52	OLD SCOTCH	4:27.0h	3 Zuccala, Gary	M55	VMA	19:51.39
2 Leeton, David	M50	OLD SCOTCH	4:48.81	4 Newling, Rob	M58	MORNINGTON P	21:22.84
3 Italia, Rob	M52	VMA	4:58.69	M50-54			
4 Mellings, David	M50	VMA	5:08.61	1 Langelaan, Tony	M51	BOX HILL ATH	18:18.90
5 Thomas, Timothy	M53	MELB UNI	5:24.98	2 Eury, Michael	M52	BOX HILL ATH	18:45.28
M45-49				3 Mellings, David	M50	VMA	19:38.32
1 Sanford, Craig	M49	WAVERLEY	4:25.32	M30-34			
2 Deane, James	M45	RINGWOOD	4:25.86	1 Rancie, Chris	M34	DIAMOND VALL	16:06.18
3 Vernal, Matthew	M45	ATHS NUNA	4:45.38	M35-39			
4 Pratt, Wil	M45	MORNINGTON P	4:54.70	1 Grund, Shane	M36	VMA	15:50.80

RESULTS - 2018 VICTORIAN MASTERS T&F CHAMPIONSHIPS

2	Harradine, Tristan	M36	DONCASTER	16:58.03
3	Shorter, Aaron	M36	BOX HILL ATH	18:01.61
--	Hui, Tim	M38	MELB UNI	DNF

M40-44

1	Morgan, Grant	M43	DIAMOND VALL	16:41.60
2	Wright, Dan	M41	VMA	17:31.28
3	Lawson, Corey	M40	MENTONE	17:38.10
4	Stacey, Scott	M41	OLD SCOTCH	17:40.44

M45-49

1	Simpson, Grant	M48	BELLARINE	16:51.12
2	Casas, Jamie	M49	VMA	19:07.08
3	Curry, John	M49	DONCASTER	21:51.34
4	Evans, Glenn	M47	WESTERN	23:53.37

110 Short Hurdles 99.1cm

M45-49

1	Langdon, Antony	M49	EAGLEHAWK	27.10	NWI
---	-----------------	-----	-----------	-------	-----

100 Short Hurdles 91.4cm

M50-54

1	Hennig, Shawn	M50	VMA	19.37	NWI
---	---------------	-----	-----	-------	-----

M55-59

1	Lang, Chris	M56	WENDOUREE	20.09	NWI
---	-------------	-----	-----------	-------	-----

100 Short Hurdles 84cm

M60-64

1	Champion, Greg	M63	DIAMOND VAL	22.05	NWI
2	Watts, Andrew	M62	VMA	22.89	NWI

M65-69

1	McConnell, David	M65	BOX HILL ATH	19.90	NWI
---	------------------	-----	--------------	-------	-----

W30-34

1	Dux, Jessica	W33	ATHS NUNA	17.84	NWI
---	--------------	-----	-----------	-------	-----

80 Short Hurdles 76.2cm

M75-79

1	Hall, Michael	M79	VMA	21.20	NWI
---	---------------	-----	-----	-------	-----

W45-49

1	Hewitson, Kathi	W45	YARRA RANGE	17.29	NWI
---	-----------------	-----	-------------	-------	-----

400 Long Hurdles 91.4cm

M40-44

1	McCann, Adam	M41	ATHS NUNA	79.31
---	--------------	-----	-----------	-------

M30-34

1	Broadbent, Andrew	M33	DIAMOND VALL	63.75
2	Bernard, Adam	M33	VMA	70.97

400 Long Hurdles 84cm

M50-54

1	Hennig, Shawn	M50	VMA	68.53
---	---------------	-----	-----	-------

M55-59

1	Lang, Chris	M56	WENDOUREE	1:23.49
---	-------------	-----	-----------	---------

400 Long Hurdles 76.2cm

W30-34

1	Dux, Jessica	W33	ATHS NUNA	75.21
---	--------------	-----	-----------	-------

W45-49

1	Hewitson, Kathi	W45	YARRA RANGES	1:27.81
2	Lording, Roslyn	W45	VMA	1:31.88

300 Long Hurdles 76.2cm

M60-64

1	Watts, Andrew	M62	VMA	49.16
---	---------------	-----	-----	-------

M65-69

1	McConnell, David	M65	BOX HILL ATH	49.40
---	------------------	-----	--------------	-------

3000 Meter Steeplechase 91.4cm

M40-44

1	Large, Gerard	M40	DIAMOND VALL	11:20.03
---	---------------	-----	--------------	----------

M45-49

1	Simpson, Grant	M48	BELLARINE	10:14.40
2	Macknamara, Peter	M45	GLENHUNTLY	10:36.32
3	Curry, John	M49	DONCASTER	13:38.21

2000 Meter Steeplechase 76.2cm

W30-34

1	Pratt, Joanne	W30	CASEY CARDIN	8:36.04
---	---------------	-----	--------------	---------

W45-49

1	Pedersen, Sharon	W45	CHILWELL	7:51.69
---	------------------	-----	----------	---------

W65-69

1	Gourlay, Marlene	W66	VMA	9:37.33
---	------------------	-----	-----	---------

M60-64

1	Riddoch, Clyde	M64	VMA	10:57.19
---	----------------	-----	-----	----------

M65-69

1	Moore, Gregory	M65	KEILOR ST BE	9:14.34
2	Prowse, Frank	M66	DONCASTER	11:26.90

M75-79

1	Egan, Elwyn	M75	VMA	13:07.10
---	-------------	-----	-----	----------

1500 Meter Race Walk

W35-39

1	Allison, Rebecca	W38	VMA	10:26.77
---	------------------	-----	-----	----------

W40-44

1	Geisler, Sandra	W40	RINGWOOD	7:24.83
---	-----------------	-----	----------	---------

W80-84

1	Mews, Pam	W83	VMA	16:39.99
---	-----------	-----	-----	----------

W55-59

1	Rosenbrock, Carolyn	W56	ATHS NUNA	8:22.49
2	Elms, Donna-Marie	W56	PRESTON	8:33.79
3	D'Monte, Arlene	W59	VMA	12:07.79

W75-79

1	Steed, Gwen	W75	GLENHUNTLY	10:19.28
---	-------------	-----	------------	----------

M75-79

1	Bennett, Ralph	M76	GLENHUNTLY	8:45.13
2	Ilgoutz, Gunther	M79	VMA	9:59.59
3	Wicks, Barrie	M77	VMA	12:45.53

M85-89

1	Silcock-Delaney, Colin	M85	VMA	12:34.20
---	------------------------	-----	-----	----------

M35-39

1	Walters, Daniel	M38	VMA	6:09.71
---	-----------------	-----	-----	---------

W40-44

1	Blackwood, Mark	M41	KNOX	6:28.48
2	Prasad, Pramesh	M43	COLLINGWOOD	6:57.86

M45-49

1	Smyth, David	M48	COLLINGWOOD	7:33.81
2	Patterson, Adam	M45	ATHS NUNA	7:58.15

M55-59

1	Cassidy, Kevin	M57	VMA	7:16.99
2	Donahoo, Mark	M59	ESSENDON	7:30.21
3	Hess, Albin	M58	VMA	9:21.63
4	Moritz, Paul	M58	VMA	9:45.49
5	McDonald, Anthony	M56	VMA	9:57.38

M60-64

1	Sommers, David	M60	ATHS NUNA	8:43.88
2	Riddoch, Clyde	M64	VMA	9:14.21

RESULTS - 2018 VICTORIAN MASTERS T&F CHAMPIONSHIPS

M65-69

1	Prowse, Frank	M66	DONCASTER	9:32.01
2	Barrow, Geoff	M69	MENTONE	9:40.86

3000 Meter Race Walk

W35-39

1	Osmand, Kym	W35	VMA	16:54.1h
---	-------------	-----	-----	----------

W40-44

1	Ruddick, Kelly	W44	VMA	13:11.5h
2	Geisler, Sandra	W40	RINGWOOD	15:52.0h

W50-54

1	Hunter, Pia	W51	BOX HILL	17:48.9h
---	-------------	-----	----------	----------

W55-59

1	Rosenbrock, Carolyn	W56	ATHS NUNA	17:23.8h
2	Elms, Donna-Marie	W56	PRESTON	17:55.6h

W60-64

1	O'Neill, Karyn	W63	GIPPSLAND	20:15.0h
---	----------------	-----	-----------	----------

W75-79

1	Steed, Gwen	W75	GLENHUNTLY	21:50.7h
---	-------------	-----	------------	----------

W80-84

1	Mews, Pam	W83	VMA	34:13.0h
---	-----------	-----	-----	----------

M70-74

1	Jamieson, Andrew	M71	OLD SCOTCH	18:19.63
---	------------------	-----	------------	----------

M75-79

1	Bennett, Ralph	M76	GLENHUNTLY	18:10.27
2	Ilgoutz, Gunther	M79	VMA	20:34.85
3	Hallo, John	M75	VMA	23:11.40
4	Wicks, Barrie	M77	VMA	25:48.3h

M40-44

1	Blackwood, Mark	M41	KNOX	13:45.18
2	Prasad, Pramesh	M43	COLLINGW'D	14:15.82
3	Van Dongen, Rupert	M43	MENTONE	16:47.07

M45-49

1	Nelson, Scott	M48	WYNDHAM	15:30.59
2	Patterson, Adam	M45	ATHS NUNA	17:25.16

M50-54

1	Keirl, Bernie	M54	DIAMOND VALL	17:28.02
---	---------------	-----	--------------	----------

M55-59

1	Donahoo, Mark	M59	ESSENDON	15:54.09
2	Hess, Albin	M58	VMA	19:29.16
3	Murphy, Stephen	M57	ESSENDON	19:57.93
4	McDonald, Anthony	M56	VMA	20:03.23

M60-64

1	Riddoch, Clyde	M64	VMA	19:18.83
---	----------------	-----	-----	----------

M65-69

1	Prowse, Frank	M66	DONCASTER	19:16.39
--	Lont, Geoff	M65	VMA	DNF

M85-89

1	Silcock-Delaney, Col	M85	VMA	25:32.1h
---	----------------------	-----	-----	----------

M35-39

1	Walters, Daniel	M38	VMA	12:56.75
---	-----------------	-----	-----	----------

Long Jump

W30-34

1	Smith, Melissa	W30	ALBURY ATH	4.51m	NWI
---	----------------	-----	------------	-------	-----

W35-39

1	Franchina, Natasha	W39	VMA	3.91m	NWI
2	Lester, Rhiannon	W38	FRANKSTON	3.80m	NWI

W40-44

1	Hinson, Monica	W44	FRANKSTON	4.43m	NWI
2	Barry, Jodie	W41	WENDOUREE	3.82m	NWI
3	Wilson, Heather	W42	VMA	3.47m	NWI

W45-49

1	Gathercole, Sherry	W47	CORIO	3.65m	NWI
2	Clarkin, Elena	W47	SANDRINGHAM	3.48m	NWI

W50-54

1	Sammartino, Melissa	W51	RINGWOOD	3.91m	NWI
2	Matters, Toni	W50	GLENHUNTLY	3.50m	NWI
3	Buttigieg, Linda	W53	WAVERLEY	3.36m	NWI
4	McClean, Louise	W53	GLENHUNTLY	3.29m	NWI

W60-64

1	Bridle, Christine	W60	WAVERLEY	3.49m	NWI
2	Monk, Leanne	W61	VMA	2.65m	NWI

M50-54

1	De Biasi, Luke	M54	DIAMOND VALL	5.85m	1.3
2	Hennig, Shawn	M50	VMA	5.08m	0.1
3	Brophy, Richard	M53	VMA	5.05m	+0.0
4	Ihomana, Jeffter	M54	SOUTH COAST	4.24m	+0.0

M55-59

1	Barrett, Rod	M57	VMA	4.93m	0.6
2	McDonald, Peter	M56	BOX HILL	3.24m	+0.0

M45-49

1	Hanrahan, Justin	M48	MENTONE	5.81m	+0.0
2	Udugampala, Lalith	M46	DIAMOND VALL	5.15m	+0.0
3	Scholes, Matthew	M48	VMA	4.54m	+0.0
4	Enkelmann, Justin	M47	VMA	4.50m	1.0
5	Portelli, Angelo	M48	GLENHUNTLY	4.38m	+0.0
--	Perera, Ranasinghe	M45	MELB UNI		ND

M60-64

1	Wyatt, Peter	M61	MORNINGTON P	3.06m	NWI
---	--------------	-----	--------------	-------	-----

M65-69

1	Bruce, Ken	M66	DIAMOND VALL	4.25m	NWI
2	Neale, John	M67	PRESTON ATHL	2.78m	NWI
3	Prowse, Frank	M66	DONCASTER	2.14m	NWI

M70-74

1	Shaw, Geoff	M70	BENDIGO HARR	4.19m	NWI
2	Howden, Keith	M72	VMA	3.81m	NWI
3	Vorchheimer, Myer	M73	MACCABI	3.34m	NWI
4	Bryant, Alan	M71	VMA	2.96m	NWI

M75-79

1	Hall, Michael	M79	VMA	2.63m	NWI
---	---------------	-----	-----	-------	-----

M80-84

1	Noden, Graeme	M80	VMA	3.69m	NWI
2	Wood, Allan	M80	VMA	2.46m	NWI

M85-89

1	Coffey, Leo	M88	VMA	2.02m	NWI
2	Doungas, Vasilios	M87	BOX HILL ATH	1.63m	NWI

Triple Jump

W30-34

1	Smith, Melissa	W30	ALBURY	10.54m	-0.4
---	----------------	-----	--------	--------	------

W35-39

1	Lester, Rhiannon	W38	FRANKSTON	9.24m	+0.0
---	------------------	-----	-----------	-------	------

W40-44

1	Hinson, Monica	W44	FRANKSTON	9.70m	+0.0
2	Barry, Jodie	W41	WENDOUREE	8.72m	+0.0

RESULTS - 2018 VICTORIAN MASTERS T&F CHAMPIONSHIPS

W45-49

1 Gathercole, Sherry W47 CORIO 8.03m -0.1

W50-54

1 Sammartino, Melissa W51 RINGWOOD 8.20m NWI
 2 Buttigieg, Linda W53 WAVERLEY 7.74m NWI
 3 Mclean, Louise W53 GLENHUNTLY 7.70m NWI
 4 Voogd, Debbie W52 RINGWOOD 5.63m NWI

W60-64

1 Bridle, Christine W60 WAVERLEY 8.10m NWI
 2 Monk, Leanne W61 VMA 6.11m NWI

M35-39

1 Norton, Aaron M38 STH BENDIG 10.00m -2.5

M45-49

1 Udugampala, Lalith M46 DIAMOND V 10.34m -1.5
 2 Pratt, Wil M45 MORNINGTON 9.69m -1.5

M50-54

1 Brophy, Richard M53 VMA 10.48m -1.2

M55-59

1 Barrett, Rod M57 VMA 10.02m 0.7

M60-64

1 Olsson, Paul M61 CASEY CARDIN 9.40m -2.1
 2 Wyatt, Peter M61 MORNINGTON 6.95m 2.0

M65-69

1 Neale, John M67 PRESTON 6.36m -2.3

M70-74

1 Shaw, Geoff M70 BENDIGO 9.26m -0.6
 2 Vorchheimer, Myer M73 MACCABI 7.59m -2.8
 3 Bryant, Alan M71 VMA 6.69m -1.7

M75-79

1 Jacotine, Julian M78 VMA 7.70m -1.1

M80-84

1 Greaves, Brian M83 VMA 7.03m -1.1
 2 Wood, Allan M80 VMA 4.89m -2.1

M85-89

1 Coffey, Leo M88 VMA 5.61m NWI

High Jump

M50-54

1 Hennig, Shawn M50 VMA 1.55m

M55-59

1 Van Dueren, Philip M58 MELB UNI 1.25m

M60-64

1 Champion, Greg M63 DIAMOND VALL 1.25m

M65-69

1 McConnell, David M65 BOX HILL ATH 1.35m

M70-74

1 Shaw, Geoff M70 BENDIGO HARR 1.30m

M60-64

1 Cauchi, Mark M60 KNOX 1.15m

M65-69

1 Prowse, Frank M66 DONCASTER 0.90m

M75-79

1 Hall, Michael M79 VMA 1.10m

M80-84

1 Hancock, Thomas M81 IVANHOE 1.10m

W50-54

1 Buttigieg, Linda W53 WAVERLEY 1.05m

W55-59

1 Messerle, Narelle W59 RINGWOOD 1.10m

W60-64

1 Bridle, Christine W60 WAVERLEY 1.20m

High Jump

M40-44

1 Schofield, Paul M44 DIAMOND VALL 1.78m
 2 Mierisch, Paul M41 DONCASTER 1.55m

M45-49

1 Hanrahan, Justin M48 MENTONE 1.60m

M50-54

1 Brophy, Richard M53 VMA 1.66m

Pole Vault

M30-34

1 Dell, Brendan M30 RICHMOND 2.60m

M50-54

1 Boylen, Christopher M54 COLLINGWOOD 3.50m

M65-69

1 McConnell, David M65 BOX HILL ATH 2.45m

M70-74

1 Shaw, Geoff M70 BENDIGO HARR 3.05m
 2 Schillinger, George M72 BOX HILL ATH 3.05m

M50-54

1 Burns, Jacinta W50 CHILWELL 2.75m
 2 Buttigieg, Linda W53 WAVERLEY 2.75m
 3 Masini, Dale W50 MELB UNI 2.45m

M50-54

1 Lovell, Scott M52 COLLINGWOOD 1.85m

M65-69

1 Neale, John M67 PRESTON 1.55m

M75-79

1 Hall, Michael M79 VMA 1.70m

W40-44

1 Morrison, Sally W42 MENTONE 2.60m

W45-49

1 Jones, Joanne W48 COLLINGWOOD 1.85m

W50-54

1 Davey, Louise W51 COBURG 2.15m

W60-64

1 Monk, Leanne W61 VMA 1.70m

Hammer Throw

W50-54

1 Buttigieg, Linda W53 WAVERLEY 41.82m
 2 Pfanner, Judy W52 VMA 32.84m
 3 Prinsloo, Juan W51 DONCASTER 26.32m
 4 Sammartino, Melissa W51 RINGWOOD 23.77m
 5 Voogd, Debbie W52 RINGWOOD 23.37m

W55-59

1 Barr, Sharon W56 BENDIGO HARR 27.79m
 2 Messerle, Narelle W59 RINGWOOD ATH 22.12m
 3 Elms, Donna-Marie W56 PRESTON 15.49m

W60-64

1 Bridle, Christine W60 WAVERLEY 27.20m
 2 Kirby, Karen W62 CHILWELL 26.84m

RESULTS - 2018 VICTORIAN MASTERS T&F CHAMPIONSHIPS

W65-69

1	Mussett, Lorraine	W69	VMA	14.27m
2	Gleeson, Vicki	W66	VMA	4.35m

W75-79

1	Kinsey, Jane	W77	VMA	18.72m
---	--------------	-----	-----	--------

W35-39

1	Gleeson, Kim	W38	VMA	28.66m
--	Champion, Megan	W37	MENTONE	ND

W40-44

1	Ebbels, Anne-Marie	W44	YARRA RANGES	17.19m
---	--------------------	-----	--------------	--------

W45-49

1	Rowe, Anni	W47	DIAMOND VALL	37.82m
2	Johansen, Nicole	W45	RINGWOOD	29.47m
3	Hewitson, Kathi	W45	YARRA RANGES	18.21m

M55-59

1	Coumaros, Peter	M57	DONCASTER	20.18m
---	-----------------	-----	-----------	--------

M60-64

1	Olsson, Paul	M61	CASEY CARDIN	41.57m
2	Peska, Stan	M61	WESTERN ATH	28.71m
3	Cauchi, Mark	M60	KNOX	26.81m

M65-69

1	Holzer, Robert	M69	GEELONG GUIL	33.33m
2	Neale, John	M67	PRESTON	23.48m
3	Jones, David	M67	ESSENDON	13.10m
4	Carter, Kenneth	M65	COBURG HARRI	12.74m

M70-74

1	Young, Peter	M71	VMA	31.11m
2	Tonelli, Didimo	M74	VMA	22.92m

M80-84

1	Hancock, Thomas	M81	IVANHOE HARR	33.29m
---	-----------------	-----	--------------	--------

M75-79

1	Christodoulou, George	M78	VMA	19.49m
---	-----------------------	-----	-----	--------

M30-34

1	Newman, Colin	M34	WHITTLESEA	32.88m
---	---------------	-----	------------	--------

M35-39

1	Nuske, Brett	M36	RINGWOOD	39.35m
---	--------------	-----	----------	--------

M40-44

1	Firth, David	M40	DONCASTER	38.25m
2	Wilson, Travis	M43	ESSENDON	24.68m

M45-49

1	De Vries, David	M48	KEILOR ST BE	35.63m
2	Carroll, Patrick	M49	RINGWOOD	31.61m
3	Hawkins, Justin	M45	COLLINGWOOD	30.91m

Hammer Throw 6kg

M50-54

1	Graham, Craig	M52	EAGLEHAWK	32.60m
2	Connell, Nick	M52	VMA	30.73m
3	Crawley, Andrew	M52	GLENHUNTLY	27.71m
4	Romeo, Fabrizio	M50	VMA	21.38m
5	Zammit, Joe	M53	GLENHUNTLY	17.13m

Javelin Throw

W50-54

1	Pfanner, Judy	W52	VMA	25.21m
2	Edwards, Angela	W51	VMA	24.44m
3	Matters, Toni	W50	GLENHUNTLY	24.43m
4	Prinsloo, Juan	W51	DONCASTER	22.18m
5	Buttigieg, Linda	W53	WAVERLEY	21.79m

W30-34

1	Murby, Ness	W32	CANADA	X25.33m
2	Dux, Jessica	W33	ATHS NUNA	18.98m

W35-39

1	Franchina, Natasha	W39	VMA	34.42m
2	Gleeson, Kim	W38	VMA	28.95m
3	Lester, Rhiannon	W38	FRANKSTON	22.60m

W45-49

1	Johansen, Nicole	W45	RINGWOOD	30.14m
---	------------------	-----	----------	--------

M50-54

1	Hawkins, Alan	M54	CHILWELL	44.76m
2	Hennig, Shawn	M50	VMA	40.10m
3	Romeo, Fabrizio	M50	VMA	26.39m
4	Lovell, Scott	M52	COLLINGWOOD	26.09m
5	Zammit, Joe	M53	GLENHUNTLY	23.82m

M60-64

1	Cauchi, Mark	M60	KNOX	34.75m
2	Peska, Stan	M61	WESTERN ATH	31.98m

M65-69

1	Farr, Andrew	M68	VMA	33.92m
2	Holzer, Robert	M69	GEELONG GUIL	30.30m
3	Carter, Kenneth	M65	COBURG HARR	13.59m

M70-74

1	Young, Peter	M71	VMA	27.70m
2	Tonelli, Didimo	M74	VMA	27.12m
3	Robinson, Robert	M71	SOUTH COAST	20.72m
4	Amerasekera, Errol	M74	WAVERLEY	20.43m
5	Gardner, Neville	M74	BOX HILL ATH	15.88m

M75-79

1	Dorr, Barry	M79	VMA	19.37m
2	Leong, Tom	M76	VMA	17.28m
3	Bradford, Anthony	M78	BELLARINE	16.77m
4	Christodoulou, George	M78	VMA	13.21m

W55-59

1	Messerle, Narelle	W59	RINGWOOD	20.78m
---	-------------------	-----	----------	--------

W60-64

1	Bridle, Christine	W60	WAVERLEY	19.50m
2	Kirby, Karen	W62	CHILWELL	17.15m
3	Clarke, Donna	W64	VMA	13.68m

W65-69

1	Gleeson, Vicki	W66	VMA	7.32m
---	----------------	-----	-----	-------

W70-74

1	Farrell, Judith	W73	VMA	12.33m
---	-----------------	-----	-----	--------

W75-79

1	Kinsey, Jane	W77	VMA	9.39m
---	--------------	-----	-----	-------

M80-84

1	Hancock, Thomas	M81	IVANHOE HARR	30.58m
2	Wood, Allan	M80	VMA	18.90m

M35-39

1	Farr, Thomas	M39	VMA	52.28m
2	Wilson, Gavin	M39	VMA	38.92m

M40-44

1	Wilson, Travis	M43	ESSENDON	35.21m
---	----------------	-----	----------	--------

M45-49

1	Nolan, Andrew	M48	VMA	36.42m
2	Udugampala, Lalith	M46	DIAMOND VALL	35.98m
3	Carroll, Patrick	M49	RINGWOOD	35.82m
4	Hattwich, Warren	M45	DONCASTER	30.46m

RESULTS - 2018 VICTORIAN MASTERS T&F CHAMPIONSHIPS

5	Enkelmann, Justin	M47	VMA	28.23m				
6	Pratt, Wil	M45	MORNINGTON P	26.60m				
7	Scholes, Matthew	M48	VMA	25.74m				
Discus Throw								
W75-79								
1	Kinsey, Jane	W77	VMA	10.95m				
W50-54								
1	Matters, Toni	W50	GLENHUNTLY	31.21m				
2	Pfanner, Judy	W52	VMA	30.96m				
3	Buttigieg, Linda	W53	WAVERLEY	22.85m				
4	Sammartino, Melissa	W51	RINGWOOD	20.77m				
5	Prinsloo, Juan	W51	DONCASTER	17.88m				
6	McLean, Louise	W53	GLENHUNTLY	16.64m				
W55-59								
1	Messerle, Narelle	W59	RINGWOOD	22.60m				
2	Barr, Sharon	W56	BENDIGO HARR	20.09m				
3	Bedyn, Erika	W55	YARRA RANGES	17.20m				
W65-69								
1	Mussett, Lorraine	W69	VMA	9.78m				
2	Gleeson, Vicki	W66	VMA	6.91m				
W60-64								
1	Kirby, Karen	W62	CHILWELL	16.32m				
2	Clarke, Donna	W64	VMA	14.15m				
M70-74								
1	Young, Peter	M71	VMA	31.46m				
2	Amerasekera, Errol	M74	WAVERLEY	22.79m				
3	Tonelli, Didimo	M74	VMA	21.53m				
4	Gardner, Neville	M74	BOX HILL ATH	20.93m				
M75-79								
1	Leong, Tom	M76	VMA	19.48m				
2	Jupp, John	M77	VMA	19.24m				
3	Bradford, Anthony	M78	BELLARINE	18.72m				
4	Christodoulou, George	M78	VMA	16.67m				
M80-84								
1	Hancock, Thomas	M81	IVANHOE HARR	30.94m				
2	Simons, George	M82	VMA	16.63m				
M85-89								
1	Doungas, Vasilios	M87	BOX HILL ATH	10.63m				
M35-39								
1	Hicks, Graham	M39	ESSENDON	45.53m				
2	Norton, Aaron	M38	SOUTH BENDIG	24.52m				
M45-49								
1	Carroll, Patrick	M49	RINGWOOD	32.91m				
2	Hall, Matthew	M46	DIAMOND VALL	32.00m				
3	Scholes, Matthew	M48	VMA	20.04m				
M40-44								
1	Wilson, Travis	M43	ESSENDON	39.44m				
2	Mierisch, Paul	M41	DONCASTER	31.28m				
W30-34								
1	Murby, Ness	W32	CANADA	X29.78m				
W35-39								
1	Champion, Megan	W37	MENTONE	37.28m				
2	Gleeson, Kim	W38	VMA	27.99m				
W40-44								
1	Norton, Jayne	W43	STH BENDIG	28.74m				
2	Ebbels, Anne-Marie	W44	YARRA RANGES	16.97m				
W45-49								
1	Johansen, Nicole	W45	RINGWOOD	32.75m				
2	Owens, Yvette	W48	CORIO	26.79m				
3	Rowe, Anni	W47	DIAMOND VALL	23.92m				
W70-74								
1	Dundas, Rhonda	W73	VMA	16.01m				
M60-64								
1	Watts, Andrew	M62	VMA	40.16m				
2	Peska, Stan	M61	WESTERN ATHS	38.75m				
3	Cauchi, Mark	M60	KNOX	29.66m				
M65-69								
1	Neale, John	M67	PRESTON	25.25m				
2	Carter, Kenneth	M65	COBURG	21.56m				
3	Prowse, Frank	M66	DONCASTER	20.51m				
M50-54								
1	Crawley, Andrew	M52	GLENHUNTLY	35.81m				
2	Connell, Nick	M52	VMA	34.76m				
3	Lovell, Scott	M52	COLLINGWOOD	24.35m				
4	Zammit, Joe	M53	GLENHUNTLY	21.58m				
5	Romeo, Fabrizio	M50	VMA	18.54m				
M55-59								
1	Coumaros, Peter	M57	DONCASTER	28.66m				
Shot Put								
W75-79								
1	Kinsey, Jane	W77	VMA	5.04m				
W35-39								
1	Gleeson, Kim	W38	VMA	9.82m				
2	Champion, Megan	W37	MENTONE	9.40m				
3	Lester, Rhiannon	W38	FRANKSTON	8.65m				
W30-34								
1	Dux, Jessica	W33	ATHS NUNA	7.58m				
W40-44								
1	Ebbels, Anne-Marie	W44	YARRA RANGES	6.50m				
W45-49								
1	Johansen, Nicole	W45	RINGWOOD	8.70m				
2	Owens, Yvette	W48	CORIO	7.99m				
3	Turnbull, Sandra	W48	RINGWOOD	6.07m				
M55-59								
1	Coumaros, Peter	M57	DONCASTER	9.30m				
M50-54								
1	Connell, Nick	M52	VMA	11.83m				
2	Crawley, Andrew	M52	GLENHUNTLY	11.08m				
3	Romeo, Fabrizio	M50	VMA	10.05m				
4	Zammit, Joe	M53	GLENHUNTLY	9.02m				
5	Lovell, Scott	M52	COLLINGWOOD	8.07m				
6	Skene, Gerard	M54	BALLARAT YCW	6.15m				
M65-69								
1	Neale, John	M67	PRESTON	7.64m				
2	Prowse, Frank	M66	DONCASTER	5.90m				
3	Carter, Kenneth	M65	COBURG	5.80m				
M60-64								
1	Peska, Stan	M61	WESTERN ATHS	12.71m				
2	Cauchi, Mark	M60	KNOX	8.48m				
W50-54								
1	Matters, Toni	W50	GLENHUNTLY	10.13m				
2	Sammartino, Melissa	W51	RINGWOOD	8.77m				
3	Buttigieg, Linda	W53	WAVERLEY	8.21m				

RESULTS - 2018 VICTORIAN MASTERS T&F CHAMPIONSHIPS

4	Mclean, Louise	W53	GLENHUNTLY	6.84m					
W55-59					1	Mussett, Lorraine	W69	VMA	5.49m
1	Messerle, Narelle	W59	RINGWOOD	9.00m	2	Gleeson, Vicki	W66	VMA	4.07m
W60-64					W70-74				
1	Kirby, Karen	W62	CHILWELL	8.93m	1	Dundas, Rhonda	W73	VMA	8.28m
2	Bridle, Christine	W60	WAVERLEY	7.89m	M80-84				
3	Clarke, Donna	W64	VMA	5.99m	1	Hancock, Thomas	M81	IVANHOE	15.36m
4	Monk, Leanne	W61	VMA	5.66m	W50-54				
W65-69					1	Buttigieg, Linda	W53	WAVERLEY	11.60m
1	Mussett, Lorraine	W69	VMA	5.23m	2	Voogd, Debbie	W52	RINGWOOD	7.10m
2	Gleeson, Vicki	W66	VMA	2.96m	W55-59				
W70-74					1	Messerle, Narelle	W59	RINGWOOD	10.45m
1	Dundas, Rhonda	W73	VMA	7.14m	M70-74				
M80-84					1	Young, Peter	M71	VMA	13.36m
1	Hancock, Thomas	M81	IVANHOE	11.18m	2	Tonelli, Didimo	M74	VMA	10.31m
2	Simons, George	M82	VMA	6.34m	M75-79				
M85-89					1	Christodoulou, George	M78	VMA	7.00m
1	Doungas, Vasilios	M87	BOX HILL ATH	6.03m	M35-39				
M70-74					1	Gleeson, Kim	W38	VMA	10.99m
1	Young, Peter	M71	VMA	11.26m	W45-49				
2	Tonelli, Didimo	M74	VMA	8.50m	1	Rowe, Anni	W47	DIAMOND VALL	11.47m
3	Gardner, Neville	M74	BOX HILL ATH	5.78m	2	Johansen, Nicole	W45	RINGWOOD	10.28m
M75-79					3	Hewitson, Kathi	W45	YARRA RANGES	6.65m
1	Jupp, John	M77	VMA	7.43m	M60-64				
2	Bradford, Anthony	M78	BELLARINE	6.48m	1	Olsson, Paul	M61	CASEY CARDIN	15.42m
3	Christodoulou, George	M78	VMA	6.33m	2	Peska, Stan	M61	WESTERN ATH	13.54m
M30-34					M65-69				
1	Newman, Colin	M34	WHITTLESEA	11.82m	1	Holzer, Robert	M69	GEELONG GUIL	13.09m
M40-44					2	Neale, John	M67	PRESTON	9.71m
1	Wilson, Travis	M43	ESSENDON	10.78m	3	Prowse, Frank	M66	DONCASTER	5.60m
M45-49					M50-54				
1	Carroll, Patrick	M49	RINGWOOD	11.46m	1	Graham, Craig	M52	EAGLEHAWK	11.16m
2	Hall, Matthew	M46	DIAMOND VALL	10.48m	2	Crawley, Andrew	M52	GLENHUNTLY	10.90m
3	Hodgens, Ben	M46	GLENHUNTLY	10.15m	3	Romeo, Fabrizio	M50	VMA	7.81m
4	Hattwich, Warren	M45	DONCASTER	8.47m	W55-59				
Weight Throw					1	Spivey, Phil	M56	UNITED KING'M	X19.25m
W75-79					2	Coumaros, Peter	M57	DONCASTER	10.97m
1	Kinsey, Jane	W77	VMA	6.97m	M30-34				
W80-84					1	Newman, Colin	M34	WHITTLESEA	12.01m
1	Worrell, Valerie	W83	VMA	6.97m	M40-44				
W60-64					1	Wilson, Travis	M43	ESSENDON	11.06m
1	Bridle, Christine	W60	WAVERLEY	10.82m	M45-49				
2	Kirby, Karen	W62	CHILWELL	10.15m	1	De Vries, David	M48	KEILOR ST BE	11.11m
					2	Carroll, Patrick	M49	RINGWOOD	11.08m
					3	Hall, Matthew	M46	DIAMOND VALL	9.98m

Some Photos From The Vic Champs

Didimo Tonelli



Kevin Solomon



Combined age 100m (Left to Right) Jim McLure, Myer Vorcheimer, Keith Howden, Alan Bryant, Alan Wood, Graham Noden, John Aughey, Leo Coffee and Jim Sinclair

Dale Masini



Shirley Coppock and Gloria De Zwart

RESULTS - ANDY SALTER MEMORIAL RELAY - Weds 7th February 2018
CHALLENGE TEAMS
KNOX 1

Matt Morris	52	12.52
Helen Stanley	62	14.35
Paul Connor	55	12.21
Shane Grund	36	9.51
estimated	47.30 dif. 2.09	49.39

MENTONE

Corey Lawson	40	11.12
James O`Brien	65	13.15
Julie Aylward	45	13.19
Rupert Van Dongan	43	12.54
estimated	51.00 dif. 0.20	50.40

EASTERN MASTERS

Brad Buyck	40	11.50
Peter Seymour	53	13.26
Kym Osmand	35	13.02
Craig Begg	52	12.36
estimated	41.25 dif. 9.29	50.54

KNOX 2

Paul Twining	68	13.54
Michelle Quan	49	16.07
John Graham	67	13.03
Graeme Leticq	67	13.20
estimated	52.00 dif. 4.24	56.24

CROYDON 1

Pam Tindal	58	15.09
Rob Stagg	51	16.46
Grant Murfett	50	13.35
Andrew Eggington	56	12.06
estimated	53.45 dif. 3.51	57.36

FRANKSTON 1

Rebekah Lyness	43	17.22
Rob Taylor	49	13.22
Chris Sheedy	49	14.19
Pramesh Prasad	43	12.40
estimated	57.33 dif. 0.10	57.43

GLEN EIRA GLADIATORS

Adam Bernard	33	13.06
Chris Grafen	53	13.06
Jay Wright	58	18.56
Andrew Edwards	64	13.45
estimated	58.55 dif. 0.02	58.53

EAST BURWOOD

Sam Defanis	69	15.16
Liz Eastwood	48	16.01
Ros Lording	48	16.15
Stephen Day	47	13.51
estimated	60.20 dif. 1.03	61.23

FRANKSTON 2

David Dobson	59	17.39
Charlie Mallia	69	16.46
Nonie Chan	32	17.53
Frances Halton	56	16.27
estimated	69.00 dif. 0.15	68.45

BERT WARBURTON MEMORIAL
WALK RELAY - 5 laps each walker
FRANKSTON 1

Pramesh Prasad	43	9.22
Albin Hess	58	12.40
Rebekah Lyness	43	13.22
estimated	31.40 dif. 3.44	35.24

MIXED

Heather Carr	68	11.58
David Smyth	48	10.55
Russ Dickenson	72	14.07
estimated	38.15 dif. 1.15	37.00

THE 60 s

Chas McRae	66	16.18
Karyn O`Neill	63	13.47
Terry O`Neill	62	12.10
estimated	44.00 dif. 1.45	42.15

FRANKSTON 2

John Sutton	74	15.51
John Hallo	75	15.59
Albin Hess	58	13.11
estimated	45.30 dif. 0.29	45.01

CROYDON

Gary Turner	64	15.56
Liz Wrigley	62	16.09
Paul Moritz	58	14.37
estimated	47.20 dif. 0.48	46.42

SPRINGVALE

Frank Allen	74	15.47
Tony Doran	65	14.30
Eric Negros	54	19.42
estimated	52.22 dif. 2.23	49.59

FUN RUN TEAMS
EASTERN MASTERS

Greg Whyte	43	12.04
Mark Shalders	39	13.02
Jamie Rae	39	14.10
Paul Earle	54	13.51
estimated	51.55 dif. 1.12	53.07

EASTERN MASTERS MIXED B

Katie Duncan	29	11.47
Anne Kidman	62	16.13
Kylie Barton	46	15.22
Ian Orr	67	15.18
estimated	57.20 dif. 1.20	58.40

SPRINGVALE -- DAVIN

Jamie Davin	29	14.46
Ardrie McDermott	30	23.09
Shane Davin	34	12.49
Shane Davin	34	12.37
estimated	62.45 dif. 0.36	63.21

SPRINGVALE 3

Will Sellick	46	15.43
Rob Clutterbuck	64	16.43
Dave Talbot	63	16.14
Bill Irvine	69	16.49
estimated	65.00 dif. 0.29	65.29

KNOX 3

John Signorini	64	13.58
Tosha Stoppar	48	17.23
Dave Wear	71	17.00
Peter Thorne	69	17.40
estimated	64.18 dif. 1.43	66.01

SPRINGVALE 1

Claudio Riga	62	17.01
Lindsay Oxenham	68	15.51
Juan Perez	78	19.33
Howard Rees	70	15.53
estimated	67.45 dif. 0.33	68.18

KNOX 5

Rob Henderson	71	15.46
Evelyn Kvys	61	19.21
Nicla Van Reenen	45	17.32
Stephen Richards	56	16.20
estimated	101.50 dif. 32.51	68.59

EASTERN MASTERS MIXED A

Moni Vantileberg	20	14.50
Shae Vantileberg	26	19.58
Ian McFarlane	54	16.26
Trevor O`Brien	60	19.00
estimated	66.20 dif. 3.54	70.14

GLEN EIRA

Phil Urquhart	73	19.23
Bill Carr	72	18.10
Barry Jeffs	69	17.14
Heather Carr	68	18.07
estimated	77.00 dif. 4.06	72.54

KNOX 4

Maggie Hawkes	62	27.44
Pauline Paine	39	19.30
David Chung	50	14.39
Mick Carr	64	15.33
estimated	72.35 dif. 4.51	77.26

GLEN EIRA 2

Greg Lovejoy	75	16.28
Ian Tregear	67	18.53
Graeme Stockdale	75	18.44
Judy Wines	80	24.43
estimated	80.00 dif. 1.12	78.48

SPRINGVALE 2

Celia Johnson	70	22.25
Dominique Ruellot	66	22.04
Tony Johnson	77	19.44
Lou Buccieri	62	17.36
estimated	83.00 dif. 1.11	81.49

THE BROWNE SHIELD

The Browne Shield started in 2007 in honour of the contribution made by Dot and Colin Browne to Masters Athletics.

It is a competition between Victorian Masters Venues and comprises a season of five long distance events from May to September.

The Browne Shield is awarded to the winning Venue.

The points of the top three runners of each Venue are counted, and these come from each Venue's best four of the five events over the season.

The scores are age graded.

The top female and male point scorers are also acknowledged.

Past winners of the Browne Shield include, from 2007 to 2017:

Knox venue - each and every year

The history of Browne Shield winners looks terribly one-sided and doesn't reflect the level of competition enjoyed throughout the five-race season, with some close results for the Shield.

Final scores for 2017 with thirteen Venues competing, with a total of 216 entries, ranged from the lowest club score of 59.44 to Knox Venue's 1240.04 points, with Glen Eira Venue second on 1062.61 points. Other years the results have been closer.

The challenge for 2018 is definitely as one VMA official put it to "Knock off Knox"

Clue to winning the Browne shield: have at least three runners for each event.

Browne Shield events for 2018

<i>Event</i>	<i>Location</i>	<i>Date</i>
VMA 10,000 metre Track Championship	Collingwood	Tues. 22nd May
VMA 8 km Cross Country	Collingwood	Sun. 24th June
Eric Greaves Memorial 10 km	Braeside Park	Sun. 15th July
VMA 10 Mile Road Race	Knox	Sun 12th August
AV/VMA Half Marathon	Burnley	Sun. 2nd September

Peter Thorne



AMA UNIFORM SPECIAL DISCOUNT

Masters' athletes intending to compete in Malaga

AMA SINGLETS & SHORTS AT A DISCOUNT

<https://shop.emlsports.com/ama/product-tag/bundle/>



The next opportunity to wear the Australian uniform will be at the WMA Championships in Malaga, Spain in September 2018.

Until 30 June 2018, extra AMA shorts and singlets will be available at the following discounted prices:

2 x Singlets (ladies or mens)	\$70	(normally \$40 for 1)
2 x Shorts (ladies or mens)	\$70	(normally \$40 for 1)
1 x Singlet & Shorts (ladies or mens)	\$70	(normally \$40 for 1 of each)

With average September temperatures in Malaga in the high 20's extra uniform items are sure to be welcomed.

Also World Championships are a wonderful opportunity to exchange uniforms with athletes from other countries.

Please note; this offer ends on 30 June 2018.

The official AMA Uniform must be worn when competing

[Link to Uniform Page](#)

CLYDE'S NEW RECORDS REPORT

Pending World Records:

*W35	2000m Steeple	Victoria Mitchell	NSW	6:27.11	100.8%	2-12-17	Homebush
W70	2000m Steeple	Gillian Young	WA	10:03.49	96.1%	25-1-18	Dunedin

Australian Records:

W40	5000m	Sinead Diver	Vic	16:20.3	91.8%	2-3-17	Melbourne Uni
W40	Marathon	Sinead Diver	Vic	2:31:37	92.1%	12-3-17	Nagoya
W75	56lb Throw	Jean'te Williamson	ACT	2.76m	-	28-10-17	Turner ACT
M50	Pole Vault	Howard Arbuthnot	Qld	4.10m	84.4%	29-10-17	Gold Coast
M30	400m Hurdles	Leigh Bennett	NSW	51.21s	91.4%	2-12-17	Homebush
*M35	110m Hurdles	Ryan Dowling	NSW	14.77s	87.4%	3-12-17	Homebush
W40	10000m	Sinead Diver	Vic	33:18.41	93.3%	14-12-17	Albert Park
M45	High Jump	Nick Moroney	NSW	1.95m	92.4%	16-12-17	Homebush
W80	100m	Miriam Cudmore	SA	18.77s	89.5%	3-1-18	Adelaide
M30	4x1500m Relay	Aaron Humphrey Stephen Rae Mathew Brooks Geoff Gibbons	Tas Tas Tas Tas	18:28.70	-	3-1-18	Hobart
W30	4x400m Relay	Marcia Lucas Kimberley Geelan Michelle Cockerell Nichole Perry	Tas Tas Tas Tas	4:10.75	-	6-1-18	Hobart
M50	Pole Vault	Howard Arbuthnot	Qld	4.20m	86.4%	13-1-18	SAF Nathan
*W35	Mile	Victoria Mitchell	NSW	4:46.19	89.5%	13-1-18	Wollongong
W80	Javelin	Miriam Cudmore	SA	20.26m	84.9%	17-1-18	Adelaide
W65	200m	Jeanette Flynn	Qld	30.55s	92.6%	23-1-18	Dunedin
W80	60m	Miriam Cudmore	SA	11.41s	96.4%	24-1-18	Adelaide
W80	200m	Miriam Cudmore	SA	39.75s	90.6%	24-1-18	Adelaide
W80	Long Jump	Miriam Cudmore	SA	2.86m	84.1%	24-1-18	Adelaide
W65	400m	Jeanette Flynn	Qld	69.01s	95.8%	25-1-18	Dunedin
W55	1500m	Louisa Abram	Qld	4:59.36s	94.6%	26-1-18	Dunedin
M35	200m	Adam Farlow	ACT	21.80s	91.9%	27-1-18	AIS ACT
W80	Triple Jump	Miriam Cudmore	SA	6.81m	96.9%	31-1-18	Adelaide
W40	Mile	Anna Kasapis	Vic	4:58.5	89.0%	6-2-18	Melbourne Uni
W80	60m	Miriam Cudmore	SA	11.26s	97.7%	14-2-18	Adelaide
W75	400m	Anne Lang	SA	89.55s	90.4%	28-2-18	Adelaide
W55	3000m	Louisa Abram	Qld	10:51.56	99.2%	3-3-18	SAF Nathan
W80	100m	Miriam Cudmore	SA	18.40s	91.3%	14-3-18	Adelaide
W80	Long Jump	Miriam Cudmore	SA	2.96m	87.1%	14-3-18	Adelaide
W80	Pentathlon	Miriam Cudmore	SA	4,372pts	-	14-3-18	Adelaide
W45	2k Steeple	Sharon Pedersen	Vic	7:51.69	89.6%	24-3-18	Doncaster
W65	2k Steeple	Marlene Gourlay	Vic	9:37.33	94.2%	24-3-18	Doncaster
M80	Long Jump	Graeme Noden	Vic	3.69m	84.6%	24-3-18	Doncaster

Australian Indoor Records:

M55	Shot Put	Grant Edwards	ACT	12.21m	67.3%	7-1-18	Washington DC
M55	Weight Throw	Grant Edwards	ACT	16.54m	77.4%	7-1-18	Washington DC
M55	56lb Throw	Grant Edwards	ACT	8.62m	-	7-1-18	Washington DC
*M35	Pentathlon	Matthew McDowall	WA	3292pts	-	10-3-18	YorkUni Toronto
W35	Shot Put	Audrey Thomson	NSW	9.27m	46.0%	17-3-18	Atlanta

Victorian Records:

M70	800m	Kevin Solomon	2:36.33	88.6%	21-1-18	Dunedin
M70	3000m	Kevin Solomon	11:39.55	85.9%	26-1-18	Geelong
W75	5k Walk	Gwen Steed	35:10	86.8%	31-1-18	Mentone
W45	Hammer	Anni Rowe	42.08m	82.9%	10-2-18	Albert Park
M70	800m	Kevin Solomon	2:32.64	90.7%	8-3-18	Albert Park
M50	100m	Peter O'Dwyer	11.81s	93.6%	24-3-18	Doncaster
M50	400m	Paul Hughes	53.33s	92.9%	24-3-18	Doncaster
M35	1500m Walk	Daniel Walters	6:09.71	87.0%	25-3-18	Doncaster
M70	Pole Vault	Geoff Shaw	3.05m	88.4%	25-3-18	Doncaster

*non-member record

Clyde Riddoch

VMA Records Officer

40 Beauchamp Street, Preston Vic 3072

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



Greetings VMA Members,

The Cross County Season (XCR) for 2018 starts on Saturday 21st April with the Jells Park Relays at Wheelers Hill .

VMA will be entering teams in Women's Divisions 2 ,5 & 40+ , with Men's teams in Divisions 3 ,6, 7 & 50+. There are 10 events that make up the XCR season , if you wish you can compete in all 10 or just select the ones which are convenient for you. Registrations for this season will open shortly on the Members Portal at the Athletics Victoria website.

We are always looking for new faces to join the teams , the more members we have the more the workload can be spread. Less pressure on members to turn up to every event if they have other interests going on. New members of all abilities are very welcome to join us . We have a very relaxed social group who will make you feel welcome. All we ask is for you to enjoy your running and feel part of the team. If you are interested in participating or would like further information please contact me.

David Sheehan - Team Manager.

Email : midget32@hotmail.com.au (H) 5968 1061 (M) 0448 213 200

New 2XU VMA Singlets

We have a new range of VMA singlets made by the popular brand 2XU. (it's "Two Times You" not "Two ecks you").

We had had some opinions that the previous batch of singlets was not as comfortable as they could be for distance events, you will find these ones to be extremely light and comfortable.

They are semi-fitted and have flatlock seams and Hi Fil SUB fabric for moisture management and breathability.

The 2XU singlets are \$52, for Men and Women and come in the sizes -

Women : SX; S; M; L; XL

Men : S; M; L; XL; 2XL.

You can still buy the old singlet for \$40 if you like.

You can order these and other merchandise on the VMA website - www.vicmastersaths.org.au or by contacting [Ewen Wilson uniforms@vicmastersaths.org.au](mailto:Ewen.Wilson@vicmastersaths.org.au) -0423 424185



A Runner's Guide to Connective Tissue continued from P.43

Once considered the Cling Wrap of the body, fascia has recently been nominated for a status upgrade by some researchers. They view fascia as a reactive tissue. They believe it contracts and relaxes like muscles (albeit at a slower rate), recoils like tendons, provides sensory feedback like nerves and links all 650 muscles into a single working unit. Oh, and they blame it for the vast majority of chronic pain and injury in runners.

Dr Robert Schleip, head of the Fascia Research Project, in a 2009 interview for Men's Health, described fascia as an instrument for "structural compensation". In other words, fascia is responsible for posture. When we climb stairs or slouch at our desk, we create alterations in our posture that can become permanent. In this model, fascia is like a sweater. Tug on one part of the sweater and the entire garment moves. Tension in one area can therefore affect every aspect of posture. Adhesions that build up between fascial surfaces due to injury can create chronic pain that radiates throughout the body. Seen this way, plantar fasciitis is no longer an injury of the foot; it could just as easily be caused by problems with the hips, back or shoulders. Schleip and others in the field believe that myofascial release exercises and specific stretches can improve posture, reduce pain and resolve injury.

Improving the Web

You don't have to be a true believer like Schleip to recognise the value of stretching, foam rolling and range-of-motion exercises. These exercises can include everything from resistance training to plyometrics and form drills.

This post was excerpted and adapted from Build Your Running Body: A Total-Body Fitness Plan for All Distance Runners, from Milers to Ultramarathoners, copyright Pete Magill, Thomas Schwartz, and Melissa Breyer, 2014. Reprinted by permission of the publisher, The Experiment.



ALICE SPRINGS Masters Games

13 - 20 October 2018

The Friendly Games



Athletics -
Road & Cross Country

Don't miss out on
the biggest sporting
party of the year.

FURTHER ENQUIRIES

☎ freecall 1800 658 951

DATES 13 - 19 October 2018

MINIMUM AGE 30

COST

\$55 per person plus \$70 Games Levy

COMPETITIONS

Half Marathon, 5km Walk, 10km Walk, 5km Cross
Country, 10km Run

AGE CATEGORIES

30 - 34, 35 - 39, 40 - 44, 45 - 49, 50 - 54, 55 - 59,
60 - 64, 65 - 69, 70 - 74, 75 - 79, 80 - 84, 85+

CONTACT

John Bermingham

0488 435 442

roadxcountry@alicespringmastersgames.com.au

Register Now!

www.alicespringmastersgames.com.au

Facebook: facebook.com/alicespringmastersgames Instagram: [@friendly_games](https://instagram.com/@friendly_games)





**ALICE SPRINGS
Masters Games**

13 - 20 October 2018

The Friendly Games



Masters Mile

**Don't miss out on
the biggest sporting
party of the year.**

FURTHER ENQUIRIES

☎ freecall 1800 658 951

DATES 18 October 2018

MINIMUM AGE 30

COST

\$5 per person plus \$70 Games Levy

COMPETITIONS

Masters Mile

AGE CATEGORIES

30 - 34, 35 - 39, 40 - 44, 45 - 49, 50 - 54, 55 - 59,
60 - 64, 65 - 69, 70 - 74, 75 - 79, 80 - 84, 85+

CONTACT

John Bermingham

0488 435 442

mile@alicespringmastersgames.com.au

Register Now!

www.alicespringmastersgames.com.au

f facebook.com/alicespringmastersgames **@** @friendly_games





2019 Oceania Athletics

Masters Championships

Saturday 31 August to Saturday 7 September 2019

The Mackay Region of Queensland invites the attendee's of the Oceania Athletics Masters Championships to attend the 2019 Championships in the Mackay region.



Mackay REGIONAL COUNCIL



Sports Precinct secures international athletics event

THE exciting new Mackay Regional Sports Precinct, which is due for completion in February next year, has already secured a major international athletics meet.

The 2019 Oceania Masters Athletics Championships will be held at the sports precinct, which is under construction at the CQUniversity Mackay campus, from August 31 to September 7 next year.

It will be a week-long event, with Masters Athletes from all over the Oceania Region converging on Mackay.

More than 500 athletes and technical officials will take part, with teams from as far away as Tahiti, New Caledonia, Nauru, Cook Islands, Fiji, Norfolk Island and Papua New Guinea expected to compete.

Most athletes will be representing Australia and New Zealand.

The championships will include a full track and field program, as well as a half-marathon, cross country events and 10km road race walk.

Funding support from council's Invest Mackay Events Attraction Program has helped secure the international championships for Mackay.

Mayor Greg Williamson said the \$24 million Mackay Regional Sports Precinct was one of the most significant construction projects undertaken by council.

He said the fact the facility, being built by Paynter Dixon Queensland, had already secured international championships was testament to its value for the region.

"Stage one of this sports precinct provides state-of-the-art swimming and athletics facilities for local residents to enjoy and they also put Mackay on the map in terms of hosting major championships."

Jos Grech, of Mackay Athletics Club, is excited the facility will be used for an international event so quickly after its completion in early 2019.

"It is really exciting to see an event of international standing coming to Mackay – what better way to christen the new facility," she said.

Mrs Grech will chair the Local Organising Committee for the event.

"If we did not have a facility of this standard, we would not have had the opportunity to put our hand up for this event, so we are grateful to the Oceania Masters Athletics Council for giving its support," she said.



A Runner's Guide to Connective Tissue

An article published in Runner's World Magazine

Written By: Pete Magill, Melissa Breyer, Thomas Schwartz

Build your bones, tendons and fascia to avoid injury and become stronger.

Most runners don't think about connective tissue until it hurts. We have a general awareness that our bodies contain support structures like bones and ligaments to prevent us from collapsing into blobs of jelly, but that's where our curiosity ends.

Until our first case of Achilles tendinitis. Or plantar fasciitis. Or IT band syndrome. Or until we sprain an ankle, tear cartilage in our knee or suffer a stress fracture. Then we become experts. We visit doctors or podiatrists, learn about the particular connective tissue we've injured, begin a lengthy course of physical therapy and curse the day we overlooked the importance of strengthening this vital tissue. Because here's the scary truth: once connective tissue damage is done, it's difficult - sometimes impossible - to undo.

What is Connective Tissue?

Connective tissue is exactly what it sounds like: tissue that connects your body's muscles, organs, blood vessels, nerves and other parts to one another. It supports, surrounds, strengthens, stores energy for, cushions and protects the components of your running body. It's the glue that holds you together.

Connective tissue is a catchall phrase for tissues that take many forms, from the gel-like areolar tissue, which binds skin to muscle, to the rock-solid bones that comprise your skeleton. Connective tissues most associated with running include bone, tendons, ligaments, cartilage and fascia.

Connected Training

Most connective tissues adapt to training, but there's a catch: they adapt at a much slower rate than muscle. When you allow your muscle development to outpace connective tissue adaptation, the result can be injury. Runners begin training and their muscles improve rapidly. Encouraged, they increase the intensity and length of their workouts. The next thing they know, they've got Achilles tendinosis, tibial tendinitis or stress fractures in their feet. Their connective tissue couldn't cope with the increased workload, even though their muscles seemed fine.

Some connective tissues won't ever improve much with training. For these tissues, such as cartilage and ligaments, your emphasis needs to be on injury prevention. You must strengthen muscles that directly affect the tissues (often smaller muscles overlooked in traditional strength-training routines) and use stretching and massage to reduce tissue tension.

Most of all, training connective tissue requires patience. Get-fit-quick schemes rarely produce fast fitness; they produce injury.

Focusing on bones, tendons and fascia, the following paragraphs explain how to build your connective tissue so that you can run stronger and avoid injury.

Bones: Structure Under Remodelling

Your adult body contains 206 different bones. These bones form a balanced and symmetrical skeletal structure that puts even the best Lego toys to shame. They're also your primary defence against gravity, with your femur (thigh bone) alone capable of supporting up to 30 times your weight.

Of course, we runners tend to push gravity defiance to the limit. A single step during a distance run creates an impact force approximately two to three times your body weight. Lucky for us, bone is a living tissue that undergoes constant renewal. Under normal conditions, about four per cent of your bone is broken down and replaced through a process called remodelling. When you run, this process goes into overdrive. Just as your body strengthens muscle fibres by replacing damaged myofilaments, it also uses remodelling and modelling - a separate process that fortifies bone with extra bone tissue - to create bigger, stronger, better bones.

But rebuilding and fortifying your bones takes time. At the beginning of remodelling, cells called osteoclasts dig out old, damaged bone tissue, leaving tiny cavities in your bones. It then takes three to four months for other cells called osteoblasts to fill those cavities with new bone. In the interim, you're left with porous bone that's susceptible to injury. During this phase, runners who push too hard for too long often end up with a stress fracture as their reward.

If you do get a stress fracture, the wait begins again. It will take three to four months for your body to repair the fracture. Training too soon risks re-injury.

Training To Build Bone

Training bone begins with nutrition. Poor nutrition leads to weak bones. In fact, deficient calcium in your diet can force your body to mine bones and teeth (which contain 99 per cent of your body's stored calcium) for the mineral.

A Runner's Guide to Connective Tissue cont.

If you are diagnosed with a stress fracture, pool running is your best cross-training bet. Resistance training triggers improvements in bone strength, but intermediate and advanced runners might need to increase their usual volume of reps and sets by 25 to 50 per cent to continue strengthening their connective tissue.

Ten Foods For Happy Bones

Most of us know we need calcium and vitamin D for healthy bones, but our skeletons are hungry for more than just a glass of milk. A good set of bones requires a constant and adequate supply of protein, magnesium, potassium, phosphorus, fluoride and vitamin K. Each of the following 10 foods is unusually abundant in at least several nutrients that give your bones a boost:

- | | |
|--------------------|--------------------------|
| 1. Almonds | 6. Roasted pumpkin seeds |
| 2. Bananas | 7. Soy products |
| 3. Canned sardines | 8. Spinach or broccoli |
| 4. Orange juice | 9. Wheat bran |
| 5. Raisins | 10. Yoghurt |

Tendons: Organic Cables

Tendons connect muscle to bone, transmitting the force generated by muscles to move your joints - and hence your body. But tendons are far more than organic cables. They are active, responsive and vital partners with your muscles, so much so that the two tissues are regularly referred to as a muscle-tendon unit.

Muscles don't end where tendons begin. There is no line drawn. Instead, there is a transition area, the muscle-tendon (or musculotendinous) zone, where muscle gradually gives way to tendon. In this zone, muscle fibres and tendons merge, operating as a unit. It is only at the outskirts of this zone that tendons finally emerge as the glistening, white, fibrous cords that eventually connect to bone.

The Meeting Point

The point at which individual muscle fibres meet tendon, the myotendinous junction, is your muscle's weak link. It's here that most muscle strains occur. Powerful eccentric contractions cause damage either at this junction or directly above it. If you're lucky, damage will be limited to a few fibres and some short-lived soreness. If you're unlucky, a complete muscle tear might require surgery and physical therapy. The good news is that the muscle-tendon zone gets a rich blood supply from muscle fibres, resulting in a healing rate that almost parallels that of muscle.

Achilles tendon injuries, the plague of runners (especially those aged 40 and over), range from mild tendinitis to complete rupture. Achilles tendinitis is an overuse injury that is accompanied by painful inflammation. Achilles tendinosis, on the other hand, involves degenerative damage at the cellular level that produces chronic pain without inflammation. Until the late 1990s, almost all Achilles pain was thought to result from tendinitis. Now, it's understood that most Achilles pain is generated by tendinosis.

The best treatment for Achilles tendinosis is eccentric heel dips, a remedy discovered by Swedish orthopaedist Hakan Alfredson. Alfredson was a runner who developed severe Achilles pain. In a podcast with the British Journal of Sports Medicine, Alfredson explained that he'd asked his boss to perform surgery on the tendon, only to have his boss reply, "If we operate on you, you need to be on sick leave. And we cannot afford that here at the clinic . . . I won't ever operate on your Achilles tendon."

Desperate to get the operation, Alfredson attempted to rupture his Achilles with a high-volume bout of heel dips. Instead, he got better. A 2012 study published in the British Journal of Sports Medicine investigated the long-term effects of heel dips. Researchers questioned 58 patients who'd previously treated their Achilles tendinosis with 180 heel dips per day for 12 weeks. The study reported that almost 40 per cent of the patients remained pain-free five years later.

The researchers also noted that two similar studies on the long-term effect of heel dips showed even better results, with 88 per cent and 65 per cent of those patients reporting little or no pain. It's not calf strengthening that does the trick. It's stress on the tendon itself, and subsequent adaptations, that lead to healing.

In the absence of proactive treatment (like heel dips), damage done to tendons in the white fibrous zone - that bloodless stretch preceding the interface with bone - has a gloomy outlook. A 2013 study from Denmark tried to determine the tissue turnover rate (the time it takes to regenerate completely new tissue) for this zone. Previous estimates ranged from two months to 200 years. The researchers chose subjects who'd lived during the nuclear bomb testing from 1955 to 1963, when atmospheric levels of carbon-14 were highest. They then measured existing levels of radioactive carbon-14 in the subjects' muscles and Achilles tendons. Tested muscle was clear of carbon-14. In contrast, tested tendon showed levels of carbon-14 that hadn't changed in the decades since atomic testing. So when can you expect damaged tendon tissue to regenerate? According to this study: pretty much never.

Tendon Training

Running and resistance-training exercises contribute to tendon stiffness. Wobble board and resistance band/tubing exercises further strengthen the entire kinetic chain (muscles, connective tissue and nerves from hip to toe); this helps to prevent tendon inflammation and damage. Active Isolated Stretching (AIS) is useful for working the muscle-tendon zone because it sidesteps the stretch reflex that can lead to strains in this area.

Fascia: Woven Cocoon

Imagine that a spider with supernatural powers lies within you. And imagine that this spider spends its days spinning a single continuous web that cocoons your body beneath the skin, a web that spreads inward, surrounding and penetrating every muscle, nerve, organ and bone - every structure, cavity and tissue in your body. That'd be one heck of a web. Minus the spider, that web - a continuous weave of collagen and elastin fibres that grows thicker and thinner and that appears as membrane, sheet, cord and gristle - is your fascia.

2018 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 2017)	Payment prior to 1/1/18	Payment from 1/1/18
Individual renewing member	\$35	\$45
Two members residing at the same address	\$55	\$75
Life members	Free	Free
Renewing 80+ member (if a member for the previous 5 consecutive years)	Free	Free
Volunteer (non competing)	Free	Free
Lapsed members		
Individual lapsed member	\$45	\$45
Two members residing at the same address	\$75	\$75
Associate member (Under 30)	\$20	\$20
New members		
Individual new member	\$45	\$45
Two members residing at the same address	\$75	\$75
Current AV members	\$35	\$35

PAYMENT - Please make cheques or money orders payable to VMA and send the Subscription to: registrar – Judy Farrell 15 Blackwood Drive Pakenham Vic 3810. (Ph. 0428 585 768 or sms).

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 2018. 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.

Victorian Masters Athletics Inc. - Venue Managers

Venue	Manager	Address	Phone
Aberfeldie	Brian O'Dea	blodea@bigpond.net.au	0417 397 709
Casey	Paul Olsson	olssonpf@bigpond.net.au	0408 340 151
Coburg	Paul O'Neill	advancedhealth@bigpond.com	0409 331 979.
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 Andrew Egginton	quinarcher@aapt.net.au egg123@bigpond.com	0414 701 772 (03) 5962 3072 0408 325 356
Doncaster	Kath Gawthorn Katrina Philip	kath_gawthorn@hotmail.com	0447 494 509
East Burwood	Christoper Worsnop Gerald Burke Jack Fredrickson	christopher.worsnop@austin.org.au geraldburke@optushome.com.au	0403 910 183 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	radfordguns@sctelco.net.au radfordguns@sctelco.net.au	5988 6221 0414 463 556 0414 463 557
Springvale/	Alan Bennie	alanbennie@optushome.com.au	9547 2978
Noble Park	Anthony Doran	anthonyjdoran@y7mail.com	0425796740
Throwers	Graeme Rose Ken Priestley	grarose@yahoo.com knjoy@bigpond.net.au	9836 2350 0417 134 601
Eastern Masters	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 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 Track Rieschieks 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	<i>Fortnightly in winter on Sunday at 9:00 am Contact Managers for details. Truemans Road track no longer in use.</i>	
EASTERN MASTERS	A middle distance Running Group who offer structured Speed & Tempo training sessions for VMA runners of all abilities. Meeting Tuesday & Thursday evenings . Jells Park : Summer. /. Knox Track Car Park: Winter	

Victorian Masters Athletics Inc.

President	Russ Oakley	9720 8835	president@VicMastersAths.org.au
Vice President	Tony Bradford	9749 2248 0447 139 202	anthonybradford@bigpond.com
Secretary	Phil Urquhart	9572-0805 0419357823	secretary@VicMastersAths.org.au
Asst Secretary	Helen Stanley		assistant-secretary@VicMastersAths.org.au
Treasurer	Andrew Edwards	95554226	leedsfan2@optusnet.com.au
Club Captain	Shane Draper		shane.draper@VicMastersAths.org.au
Browne Shield Coordinator	Peter Thorne	0427 880 143	peterthorne@gmail.com
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
	Jay Wright	0407004797	jaywright6161@gmail.com
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	uniforms@vicmastersaths.org.au
Registrar	Judy Farrell	5941 9442	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	Russ Dickenson	0418333569	dicko@iinet.net.au
	Phil Urquhart	0419357823	secretary@VicMastersAths.org.au
Throwers' Group	Graeme Rose	9836 2350	grarose@yahoo.com



Leo Coffe and Jim Sinclair



Tom Hancock OAM

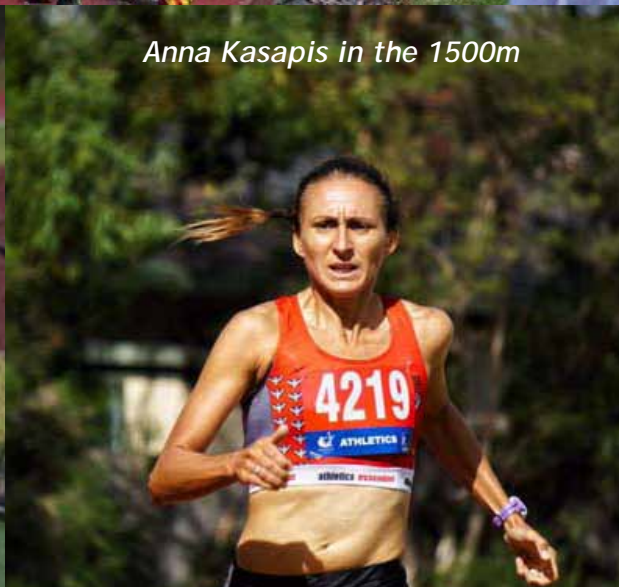
PHOTOS FROM THE VIC CHAMPS

Courtesy of AV



Battling it out in the rain - (L to R) Corey Lawson, Shane Draper, Cameron Simon and Vladimir Zubko.

Everyone says "The Officials deserve a medal" but they sure did this time -Christine Dell in the rain.



Anna Kasapis in the 1500m