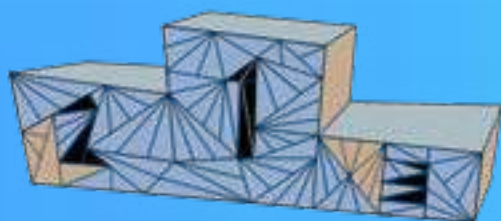


FOOTPRINTS

FEBRUARY - MARCH
2019

LOOKING FORWARD TO THE NATIONALS



**MELBOURNE
2019**



MELBOURNE 2019 NATIONALS TIMETABLE IS HERE

2019 BROWNE SHIELD DATES

RESULTS : 2019 AMA/VMA MULTIS IN BENDIGO



EDITORIAL

The 2019 Nationals are within sight and preparations are on track. The provisional schedule is on Page 6 and we ask you to find the times when you are *not* competing and volunteer via the form on the next page.

Plenty on the calendar and I've included flyers for the Victorian Championships which are as usual preceded by the T&F Pentathlon Championships but this year the Throws Pentathlon is a week after the Vic Champs. Hmmm anyway, just take a look at What's On.

The dates for the Browne Shield are now available and I think now is the time for Venues to be planning their assault on the mighty Knox machine. To beat them is not going to be easy, but I believe if a Venue really set about fielding a minimum of 3 runners at each event there is a chance to really climb up the list. I know for our part at Croydon that we have had talks with Craig Mottram and Lisa Ondieki. Excuse me. Deeks is on the phone. Back soon !! Okey Dokey then. Moneghetti. Still following Deeks around.

I saw Jimmy Sinclair at Glen Eira the other night. What a man ! The doctors finally had to put him in irons to stop him going to Spain, but here he is off to Torun for the World Indoors. I see our Committeewoman Leanne Monk is on the list too so that means Bob Monk will be looking after Jimmy. I should say Bob will be trying to keep up with him.

Collingwood has a new track. Aberfeldie has a new track. Glen Eira has the lot. Croydon has new lights (can't wait for daylight saving to end). We are so lucky. You may have noticed that we had Marge Allison the Queensland Champ down here last week. She can't get over how lucky we are. We are the only place on earth, I would say, where you can run, jump or throw on top grade tracks, under lights (when needed) four nights a week, every week. *Are you telling everybody you know about this ? When you go to parkrun do you proudly wear your VMA gear ? Well you should !*

Make it your mission to get at least one new member for our club this year. And it doesn't have to be at your Venue !

VOLUNTEER & RECRUIT.

Russ Dickenson

CONTENTS

- P.3 Masterpieces
- P.4 Tough guys and Gals
- P.5 Melbourne 2019
- P.6 Melbourne 2019 - Schedule
- P.7 Melbourne 2019 - Volunteers
- P.8 Flyer - 2019 VMA T&F Champs
- P.9 Flyer - 2019 VMA T&F Pentathlon
- P.10 Flyer - 2019 VMA Throws Pentathlon
- P.11 Flyer - Glen Eira 30th Birthday
- P.12 Eastern Masters
- P.13 John Hilditch & Stewart Dobrzinski
- P.14-15 Report - Mentone 40th Birthday
- P.16 News from East Burwood
- P.17 Flyer - Andy Salter Relay
- P.18-19 Report - Lindsay Thomas Memorial
- P.20-21 "I've been shown a Yellow Paddle"
- P.22 Results - AMA/VMA Multis
- P.24 Flyer - Browne Shield
- P.25 Clyde's New Record Report
- P.26-27 Coaching Course; More Nonsense
- P.28-29 The Coach; Write my Toes a Letter
- P.30-31 Flyer - 2019 Oceania Champs
- P.32 Application for Team Manager - Oceanias
- P.33 2019 Membership Form
- P.34-36 Venues, Officials etc.

OUR COVER

The "everywhere man" Pramesh Prasad shows off the Melbourne 2019 polo as he prepares for the event.

"Mesh" seems to go in every event known to man and does them pretty well.

NAG FILE

Athletes Moving into a New Age Group

Glenn Claiden	into M65
Norman Franz	into M75
Chris Grafen	into M65
Matthew Hallett	into M30
Ernest Kemplay	into M75
Rebekah Lyness	into W45
Charlie Mallia	into M70
Don McLean	into M85
Barry Murley	into M80
Gary O'Dwyer	into M60
Gerry Robinson	into M80
Christine Robinson	into W60
Jim Rountree	into M60
Glad Wishart	into W75

MASTERPIECES

These Victorians are going to the World Indoors Champs in Poland.



Heather Carr
Nathan Crowley
Mark Donahoo
Mark Giglio
John Hilditch
Brad Krawczyk
William Little
Leanne Monk
Sonya Pollard
Clyde Riddoch
George Schillinger
James Sinclair
Kevin Solomon
Andrew Wilcox

Good luck to the M40 sprinters at Torun. Francis Obikwelu the Olympic silver medalist in the 100 meters at Athens 2004 and who's PB is 9.86 has entered the 60m and 200m. Francis is a Nigerian who now represents Portugal

Have you renewed your Membership ?

Here's the link :

<https://www.registernow.com.au/secure/Register.aspx?E=31878>

What's On

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

2019

- Feb 17 2019 VMA 5000m Walk Championship - *Mentone Track - Enter on day*
- March 17 VMA T&F Pentathlon - *Duncan McKinnon Track - Entry will be thru VMA website*
- March 23-24 Victorian Masters T&F Championships - *Doncaster - Entry thru Aths Vic website*
- March 24-30 World Masters Indoors Championships - *Torun, Poland - www.wmaci2019.com*
- March 31 VMA Throws Pentathlon - *Duncan McKinnon Track - Entry will be thru VMA website*
- April 26-29 2019 AMA T&F Championships - *Melbourne - www.melbourne2019.com.au*
"Melbourne 2019" on Facebook.
- May 14 #2019 VMA 10k Track Run - *George Knott Reserve - Online Entries only - VMA website*
- June 23 # 2019 VMA 8k Cross Country - *George Knott Reserve - Online Entries only - VMA website*
- July 21 # 2019 VMA 10k Road Race/ Eric Greaves - *Braeside Park - Online Entries only VMA website*
- August 11 # VMA 10 mile Road race - *Knox track - Online Entries only - VMA website*
- August 11 AMA 20km Walk Championships - *Adelaide - Entries George White - gwhite@adam.com.au*
- Aug 31- Sept 7 2019 Oceania Masters Athletics Championships - *Mackay, Queensland.*
- Sept 8 # 2019 AV/VMA Half Marathon - *Burnley - Online Entries only - AV website*

2020

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

2021

TBA WMA Indoor Championships - *Edmonton, Canada*

2022

August 17-27 World Masters Athletics T&F Championships - *Gothenburg, Sweden*

Browne Shield Event #

TOUGH GUYS.....AND GALS

Peter Le Get who has been a member of Veterans/Masters for ever, celebrated his 85th Birthday at Knox the other night. To mark the occasion, Peter ran a 3k in 20.04. Not bad going.



And, Croydon's Cec McKeown went in the Rialto climb again, at the age of 79 being the fastest in the 70 + age category in 22.01 and beating home a stack of youngsters.



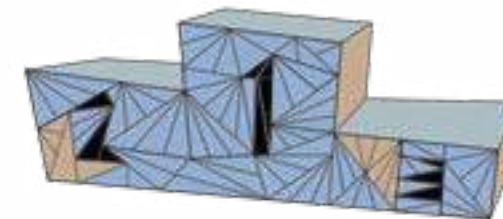
Jane Sturzaker from Glen Eira venue, took off to the U.S. for a relaxing holiday, to New Mexico where they hold an event that has 12 Marathons in 12 days.

Jane did 3 in 3 days, then went across to Texas to do the New Years Day Marathon, one she has wanted to do for a long time because of the oversized medals (see left), then back to New Mexico to do another 4 marathons in 4 days. The marathons in New Mexico were in the snow which was a challenge to run in. She came home and then a few days later slipped down to Hobart to do the Cadbury Marathon, 12 days later, on her birthday, she did the Dubai Marathon !!!

What's more, Jane finished first in her age group, W65, in Texas, Hobart and Dubai. So she's knocked off 10 marathons in less than a month.

My thought was how could you run several marathons in the snow and then go to Dubai, but Jane says it was only 17 degrees at the start rising to 24.

Dubai was Jane's 283rd marathon
Not just Wow, but Wowee !!



**MELBOURNE 2019 IS ON LINE
OUR WEBSITE IS ON LINE :
WWW.MELBOURNE2019.COM.AU**

**AND OUR FACEBOOK PAGE IS UP AND RUNNING :
JUST SEARCH FOR "MELBOURNE 2019"
AND LIKE THE PAGE.**



TONY BRADFORD IS NOW LOOKING AFTER VOLUNTEERS FOR THIS EVENT

**FILL IN THE SHEET ON PAGE 7
CONTACT TONY ON :**

ANTHONYBRADFORD@BIGPOND.COM 0447 139 202

**EVERYONE WHO VOLUNTEERS
FOR 4 HOURS OR MORE GETS
ONE OF THESE SHIRTS WITH
THE MELBOURNE 2019 LOGO
ON THE BREAST SO ALL YOUR
FRIENDS CAN SAY
"WHAT THE HELL IS THAT ?"**



Championship Schedule

Draft Expanded Schedule



Please note that this schedule is subject to change and event times will be confirmed at the conclusion of the entry period.

FRIDAY APRIL 26, 2019

AM	PM
1500m walk	100m heats & finals
Long Hurdles	400m heats
10000m	800m
Long Jump W40-65 M40-65	Long Jump W30-35 & 70+ M30-35 & 70+
Hammer M30-55	Hammer M60-80+
Shot Put M65-80+	Shot Put M30-60
Discus W30-50	Discus W55-80+
Javelin W50-65	Javelin W30-45 & 70+
Includes WELCOME CEREMONY	
After Competition MEET & GREET at EMERALD HOTEL	

SATURDAY APRIL 27, 2019

AM	PM
Road walk	
60m heats & finals	200m heats
Short Hurdles	400m finals
1500m	Steeple
High Jump W40-45 & 70+ M30-45	High Jump W30-35 & 50-65 M50-80+
Hammer W30-55	Hammer W60-80+
Shot Put W50-65	Shot Put W30-45 & 70+
Discus M30-55	Discus M60-80+
Javelin M65-80+	Javelin M30-65
After Competition AWARDS DINNER	

NOTE : A more detailed schedule can be found on the Melbourne 2019 website and on the Facebook page.

SUNDAY APRIL 28, 2019

AM	PM
200m finals	100m Champions
5000m	4 x 100m relays 4 x 400m relays
Pole Vault (all)	
Triple Jump All W	Triple Jump All M
Hammer Throws Pent W30-65 M30-65	Hammer Throws Pent W70-80+ M70-80+
Shot Put Throws Pent W30-45 M30-55	Shot Put Throws Pent W50-80+ M60-80+
Discus Throws Pent W30-45 M30-55	Discus Throws Pent W50-80+ M60-80+
Javelin Throws Pent W30-35 M30-45	Javelin Throws Pent W40-80+ M50-80+
Weight Throws Pent M30-45	Weight Throws Pent W30-80+ M50-80+
After Competition ATHLETES FORUM	

MONDAY APRIL 29, 2019

AM	PM
100m Pentathlon All W	5000m walk All
200m Pentathlon All M	800m Pentathlon All W
	1500m Pentathlon All M
Cross Country	
Long Jump Pent All	
Shot Put T&F Pent All W	
Discus T&F Pent M30-65	Discus T&F Pent M70-80+
Javelin T&F Pent All	Javelin Champions All
Weight Throw W30-55 M30-55	Weight Throw W60-80+ M60-80+

VMA are hosting the Australian Masters Athletics Championships in April 2019
We need help from members, friends and family members to assist with the smooth running of this event.

No experience is necessary and all helpers assisting for at least 4 hours will receive a commemorative polo.

Melbourne 2019 Australian Masters Athletics Championships Volunteer Availability



Please indicate your availability by placing a tick in the corresponding box(es)

DATE	Session 1 (08.30am to 12.30 pm)	Session 2 (12.30pm to 6.30pm)
Thursday 25 April	Not Required	
Friday 26 April		
Saturday 27 April		
Sunday 28 April		
Monday 29 April		

Full Name

Phone

Email

Polo Size

Please return this form to Tony Bradford via email to anthonybradford@bigpond.com

Alternatively, complete the form online at melbourne2019.com.au/volunteer

THE 2019 VICTORIAN MASTERS ATHLETICS T&F CHAMPIONSHIPS MARCH 23rd & 24th

TOM KELLY ATHLETICS TRACK,
GEORGE STREET DONCASTER

Online entries only through Athletics Victoria website
Entries opening soon ! Closing date midday 11th March



VMA T & F PENTATHLON CHAMPIONSHIP 2019

Sunday 17 March 1pm start; Check-in 12.15 pm

Venue: Duncan McKinnon Athletic Track

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

<https://www.registernow.com.au/secure/Register.aspx?E=33573>

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

All VMA entrants must be registered for 2019 and wear their State uniform.

Further details: Tony Bradford – 0447 139 202

Closing date for T & F Pentathlon: Friday 1st March Cost: \$10

Late entry until 8th March: \$20. No entries on the Day

Events (in order): Women: 100m, shot, LJ, javelin, 800m

2019 T & F Pentathlon ENTRY FORM

SURNAME: _____ CALL NAME: _____

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

ADDRESS: _____

PHONE: _____ E-MAIL: _____

EVENT	ENTRY FEES
T&F PENTATHLON ____ @ \$10	_____
LATE FEE ____ @ \$10	_____
TOTAL ENCLOSED	_____

Post to :
Secretary, VMA
c/o 21 Hollywood Grove,
CARNEGIE. 3163

Method of Payment

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

Credit Card Payment ☐ Mastercard ☐ Visa
Card Number: _____ Expiry Date: _____

Name on Card: _____

Signature: _____



2019 VMA

THROWS PENTATHLON CHAMPIONSHIP

Sunday 31 March 10am start for first group

Venue: Duncan McKinnon Athletic Track

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

<https://www.registernow.com.au/secure/Register.aspx?E=33574>

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

All VMA entrants must be registered for 2019 and wear their State uniform.

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

THROWERS Closing date for Throws Pent: Friday 22nd March
Cost: \$10
Late entry up to one week before: \$20 **NO ENTRIES ON THE DAY**

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

2019 Throws Pentathlon ENTRY FORM

SURNAME: _____ CALL NAME: _____

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

ADDRESS: _____

PHONE: _____ E-MAIL: _____

EVENT	ENTRY FEES
T. PENTATHLON @ \$10	_____
LATE FEE @ \$10	_____
TOTAL ENCLOSED	_____

SEND ENTRY TO :
VMA TP Championship 2019
C/o A & G Rose
71 Union Rd, Surrey Hills, 3127
(To arrive no later than closing
date – 22nd March 2019)

Method of Payment

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

Credit Card Payment ☐ Mastercard ☐ Visa

Card Number: _____ Expiry Date: _____

Name on Card: _____

Signature: _____

GLEN EIRA MASTERS 30TH BIRTHDAY CELEBRATION

TUESDAY 19TH MARCH

DUNCAN MCKINNON PARK, MURRUMBEENA



If you have run, walked or just come for a talk at

Glen Eira Masters, come and celebrate with those you know.

The program will have something for everybody so come along and have a go!

Programme:

7pm: Sprint – 130m Estimated Time

7:15pm: Middle Distance – 630m Estimated Time

7:25pm: Walk – 2030m Estimated Time

7:40pm: Distance – 3030m Estimated Time

8:10pm: Supper and celebration in the new function room

Prizes for placegetters in all events, plus door prizes.

Some of our past members or guests may not have seen our great new facilities so here is your chance.

Enquiries to:

Andrew Edwards – 9555 4226 or

Jim McLure – 0434 216 919 or

Mike Clapper – 0419 993 893

PLEASE LET US KNOW IF YOU ARE COMING

MASTERPIECES

EASTERN MASTERS

SUMMER 'Anna D'Alberto' MEMORIAL 5KM HANDICAP - 18 DECEMBER 2018

	Clock time	Handicap	Actual Time
Lachie Buyck	27:01	3:15	23:46
Mark Pryn	27:32	3:30	24:02
Norman Workman	27:48	6:10	21:38
Nicky Hamilton-Morris	27:53	6:30	21:23
Moni Vantilburg	27:55	5:10	22:45
Brad Buyck	28:01	8:50	19:11
Peter White	28:08	5:50	22:18
Mark Shalders	29:09	6:35	21:34
Michael Friedman	28:16	6:40	21:36
Allison Travill	28:25	7:15	21:10
Paul Earl	28:26	6:20	22:06
Trevor O'Brien	28:29	0:30	27:59
Kylie Barton	28:33	4:00	24:33
Michelle Quan	28:41	3:50	24:51
Christine Wille	28:52	1:20	27:32
Syd Bone	28:54	3:55	24:59
Sam De Fanis	29:00	3:15	25:45
Meryl McConnachie	29:08	Scratch	29:08
Greg Whyte	29:08	8:30	20:38
Rob McConnachie	29:09	2:00	27:09
John Signorini	29:24	6:40	22:44
Liz Eastwood	29:32	3:30	26:02
Aldo D'Alberto	29:50	2:20	27:30
David Chung	30:27	4:40	25:43
Annette Pelgrim	32:24	2:20	30:04
Kym Osmand	32:25	6:20	26:05



**Mark Pryn (left)
and fastest
finisher
Brad Buyck**



*I'm an equal
opportunity
editor. If one
of our women
was running
topless like
Brad, I would
publish and be
damned*

Age no barrier for Daylesford Gift winner

John Hilditch thought his days of winning open gifts were over, but Sunday proved that to be incorrect.

Hilditch claimed the Daylesford Gift in a quality field with a time of 11.049 off a 17.75m handicap.

At 57 years old, Hilditch last won an open gift four years ago in Terang and he was ecstatic to break the drought on Sunday.

"I'm ecstatic, it's been four or five years since I've won a gift," Hilditch told The Courier. "I'm 57, I didn't think I'd win another open gift."

Hilditch said he felt strong through his heat and semi-final and once he got off to a good start in the final, he was confident of holding off the fast finishing backmarkers.

"I felt comfortable all day. I felt really strong (towards the line), coming from the front I felt confident, I knew the backs (markers) were coming, they're half my age, so they're definitely coming hard."

Hilditch, originally from Scotland, has been in Australia for 33 years and has attended every Daylesford Gift meet.

Running is his passion.

The experienced runner also coaches a 12-runner squad - the Fast Squad - and runs an osteopath business.

Ironically, much of his squad ran at Saturday's Castlemaine meeting and took Sunday off, Hilditch going to Daylesford with minimal expectation.

from The Courier Jan 6



Also, Stewart Dobrzynski, the "gun" sprinter in our AV Shield team has been having a great season in the "Pro" ranks. Stew has won both the Terang (left) and Meadowglen 300m Masters runs. Fortunately, he will be back to help us out in the AV Shield Final on 23 February.



40th Birthday Celebrations for Mentone - 21st November 2018

The first Mentone Masters/ Veterans athletics meeting was held at Dolamore Reserve on November 15, 1978 organised by that tremendous enthusiast and great servant of Masters athletics, Mike O'Neill.

We duly celebrated our 40th birthday on the track and in the Clubrooms at Dolamore on Wednesday 21st November.

A total of 63 current and past members and visitors attended including Russ Oakley, Phil Urquhart and Andrew Edwards, the President, Secretary and Treasurer of VMA.

A surprise visitor was member of the Australian Sporting Hall of Fame, Judy Pollock, who was a member of the club in the 1980s but also trained at Mentone prior to her feats in setting world records and winning Commonwealth and Olympic Games medals.

Complementing Mentone's own World Masters champions were Heather Carr and Lavinia Petrie, no strangers to Footprints.

Another special guest was Jim Hunt who competed on the first night in 1978.

Our former manager, Ted McCoy, who waited until the second night to compete, gave a fascinating insight into the early days and some of the characters who have graced the venue over the years.

As a counterpart to the longevity of many of those present an enthusiastic member who joined VMA the previous day was also present.

Five events were staged with an emphasis on "4", a 4 minute E.D. and E.T.s 1400m Middle Distance, 140m Sprint, 4 laps on the Road and 1400m Walk.

The winners were Joan Clarke, Sandra Wynne, Bill Carr, Syd Bone and a triple tie in the Walk to Ralph Bennett, Greg Hughes and Sharon Carr.

Winners were awarded a 40th Anniversary T shirt and placegetters received caps.

The events finished just as a deluge of rain hit the track and we enjoyed a sumptuous supper and lots of conversation and reminiscing in the drier environment of the clubrooms.

John Kneen took a host of photos on the night and put together a PowerPoint presentation of historical photos and Sonya McLennan produced an extensive booklet detailing the history of the 10 years since she produced the excellent history of the first 30 years.

The PowerPoint presentation and the 10 year booklet can be obtained on USBs from John and Sonya.

After door prizes were won by Avril Britter and Kevin Cassidy the evening wound up with an appropriate poem written for the occasion by Peg Noden.

Many thanks go to Glad Wishart, Ted McCoy and Sonya McLennan for their organisation prior to and on the night.



Ashley Page Venue Manager

40th Birthday Celebrations for Mentone - 21st November 2018



"You've got to scroll !" Russ Oakley, Graeme Noden, Ian Cassell and Ashley Page

Winners of the Walk - Greg Hughes, Sharon Carr and Ralph Bennett.



NEWS FROM EAST BURWOOD

CHRISTMAS DINNER

Christmas came early to East Burwood Masters as we had our Christmas night on 6th December. We were blessed with a lovely balmy evening so we set up our tables on the track and had a great dinner *al fresco*. Gerald and Anita Burke did a wonderful job organizing chicken, ham and salads for dinner. We are proud of our team spirit, and it shone forth like that bright star that is featured at that time of year. Everyone chipped in to help with desserts and cleaning up.

There were so many desserts it was lucky that we had plenty of running and walking. Paul Durrant won the 60 m sprint in 8.4 s. Frank Prowse and Christopher Worsnop came through the finish line together in the 800 m walk in 5:19. Leo Coffey won the 100 m handicap. Paul Earle covered 4530 m in the 20 minute event.

Stewart Handasyde and Ashley Ryan entertained us with their music and songs. There were some great parodies. Shirley Coppock had been unwell and missing from Masters for several months. We were delighted that she was able to pop in for the Christmas evening and that she was looking much better. Everyone was touched by Ashley's and Stuart's rendition of "Shirl."

AUSTRALIA DAY

We celebrated Australia day on the Thursday before the long week-end. That was the evening when it was 40 degrees, but East Burwoodians are tough (or stupid), and we had over twenty come along for some shorter races and discuss.

Many dressed in Australian colours for the night and we had a special Australian supper with "dogs' eyes and dead Horse" (meat pies and sauce), lamingtons (don't tell the Kiwis) and Vegemite Australian-shaped biscuits.

GWEN DAVIDSON MEMORIAL 100 m HANDICAP

This series started on 17th January and will continue with heats on 31 Jan 14 Feb and 28 Feb and the final on 14 March. Arthur Kapoulista won the first heat in 12.4 s off 24 m. Leo Coffey was with him with 12.8 s off 35 m, and Glenn McLean was third in 13.5 off 5 m. Andrew Fraser won the second heat in 13.5 s also off 24 m. Then there was Greg Fergus in 13.8 off 10 m, and Louise McLean in 14.0 off 13 m.



Australia Day at East Burwood with stalwarts Shirley Coppock, Allan Wood and Bob Lewis.
Shirl has set six Victorian sprint records, Allan just set new Victorian and Australian Decathlon records and Bob has set seven Victorian distance records,

ANDY SALTER MEMORIAL RELAY

When - Wednesday, 6th February 2019

Where - Ross Reserve, Memorial Drive, Noble Park

The Andy Salter Relay has been a highlight of the Springvale /Noble Park calendar for many years. Also held on the same night is the Bert Warburton Memorial Walk Relay.

Traditionally the Andy Salter Relay has been run over a 3.1km road course, with four runners in each team completing one lap of the course. In 2018 it was run on the track with 3200 metres per runner due to increased traffic on the road causing safety concerns. We are monitoring the situation but may have to resort to the track again in 2019. We cannot afford to have any runners hit by cars. There are two divisions, one for Challenge teams and the other for Fun Run teams.

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

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

The Bert Warburton Walk Relay is over a 2 km course with each walker completing one lap or 5 laps of the track per walker if we opt not to use the road. Teams consist of three walkers of masters age and can be male, female or mixed.

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

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

The program for the night is;

7.10 pm	100 metres sprint
7.15 pm	Andy Salter relay/Bert Warburton Relay

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

Enquiries to Alan Bennie on 9547 2978 or 0428990873.



RESULTS - LINDSAY THOMAS MEMORIAL 2019 -

Springvale/Noble Park venue

The 27th running of this event was held on Wednesday 16th January at the picturesque Braeside Park. A warm evening greeted the competitors though fortunately it was much more conducive to running than earlier in the week. It was indeed a pleasant evening for quite a large numbers of spectators and ideal for those who brought a picnic tea. I didn't think they were ever going to leave the park.

We finished with 96 competitors (6 less than last year) comprising 54 Masters (from 10 venues and we thank them for their support) and 42 visitors being members of the extended Thomas family and friends. It was good to see Michael, Lindsay's son, this year all the way from the UK where he lives. He showed no signs of jet lag, being second home in the 10 km. The number has been around the 100 mark in recent years and if we can maintain that number it makes it well worth the effort in organising the event. When you add the officials and spectators we have a pretty full car park and a great atmosphere. There were 30 in the 10km event, 37 in the 5km run and 29 in the 5km walk. As a long standing event there are many familiar faces appearing year after year to support this event. It is great to get their support and I know that Lindsay's widow Pam and sons Andrew and Michael appreciate the large number turning up.

In the 10 km event, non master Shane Davin (son of Michael) was first home with Andrew Edwards back to top form first Master and a great battle between Chris Grafen and Paul Earle for the minor placings. In the female division, Eastern Masters ladies scooped the pool with Nicky Hamilton-Morris finishing 4th overall. In the 5 km Masters Andrew Eggington again took out the award, just ahead of Mike Thomas though both were beaten to the line by Jordan King son and grandson of former Masters members. Pam Tindal took first place in the female Masters again but like last year she was beaten to the line by a visitor, Rosslyn Crosswell. In the 5 km walk Pramesh Prasad again prevailed among the males while Kylie Irshad was first female relegating perennial winner Heather Carr to second place Mind you, Kylie has a distinct age advantage.

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

	Male		Female	
10 km Masters	1. Andrew Edwards	44.46	1. Nicky Hamilton-Morris	45.04
	2. Chris Grafen	45.31	2. Kym Osmond	48.24
	3. Paul Earle	45.39	3. Kylie Barton	52.18
5 km Masters	1. Andrew Eggington	19.19	1. Pam Tindal	24.11
	2. Mike Thomas	19.26	2. Jo Cockwill	28.56
	3. Mike Clapper	25.15	3. Ros Dyer	29.17
5 km walk	1. Pramesh Prasad	25.47	1. Kylie Irshad	31.56
	2. Albin Hess	30.07	2. Heather Carr	32.42
	3. Jim Berrington	32.00	3. Marnie Grace	34.54
10 km run 1st 50+ (unplaced)	1. David Chung	49.53	1. Erika Bdyn	54.08
10 km run 1st 60+ (unplaced)	1. Ian Orr	50.15		
10 km non Masters	1. Shane Davin	42.36	1. Vicki Bergman	57.45
	2. Michael Thomas	43.02	2. Debbie Tyler	59.31
	3. Jonte Andrew	47.27	3. Karen Andrew	59.36
5 km non Masters	1. Jordan King	19.07	1. Rosslyn Crosswell	23.28
	2. Manny Quinn	22.32	2. Celeste Dyer	27.04
	3. Jamie Davin	23.44	3. Morgan Thomas	33.41

From my perspective it was another successful running of this event. While we have a well set routine it needs people to carry it out and I must again thank the crew from Springvale venue who acted as officials and provided supper and spot prizes. There was a real social atmosphere after the event and it was great to see people enjoying themselves. In fact some didn't seem to want to go home and I almost had to threaten to lock them in the car park so that I could get home at a respectable hour.

LINDSAY THOMAS MEMORIAL 2019 - Springvale/Noble Park venue - cont.

I hope to see you all again next year at the same time - 3rd Wednesday in January. Encourage others to attend - family, friends etc. It is a good event and the course is flat in a pleasant environment. With a \$5 entry fee (and I don't anticipate a price rise next year) it is the cheapest event going apart from Park Run but you can't win trophies or spot prizes there.



**Womens 10k placegetters - Kym Osmond
Nicky Hamilton-Morris Kylie Barton**



**Mens 10k placegetters - Paul Earle
Andrew Edwards Chris Grafen.**

Horrors - I've Been Shown A Yellow Paddle

by George White

Even experienced walkers may seem surprised when shown the yellow paddle, been given a red card or the ultimate - been disqualified. What should you do? Firstly, don't get annoyed with the judges. You may well feel that you are walking correctly, but if you are on the edge - it is just not possible to be sure yourself. Anyone can pick an obvious loss of contact or bent knee but judges are used for the less obvious situations.

Like judges in diving or gymnastics their determinations are subjective and many factors may come into play including an actual breach of the rule. There can be other factors such as particularly knobbly knees or very muscly legs or a very peculiar style and that is why we normally have at least 6 judges and require at least 3 of them to agree that there is a breach. Also remember top walkers are always at the edge of legality. You want to go as fast as possible while still being legal. This sometimes means you will go just over the limit and receive cautions or red cards. Indeed some top coaches believe the best race is where their athlete has received 2 red cards - indicating that they have pushed the limit.

If the worst happens, firstly look at how you are racing. What would be really good would be a Harry Potter invisibility cloak - but without one of those it is important not to draw attention to yourself as the more reasons you give the judges to look at you the more scrutiny you will come under - with the greater risk of a DQ. Some of the things to avoid are your head bobbing up and down, a forward lean, your feet slapping the ground, wild arm swings and very bright clothing.

Also re-think your race strategy. Are you walking near others with a better style or who may naturally hyper-extend their knee? This happened to me in the 5 km track walk at the World Championships in Italy. I was walking at a pace I could sustain for the race but was walking alongside an athlete who had particularly straight knees. I received 2 red cards for bent knees and then went on to make another bad decision by deliberately backing off the pace. This may seem a logical reaction and this may be the right thing to do if you are really over extending yourself - but it can have the effect of making things worse. I ended up getting a third red for lifting! It may be far better to not change your pace and to concentrate specifically on strategy and technique. In the 10 km and 20km races I deliberately walked alone and did not receive even a yellow paddle. Of course the best way to avoid scrutiny is to look very smooth and legal. Appearances are a bigger issue

than many judges care to admit!

Accept the yellow paddle or red card as a form of help. Use them to your advantage and revisit your style to walk better.

Are you going too fast for your level of fitness?

Are you doing everything you know you should be doing in relation to your technique? Where you can, evaluate your form for the rest of the race or if that is not practical, make a point of this evaluation before you race again. You will not be a good race walker unless you conquer technique first.

Inefficient technique costs energy - far more so than in running. The smoother your style, the faster, more efficient and less injury prone you are likely to be.

You are also more likely to be legal and rightly or wrongly it will look more legal.

Before we do look at technique please do not use age as an excuse for poor form. Obviously as we age, the ability to correctly straighten our legs becomes more difficult but we should adopt the mindset that we are never too old to maintain legal technique. This is achieved by maintaining flexibility and strength especially in the hamstrings, quads, calves and lower back and by not trying to walk at a faster speed than technique allows.

There are a multitude of technique issues to address when wanting to walk both fast and legal but here I shall just address those that specifically impact on legality. Obviously the whole body is important when legal action is required, but there is no doubt what goes on from the waist down is most important. As far as the upper body goes it is important to maintain an upright stature. A forward lean results in the hips moving backwards and reduces the ability to use them for stride length. It will also make it more difficult to straighten the knee. When race walking our shoulders often tighten and rise, resulting in the centre of gravity also rising and this makes it harder to lower the front foot before the back foot leaves the ground. Concentrate on keeping elbows low to relax the shoulders.

Below the waist, the hips simultaneously perform a wide variety of complex functions including tilt, rotation and drop.

It is good when the hips drive the length of the stride, but if you just try to push the front foot too far in front of the body, it will tend to float above the ground and you may lose the double support. A close to flat foot landing is almost certainly going to result in bent knees. Ideally you should make contact with the toes high off the ground and keep them up while you roll the foot.

Horrors - I've Been Shown A Yellow Paddle

by George White

You should roll up onto your toes to push forward rather than just lifting the foot off the ground. Pushing off too early propels your body upwards instead of forward.

Drive your leg forward with the knee as low to the ground as possible and let your foot skim the ground as it swings through. This action requires some bending of the knee on the leg but if the leg is bent too much and the foot comes through high it is harder to get the foot down to the ground before the back foot leaves the ground. This can lead to lifting and bent knees. Driving your knee high as your leg swings forward not only wastes energy, but also looks more like running.

With these and all other issues race walkers need to keep in mind, it is essential to get help. There is no way you can think of everything all of the time so you need prompts to focus your attention. Use a track marking or any other static marker to draw your attention to form and go through head to toe how you are currently walking. However do not use judges as a prompt as immediate form changes may draw unwanted attention to you.

George White is a South Australian walking legend who has been a winner at World Championships and a regular winner at National level.

Unfortunately, he is in my age group.

To clarify the rules and paddles.

You can infringe by either not having a straight leg from the point of contact with the ground to the point where the leg is vertical or by not having one foot in contact with the ground at all times.

A judge can shown you a yellow paddle to caution you that you are infringing or are close to doing so. Yellow paddles are only a caution. The judge can give you red after giving you a caution or without giving you one.

However, you do not know when you have been given a red card until after the race or when you are shown a red paddle meaning you have had 3 reds from different Judges and you are disqualified. The Chief Judge can also disqualify you in the home straight if he or she feels that you are blatantly infringing (usually for contact) regardless of whether you have received other reds or not.

Russ.



This is a random photo I chose of a walker, (it's actually Heather Carr) blatantly infringing the contact rule.



This illustration of a walker with a bent knee, (it's also Heather Carr) blatantly infringing

Also, George's comment about trying to avoid walking with someone who has a perfect style that would make him look terrible, finally explains why he would never walk with me in a race. He always left me way behind to avoid comparison. I feel better now.

2019 AMA & VMA MULTI-EVENTS CHAMPIONSHIPS

LaTrobe University Bendigo Athletics Complex - 12 - 13 January 2019

Results - Combined Events

Women Heptathlon

W30-34

	Points	100H	HJ	SP	200	LJ	JT	800
1 Dux, Jessica Victorian Masters Aths	17.83	1.37m w: 0.3	8.37m	27.70	4.91m w: 1.2	17.09m w: 2.4	2:48.84	
3310	(506)	(481)	(423)	(654)	(535)	(235)	(476)	
2 Drysdale, Renee Victorian Masters Aths	22.65	1.34m w: 0.3	6.44m	32.85	4.00m w: 1.2	12.29m w: 1.8	2:53.58	
2051	(120)	(449)	(299)	(301)	(308)	(147)	(427)	
3 Cooper, Amy Victorian Masters Aths	22.62	1.22m w: 0.3	5.55m	32.98	3.30m w: 1.2	13.44m w: 1.7	3:29.27	
1459	(121)	(331)	(243)	(294)	(161)	(168)	(141)	

W45-49

	Points	80H	HJ	SP	200	LJ	JT	800
1 Haines , Trudy South Bendigo Aths	DQ	1.33m	7.41m	33.62 w: 1.1	3.51m w: 4.9	19.19m	3:24.92	
2591	(0)	(666)	(454)	(468)	(338)	(362)	(303)	

W50-54

	Points	80H	HJ	SP	200	LJ	JT	800
1 Townsend, Vicki NSW Masters Aths	15.15 w: 0.7	1.30m	10.97m	30.72 w: 1.1	3.93m w: 2.9	20.03m	3:33.41	
4159	(640)	(724)	(782)	(755)	(538)	(407)	(313)	

W60-64

	Points	80H	HJ	SP	200	LJ	JT	800
1 Bridle, Christine Victorian Masters Aths	18.63	1.24m w: 0.7	7.25m	32.60	3.49m w: 1.1	20.06m w: 2.0	3:27.82	
4322	(439)	(855)	(587)	(817)	(565)	(521)	(538)	

Men Decathlon

M40-44

	Points	100	LJ	SP	HJ	400	110H	DT	PV	JT	1500
1 Gilligan, Brett Bendigo Harriers	11.75 w: -0.4	5.91m w: 0.5	10.24m	1.72m	54.77	17.08 w: -3.6	33.58m	NH	33.03m	DNF	
5131	(804)	(684)	(570)	(627)	(758)	(702)	(603)	(0)	(383)	(0)	
2 Watson, Simon Box Hill Aths	12.65 w: -0.4	4.64m w: +0.0	9.18m	1.60m	57.69	20.23 w: -3.6	24.53m	3.30m	34.08m	4:50.90	
5089	(628)	(392)	(499)	(520)	(641)	(408)	(406)	(496)	(399)	(700)	

2019 AMA & VMA MULTI-EVENTS CHAMPIONSHIPS - cont.

3 Oberholzer, Conrad Victorian Masters Aths	12.54 w: -0.4	4.89m w: +0.0	8.30m	1.66m	57.45	20.59 w: -3.6	27.06m	2.50m	37.32m	5:59.32	
4676	(647)	(445)	(440)	(577)	(650)	(380)	(461)	(284)	(450)	(342)	

M50-54

	Points	100	LJ	SP	HJ	400	100H	DT	PV	JT	1500
1 Hennig, Shawn Victorian Masters Aths	13.29 w: 1.0	4.94m w: 1.0	9.29m	1.61m	58.25	18.32 w: -3.1	26.95m	2.30m	36.03m	5:14.45	
5766	(659)	(600)	(539)	(687)	(769)	(563)	(416)	(314)	(504)	(715)	
2 Gardner, Caleb Tasmanian Masters Aths	13.56 w: 1.0	4.54m w: +0.0	8.12m	1.49m	61.33	20.16 w: -3.1	22.93m	2.50m	28.16m	5:23.18	
4925	(612)	(496)	(456)	(569)	(652)	(401)	(337)	(371)	(364)	(667)	
3 Kilmartin, Darryl Victorian Masters Aths	14.59 w: 1.0	3.89m w: +0.0	7.88m	1.28m	70.92	23.01 w: -3.1	19.94m	2.30m	23.19m	5:45.62	
3567	(446)	(339)	(440)	(374)	(345)	(202)	(279)	(314)	(278)	(550)	

M55-59

	Points	100	LJ	SP	HJ	400	100H	DT	PV	JT	1500
1 Millerd, Andrew Queensland Masters Aths	13.23 w: 1.0	5.00m w: +0.0	8.78m	1.55m	63.15	19.65 w: -3.1	27.61m	2.50m	27.59m	5:48.97	
5821	(748)	(711)	(555)	(714)	(665)	(511)	(477)	(429)	(398)	(613)	
2 Mann, Greg Tasmanian Masters Aths	14.79 w: 1.0	3.60m w: 0.3	8.45m	1.28m	78.02	22.65 w: -3.1	27.53m	1.90m	35.86m	8:48.87	
3612	(488)	(330)	(530)	(441)	(233)	(281)	(475)	(242)	(559)	(33)	

M65-69

	Points	100	LJ	SP	HJ	400	100H	DT	PV	JT	1500
1 McConnell, David Victorian Masters Aths	13.54 w: 1.7	3.81m w: +0.0	7.57m	1.40m	65.91	19.77 w: -3.1	26.39m	2.70m	19.75m	6:20.16	
6108	(863)	(540)	(504)	(749)	(740)	(616)	(478)	(665)	(311)	(642)	

M70-74

	Points	100	LJ	SP	HJ	400	80H	DT	PV	JT	1500
1 Shaw, Geoff Victorian Masters Aths	14.87 w: 1.7	4.49m w: 1.1	8.12m	1.40m	68.72	15.76 w: -1.6	25.45m	3.10m	27.08m	6:21.45	
7307	(736)	(910)	(509)	(868)	(757)	(759)	(514)	(988)	(522)	(744)	

M80-84

	Points	100	LJ	SP	HJ	400	80H	DT	PV	JT	1500
1 Wood, Allan Victorian Masters Aths	18.61 w: 1.7	2.66m w: 1.4	6.26m	0.98m	1:49.43	31.51 w: -1.6	13.43m	NH	19.47m	DNF	
2799	(473)	(437)	(451)	(528)	(145)	(0)	(311)	(0)	(454)	(0)	



THE SHIELD IS FULL – THERE IS A NEW SHIELD.

The only Venue to have its name imprinted on the Browne Shield is Knox (twelve times), but lets not gloat, rub it in or dwell on this.

All things change, a new era, time for another Venue to shine.

It is 2019 and the first Masters Championship Team Event to gain points is the 10k, back again at Collingwood on ***their beautiful newly constructed track.***

The Browne Shield is a competition between Victorian Masters Venues and comprises a season of five long distance VMA championship events from May to September.

The scores are age graded.

The Shield is awarded to the winning club.

The Age Graded points of the top three runners of each club are counted over the five events over the season. If a venue has fewer than three runners the points still count.

In the individual competition for Male and Female runners the points from the best four of the five events count.

The top female and male point scorers are also acknowledged.

Not all dates have been finalized but will be published when available

Browne Shield events for 2019

EVENT	LOCATION	DATE
VMA 10,000 metre Track Championship	Collingwood	Tues. 14th May
VMA 8 km Cross Country	Collingwood	Sun. 23rd June
Eric Greaves Memorial 10 km	Braeside Park	Sun. 21st July
VMA 10 Mile Road Race	Knox	Sun. 11th August
AV/VMA Half Marathon	Burnley	Sun. 8th September

CLYDE' S NEW RECORDS REPORT

Pending World Records:

W45	50km Walk	Kelly Ruddick	Vic	4:54:31	91.3%	2-12-18	South Yarra
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Australian Records:

M70	High Jump	Geoff Shaw	Vic	1.42m	90.5%	3-11-18	Bendigo
W65	Long Jump	Carol Davis	Qld	4.02m(=)	88.0%	10-11-18	Gold Coast
M50	56lb Throw	Todd Davey	WA	9.91m	-	15-11-18	Cannington
W60	Pole Vault	Dawn Hartigan	Vic	2.50m	89.0%	29-11-18	Melb Uni
M50	Throws Pent	Todd Davey	WA	4259pts	-	1-12-18	Cannington
W85	Discus	Heather Doherty	Qld	14.89m	57.9%	1-12-18	SAF Nathan
W60	Javelin	Cindy Goy	Vic	26.30m	62.9%	15-12-18	Geelong
W65	Long Jump	Carol Davis	Qld	4.07m	86.1%	16-12-18	Gold Coast
W60	Pole Vault	Dawn Hartigan	Vic	2.71m	96.4%	5-1-19	Box Hill
W45	3000m	Kerri Hodge	Qld	10:04.8	91.4%	5-1-19	SAF Nathan
W45	5000m	Kerri Hodge	Qld	17:25.9	90.2%	12-1-19	SAF Nathan
M35	60m	Adam Farlow	ACT	7.21s(=)	89.6%	12-1-19	AIS ACT
M70	Decathlon	Geoff Shaw	Vic	7307pts	-	13-1-19	Bendigo

Victorian Records:

W60	Javelin	Christine Bridle	22.07m	54.0%	27-10-18	Ringwood
W45	Hammer	Anni Rowe	42.79m	93.6%	1-12-18	Keilor
M70	Pole Vault	George Schillinger	3.10m	91.7%	5-1-19	Box Hill
W60	80m Hurdles	Christine Bridle	18.63s	70.4%	13-1-19	Bendigo
W60	Heptathlon	Christine Bridle	4322pts	-	13-1-19	Bendigo
M80	Decathlon	Alan Wood	2799pts	-	13-1-19	Bendigo
W45	Hammer	Anni Rowe	43.41m	95.0%	19-1-19	Box Hill

Clyde Riddoch
VMA Records Officer
40 Beauchamp Street, Preston Vic 3072
Telephone 03 9470 1490 (H), Mobile 0439 902 907, Email: clyderiddoch@msn.com

I'm the Coach.
 You think what I do is easy,
 do you ?
 Well, here's your chance
 to see what you're made
 of !!



Athletics Victoria is holding Coaching Courses shortly.
 If you like the idea of doing some coaching at Masters level or with kids through schools or Little Aths these could be a great start :

19th & 20th January	Level 2 Intermediate Club Coach Coaching Course	\$360
20th January 2019	Level 1 Community Athletics Coaching Course	\$250
23rd January, 2019	IAAF Kids Athletics Upskilling course	\$99
7th April, 2018	Level 1 Community Athletics Coaching Course	a/a
10th April, 2019	IAAF Kids Athletics Upskilling course	a/a

For more information click on this link :

<https://us11.campaign-archive.com/?e=8cf1b1cd4c&u=cfdfff19221caadba133de887&id=195d493111>



Note :

Some of these have already happened but I decided to run it anyway as it will put you in touch with this line of work if you are interested.

MORE NONSENSE



*I was so disgusted when on one of my usual training tracks I saw this blatant act of vandalism.
 In fact I almost dropped my texta and roll of masking tape.*



*Dunno what it is, but I
 like it.
 Human lattice ?*

ASK THE COACH

BOUNCING

So, every single tennis player on the tour bounces the ball before serving. Some do it two or three times, some like Djokovic, it seems, do it 75 times.

It is a totally unrelated motion to the service action and would serve no purpose other than it being a mental peg or a "security blanket" as is Nadal's bizarre sequence of nose wipes, hair brushes and undie tugs.

Sensibly, golfers often have a practice swing. They don't bounce or juggle golf balls before a shot. Tennis players sometimes can go up to 15 minutes between serves when they are receiving and may not even play an overhead. Yet they prepare for a totally different shot by bouncing the ball ! I would be practicing my ball toss and service action. Asked why he bounced the ball before serving - Andy Murray said "Because every one else does"

GRUNTING

Although I think Jimmy Connors was an grunting pioneer, it seemed like Monica Seles started the female grunt caper. She had this two syllable shriek that sounded like "Not me". There are lots of players who have now outdone Monica for volume and the word is that the grunt drowns out the sound of the racquet strings hitting the ball and so disguises the power of the shot. Given the amount of energy they expend, I am surprised nobody uses the grunt to send a psychological message. For instance, if I was playing Caroline Wozniaki after she was dumped by Rory McIlwain, my grunt would have been - "Roar-eee" or playing new Mum Serena nowadays - "Mummm-ee" and "Feed-me".

SILENCE PLEASE

In the light of all this noise that's going on during play it's funny that the players demand total silence during the serve. Golfers must have silence for all their shots yet an AFL player must kick for goal with all hell breaking loose. "Miss, miss, Cocky's piss !" and all that.

In the eighties, triple jumper Willie Banks started the crowd clapping in unison as he prepared to jump. Now you see all these jumpers trying to excite the crowd doing the same thing. Not very original. So in an event where you are aiming to run at top speed you want handclapping ? I would have thought the degree of difficulty in putting your foot on, but not over, a board while travelling at top speed far exceeded that of hitting a ball with a racquet. Well, that was the case I put the other day as the officials escorted me out of Melbourne Park for animated clapping while Nick Kyrgios was serving.

Unfortunately, this dunce tried to get the handclap going in the javelin. Wow ! Strong guy ! Took surgery to get the Javelin out of his palm.



65,66,67,68,69,70...



What many in the crowd would like to do



Anyhow, I designed a new pair of shorts with a handle for Rafa

I'm gonna sit right down and write my toes a letter

Dear Toes,

I acknowledge that it's been tough for you, being at the cutting edge of my feet. You spend most of your time in darkness and I've never consulted you about the ordeals I've put you through. In my footballing days you were encased in steel toecaps but with "nail in" stops.

Nail in stops were a prehistoric method of torture. They were a stack of thick pieces of leather made into a shape resembling today's footy studs but with 3 or 4 nails holding them together and being long enough to hammer into the fairly thin leather sole of the boot. Over time, you would lose the top layer of leather off the stop and the nails would then come further into the boot and into your toes or foot. I can remember playing on with this until the end of the quarter when the trainer would put the boot on the last and hammer the nails flat.

Believe me, I didn't enjoy that any more than you did.

I can understand that you prefer summer, because, at least you get some fresh air and sunlight when I wear thongs. I do apologise for the 1960's when I wore *winkle pickers*. What was I thinking ? Talk about square pegs in triangular soles !! But think about it. Instead of the regular pounding I have given you, you could have been attached to someone who did nothing but sit around doing no exercise.

That could also have come with it's trials, too. That person may have been a candidate for Type 2 diabetes and you know what happens to the toes of diabetics. In our case, we have always been active. My decision entirely. You have just been the foot soldier. While I've played a lot of sport, it has really been long distance running, and lately racewalking, that has been your main bugbear. Somehow, I have never been able to spare your nails. Up to 5k you're fine, but it seems anything over 10k and you can turn black on me.

I have tried cutting our nails really short and I have also tried letting them get quite long. Neither way seems to avoid them going black, and in time, falling off. I did the VMA 20k walk in August and blackened 4 nails, 3 have fallen off but one big toe is still looking suss.

I just wish when I'm wearing thongs that people don't accuse me of using nail polish.

Shoe last



Winkle Pickers



2019 OCEANIA MASTERS ATHLETICS CHAMPIONSHIPS MACKAY

EVENT GUIDE

Saturday 31 August 2019 to
Saturday 7 September 2019

(Information as at 26 Sept 2018)

Mackay is one of Australia's fastest growing, yet most idyllic regions, where lifestyle and prosperity are the daily currency and the world is increasingly gathering to meet, work and play. A fresh new event destination, Mackay boasts affordable world-class facilities and services with small town hospitality and excellence in customer service.

- Rainforests with Platypus viewing
- Spectacular salt and freshwater fishing
- The sparkling blue of the Pioneer River
- Spot migrating whales
- An impressive marina village with alfresco dining
- Admire Queensland's best collection of art deco architecture (20 lovingly restored heritage listed buildings)
- Southern Hemisphere's largest Coal Export Facility and largest bulk sugar terminal
- The gateway to the mining trail
- 120km from Airlie Beach – the gateway to the Great Barrier Reef

Climate

MONTH	MEAN TEMP (°C)	HUMIDITY (%)	RAINFALL (MM)
August	22	14	30
September	25	16	15
October	27	20	38



Accessibility & Airport

Mackay is one of Queensland's most accessible regional destinations by air, road or rail.

Affordable and frequent air services into Mackay Airport with more than 110 flights to the region each from Brisbane, Rockhampton, Townsville and Cairns - serviced by Virgin Australia, QantasLink and Jetstar airlines. Mackay Airport is located 5km kilometres from the Mackay CBD. Rail access is also available via Queensland Railways "Spirit of Queensland" train service which travels the state's coastline from Cairns to Brisbane and all regions in between.

Accommodation Options

The Mackay Tourism Information link on the event website has a list of accommodation options and contacts

Looking for more information?

- facebook.com/oceaniamastersathleticschampionships2019
- athleticsnorthqld.org.au/Oceania-Masters-Athletics-Championships-2019
- oceaniamastersathletics2019@gmail.com
- (+61) 0419 66 11 91



2019 OCEANIA MASTERS ATHLETICS CHAMPIONSHIPS MACKAY

EVENT GUIDE

Saturday 31 August 2019 to
Saturday 7 September 2019

(Information as at 26 Sept 2018)

Mackay Aquatic, Sport & Recreational Centre

The new \$24 million dollar Mackay Aquatic, Sport & Recreational Centre commenced development at CQUniversity Mackay's Ooralea Campus in Mackay, Queensland, Australia and is located 7km from the Mackay CBD. The precinct is due for completion in February 2019.



IAAF Class 2 Athletics Facility consisting of:

- a synthetic surface running track consisting of an eight lane x 400 metre track, a nine lane 113 metre main sprint straight and an eight lane 103 metre secondary sprint straight;
- four long jump pits and two triple jump options;
- a steeplechase water jump;
- one discus circle; • one discus/hammer circle;
- three shot put circles; • two javelin runways;
- two high jump fans;
- one dual pole vaulting runway



Aquatic Centre consisting of:

- one 50 metre, 10 lane outdoor heated competition pool;
- one 25 metre, 6 lane covered heated warm-up program pool;
- one 15 metre, 5 lane covered heated pool

Program / Dates

Day 1—Saturday 31 August

Registration
5000m
Weight Throw (Men & Women)
Triple Jump (Men & Women)

Day 2—Sunday 1 September

Opening Ceremony
10km Road Walk
Heptathlon—Day 1
Decathlon—Day 1
60m Heats & Finals
800m Heats
Long Hurdles
Hammer (Women)
Discus (Men)

Day 3—Monday 2 September

Heptathlon—Day 2
Decathlon—Day 2
800m Finals
Sprint Hurdles
Shot Put (Women)
Hammer (Men)

Day 4—Tuesday 3 September

6/8km Cross Country
100m Heats & Finals
200m Heats
5000m Track Walk
Long Jump (Women)
High Jump (Men)
Javelin (Women)
Shot Put (Men)

Formal Dinner

Day 5—Wednesday 4 September

General Assembly

Day 6—Thursday 5 September

Pentathlon (Men & Women)
200m Finals
400m Heats
Steeplechase
Javelin (Men)
Discus (Women)
Long Jump (Men)
High Jump (Women)

Day 7—Friday 6 September

Throws Pentathlon (Men & Women)
400m Finals
3000m Race Walk
1500m
4 x 100m Relays
Medley Relays (800/400/200/200)
Pole Vault (Men and Women)
Closing Ceremony

Day 8—Saturday 7 September

Half Marathon

These events have been timetabled on these days but may change due to the number of entries received in events.

Event Registration & Fees

Registrations are taken online on the event website. Refer to the website for closing dates.

OMA Registration Fee AU\$40.00
Administration Fee AU\$50.00

Total Registration Fee AU\$90.00

Entry Fee per Event AU\$10.00

Entry Fee per Combined Event AU\$20.00
(Heptathlon, Decathlon, Pentathlon, Throw Pentathlon)



EOI'S FOR AUSTRALIAN TEAM MANAGER

2019 OCEANIA MASTERS CHAMPIONSHIPS, MACKAY, QUEENSLAND

AMA is seeking Expressions of Interest from those wishing to be considered for selection as Australian Team Manager for the Oceania Masters Championships. The Championships will be held from the 31 August, 2019 to the 7 September, 2019 in Mackay, Queensland.

All EOI's must address the essential and desirable roles and responsibilities below and be forwarded to:

STEVE MCGUGAN

AMA VICE PRESIDENT via email:

vicepresident@australianmastersathletics.org.au

To be received by:

22 FEBRUARY, 2019.

AMA TEAM MANAGER SKILL REQUIREMENTS:

Essential

- Strong interpersonal skills including the ability to effectively liaise with athletes, officials and administrators;
- Strong organisational skills;
- Strong communication skills (oral and written);
- Familiarity with required software programs, applications and possession of suitable devices;
- Knowledge of or the ability to acquire knowledge of the ANQ and IAAF competition and championship rules (including differences) as well as Local Organising Committee competition rules and requirements;
- Knowledge of AMA relay and team selection procedures and other relevant Constitutional articles and By Laws;
- Knowledge of relevant AMA policies including:
 - Anti-Harassment Discrimination Policy;
 - Privacy Policy; and
 - Code of Conduct.

Desirable

- Previous experience in Team Management;
- Current involvement/membership of Athletics in Australia.

2019 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 2018)	Payment prior to 1/1/19	Payment from 1/1/19
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. 03 5941 9442).

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.. 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 Mike Clapper	Leedsfan2@optusnet.com mikeandjo52@gmail.com	9555 4226 0419 993893
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/ Noble Park	Alan Bennie Anthony Doran	alanbennie@optushome.com.au anthonyjdoran@y7mail.com	9547 2978 0425796740
Throwers	Graeme Rose Ken Priestley	grarose@yahoo.com knjoy@bigpond.net.au	9836 2350 0417 134 601
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 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	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	peterттhorne@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	0418333569	dicko@iinet.net.au
	Leanne Monk	0402083445	blmonk1@optusnet.com.au
	Rob Mayston	0437 487 277	rob.mayston@worleyparsons.com
Chair Melbourne2019 LOC	Rob Mayston	0437 487 277	rob.mayston@worleyparsons.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	0418333569	dicko@iinet.net.au
Around The Grounds	Russ Dickenson	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