

FOOTPRINTS

**AUGUST -
SEPTEMBER 2018**

THE PLANES TO SPAIN ARE GOING TO CONTAIN... 228 AUSSIES (58 VICS)



**PREVIEW OF MALAGA
THE COACH IS BACK**

BROWNE SHIELD RESULTS AFTER 3 EVENTS



I saw a YouTube video some months ago that I just can't forget. It showed a turtle having a plastic straw removed from it's nostril. The straw was entirely buried there. The pain for the turtle was excruciating. Then I watched Craig Reucassel's "War on Waste" on the ABC and I learnt so much more about what we are doing to the oceans and other areas of the environment.

So I'm saying to my Footprints readers, **don't use plastic straws !!**. If you need to, or like to, use a straw, get a metal one and reuse it !!! **Don't use takeaway coffee cups !!** Get a Keep Cup or an other re-usable one. Single use coffee cups cannot be recycled.

Well, that's enough for now, but look at the back page for some visual reinforcement of this message.

Well I'm off to Spain with my expectations high. I know that at the end of my races I'll be wearing Gold. Yes, I've got my gold AMA Team Wear.

As usual there is a strong Aussie contingent going to Malaga and 58 Victorians. I was surprised however that there are only 13 females in that number. I think the ratio is usually more like 60/40 male to female.

Reminds me of the old Beach Boys song, Surf City - "Two Girls for every boy !!!" No, I think it was a Jan and Dean record not the Beach Boys. But written by the Beach Boys' Brian Wilson. Now please understand that I would never suggest that there is anything untoward about us girls and boys going to Spain. It's just that I've run out of things to say and I'm rambling. The editorial is the last thing I write and I'm nearly finished so I'm excited but exasperated that I can't fill these last few lines. I remember this feeling in exams when I was reviewing a book that I hadn't read and I was padding, padding.

I should mention that our next edition of Footprints, scheduled for October 1st, may be a little late. I will be away - *have I mentioned that I'm going to Spain ?* - and I'll have to do a rush job when I get back. So, you'll see it when you see it.

Pass me a pie, ella,

Russ Dickenson

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NAG FILE

Athletes Moving into a New Age Group

| | |
|---------------------|----------|
| Geoff Arnott | into M70 |
| Albert Becker | into M50 |
| Harry Boutsalis | into M45 |
| Christopher Boylen | into M55 |
| Chris Bridge | into M45 |
| Margaret Cassidy | into W75 |
| David Chisholm | into M50 |
| Arlene D'monte | into W60 |
| Elizabeth Grover | into W55 |
| Greg Hughes | into M60 |
| Barry Jeffs | into M70 |
| Beverley Learmont | into W70 |
| Colin Newman | into M35 |
| Peg Noden | into W80 |
| Astrid Rose LM | into W75 |
| Simon Van Baalen | into M45 |
| Denis Vance | into M70 |
| Melissa Vandewater | into W40 |
| Heather Whitaker | into W40 |
| James Yatomi-Clarke | into M75 |

MASTERPIECES

New stocks of the 2XU VMA singlets have arrived. Women XS to 2XL and Mens S to 3XL cost \$52.

We believe members are waiting on them.

There are still some stocks of the old style VMA singlets at \$40.

Also there are \$10 specials on White polo shirts and short sleeved t-shirts. I've included photos of the respective items.

Link is:

<https://www.registernow.com.au/secure/Register.aspx?E=26522>



What's On

Any queries on Browne Shield races can be directed to Peter Thorne on 0427 880 143 or peterthorne@gmail.com

2018

| | |
|-----------|---|
| August 5 | Inter Venue Challenge - <i>Doncaster</i> |
| August 5 | AMA 20k Road Walk Championship - <i>Adelaide</i> |
| August 12 | VMA 10 Mile Road Race - <i>Knox Venue</i> |
| August 19 | AMA Half Marathon Championships - <i>Canberra</i> - <i>Shane Hutchinson 0419009403</i> |
| August 23 | Hawley Thomas Memorial 3x2000m Relay - <i>East Burwood</i> - <i>See Page 9</i> |
| Sept 2 | AV/VMA Half Marathon - <i>Burnley</i> - <i>Online entry thru AV website</i> |
| Sept 4-16 | World Masters Athletics T&F Championships - <i>Malaga, Spain</i> - www.malaga2018.com/ |
| Sept 24 | The Sixty Minutes - <i>Doncaster Venue</i> - <i>See page 8</i> |
| Oct 13-20 | Alice Springs Masters Games - www.alicespringsmastersgames.com.au/ |
| Oct 21 | 2018 WMA Marathon Champs - <i>Toronto Canada</i> - www.torontowaterfrontmarathon.com/register/ |
| Nov 2-11 | Pan Pacific Masters Games - <i>Gold Coast</i> - https://mastersgames.com.au/ppmg/ |

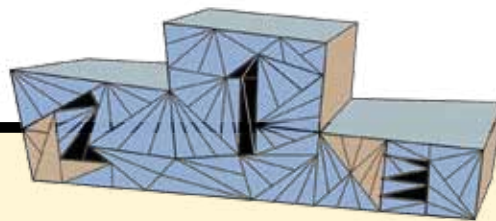
2019

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

2020

| | |
|-----|---|
| TBA | World Masters Athletics T&F Championships - <i>Toronto</i> - www.wmatoronto2020.com/ |
|-----|---|

MASTERPIECES



WANT TO BE PART OF MELBOURNE 2019 ?

We are looking for people to help out in two key areas in the lead up to us hosting the Nationals in Melbourne next year.

MERCHANDISE

Do you have expertise in the design or procurement of garments that we will be offering for sale ? We need an extra helper or two in this important area.

SPONSORSHIP

This is one of the critical areas in making the event a success. Do you have contacts within Government or the Private Sector or are you confident that you could approach these bodies and put our case for funding or advertising ? We would love to hear from you if you could help.



Waverley Athletics stalwart Linda Buttigieg, has excelled herself by competing brilliantly in Channel Nines' **Ninja Warrior**.

Linda, is a very good sprinter and specialises in Pole Vault and Hammer so she has a combination of speed and strength.

As the oldest competitor, at 53, Linda certainly performed well getting past the heats and into the Semis where she was hampered by an injury.



MASTERPIECES

Aberfeldie Venue Manager Brian O'Dea advises that they have received a new set of Stopwatches for their weekly events.

Following a submission to the Moonee Valley Council, the Mayor, Cr John Sipek, arranged for the upgraded watches to be donated by **Nelson Alexander Real Estate** in Essendon.

They were presented by the Mayor on 4 July and are a welcome addition to the Venue's weekly operations. The members are grateful to the Mayor and Nelson Alexander Real Estate for their generous support.

Below from left Steve Barker, Michael Orelli, Cr John Sipek, Shane Draper, Michael Ennis, John Pap-



WMA MARATHON CHAMPIONSHIP 2018 - SUNDAY OCTOBER 21 TORONTO CANADA

This event will be held with the Scotiabank Toronto Waterfront Marathon Sunday October 21 2018. Gold, Silver and Bronze medals will be awarded to the first three male and first three female finishers in each age group from M35 and W35.

To enter and get information go to the website; www.torontowaterfrontmarathon.com/register/ Entrants in the WMA section of this event must be registered with their national masters/veterans athletics body and athletes are required to wear a singlet or vest that is approved their national masters/veterans body.

Bob Schickert

WMA Marathon Sub Committee

May 15 2018

MASTERPIECES

Lavinia Petrie was the Gold Prize winner of The O’Keefe Challenge in 2017, and won a trip to England to compete in the Wenlock Olympian Games, as sponsored by Mandalay Resources.

As you might expect, she won 1st place in the 7 mile race at the 132nd Wenlock Olympian Games in England. Wenlock Olympian Society

Lavinia went with son Rob who is a pretty impressive runner himself, running regularly at parkrun. The Wenlock Olympic Games is held in the town of Wenlock, in Shropshire, England - the birthplace of Dr William Penny Brookes - who is credited with being a founder of the modern Olympics with Baron de Coubertin.



*Four Victorian walkers who are off to the World Championships in Malaga, Spain
 L-R : Ralph Bennett, Russ Dickenson, Kevin Cassidy and Andrew Jamieson*

FRENCH NIGHT AT EAST BURWOOD



Jean-Paul Earle, Alain Wood, T.B.A., Shirlette Coppock and Gerald Burke

Janet Holmes sits at a tri color desk



I tried to make sense of this photo I found on Instagram, but without looking at it for too long. I concluded that the girls Heart Rate Monitor had slipped down. The question is, did it become a Fart Rate Monitor ??

ENTRY FORM

THE SIXTY MINUTES

Run or walk as far as you can in 60 minutes, great prizes up for grabs, including for a new walk category

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

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

DONCASTER

Monday, September 24, 2018 (7.30pm)

Name (PRINT): _____ **Age (on Sep 24)** _____

I understand and acknowledge that:

I hereby declare that I am in good health and will be properly conditioned to actively participate in events at THE SIXTY MINUTES meeting to be conducted by the Doncaster venue of the Victorian Masters' Athletic Club Inc. on September 24, 2018. I absolutely relieve the said club and organisers of any responsibility for any injury or personal damage I may sustain in the course of competing in events organised by that branch of the VMACI. I further agree to be bound by all conditions set down by the organisers.

To enter:

- Email entry form to gford@bigpond.net.au OR
- Post to ensure delivery by Monday, September 17, 2018 to
The Sixty Minutes, C/o 9 Pitura Place, ELTHAM, 3095, Vic OR
- Enter on the night by 7pm

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

(To be refunded in full in the event of cancellation of The Sixty Minutes).*

SIGNED: _____ **Phone:** _____

e-mail: _____

Note that athletes entering on the night need to do so by 7pm. Furthermore, please remember to bring a lap scorer (who can also lap score for other athletes from your venue).

Both ensure that the event runs smoothly and starts on time.

The Hawley Thomas Memorial

3 x 2,000 m Relay

To be held at East Burwood Venue

Thursday 23rd August 2018, 7:30 pm

The East Burwood venue is pleased to host the inaugural Hawley Thomas 3 x 2,000 m Relay. We invite all members of Victorian Masters Athletics to this special event to be held in Hawley's memory.

Prize Categories

-
- Fastest Male over 2,000 m
- Fastest Female over 2,000 m
- Fastest men's team
- Fastest women's team

- Spot prizes

Eligibility

Venues may have more than one team entered.

The venue teams are encouraged to wear venue singlets.

Team members must be current financial VMA members.

If not in a venue team, individuals may compete and be eligible for individual prizes.

Entry Fees: \$15 per team or \$5 per individual. Pay on the night.

Program - Also included on the night are:

| | |
|--------|--|
| 7:00pm | 60m sprint |
| 7:00pm | Shot put NOD |
| 7:15pm | 1200m walk for all (sealed handicap for East Burwood regulars) |
| 7:35pm | 110m |

\$3 for these events if not competing in the relay or 2,000 m.

Enquiries to Christopher Worsnop (VMA East Burwood Venue Manager)

(M: 0403 910 183 or email: christopher.worsnop@austin.org.au)



LUCKY VICTORIANS GOING TO MALAGA

SENIORS (45)

| | |
|-----------------------|-------|
| Stephen Barker | 75-79 |
| Michael Barrand | 65-69 |
| Yassine Belaabed | 65-69 |
| Ralph Bennett | 75-79 |
| Chris Bridge | 45-49 |
| Kevin Cassidy | 55-59 |
| Dominic Condello | 45-49 |
| Alan Cook | 55-59 |
| John Cooper | 65-69 |
| Andrew Crawley | 50-54 |
| Nathan Crowley | 45-49 |
| Luke De Biasi | 55-59 |
| Russell Dickenson | 70-74 |
| Leon D'Onofrio | 40-44 |
| Anthony Doran | 65-69 |
| Shane Ezard | 45-49 |
| Elwyn Egan | 75-79 |
| Paul Foster | 55-59 |
| Neil Gray | 70-74 |
| Mark Giglio | 45-49 |
| Justin Hanrahan | 45-49 |
| Mark Harper | 40-44 |
| Shawn Hennig | 50-54 |
| John Hilditch | 55-59 |
| Paul Hughes | 50-54 |
| Rob Italia | 50-54 |
| Andrew Jamieson | 70-74 |
| Stuart Kollmorgen | 45-49 |
| William Little | 35-39 |
| Rob Mayston | 60-64 |
| James McEniry | 45-49 |
| Philip Noden | 45-49 |
| David Page | 45-49 |
| Walter Pasquali | 50-54 |
| Leigh Phelan | 40-44 |
| Mark Purvis | 60-64 |
| Craig Sanford | 50-54 |
| Geoff Shaw | 70-74 |
| Colin Silcock-Delaney | 85-89 |
| Jim Sinclair | 90-94 |
| Kevin Solomon | 70-74 |
| Paul Viney | 55-59 |
| Andrew Watts | 60-64 |
| Andrew Wilcox | 45-49 |
| Allan Wood | 80-84 |

SENIORITAS & SENORAS (13)

| | |
|------------------|-------|
| Heather Carr | 65-69 |
| Dawn Hartigan | 60-64 |
| Michele Hossack | 55-59 |
| Susan Howell | 55-59 |
| Sandra Howorth | 55-59 |
| Pia Hunter | 50-54 |
| Anna Kasapis | 40-44 |
| Sally Morrison | 40-44 |
| Annette Pelgrim | 60-64 |
| Kate Seibold | 40-44 |
| Rajwinder Singh | 50-54 |
| Gwen Steed | 75-79 |
| Heather Whitaker | 40-44 |



Malaga

Ciudad Genial!

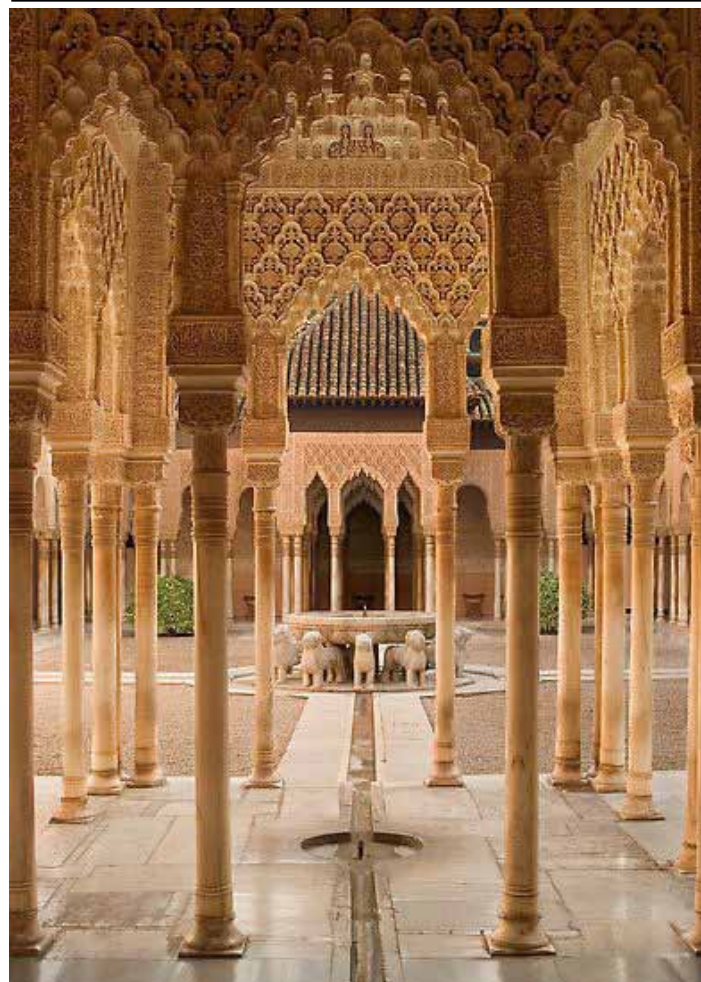
The Alhambra



My wife dug up my old travel diary from 1976. *It's as if she can't wait to get rid of me. The suitcase has been on the bedroom floor for a month now.* We went to both Malaga and Torremolinas as part of our 6 months honeymoon holiday. Malaga is where the events are being held this year and Torremolinas is where my travel group is staying. The diary records a dispute we had with the hotel proprietor in Torremolinas because there was no water coming out of the taps in our room. I remember now, him acting shocked and trying to get the taps that clearly weren't connected, to work. We eventually got moved to a room where the plumbing worked but only after we threatened to call the police.

In those days the hotels on the Costa Del Sol had a reputation for being built quickly and opened before they were finished but we were aware of it !

Something that really stayed in my mind from that trip was visiting "the Alhambra" in Granada. It is an Arabic Palace that is one of the most beautiful buildings that I have seen. Now Google tells me that it is a 90 minute train trip from Malaga to Granada. I've got other trips on the rest days, but if any of you want to make up a group to go, if we can agree on a day, get in touch with me. You will love it.



Malaga

Ciudad Genial

A TASTE OF MALAGA



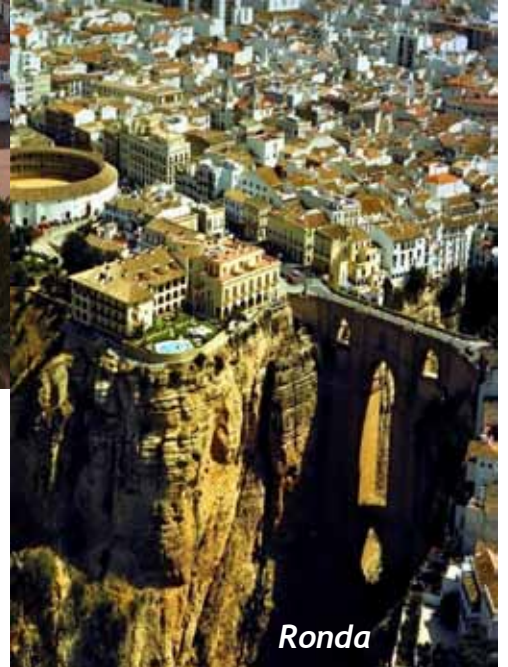
Picasso Museum

Malaga was the birthplace of Pablo Picasso so naturally there is a Museum.

The spectacular City of Ronda is built on a clifftop. It is 90 minutes from Malaga.

The Romans even got to Malaga. They sure got around.

At the entrance to the Mediterranean is Gibraltar.



Ronda



Roman Theatre Malaga



Paella



Gibraltar



Over the last 25 years, Australia has dominated racewalking at the World Championships. We have had many World Champions and World Record holders. The names roll on...Murray Dickinson, Mark Donahoo, Ralph Bennett, Colin Heywood, Brenda Riley, Gwen Steed, Kelly Ruddick most of them Victorians but there are 3 Aussies who can lay claim to being the best ever Masters walkers - Lyn Ventris (of W.A.) and Victorians, Andrew Jamieson and Heather Carr.

These three have **owned** their age groups and repeatedly set world records along the way. Yet each of them have their own challenges coming up to this year's World Championships in Malaga, Spain.

Lyn Ventris. A most incredible walker and **twice** winner of the WMA Athlete of the year. In the 20k at the Sacramento Worlds in 2011, and at 54 years of age, Lyn beat the nearest female (of any age !!) home by 9 minutes and was only beaten home by 4 men !!! This is also regardless of age. More incredibly, Lyn, and hubby John, run a business in Bunbury and Lyn trains alone and has virtually no competitive racing.

After struggling with hamstring problems for over three years and exhausting all forms of treatment with no success, the only option for Lyn was surgery to re-attach a partially torn and much damaged hamstring tendon. The surgery in November 2013 was tough and the rehabilitation long and frustrating. It took twelve months of intense work with physios *just* to get back into training.

I should say that Lyn has always trained like an elite 25 year old and she is back to that now.

She missed the 2013 Worlds in Brazil but returned to win the treble of walks in Lyon in 2015. She struggled again at her home Worlds in Perth the next year but now I hear she is training hard again and hopeful of doing well in Malaga.

IT'S TOUGH AT THE TOP



Then there's **Heather Carr**, or as I like to call her, "**Mrs. Unbeatable**". Heather has dominated her age groups for many years winning consecutively at Perth (2016), Lyon (2015), Porto Alegre (2013) and Sacramento (2011). and previously at San Sebastian (2005), Puerto Rico (2003), Brisbane (2001), Durban (1997). Throw in some World Indoor Championships that she cleaned up in, too.

Immediately after the Perth Worlds, Heather had a hip replacement and it only seemed a fairly short time until she was back competing in AV Shield and walking well, and to me, didn't seem to be much slower. Malaga, however, will be a real challenge as there are some pretty impressive ladies racing against her.

Care to bet against her ?? Not me !!

To my mind the best Male Masters Walker of all time is **Andrew Jamieson**. Few would disagree. Andrew has gone from age group to age group setting World Records and is a regular winner of World Championships. Andrew debuted at the Durban and Gateshead Championships winning minor medals but still not training hard due to his commitments as a Surgeon. By Brisbane 2001 he announced himself with a brilliant 20k win.

He went on to win the 3 walks at each of the next 4 Championships - San Sebastian, Riccione, Lahti and Sacramento.

In Porto Alegre, he was pipped in the 5000m in a W.R. time but came back to win the 10k and 20k easily. He had problems in Lyon winning only a silver. He bounced back in Perth with 3 Golds but has really struggled since with back, glute and hamstring issues similar to that suffered by Lyn Ventris.

I've seen Andrew walk in recent weeks and he is quite handicapped and unable to stretch out at all. He is going to Malaga but may not be able to compete. Let's hope he can get over his injuries.

JOHN GOSBELL INTER-VENUE 5 km TEAMS RACE

Held 7th JUNE 2018 at East Burwood Venue.

| Place | Name | Age | Team | Time | Age % |
|-------|---------------------|-----|--------------|-------|--------|
| 1 | Adrian McLEAN | 28 | Individual | 15.51 | 79.61 |
| 2 | Shane GRUND | 36 | KNOX | 15.53 | 81.64 |
| 3 | Mark PURVIS | 61 | COLLINGWOOD | 18.06 | 87.44 |
| 4 | Simon BEVAGE | 34 | COLLINGWOOD | 18.07 | 70.77 |
| 5 | Luke GOODMAN | 50 | COLLINGWOOD | 19.18 | 74.74 |
| 6 | Gary ZUCCALA | 55 | DONCASTER | 19.29 | 77.14 |
| 7 | Pramesh PRASAD | 44 | FRANKSTON | 19.38 | 70.09 |
| 8 | Paul CONNOR | 55 | KNOX | 19.48 | 75.90 |
| 9 | Rob TAYLOR | 49 | FRANKSTON | 20.55 | 68.41 |
| 10 | John GRAHAM | 67 | KNOX | 20.55 | 79.89 |
| 11 | Kevin SOLOMON | 71 | COLLINGWOOD | 21.03 | 82.90 |
| 12 | Gabor JAKUS | 43 | EAST BURWOOD | 21.21 | 63.96 |
| 13 | Chris SHEEDY | 50 | FRANKSTON | 21.41 | 66.52 |
| 14 | Paul EARLE | 54 | EAST BURWOOD | 21.45 | 68.53 |
| 15 | Colin PAGE | 64 | CROYDON | 22.09 | 73.39 |
| 16 | Sam GOSBELL | 14 | TEAM GOSBELL | 22.13 | 62.47 |
| 17 | Joel GOSBELL | 18 | TEAM GOSBELL | 22.13 | 58.73 |
| 18 | Andrew GOSBELL | 53 | TEAM GOSBELL | 22.27 | 65.84 |
| 19 | Lavinia PETRIE | 74 | KNOX | 23.01 | 104.74 |
| 20 | Helen STANLEY | 62 | KNOX | 23.14 | 84.97 |
| 21 | David CHUNG | 50 | KNOX | 23.26 | 61.55 |
| 22 | Geoff WHEELER | 61 | EAST BURWOOD | 23.27 | 67.49 |
| 23 | Zac MATTERS | 11 | Individual | 24.13 | 61.77 |
| 24 | Ros LORDING | 45 | EAST BURWOOD | 24.20 | 64.59 |
| 25 | David McCONNELL | 65 | DONCASTER | 24.37 | 66.64 |
| 26 | Trevor GOSBELL | 49 | TEAM GOSBELL | 24.38 | 58.09 |
| 27 | Christopher WORSNOP | 60 | EAST BURWOOD | 24.45 | 63.38 |
| 28 | Michelle QUAN | 48 | KNOX | 24.48 | 65.71 |
| 29 | Emma GOSBELL | 21 | TEAM GOSBELL | 24.59 | 57.68 |
| 30 | Kevin CASSIDY | 57 | EAST BURWOOD | 25.44 | 59.40 |
| 31 | Kath GAWTHORN | 43 | DONCASTER | 25.49 | 56.11 |
| 32 | Liz EASTWOOD | 49 | KNOX | 26.36 | 62.04 |
| 33 | Greg LOVEJOY | 76 | FRANKSTON | 26.54 | 78.14 |
| 34 | Frank PROWSE | 66 | DONCASTER | 27.03 | 61.21 |
| 35 | David DODSON | 59 | FRANKSTON | 27.08 | 57.31 |
| 36 | Peter THORNE | 70 | KNOX | 29.01 | 59.41 |
| 37 | Cec McKEOWN | 78 | CROYDON | 30.12 | 66.02 |
| 38 | Frances HALTON | 56 | FRANKSTON | 30.36 | 59.16 |
| 39 | Kerryn GOSBELL | 49 | TEAM GOSBELL | 30.50 | 53.52 |
| 40 | Ben GOSBELL | 14 | TEAM GOSBELL | 30.50 | 45.01 |

Team Results

| Division 1 | Points |
|----------------|--------|
| 1 Knox | 39 |
| 2 Frankston | 67 |
| 3 East Burwood | 72 |
| 4 Doncaster | 96 |

Division 2

| | |
|--------|-----|
| 1 Knox | 101 |
|--------|-----|

Age Grade Percentage Winners

| | | |
|---------------------------------|-------|---------|
| Men - Mark PURVIS - Collingwood | 18.06 | 87.44% |
| Women - Lavinia PETRIE - Knox | 23.01 | 104.74% |

Winners - Men

| | Time | Age % |
|------------------------------|-------|-------|
| 1 Shane GRUND - Knox | 15.53 | 81.65 |
| 2 Mark PURVIS - Collingwood | 18.06 | 87.44 |
| 3 Simon BEVAGE - Collingwood | 18.07 | 70.77 |

Winners - Women

| | | |
|------------------------------|-------|--------|
| 1 Lavinia PETRIE - Knox | 23.01 | 104.74 |
| 2 Helen STANLEY - Knox | 23.14 | 84.97 |
| 3 Ros LORDING - East Burwood | 24.20 | 64.59 |



The Division 1 winning team in the John Gosbell 5k Teams - John Graham, Lavinia Petrie, Shane Grund and Paul Connor. Lavinia and Shane were the individual winners.



Lou Buccieri and Howard Rees with Linda Greaves (Eric's mother). Lou and Howard have completed all 20 of the Eric Greaves memorial 10 km road races.

RESULTS - VMA 10KM ROAD CHAMPIONSHIP - ERIC GREAVES MEMORIAL

Sunday 15 July 2018 at Braeside Park in conjunction with VCCL

| | Name | Venue | Age | Time | AG% |
|--------------------|------------------------|-----------------|-----|-------|-------|
| Female Open | | | | | |
| 1 | HSIA Chin Lin | Springvale | 28 | 65.56 | 46.01 |
| F35 | | | | | |
| 1 | OSMAND Kim | Eastern Masters | 35 | 43.52 | 69.64 |
| 2 | HAMILTON-MORRIS Nicola | Eastern Masters | 35 | 46.43 | 65.39 |
| 3 | THORNE Sarah | Knox | 38 | 64.43 | 47.75 |
| F45 | | | | | |
| 1 | ELY Fiona | Coburg | 48 | 49.28 | 67.69 |
| 2 | BARTON Kylie | Eastern Masters | 46 | 51.31 | 63.60 |
| 3 | QUAN Michelle | Knox | 48 | 53.26 | 62.66 |
| 4 | EASTWOOD Liz | Knox | 49 | 56.54 | 59.52 |
| F55 | | | | | |
| 1 | ROBINSON Janet | no venue | 58 | 46.52 | 80.80 |
| 2 | TINDAL Pam | Croydon | 58 | 49.17 | 76.83 |
| 3 | BEDYN Erika | Croydon | 55 | 53.19 | 68.33 |
| 4 | HANNS Bronwyn | Frankston | 55 | 55.36 | 66.53 |
| 5 | WRIGHT Jay | Glen Eira | 59 | 60.15 | 63.68 |
| 6 | HALTON Frances | Frankston | 56 | 66.44 | 55.29 |
| F60 | | | | | |
| 1 | KIDMAN Anne | Eastern Masters | 63 | 49.41 | 81.58 |
| F65 | | | | | |
| 1 | DAVY Connie | Glen Eira | 65 | 57.40 | 72.31 |
| M35 | | | | | |
| 1 | GRUND Shane | Knox | 36 | 33.04 | 81.85 |
| M40 | | | | | |
| 1 | PRASAD Pramesh | Frankston | 44 | 40.45 | 70.18 |
| M45 | | | | | |
| 1 | PAGE David | Glen Eira | 47 | 38.09 | 76.80 |
| 2 | DRAPER Shane | Aberfeldie | 45 | 40.26 | 71.31 |
| M50 | | | | | |
| 1 | MORRIS Matthew | Knox | 52 | 43.23 | 70.42 |
| 2 | EARLE Paul | Eastern Masters | 54 | 45.33 | 68.24 |
| 3 | SHEEDY Christopher | Frankston | 50 | 46.10 | 65.09 |
| 4 | CHUNG David | Knox | 50 | 52.21 | 57.40 |
| M55 | | | | | |
| 1 | GAUNT Peter | Collingwood | 59 | 40.09 | 80.95 |
| 2 | RYAN Anthony | Frankston | 56 | 48.35 | 65.11 |
| 3 | McFARLANE Ian | Eastern Masters | 55 | 56.14 | 55.78 |
| 4 | HESS Albin | Frankston | 58 | 60.22 | 53.34 |
| 5 | DODSON David | Frankston | 59 | 60.52 | 53.40 |
| M60 | | | | | |
| 1 | WILLIAMS Les | Springvale | 62 | 41.02 | 81.44 |
| 2 | BROWN Chris | Glen Eira | 62 | 51.28 | 64.93 |
| 3 | RIGA Claudio | Springvale | 63 | 52.08 | 64.71 |
| 4 | WORSNOP Christopher | East Burwood | 60 | 53.55 | 60.83 |
| 5 | BUCCIERI Lou | Springvale | 62 | 54.44 | 61.05 |
| M65 | | | | | |
| 1 | BELAABED Yassine | None | 66 | 42.19 | 82.04 |
| 2 | EDWARDS Andrew | Glen Eira | 65 | 44.28 | 77.32 |
| 3 | MOORE Greg | Aberfeldie | 66 | 45.26 | 76.41 |
| 4 | TWINING Paul | Knox | 68 | 48.22 | 73.19 |
| 5 | CLUTTERBUCK Rob | Springvale | 65 | 54.02 | 63.63 |
| 6 | CARR Michael | Knox | 65 | 54.10 | 63.48 |
| 7 | OXENHAM Lindsay | Springvale | 68 | 57.11 | 61.91 |

RESULTS - VMA 10KM ROAD CHAMPIONSHIP - ERIC GREAVES MEMORIAL cont.

M70

| | | | | | |
|---|----------------|------------|----|--------|-------|
| 1 | BENNIE Alan | Springvale | 71 | 48.48 | 74.93 |
| 2 | REES Howard | Springvale | 70 | 58.28 | 61.83 |
| 3 | THORNE Peter | Knox | 70 | 62.04 | 58.24 |
| 4 | BATTRICK Peter | Glen Eira | 74 | 104.55 | 36.35 |

M75

| | | | | | |
|---|-----------------|------------|----|-------|-------|
| 1 | PAGE Ashley | Mentone | 77 | 52.54 | 75.99 |
| 2 | LOVEJOY Greg | Frankston | 76 | 55.56 | 70.53 |
| 3 | BARKER Sprtphen | Aberfeldie | 75 | 57.10 | 67.81 |
| 4 | PEREZ Juan | Springvale | 79 | 66.55 | 62.64 |

| | | | | | | |
|------------|---|--------------|------|----|-------|-------|
| M80 | 1 | CRAVANA Jock | Knox | 80 | 62.25 | 68.73 |
|------------|---|--------------|------|----|-------|-------|

Best age graded performance - Yassine Belaabed - 82.04%

Invitation 10 km run

| | | |
|---|---------------------|-------|
| 1 | OYAMA Nuri | 42.04 |
| 2 | SEEDS David | 42.49 |
| 3 | O'HALLORAN Ashley | 48.22 |
| 4 | YATOMI-CLARKE James | 54.36 |
| 5 | SMITH Jed | 55.56 |

Invitation 5 km run

| | | |
|---|--------------|-------|
| 1 | CLAIDEN Glen | 28.04 |
| 2 | DeFANIS Sam | 28.24 |
| 3 | TREGEAR Ian | 30.06 |
| 4 | URQUART Phil | 36.13 |
| 5 | McLURE Jim | 36.28 |
| 6 | MEWS Pam | 53.47 |



At the start of the Eric Greaves 10k

THE BROWNE SHIELD

BROWNE SHIELD RESULTS AFTER THREE EVENTS



With 3 rounds of the Browne Shield complete Knox has a seemingly unassailable lead and would need to not show up at the next two events to lose. That is not likely given that Knox is hosting the next event - the 10 Miler - on the bike paths behind their track. As we have said repeatedly, the first step to winning the Shield is to have at least 3 runners at each event. Knox has always had more than required. What makes them so hard to beat is that their runners are so good. Still, it is encouraging to see Eastern Masters doing so well and having good numbers turn up.

| VENUE | 10K TRACK | CROSS COUNTRY | 10K ROAD | TOTAL |
|-------------|-----------|------------------|---------------------|--------|
| KNOX | 272.8 | 90.8, 79.0, 74.6 | 81.85, 73.19, 70.42 | 742.66 |
| EASTERN | 206.3 | 75.5, 66.8, 66.1 | 81.58, 69.64, 68.24 | 634.16 |
| ABERFELDIE | 214.0 | 74.3, 58.0 | 76.41, 71.31, 67.81 | 561.83 |
| COLLINGWOOD | 237.5 | 78.6, 70.6, 69.2 | 80.95 | 536.85 |
| FRANKSTON | 128.1 | 63.3, 55.8, 53.5 | 70.18, 70.53, 66.53 | 507.94 |
| COBURG | 191.2 | 61.9, 53.7 | 67.69 | 374.49 |
| GLEN EIRA | 65.2 | 62.1, 41.3 | 77.32, 76.80, 72.31 | 343.73 |
| CROYDON | 129.7 | 67.7 | 76.83, 68.33 | 342.56 |
| SPRINGVALE | - | - | 81.44, 74.93, 64.71 | 221.08 |
| DONCASTER | - | 75.0, 56.5 | - | 131.5 |
| E. BURWOOD | - | - | 60.83 | 60.83 |

INDIVIDUAL BROWNE SHIELD POINTS AFTER THREE RACES

| FEMALE | Venue | 10k Track | CC | 10k Road | Total |
|------------------------|--------------|------------------|-----------|-----------------|--------------|
| Kym Osmond | Eastern | 72.1 | 66.8 | 69.64 | 208.54 |
| Erika Bedyn | Croydon | 70.8 | 67.7 | 68.33 | 206.83 |
| Lavinia Petrie | Knox | 107.4 | 90.8 | - | 198.2 |
| Fiona Ely | Coburg | 66.3 | 61.9 | 67.69 | 195.89 |
| Kylie Barton | Eastern | 66.0 | 62.0 | 63.60 | 191.60 |
| Michelle Quan | Knox | 62.5 | 61.6 | 62.66 | 186.76 |
| Francis Halton | Frankston | 57.4 | 53.5 | 55.29 | 165.99 |
| Helen Stanley | Knox | 86.0 | 79.0 | - | 165.0 |
| Anne Kidman | Eastern | - | 75.5 | 81.58 | 157.08 |
| Sarah Thorne | Knox | 57.1 | 50.9 | 47.75 | 155.75 |
| Bronwyn Hanns | Frankston | - | 53.5 | 66.53 | 120.03 |
| Liz Eastwood | Knox | - | 55.9 | 59.52 | 115.42 |
| Janet Robinson | No venue | - | - | 80.80 | 80.80 |
| Pam Tindal | Croydon | - | - | 76.83 | 76.83 |
| Connie Davy | Glen Eira | - | - | 72.31 | 72.31 |
| Nicola Hamilton-Morris | Eastern | - | - | 65.39 | 65.39 |
| Jay Wright | Glen Eira | - | - | 63.68 | 63.68 |
| Carmel Pardy | Collingwood | - | 60.2 | - | 60.2 |
| Ros Dyer | Croydon | 58.9 | - | - | 58.9 |
| Toscha Stopar | Knox | - | 57.8 | - | 57.8 |
| Kath Gawthorn | Doncaster | - | 56.5 | - | 56.5 |
| Tracey Colbert | Coburg | - | 53.7 | - | 53.7 |
| Chin Lin Hsia | Springvale | - | - | 46.01 | 46.01 |
| Pauline Paine | Knox | - | 44.8 | - | 44.8 |
| | | | | | |
| MALE | | | | | |
| Yassine Belaabed | No venue | 84.2 | 79.1 | 82.04 | 245.34 |
| Paul Twining | Knox | 79.4 | 74.6 | 73.19 | 227.19 |
| Matt Morris | Knox | 76.0 | 72.1 | 70.42 | 218.52 |
| Chris Brown | Glen Eira | 65.2 | 62.1 | 64.93 | 192.23 |
| David Chung | Knox | 60.9 | 54.5 | 57.40 | 172.8 |
| Peter Gaunt | Collingwood | - | 78.6 | 80.95 | 159.55 |
| Greg Moore | Aberfeldie | - | 74.3 | 76.41 | 150.71 |
| Russell Johnson | Collingwood | 74.4 | 70.6 | - | 145.0 |
| Ron Scholes | Collingwood | 74.8 | 69.2 | - | 144.0 |
| Jim Hopkins | Collingwood | 73.7 | 68.8 | - | 142.5 |
| Pramesh Prasad | Frankston | 70.7 | - | 70.18 | 140.88 |
| Jock Cravana | Knox | - | 67.2 | 68.73 | 135.93 |
| Stephen Barker | Aberfeldie | 66.9 | - | 67.81 | 134.71 |
| Paul Earle | Eastern | - | 66.1 | 68.24 | 134.34 |
| David Jones | Aberfeldie | 66.6 | 58.0 | - | 124.6 |
| Chris Russo | Collingwood | 62.5 | 58.2 | - | 120.7 |

INDIVIDUAL BROWNE SHIELD POINTS AFTER THREE RACES (cont.)

| MALE cont | Venue | 10k Track | CC | 10k Road | Total |
|-------------------|-------------|-----------|------|----------|--------|
| Ian McFarlane | Eastern | - | 55.9 | 55.78 | 111.68 |
| David Dodson | Frankston | - | 55.8 | 53.34 | 109.14 |
| Mark Purvis | Collingwood | 88.3 | - | - | 88.3 |
| Shane Grund | Knox | - | - | 81.85 | 81.85 |
| Les Williams | Springvale | - | - | 81.44 | 81.44 |
| Nigel Crosbie | No venue | 80.9 | - | - | 80.9 |
| Andrew Edwards | Glen Eira | - | - | 77.32 | 77.32 |
| Jamie Casas | Aberfeldie | 77.1 | - | - | 77.1 |
| David Page | Glen Eira | - | - | 76.80 | 76.80 |
| Ashley Page | Mentone | - | - | 75.99 | 75.99 |
| Gary Zuccalla | Doncaster | - | 75.0 | - | 75.0 |
| Alan Bennie | Springvale | - | - | 74.93 | 74.93 |
| Aaron Shorter | No venue | 73.0 | - | - | 73.0 |
| Ian Winnen | Collingwood | 72.6 | - | - | 72.6 |
| Simon Bevege | Collingwood | 72.1 | - | - | 72.1 |
| Paul Connor | Knox | - | 71.9 | - | 71.9 |
| Shane Draper | Aberfeldie | - | - | 71.31 | 71.31 |
| Greg Lovejoy | Frankston | - | - | 70.53 | 70.53 |
| Antonio Guiliani | Aberfeldie | 70.0 | - | - | 70.0 |
| Brad Buyck | Eastern | 68.2 | - | - | 68.2 |
| Rod Bayley | Collingwood | 68.0 | - | - | 68.0 |
| Ian U'Ren | Knox | 66.4 | - | - | 66.4 |
| Anthony Ryan | Frankston | - | - | 65.11 | 65.11 |
| Chris Sheedy | Frankston | - | - | 65.09 | 65.09 |
| Claudio Riga | Springvale | - | - | 64.71 | 64.71 |
| Wes Windsor | Collingwood | - | 64.4 | - | 64.4 |
| Rob Clutterbuck | Springvale | - | - | 63.63 | 63.63 |
| Mick Carr | Knox | - | - | 63.48 | 63.48 |
| Michael Meaney | Coburg | 63.1 | - | - | 63.1 |
| Juan Perez | Springvale | - | - | 62.64 | 62.64 |
| Lindxay Oxenham | Springvale | - | - | 61.91 | 61.91 |
| Howard Rees | Springvale | - | - | 61.83 | 61.83 |
| Carlo Iovenitti | Coburg | 61.8 | - | - | 61.8 |
| Lou Buccieri | Springvale | - | - | 61.05 | 61.05 |
| Chri Worsnop | E. Burwood | - | - | 60.83 | 60.83 |
| Peter Thorne | Knox | - | - | 58.24 | 58.24 |
| Herbie Herbstreet | Collingwood | 56.5 | - | - | 56.5 |
| Albin Hess | Frankston | - | - | 53.34 | 53.34 |
| Peter Gero | Colingwood | 46.9 | - | - | 46.9 |
| Peter Battrick | Glen Eira | - | - | 36.35 | 36.35 |

VMA

10 Mile Road Championship

THIS YEAR FROM KNOX ATHLETIC TRACK

SUNDAY 12th AUGUST 2018

9.AM START 8.30 am CHECK IN

Entries close: Wed 8th August 11.59 pm



An invitation is extended to all Victorian Masters Athletes to take part in our 10 Mile Road Championship which will this year start from Knox Athletic Track, Bunjil Way, Knoxfield, off Ferntree Gully Road.

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

WHEN: Sunday, 12 August 2018. **START TIME:** 9 am check in by 8.30

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

ENTRY FEE: \$10.00.

ONLINE ENTRIES ONLY

<https://www.registernow.com.au/secure/Register.aspx?E=29566>

ENQUIRIES: Peter Thorne - peterthorne@gmail.com 0427 880 143

RESULTS - 2018 VMA 20K ROAD WALK

Held - 24th June 2018 at Middle Park

A sizzling walk by Daniel Walters set the pace at Middle Park on a chilly but otherwise perfect day. Daniel's time would have seen him first home in the World Championships held in Perth in 2016.

Other outstanding walks were by Kevin Cassidy, his first outing over the distance, and by Carolyn Rosenbrock who was the first woman home.

MEN

M35

1. Walters, Daniel 1:37:16 81.85%

M40

1. Prasad, Pramesh 1:49:28 75.41%

M45

1. Patterson, Adam 1:59:43 70.03%

2. Smyth, David 2:05:08 68.61%

M55

1. Cassidy, Kevin 1:51:41 82.87%

DQ Hess, Albin

M70

1. Dickenson, Russ 2:28:45 72.71%

M75

1. Ilgoutz, Gunther 2:34:54 77.63%

M80

DNF Beaumont, Ian

WOMEN

W55

1. Rosenbrock, Carolyn 2:09:16 80.14%

2. Elms, Donna-Marie 2:27:52 70.93%

DQ Howorth, Sandra

W60

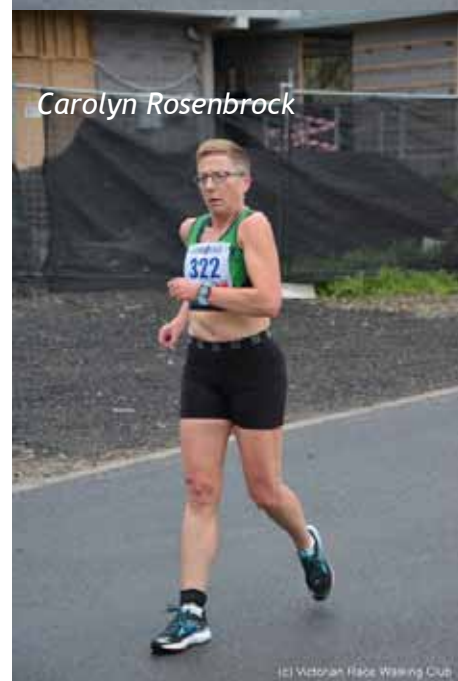
1. O'Neill, Karyn 2:24:34 77.51%

W80

DQ Beaumont, Margaret



Daniel Walters



Carolyn Rosenbrock



Kevin Cassidy

RESULTS - 2018 VMA 10K ROAD WALK

Held - 14th July 2018 at Middle Park

The weather was perfect for the latest round of VMA roadwalks at Middle Park, in inner Melbourne. A large contingent of 55 walkers fronted for the annual Victorian Masters 10km roadwalk championships 24 walkers contested the VMA 10km championships, with some great times recorded in the various divisions. Special mentions to Pramesh Prasad who bettered Dip Chand's 23 year old Fijian National Record with his time of 49:52, Kelly Ruddick who bettered her own W45 Victorian and VRWC records with her time of 47:30 and to Margaret Beaumont who set a new W80 club record with her time of 1:35:05.

Other fine walks were by Alison Thompson, who's time would have her a warm favorite for her age group in the World Champs in Spain *if she were going* !! Kevin Cassidy, who *is* going to Spain is walking exceptionally well and while he will strike some hot competition there, he will acquit himself well.

VMA 10km Championship Men

M35

DNF Daniel Walters

M40

1 Pramesh Prasad 49:52 Fijian National Record

M45

1 Stuart Kollmorgen 54:14

DNF David Smyth

M55

1 Kevin Cassidy 52:45 PB 0:35

2 Simon Evans 1:08:00

3 Albin Hess 1:08:05

4 Paul Moritz 1:11:13

M60

1 Terry O'Neill 1:05:36

DNF Frank Prowse

M70

1 Russ Dickenson 1:14:27

M80

DQ Ian Beaumont

DQ Bill Lotherington

DQ Colin Silcock-Delaney

VMA 10km Championship Women

W45

1 Kelly Ruddick 47:30 W45 Vic and Club Record

2 Wendy Muldoon 59:59

W55

1 Carolyn Rosenbrock 1:04:17

2 Donna-Marie Elms 1:07:28

3 Sandra Howorth 1:21:44

W60

1 Karyn O'Neill 1:09:56

W65

1 Alison Thompson 1:00:57

W75

1 Gwen Steed 1:14:52

2 Sylvia Machin 1:17:05

W80

1 Margaret Beaumont 1:35:05 W80 Club Record



Kelly Ruddick



Alison Thompson

CROYDON VENUE - 40TH BIRTHDAY

On 24th June, Croydon Venue celebrated their 40th birthday and we were delighted to welcome back many of our past members including several past Managers including David Sheehan and Lavinia Petrie together with luminaries Dot and Colin Browne, Russell Oakley and Phil Urquhart.

This is a piece I wrote for Leader newspapers :

In 1978 when Malcolm Fraser was still Prime Minister and The Bee Gees dominated the charts with Saturday Night Fever, a group of Veteran athletes (over 30 years old) started a regular Tuesday night meeting at the Croydon Athletics Track in Jesmond Road, Croydon.

Last Tuesday night, the 26th of June, many of that same group, together with a large contingent of newer members celebrated the 40th birthday of what is now the Croydon Venue of Victorian Masters Athletics. Back in 1978, those pioneers were part of a worldwide movement in creating a place where older athletes could compete against others in their own 5 year age groups. What was Veterans athletics became Masters athletics around the turn of the century as the Americans didn't want confusion between our movement and that of their return soldiers.

So for 40 years on Tuesdays at 7pm, come rain or shine, runners, walkers and throwers have met at Croydon and had an evening of serious, or not so serious, competition. And that is the attraction of Masters athletics. The elite athletes who break records and go overseas to compete in World Championships, rub shoulders with the casual athletes who are happy to jog slowly or walk laps whilst all are having a great social evening. There are always handicap or "name your own time" events so that everyone has a chance of winning a prize. Each evening is finished with a meeting and supper.

Last Tuesday, the wonderful Karen Archer, who has been our Manager for nearly half of the club's existence, together with her Assistant, Andrew Egginton, welcomed our guests and cut the cake in celebration. Councillor Rob Steane was there to represent Maroondah Council and we thanked him for the brilliant new lights that have recently been added to the track.

Over time, the club has grown and we now have 13 Venues throughout Melbourne and Geelong operating on different nights but doing much the same thing. Victorian Masters Athletics now has around 1000 members and has produced many World Record holders and World Champions.

A few years ago we introduced a campaign called "Run Safely Tonight" which invites runners to join us running safely in our groups on proper tracks and under lights. Our website, www.vicmastersaths.org.au shows all our venues and the evenings that they operate. At any of them you can run safely, under lights, with great people with similar goals. Yearly membership of VMA is only \$45.00 and there is a small nightly fee to cover track hire and expenses.



Croydon's long term Manager Karen Archer and her Assistant Andrew Egginton

CROYDON VENUE - 40TH BIRTHDAY



On a sad note, the Croydon venue was broken into the week after our Birthday there was quite a bit of damage but of most importance, our defibrillator was stolen. Police have issued this sketch of a person of interest -



STOP PRESS
OUR DEFIBRILATOR WAS HANDED IN TO POLICE AND HAS
NOW BEEN RETURNED TO US !!!

LOW CARB, HIGH FAT DIET IMPAIRS PERFORMANCE OF ATHLETES, STUDY SHOWS

AN AUSTRALIAN STUDY OF ELITE WALKERS, INCLUDING OLYMPIC GOLD MEDALLIST JARRED TALENT, HAS FOUND LOW CARB, HIGH FAT DIETS CAN IMPAIR PERFORMANCE.

Fitness fanatics may swear by it but new research shows a low carbohydrate, high fat diet (LCHF) can impair the performance of elite athletes, a leading Australian sports nutritionist says.

A study led by Professor Louise Burke, Head of Sports Nutrition at the Australian Institute of Sport (AIS) found athletes actually excelled when consuming carbohydrates as opposed to those on a LCHF diet.

Contrary to current popular belief, Prof Burke says carbohydrate is a “more economical” fuel for the body. “The role of carbohydrate in supporting high or higher intensity performance has really been forgotten,” she said.

“Our research found that athletes who consumed carbohydrate-targeted diets made performance gains after the training block, whereas the group who consumed the LCHF diet failed to improve their race times even though they had also become more aerobically fit.”

Researchers at the Mary MacKillop Institute for Health Research at Australian Catholic University and the AIS studied the performance of elite race walkers, including seven-time Olympic and World Championship medallist Jarred Talent, over a three week period of intensified training.

Crucially, says Prof Burke, the study showed that a LCHF diet can cause increased oxygen demand during exercise, reducing the efficiency by which athletes transfer metabolic power to mechanical power.

Both carbohydrate and fat fuel or power the muscles by producing small molecules known as Adenosine triphosphate (ATP).

What the researchers found is that the rate at which fat was able to convert into ATP was less efficient - it required more oxygen.

Basically, carbohydrate is more efficient at producing power for the muscle, says Prof Burke.

“When you are trying to be as fast as possible over a sustained period of time it just makes sense to burn carbohydrate because you are going to get more bang of the oxygen that your muscle can deliver,” said Prof Burke.

She pointed to Nike’s recent attempt to have an athlete run a marathon in under two hours as an example of this.

“The scientists were not trying to make these athletes better fat burners even though they had fat to burn, they were trying to make them better carbohydrate users,” said Prof Burke.

A ketogenic diet is an extremely low-carb, high-fat diet that pushes the body into a metabolic state known as ketosis, where your body switches from burning carbs as its primary energy source to burning fat for energy.

Professor Louise Burke said although it’s clear that LCHF diets can increase the muscle’s ability to use fat as a fuel source, there was a lack of evidence to suggest that this improved sports performance, at least in endurance events.

“Despite historical research confirming the benefit of strategies that promote carbohydrate as an exercise fuel, today’s published and social media tend to focus on popular theory about the benefits of switching the muscle’s fuel preference to its relatively greater stores of body fat.

“The better way of approaching sports performance to use strategies that allow muscles to use carbohydrate as a fuel,” she said.

SUB 3 @ 60

This is an extract from Mark Purvis' blog on Tumblr
<https://hutz224.tumblr.com/>

This blog came to a shuddering halt last July when I hurt my back and had to give up on my sub 3 hour marathon ambition. I went to Berlin nonetheless and ran 10 km in severe pain before pulling out. How I hated that!

After Berlin, there was a holiday in Sardinia. Back in Australia, nothing much changed until I re-connected with a physiotherapist (and Pilates guru) who had treated me in the 1990's. Craig Phillips still had my clinical notes from two decades ago. He predicted that he would get me back running and, sure enough, by December, after five months of little or no running, I could feel some of my old energy and fitness returning. I loved that.



Then began a steady increase in my mileage and intensity of training sessions. I decided to challenge some more Victorian M60+ records. In March, I broke the 3000m record, which came as a big surprise, because it was only my second track race for the year. Then followed some medal success at the Victorian and Australian track championships. I loved being back in the game.

From the start of the year, however, my big target was the VMA 10000m Championships to be held on 22 May. I did not have a good record in this event. In 2013, in hot and oppressive conditions at the World Championships in Brazil, I managed to step off the track with one lap still to go and thereby record a DNF after going halfway around the world to compete. I hated that.

But a year ago, in far more favourable conditions, I ran the correct number of laps at Collingwood in 36:54, which was 40 seconds inside the existing M60+ record. This meant nothing because I was still four weeks short of my 60th birthday at the time, but it convinced me that the record was within my reach. Yet my fundamental dislike of the event itself remained.

I was very keen to have a pacer for part or all of the race this year. Luke said yes, then was sent to Korea for work. Ditto Tony, my pacer in 2017, who had to go to Brisbane. For two other possible pacers, the event was too close to the Great Ocean Road Half Marathon. Simon Bevege became a possibility, but he couldn't

SUB 3 @ 60 cont.

commit because of a troublesome quadricep muscle. I was hating the idea of running 25 laps on my own because I knew that it would make the record that much harder to achieve.

But then my luck changed. Bevo was in, and another runner from the Dinneen group, Aaron Shorter, was also willing to assist. After a day of strong and gusty winds, with occasional sheeting rain, weather conditions moderated and by race time, conditions were pretty good. I loved that.

Race plan was to go at 3:44 per km for the first 5 km and reach halfway in 18:40, then try to maintain that pace for another 3 km before hopefully accelerating over the last 2 km to go well under the record of 37:34. Three weeks earlier in Perth, I had gone through in 18:45 but slowed marginally over the next few kilometres to miss the record by 12 seconds.

We started well, with Bevo going straight to the front and Aaron sitting ahead and to my right, allowing me to take the shortest possible route in lane 1. There was very little talk as we settled into our rhythm. I loved how good it felt to be part of a team effort, three athletes in almost perfect harmony like singers in a choir.

From about 4 km, it became harder to sustain the pace. Aaron began to call our lap times and if we slipped out past 90 seconds for a lap, Bevo would immediately respond with a lift in the tempo back to 88 or 89 seconds. I knew that kilometres 5 to 8 were critical, so I made sure to cover every change in pace. I was successful each time until about 1200m to go, when the invisible rubber band began to stretch, but I knew that Bevo was ramping up the pace as we had planned, so I dug deep to get back on to his shoulder.

With about 600m to go, the boys started getting vocal: "You've got this, Hutz, you're going to smash it!" and other encouraging words. With 400m to go, I finally relaxed and concentrated on winding up for a big finish. We ran the last lap in 84 seconds for a finishing time of 37:05, 29 seconds under the old record set more than thirty years ago. The post race buzz of excitement and satisfaction was immense. Needless to say, I loved that.



CLYDE' S NEW RECORDS REPORT

NEW RECORDS REPORT

Pending World Records:

Australian Records:

| | | | | | | | |
|-----|---------------|-----------------|-----|--------|-------|---------|------------|
| M35 | 110m Hurdles | Ryan Dowling | NSW | 14.93s | 86.5% | 24-2-18 | Bankstown |
| W60 | 100lb Throw | Jill Taylor | NSW | 1.65m | - | 18-3-18 | Wollongong |
| W70 | Triple Jump | Margaret Taylor | ACT | 7.85m | 90.4% | 20-5-18 | AIS ACT |
| W55 | 56lb Throw | Jayne Hardy | ACT | 3.45m | - | 23-6-18 | Turner ACT |
| W40 | Half Marathon | Sinead Diver | Vic | 69:53 | 96.5% | 1-7-18 | Gold Coast |

Victorian Records:

| | | | | | | |
|-----|-------------|------------------|-------|-------|---------|-------------|
| W35 | 60m | Rhiannon Lester | 8.67s | 80.7% | 26-4-18 | Perth |
| M60 | 10k | Mark Purvis | 37:05 | 88.3% | 22-5-18 | Coburg |
| M30 | 10k | Peter Gero | 56:19 | 46.9% | 22-5-18 | Coburg |
| M30 | 3000m | Peter Gero | 15:34 | 47.2% | 29-5-18 | Coburg |
| M30 | 56lb Throw | Colin Newman | 7.81m | - | 24-6-18 | Mentone |
| M30 | 100lb Throw | Colin Newman | 3.44m | - | 24-6-18 | Mentone |
| M50 | 56lb Throw | Patrick Carroll | 6.86m | - | 24-6-18 | Mentone |
| M50 | 100lb Throw | Nick Connell | 2.92m | - | 24-6-18 | Mentone |
| W60 | 56lb Throw | Narelle Messerle | 2.38m | - | 24-6-18 | Mentone |
| W60 | 100lb Throw | Narelle Messerle | 1.29m | - | 24-6-18 | Mentone |
| W75 | 56lb Throw | Jane Kinsey | 1.60m | - | 24-6-18 | Mentone |
| W75 | 100lb Throw | Jane Kinsey | 0.82m | - | 24-6-18 | Mentone |
| M35 | 15k Walk | Daniel Walters | 71:36 | 81.9% | 24-6-18 | Middle Park |
| W45 | 10k Walk | Kelly Ruddick | 47:30 | 93.3% | 14-7-18 | Middle Park |

*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

ASK THE COACH

COMPETING OVERSEAS

Some of you will find it daunting standing near the start line with all your rivals particularly if you are competing overseas for the first time. But there are some handy tips I can pass on. If you are on your way to Malaga in Spain, you may choose to learn a few phrases in Spanish and maybe in French and Italian but it is difficult to become so proficient that you can sledge your rivals effectively.

For that reason you should concentrate on the English speakers or those that speak a little bit of English like the Americans, Irish and the Scots. Now you don't want to get into a full blown conversation, heaven knows, you don't want to befriend them. Just an arrow to the heart will do.

A couple of useful phrases I have learnt are :

"It's great to see you're still competing. I thought after the way you ran in Lyon/Perth that you would have retired in disgust."

"Gosh, you've put on/lost so much weight, I hope you'll be ok. I'll check on you each time I lap you"

"Still wearing those tight bike shorts. I wish I could lose my inhibitions too, but I still like to look good in the photos".

"I'm sorry to harp on it, but you don't look well"



DEEP WATER RUNNING

If you are injury prone or recovering from an injury you might find deep water running is for you. They say it's an inexpensive activity but it cost me over \$50,000 for an in ground pool. The floatation belt was only \$30 so I can't complain about that.

You may have tried shallow water running in a pool before - with the water up to your waist - but that still has some impact and depending on your injury, you may not need that.

So you get yourself a floatation belt - some pools may have them - and you go to water that is deeper than your height (so a diving pool) and you will be able to run without touching the bottom.

The belt will keep your head above water. Form is important. You want to simulate a proper running style (easy for me, hard for you) with perhaps a little more forward lean than usual. I have found with shallower water running you don't necessarily run in your normal running style. I tend to find that I get way too far forward. It's ok but it's not using the exact muscles you use in running.

The point of this is to maintain your fitness while injured so you should be aiming at a doing this for as long as a normal workout. So boredom becomes a real factor. Maybe you can combine this with some time on the exercise bike.

Still you will be burning calories and keeping those muscles in trim.



It's best to try deep water running in the pool first



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 | helenrbrown@bigpond.com | 0419 363 905 |
| | Heather Johnstone | johnno88@tpg.com.au | 0412 353 696 |
| | John Pocock | pocockjr@bigpond.com | 0412 077 223 |
| Croydon | Karen Archer | quinarcher@aapt.net.au | 0414 701 772 |
| | Andrew Egginton | egg123@bigpond.com | (03) 5962 3072 0408 325 356 |
| Doncaster | Kath Gawthorn | kath_gawthorn@hotmail.com | 0447 494 509 |
| | Katrina Philip | | |
| East Burwood | Christoper Worsnop | christopher.worsnop@austin.org.au | 0403 910 183 |
| | Gerald Burke | geraldburke@optushome.com.au | 0408 315 471 |
| | Jack Fredrickson | | 9802 6926 |
| Frankston | Frances Halton | rfhalton@alphalink.com.au | 0405 474 472 |
| | David Dodson | david.dodson@iinet.net.au | 9782 1712 |
| Geelong | Alan Jenkins | alanjenkins4@bigpond.com | 5221 7468 |
| | | | 0419 314 568 |
| Glen Eira | Andrew Edwards | Leedsfan2@optusnet.com | 9555 4226 |
| | Judy Wines | judywines@bigpond.com | 9885 4904 |
| Knox | Tracey Carpenter | traceycarpenter@y7mail.com | 0407 093 132 |
| Mentone | Ashley Page | apa16161@bigpond.net.au | 0448 866 025 |
| Southern Peninsula | Meredith Radford | radfordguns@sctelco.net.au | 5988 6221 |
| | Alan Radford | radfordguns@sctelco.net.au | 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 | grarose@yahoo.com | 9836 2350 |
| | Ken Priestley | knjoy@bigpond.net.au | 0417 134 601 |
| Eastern Masters | Bronwen Cardy | bronwencardy@hotmail.com.au | 0422 213 050 |
| | David Sheehan | midget32@hotmail.com.au | 0448 213 200 |

Victorian Masters Athletics Inc.

Venues

| | | |
|------------------------------------|---|---------------------|
| ABERFELDIE Athletic Track | Aberfeldie Park, Corio Street, Moonee Ponds Wednesday nights, 7 - 9pm | Melway 28 D6 |
| CASEY | 160 Berwick - Cranbourne Rd, Cranbourne East Monday nights, 7-9pm | Melway134 E8 |
| COBURG Athletic Track | Harold Stevens Athletic Field, Outlook Road, Coburg Thursday nights, 7 - 9pm | Melway 18 A9 |
| COLLINGWOOD Athletic Track | George Knott Reserve, Heidelberg Road, Clifton Hill Tuesday nights, 7 - 9pm | Melway 30 F12 |
| CROYDON Athletic Track | Behind Arndale Shopping Centre, Mt.Dandenong Road, Croydon Tuesday nights, 7 - 9pm | Melway 50 K5 |
| DONCASTER Athletic Track | Tom Kelly Athletic TrackRieschieks Reserve, George Street, East Doncaster Monday nights, 7.30pm | Melway 33 J11 |
| EAST BURWOOD Athletic Track | Burwood Road, opp. Mahoneys Road, behind basketball stadium Thursday nights, 7 - 9pm | Melway 62 C7 |
| FRANKSTON Athletic Track | Ballam Park, Bananee Terrace, Frankston Thursday nights, 7 - 9pm | Melway 103 B4 |
| GEELONG Athletic Track | Landy Field, off Barwon Terrace, Geelong Wednesday nights, 6 - 8pm | Melway 228 C7 |
| GLEN EIRA Athletic Track | Duncan McKinnon Reserve, cnr North Road & Murrumbeena Road Tuesday nights, track events, 7 - 9pm. Sunday, field events | Melway 68 K9 |
| KNOX Athletic Track | Bunjil Way, off Ferntree Gully Road, Scoresby Wednesday nights, 7 - 9pm | Melway 73 D7 |
| MENTONE Athletic Track | Dolamore Reserve, cnr First Street & Queen Street, Mentone Wednesday nights, 7 - 9pm | Melway 87 B6 |
| SPRINGVALE/NOBLE PARK | Ross Reserve, Memorial Drive, off Corrigan Road, Springvale Wednesday nights, 7 - 9pm | Melway 80 E12 |
| SOUTHERN PENINSULA | Fortnightly in winter on Sunday at 9:00 am Contact Managers for details. Truemans Road track no longer in use. | |
| 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 | 041 987 3137 | 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 |
| 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 |
| 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 |

Look, I'm a reasonable guy. But I want to send out a message to the George Christodoulous, Lalith Udugampalas, Stewart Dobrzynskis, Errol Amerasekeras, Melissa Sammartinos, Peter Macknamaras, Colin Silcock-Delanys, Myer Vorchheimers of the world, that I have to edit these results into columns.

Can I say to you that less is more ?

People get along quite happily with short names. Unless it's Richard Shortt because he added an extra "T" just to frustrate me.

Now I know your names have family history behind them. I know that you are proud of them, and I'm borderline "name-obese" myself. Russell Dickenson doesn't sit comfortably on a bracelet and I have done some serious self examination. Yes, I shortened it to "Russ" as a gesture to all those list makers. My pseudonym is Mel Bourne and I really had my heart set on calling my daughter Annabella Arabella Dickenson but I saw the light.

Probably my favorite people have names like Ely, Mee and Dux, and I like Stephen Day, Tony Dell, Mike Hall and we have 4 Carrs.

Now here's how it is :

I'm going to take it to the Committee next month, that we alter our fee structure and charge your membership by name length.

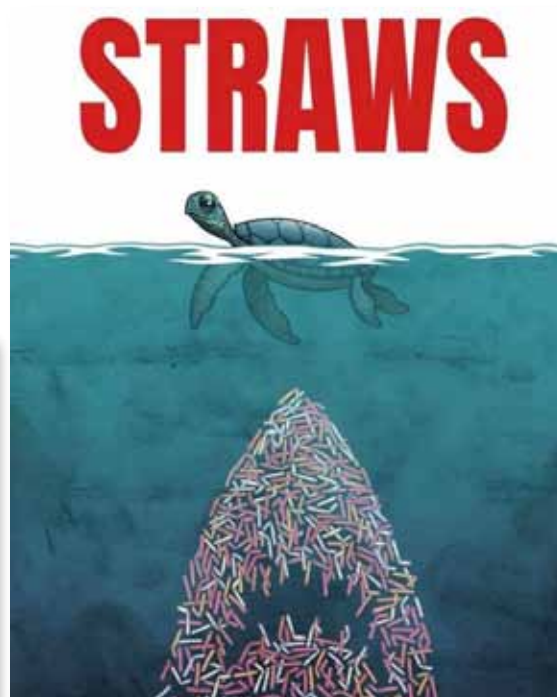
You just watch them then. We'll have Georgie Cee, Lalith Udu.....



**PLASTIC
STRAWS
SUCK**



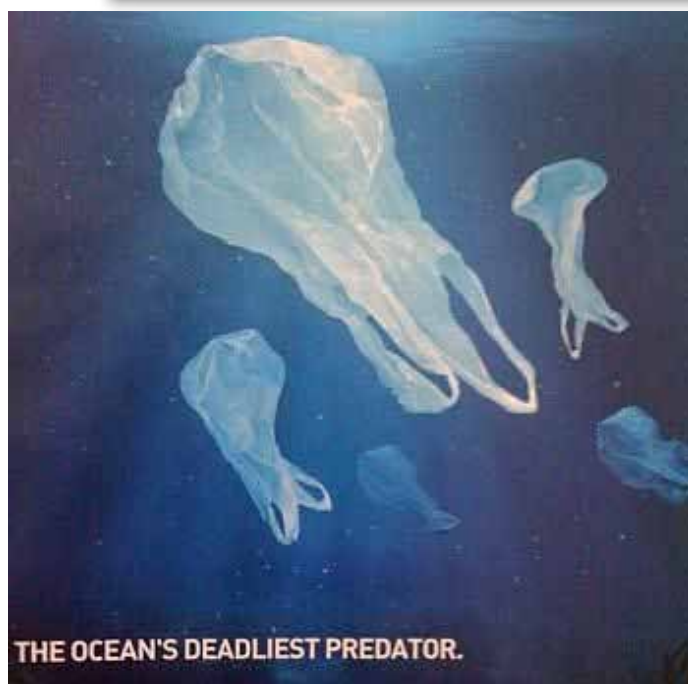
This disgusting photo is of a plastic straw being removed from a turtle's nostril.



**WHAT GOES
IN THE OCEAN
GOES IN YOU.**



Plenty more **fish** in the sea ?



THE OCEAN'S DEADLIEST PREDATOR.