

FOOTPRINTS

FEBRUARY/ MARCH
2020

**AND YES SIR, JUST LIKE ELIUD KIPCHOGE, YOU
CAN RUN A SUB 2 HOUR MARATHON IN THESE
NIKE VAPORFLYS**



BENDIGO - GOLD TOWN (NO DIGGING REQUIRED)

THE NATIONALS IN BRISBANE

THE PENTATHLONS

**HEATHER CARR NOMINATED FOR WMA ATHLETE
OF THE YEAR**



As we said in the last edition, the Vic Champs this year are to be held in Bendigo. The guys at Bendigo do a great job with the AMA/VMA Multis and we thought we'd give them a try. The facilities there are great and they have just got lights installed so, if needed, we can go late. This is an opportunity to have a weekend away, and to tune up for the Nationals which will be held in Brisbane over Easter.

Every year World Masters Athletics awards Male and Female World Athletes of the Year as well as awards in the various categories - sprints, throws etc. Australia has done incredibly well in these awards over the years, as has Victoria with Andrew Jamieson (2007, 2016) and Lavinia Petrie (2014) both winning the major award. This year Heather Carr has been nominated as Athlete of the Year and in the Female Walk category. She must stand an excellent chance. Andrew Wilcox has been nominated in the Sprint category based on his 400m win in World Indoors in Torun.

Not that it will affect the above, but Heather has been busy breaking the W70 3000m walk World Record lately and is in great form considering her injury and surgery problems. Also going great guns is Kelly Ruddick who broke her own W45 record also over 3000m. Kelly is still very competitive in open company.

Sundays are Fun Days and this is the case with March 1. It's the 2019 VMA T&F Pentathlon at Duncan McKinnon Reserve and believe me, this day is a lot of fun. We have some serious competition but you can go in this event and enjoy it even if you're not totally proficient in all the events. And, of course, we need helpers. Contact me 0418333569 or Tony Bradford 0447139202.

Also as a warm up for the Nationals, there's the VMA Throws Pentathlon, again at Duncan Mac. That's the Sunday after the Vic Champs.

Plenty to do. And save the 14th May. That's the club 3000m followed by the AGM.
Mmmm PIZZA !!!

Enjoy the blue skies,

Russ Dickenson

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AMA has negotiated one year's free access to world rankings for all members who rejoin VMA by February 28, 2020. This is the link <https://www.mastersrankings.com/rankings/>
We have sent them a list of email addresses for those who have renewed or newly joined and that email address will be your password.

2020 VMA MEMBERSHIP IS STILL OPEN

**JOIN BEFORE
28 FEB**

[CLICK HERE](#)

ONLINE or PAPER (P.37)

MASTERPIECES

Correction - In the Melbourne marathon results I incorrectly had Neville Gardner out of a medal in the M70 age group. In fact he should have been in the M75 group winning bronze.



Entries now open
2020 World Championships.

[REGISTER HERE](https://wmatoronto2020.com/registration/)

<https://wmatoronto2020.com/registration/>

Entries now open
2020 AMA championships.
[REGISTER HERE](#)



What's On

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

2020

- | | |
|---------------|---|
| February 5 | Andy Salter Relay - <i>Springvale Venue</i> |
| February 16 | 2020 VMA 5000m Walk Champs - <i>Mentone Track - Flyer in this issue - Enter on Day</i> |
| February 19 | Neighbours Night - <i>Aberfeldie Venue - For Aberfeldie, Coburg, C'wood & Donc. Venues</i> |
| March 1 | VMA T&F Pentathlon - <i>Duncan McKinnon Reserve - Entries now open</i> |
| March 14-15 | 2020 VMA T&F Championships - <i>Bendigo</i> |
| March 22 | VMA Throws Pentathlon - <i>Duncan McKinnon Reserve - Entry Form this issue & online</i> |
| April 10-13 | 2020 AMA Championships - <i>Brisbane - Entries now open</i> |
| May 14 | 2020 VMA 3000m Championship - <i>Duncan McKinnon Reserve - followed by AGM</i> |
| May 24 | AMA Half Marathon - <i>Perth</i> |
| July 5 | AMA Marathon Championship - <i>Gold Coast - https://goldcoastmarathon.com.au/enter/</i> |
| July 20-Aug 1 | World Masters Athletics T&F Championships - <i>Toronto - www.wmatoronto2020.com/</i> |
| August 16 | VMA Winter Throws Pentathlon - <i>Duncan McKinnon Reserve - 12pm start</i> |
| August 30 | 2020 AMA 20k Walk Championship - <i>Adelaide</i> |
| Oct 3-5 | 2019 AMA Winter Throws Championships - <i>Wollongong</i> |
| Oct 10-17 | Alice Springs Masters Games |

2021

- | | |
|-------------|--|
| Jan 17-23 | 2021 Oceania Masters T&F Champs - <i>Norfolk Island - www.oceaniamastersathletics.org</i> |
| April 6-13 | WMA Indoor Championships - <i>Edmonton, Canada</i> |
| April 10-13 | 2021 AMA Championships - <i>ACT</i> |

2022

- | | |
|--------------|---|
| August 17-27 | World Masters Athletics T&F Championships - <i>Gothenburg, Sweden</i> |
|--------------|---|

MASTERPIECES

EAGLEHAWK marked a hat-trick of overall team championships at Monday's finale to Athletics Victoria's Country Championships at Geelong's John Landy Field.

A highlight was the awarding of the Athletics Chilwell male veteran award to Eaglehawk's Terry Hicks.

Coach of many in the Hawks' squad and the general manager for Athletics Bendigo, Hicks starred in many track and field disciplines for the 60-plus class as "team first" and "have a go" are keys to his and the club's success.



Are you doing the Vic Masters Champs this year ?

Absolutely. But I like to just do my events and go. I know I should probably stick around and help out but.....



Two Months later :
How did the Vic Masters Champs go ?

Great, but I can't believe it. The long jump took forever. They had this one old guy - must have been 75 - doing the raking on his own.



Your Club
Your Responsibility

MASTERPIECES

Neighbours Night bobs up this year at Aberfeldie. This is the type of event we should have more of. Aberfeldie, Coburg, Collingwood and Doncaster all field teams to compete in the Barb Dalgleish 4 x 200 Relay.

When : 19th February 2020

Where : Aberfeldie Track



The Ladies from the AMA/VMA Heptathlon Championships in Bendigo. (Front L-R) Amy Cooper, Renee Drysdale, Rhiannon Lester, Lee-Anne Nelson and Vicki Townsend. (Back) Louise Davey, Marge Allison, Kathy Heagney, Leah Langtree,

MASTERPIECES

NEWS FROM EAST BURWOOD

Christmas at East Burwood The weather was mild for our Christmas party so we were able to set up the tables and chairs on the track to dine al fresco. Everyone contributed to the dinner, but special mention goes to Anita and Gerald Burke for organizing the meat and salads. It was great to see Dorothy Maxwell come back for a visit. Ashley Ryan and Stuart Handasyde entertained us with some songs and carols.

We still had a programme of events. There were two heats of the 60 m. The first was won by Andrew Close in 9.0, and the second by Corey Robinson in 7.5. Corey also won the 400 m in 58.4. Perry Birkett ran 68.2 and won the N.O.T prize only 0.8 s off his nominated time. Ros Lording won the 800 m walk in 4:52, but Brian Tait won the NOT prize guessing his time in less than 2 seconds. There were fourteen starters in the 100 m handicap, so there had to be two heats. Andrew Close won the first and Chris Robinson won the second. The programme finished with a 10 or 20 minute run and walk. Perry ran 2.42 km in 10 minutes, and Geoff Wheeler ran 4.2 km in 20 minutes.

The East Burwood 100 m Age Graded Championship The distance runners and walkers have plenty of handicaps, series and a few age-graded championships, so it was decided to give the sprinters a go. In 2019 we had the inaugural East Burwood Age Graded 100 m Championship. There was great excitement as ten starters lined up across the track. At 83, Shirley Coppock was the front marker and had a convincing win. Another octogenarian, Allan Wood was second, and Donna Clarke was third.

Frank Tutchenor 5000 m Handicap Series The places in the last round were going to determine the medals in the series. Michelle Quan had a great run to finish in 24:20 just one second of the fast finishing Stephen Day, whose time was 20:31. The ever consistent Geoff Wheeler was third with 24:35. The series winners were Michelle Quan whose one second win over Stephen gave her the series victory. Stephen was second, and Geoff Wheeler finished third.

Spring 3 km Handicap Series Christine Robinson took advantage of her front marker status in the third round to win with a time of 16:17. Stephen Day was the back marker and came second with 12:14. Perry Birkett was third with 12:29. In the final round the handicapper threw a challenge to Stephen that he would break twelve minutes. Stephen grabbed the challenge with both hands to run 11:50 and come first on handicap, which gave him the series victory. Leonie Gillies' consistency paid off coming second in the last round with 18:12, and she was second in the series. Perry Birkett ran 12:25 to finish third. Sam Defanis finished third in the series.

Walk 800 m NOT Series The beauty of this series is that anyone, irrespective of his/her ability, has a chance to win, and so it was this time. Brian Tait was the winner with consistent predictable walking over the four rounds. Gerald Burke was second, and Leo Watson was third.

Walk 1200 m Handicap Series In the third round Worsnop just pipped Gerald Burke and Donna Clarke on the finish line. In the final round Melanie Bissett was the winner, with Leonie Gillies second and Brian Tait third. The series was won by Leonie Gillies, just ahead of Worsnop and Brian Tait.

Leo Coffey, holder of the 85-89 state record for the 60 metres sprint, hopes for a national record when he turns 90 in February. He has run 12.3 and 12.7 and 12.5 so far in 2020, just a few tenths of a second off the record.

Gwen Davidson Memorial 100 m Handicap Then Gwen Davidson Handicap is a highly sought after prize at East Burwood. Sprinters are keen to have their names engraved on the perpetual trophy. There is a series of heats to select those who will compete in the final. The first heat was won by Leo Watson off 40 m, beating Leo Coffey, also off 40 m. Toni Matters was third off 19 m. The handicapper will be having a good look at the results, and no doubt there will be some adjustments made for the second heat.



Al Fresco Christmas Breakup

MASTERPIECES

NEWS FROM EAST BURWOOD

800 m Walk Handicap Series Jack Fredrickson, well known for his supervision of the field events, started the first round of this series with a good win over two of the back markers, Grant Murfett and Kevin Cassidy.

Super Summer Sizzling 3 km Spiral Handicap What a great idea! Only run 7 laps for the 3 km instead of 7 ½ laps. There is a catch of course: start in lane 2 and move out a lane on each lap. Jack Durrant got the idea and had a good win in the first round with 15:25, well ahead of Stephen Day (11:58), Leonie Gillies (18:04) and Paul Earle (13:24).

Australia Day at East Burwood We also had a celebration for Australia Day with lots of Australian flags and athletes dressed in all sorts of green and gold attire. Being multicultural we also acknowledged the Chinese New Year. Of course we had dogs eyes (meat pies) and dead horse (tomato sauce) for supper with mini pavlovas and lamingtons (apologies to the Kiwis - well not really as WE did invent them). Shirley Coppock and Christine Robinson did a great job decorating the shed. Thanks to Mel Bissett for the special prizes including a boomerang, which I am expecting to come back next week.

As well as eating we had some events. Christine Robinson won the first heat of the 60 m in 9.6, and Andrew Lyon won the second heat in 9.3. Stephen Day won the first heat of the 400 m in 79.8, and Perry Birkett won the second heat in 69.8. Zac Matters won the 1500 m walk, and Stephen Day won the 150 m in 22.1. Bernie McLaughlan ran 2000 m in 10 minutes, Perry Birkett ran 3510 m in 15 minutes, and Stephen Day ran 4700 m in 20 Minutes. Toni Matters won the discus with 29.12 m.

Come and join in the fun on Thursday evenings at the East Burwood reserve on Burwood Highway.

Christopher Worsnop

Noted distance runner Paul Durrant



*Nice to have an Olympian around the place.
Brooke Stratton with Dorothy Maxwell*



MASTERPIECES

NEWS FROM COBURG

On December 25th 2019 ex Coburg Venue Manager Neville Wilson celebrated his 90th birthday. Neville commenced as Venue Manager alongside George Goode in 1999 and finished in early 2018.

Neville is still a regular attendee at Coburg on a Thursday night and remains Chief Time-keeper and Treasurer.

Coburg celebrated his birthday in early December to coincide with the Annual Pudding Gift Night.

Neville remains fit and active and before being presented with a new stopwatch he pumped out 10 push ups.

Paul O'Neill - Venue Manager



MASTERPIECES

Police are appealing for information and are urging the public to take extra care after homemade spikes were found scattered across a running trail in Lake Macquarie yesterday.

Officers from Lake Macquarie Police District were called to Alexanders Trail in Lake Macquarie State Conservation Park at Bolton Point, near Toronto, about 12.40pm (Monday 20 January 2020), when a runner found the devices.

Officers have been told the man was running the trail about 11.40am when he noticed a pile of leaves piled in the middle of the track.

Hidden in the leaves the man found wine corks with nails protruding from them, similar to historic weapons known as 'caltrops'.

The man continued along the trail and found a further two piles hiding more spikes.



Queensland Masters Athletics needs you to be a team player on 22nd and 23rd February.

That is the weekend for the QMA Decathlon and Heptathlon Championships. Last year QMA put some teams together for the dec and hep and we want to do it again.

Men and women can choose to do either the decathlon or heptathlon as an individual.

Alternatively be part of a team and do some of the events with a maximum of four people in the decathlon team or a maximum of three in the heptathlon team.

Decathlon: 100m, Long Jump, Shot Put, High Jump, 400m, Sprint hurdles, Discus, Pole Vault, Javelin, 1500m

Heptathlon: Sprint Hurdles, High Jump, Shot Put, 200m Long Jump, Javelin, 800m

Please say yes and also talk a few of your friends into taking part or even make up your own team (team members can come from different age groups).

Email Wilma if you plan to compete in the individual decathlon or heptathlon

Email Wilma the events you are willing to do for a team. (those events you are happy to do and even a couple of extra events if really needed by your team)

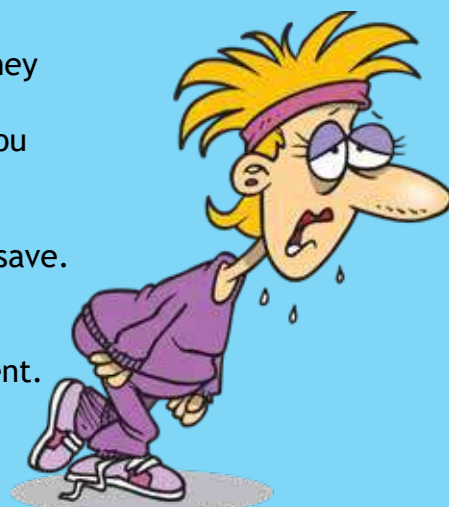
Email other masters and encourage them to be part of a team - especially if they can run a 400m or 1500m, hurdle, high jump or pole vault.

I look forward to hearing from you soon or at the latest by 15th February.

Yours in Athletics, Wilma wilmaperkins@me.com

THE ADVANTAGES OF BEING A SLOW RUNNER

1. You can drink while you're still running and not spill a drop.
2. In an out and back race, you can tell how everyone went, as they all come back past you in probable finishing order.
3. There's every chance the cool change will have come before you finish.
4. Most of your friends have already gone to the pub by the time you finish (or the pubs have closed). Think of the money you save.
5. You get a better tan.
6. You will look slimmer at the back of the field. (Think about it)
7. You won't be buzzed by magpies as they won't detect movement.
8. Much less wear and tear on your shoes going slowly.
9. You can do your warm up and cool down during the run.



Dicko

Healthy, active adults wanted...

Active Ageing Study

We will be conducting a study to determine the effects of different nutrition and exercise interventions on muscle mass, strength and performance in older adults.

Participants: Active older adults (50 years or over)

- Free from chronic disease
- Non-smokers
- Physically able to undergo exercise testing
- No milk or dairy allergy or intolerance
- Able to commit to a 3-month food and exercise intervention trial
- Able to attend our laboratory in Notting Hill, Melbourne (near Monash Clayton)

Benefits of taking part in this study:

- Individual results from a full fitness assessment (submaximal VO2 test and Resting Metabolic Rate)
- Individual anthropometry (muscle mass/body fat and bone density) from a DEXA scan
- Contributing to novel dietetic research

For more information contact Zoya: 0423 714 999 or zoya.huschtscha@monash.edu

This study has been approved by the Monash University Human Research Ethics Committee - ID 12812

THE 2020 VICTORIAN MASTERS ATHLETICS T&F CHAMPIONSHIPS

MARCH 14th & 15th

BENDIGO ATHLETICS TRACK,
RETREAT ROAD, BENDIGO

Online entries only. Through Athletics Victoria website

[ENTRIES NOW OPEN](#)

[DRAFT TIMETABLE](#)



Kiwi great, Peter Snell, who passed away in December 2019



CLYDE' S NEW RECORDS REPORT

Pending World Records:

M45	Decathlon	Paul Jeffery	WA	7867pts	-	24-11-19	Perth
W70	3k Walk	Heather Carr	Vic	17:58.1	90.5%	27-11-19	Keilor
M65	50k Walk	Colin Heywood	NT	5:05:34	85.9%	1-12-19	SouthYarra
W70	3k Walk	Heather Carr	Vic	17:50.6	91.2%	11-1-20	Frankston
W45	3k Walk	Kelly Ruddick	Vic	13:11.6	95.6%	11-1-20	Ballarat

Australian Records:

W80	56lb Weight	Nola de Chazel	ACT	1.10m	-	28-9-19	TurnerACT
M75	100lb Weight	Ray Green	ACT	2.45m	-	26-10-19	TurnerACT
M60	Super Weight	Lajos Joni	Qld	8.40m	-	16-11-19	SAFNathan
M70	Super Weight	Bob Banens	ACT	8.32m	-	17-11-19	Turner ACT
W40	50k Walk	Tracy Feiner	Vic	4:59:44	87.1%	1-12-19	South Yarra
M45	Weight Throw	Ricard Meiring	NSW	16.91m	76.7%	12-12-19	Woden ACT
W50	60m	Julie Brims	Qld	7.98s	103.4%	21-12-19	SAF Nathan
W50	100m	Julie Brims	Qld	12.39s(=)	102.0%	23-12-19	SAF Nathan
W50	200m	Julie Brims	Qld	25.49s	103.1%	23-12-19	SAF Nathan
W75	80m Hurdles	Marge Allison	Qld	18.71s	100.2%	4-1-20	Bendigo
W75	High Jump	Marge Allison	Qld	1.12m(=)	99.1%	4-1-20	Bendigo
W75	Heptathlon	Marge Allison	Qld	5618pts	-	5-1-20	Bendigo
W70	2k Walk	Heather Carr	Vic	11:47.0	-	18-1-20	Ringwood
M70	2k Walk	Andrew Jamieson	Vic	10:28.3	-	18-1-20	Ringwood

Victorian Records:

M50	10k	Grant Simpson	33:11	90.7%	4-12-19	Aberfeldie
W70	2k Steeple	Heather Carr	11:38.8	83.0%	21-12-19	Box Hill

Clyde Riddoch - VMA Records Officer

40 Beauchamp Street, Preston Vic 3072

Telephone 03 9470 1490 (H), Mobile 0439 902 907, Email: clydeR@outlook.com.au

RESULTS - ILMARS MANCS DISCUS Handicap 2019

The Ilmars Mancs Trophy is awarded each year at the Christmas celebration following the Throws Pentathlon. To be eligible for the award you need to have recorded five discus performances over the calendar year.

		Handicap	Best Result	Total	Place
Clyde	Riddoch	22.63	30.91	53.54	1
Angela	Edwards	32.92	18.70	51.62	2
Roger	Glass	23.82	26.98	50.80	3
Narelle	Messerle	27.02	23.39	50.41	4
Astrid	Rose	35.36	14.88	50.24	5
Mark	Cauchi	20.38	28.61	48.99	6
Nick	Connell	12.32	36.60	48.92	7
Shane	Carstairs	4.54	44.25	48.79	8
Simon	Van Baalen	18.18	30.45	48.63	9
Jane	Kinsey	39.47	8.92	48.39	10
Dorn	Jenkins	24.29	23.38	47.67	11
Tom	Hancock	19.35	28.15	47.50	12
Didimo	Tonelli	24.69	21.65	46.34	13
Graeme	Rose	20.98	25.23	46.21	14
Judy	Pfanner	15.02	31.15	46.17	15
Stan	Peska	12.77	33.27	46.04	16

Will they speak like this in the
THE AUSTRALIAN PARLIAMENT 2040 ?



2020 VMA T & F PENTATHLON CHAMPIONSHIP

Sunday 1st 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

Entries Now Open : <https://www.registernow.com.au/secure/Register.aspx?E=37528>

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 2020 and wear their State uniform.

Further details: Tony Bradford – 0447 139 202

Closing date for T & F Pentathlon: Friday 21st February **Cost:** \$10

Late entry until 28th February: \$20. **No entries on the Day**

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

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

2020 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 Holywood 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: _____

2020 VMA 5000M WALK CHAMPIONSHIP

**SUNDAY 16TH FEBRUARY
DOLOMORE OVAL, MENTONE.**

WOMEN 8.30 START

MEN 9.15 START

ENTER ON DAY

**OTHER EVENTS
10.00 OPEN 5000/3000M
10.40 OPEN 1500M**



LINDSAY THOMAS MEMORIAL 2020

- Springvale/Noble Park venue

The 28th running of this event was held on Wednesday 29th January at the picturesque Brae-side Park. It was originally planned for the 15th but a late afternoon storm with lots of rain and lightning, as well as smoke haze, forced us to defer it in the interests of runner safety. In quite a contrast a very warm evening greeted the competitors which tested their stamina with at least a couple wishing they had only entered the 5 km instead of the 10 km. However for those who brought a picnic tea it was very pleasant when the sun had gone down and the last few didn't leave until it was dark.

Our total of 91 competitors was marginally down on last year but given the change of date at short notice it was a good turn up. There is often quite a number of junior members of the extended Thomas family and friends but with school starting the next day some opted not to attend. There were 53 Masters (from 11 venues and we thank them for their support) and 38 visitors. Hopefully next year the weather is kind to us and we can reach our benchmark of 100. When you add the officials and spectators we have a pretty full car park and a great atmosphere. There were 37 in the 10km event, 34 in the 5km run and 20 in the 5km walk. As a long standing event there are many familiar faces appearing year after year to support this event and this year there were some new faces. It is great to get their support and I know that Lindsay's widow Pam and family appreciate the large number turning up.

In the 10 km event, Shane Grund streeted the field in a very quick 35.37, almost 9 minutes ahead of the next finisher. There was a great battle for 2nd Master with Russell Dow getting home 1 second ahead of Dragan Isailovic. In the female division Michele Quan was a comfortable winner by just over a minute ahead of Vicki Bergman, repeating her effort from last year as first non Master. In the 5 km Jordan King, son and grandson of former Masters members, repeated last year's effort in being first home ahead of Master Rob Italia.. Helen Anderson first place in the female Masters again but beaten to the line by a visitor, Rosslyn Crosswell who is a multiple winner of this event. In the 5 km walk Pramesh Prasad again prevailed along with Kylie Irshad as first female.

Prize winners were as follows :

	Male		Female
10 km Masters	1. Shane Grund 35.37	1. Michele Quan 53.36	
	2. Russell Dow 45.38	2. Sarah Thorne 56.05	
	3. Dragan Isailovic 45.39	3. Erica Bedyne 58.05	
5 km Masters	1. Rob Italia 21.58	1. Helen Anderson 29.24	
	2. Barry Jeffs 25.28	2. Allison Devine 36.08	
	3. Will Sellick 26.25	3. Frances Halton 36.56	
5 km walk	1. Pramesh Prasad 26.17	1. Kylie Irshad 29.28	
	2. Kevin Cassidy 27.52	2. Heather Carr 33.11	
	3. Frank Prowse 33.49	3. Marnie Grace 34.20	
10 km run 1st 50+ (unplaced)	1. Chris Grafen 46.31	1. Ros Dyer 56.45	
10 km run 1st 60+ (unplaced)	1. Andrew Edwards 48.38		
10 km non Masters	1. Joe O'Laughlin 44.15	1. Vicki Bergman 54.51	
	2. Shea Durrington 44.29	2. Shelley Vellin 57.05	
	3. Riley Ulbrich 45.06	3. Debbie Tyler 57.44	
5 km non Masters	1. Jordan King 20.42	1. Rosslyn Crosswell 26.37	
	2. Alan Anderson 24.09	2. Elle Jeffs 28.49	
	3. Bradyn Woolridge 25.16	3. Sarah Herat 30.43	

Despite having to change the date it was again another successful running of this event. I am lucky to have a well trained crew at the Springvale venue who act as officials and provide supper and spot prizes. I thank them for their efforts and while I won't name them here they know who they are. There was a real social atmosphere after the event and it was great to see people enjoying themselves, so much so that some were reluctant to leave. They should have brought their camp stretcher – it would have been a good night to sleep under the stars.

I hope to see you all again next year at the same time – 3rd Wednesday in January, weather permitting. Encourage others to attend – family, friends etc. It is a good event and the course is flat in a pleasant environment. One first timer to the event commented to me after the run how much he enjoyed the course. 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.

Alan Bennie





The winners 10k - Michele Quan & Shane Grund



Shane Grund finishing as he started.



It is my newsletter after all



Rob Italia & Barry Jeffs



Marnie Grace, Kylie Irshad & Heather Carr





2020 VMA

THROWS PENTATHLON CHAMPIONSHIP

Sunday 22 March 10am start for first group

Venue: Duncan McKinnon Athletic Track

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

Online Entry : <https://www.registernow.com.au/secure/Register.aspx?E=37529>

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 2020 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 6th March

Cost: \$10

Late entry up to 13th March: \$20 **NO ENTRIES ON THE DAY**

Events:

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



2020 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 2020
C/o A & G Rose
71 Union Rd, Surrey Hills, 3127
(To arrive no later than closing date – 6th March 2020)

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: _____



2020 Australian Masters Athletics Championships Brisbane, Qld 10 April to 13 April

REGISTRATIONS ARE NOW OPEN

<http://www.brisbane2020nationals.com.au/register/>

FRIDAY 10TH	SATURDAY 11TH	SUNDAY 12TH	MONDAY 13TH
TRACK	TRACK	TRACK	TRACK
1500m Race Walk	200m (Hts and Finals)	400m (Finals only)	Sprint Hurdles (W30+)
10,000m	1500m	5000m	4 x 400m Relays
800m	Long Hurdles	Sprint Hurdles (M30+)	Track Pentathlon (M30+)
60m (Hts and Finals)	Steeplechase	4 x 100m Relays	4 x 100m Relays (Aust/WR Attempt)
100m (Hts and Finals)	5000m Race Walk	Track Pentathlon(W30+)	4 x 400m Relays (Aust/WR Attempt)
	Champ of Champions Sprint	4 x 100m Relays State 4 x 400 Relays State	4 x 800m Relays (Aust/WR Attempt)
		4 x 800m Relays	
FIELD	FIELD	FIELD	FIELD
Hammer (M30-74)	Hammer (W30+, M75+)		Weight Throw (M30+)
Javelin (M 30-74)	Javelin (W30+, M75+)	Weight Throw (W30+)	Discus Throw Champion of Champions (M30+)
Shot (W30+, M75+)	Shot Put (M30-74)	Discus Throw Champion of Champions (W30+)	Throws Pentathlon (W30+)
Discus (W30+, M75+)	Discus (M30-74)	Throws Pentathlon (M30+)	Triple Jump (W30+)
Long Jump (W30+)	Long Jump (M30+)	Triple Jump (M30+)	
High Jump (M30+)	High Jump (W30+)	Pole Vault (W30+,M30+)	
		OUT OF STADIA	OUT OF STADIA
		10km Road Walk	Cross Country



A Participation of Pacemakers

The recent sub-2 hour marathon by Eliud Kipchoge was achieved with the aid of 41 pacemakers rotating through the event.

Kipchoge does not attend the Glen Eira Masters venue but if he did he would discover that we are not short on pacemakers. Not, if I could put it this way, of the Kipchoge kind but of the thing implanted in your upper pectoral area kind. The Glen Eira Pacemakers are:

- Jim Berrington - the man who definitely did not let some health issues stop him. He recently completed the arduous 4 Peaks event. For most of us this is 4 peaks too many. Jim and his pacemaker do not have an off- button. Unbelievable!
- Jim Rountree - as I understand it, Jim needed a pacemaker due to his resting pulse being so low he was in danger of falling asleep and never waking up. He keeps sprinting just to know he is alive. Wonderful!
- Phil Urquhart - also in the low heart rate category. Bemused the medical world for some time because, 'you're not supposed to be that fit at your age'. A helpful pacemaker and several marathons later meant he was even fitter. Inspiring!
- Jim McClure - after some wretched health converted from distance running to the world of the sprints. The pacemaker was eventually thrown into the deal. The transition is most impressive with Jim being more than competitive. Didn't any medico tell Jim that at his age and medical history he was supposed to slow down not speed up? Remarkable!
- Peter McGrath - after serious health issues how Peter is still alive is anyone's guess. But did he hang up his jock-strap? No, no, no. He is back race-walking and doing what Peter has always done, that being making a grand contribution. Living legend!
- Tony Doran - A 15 year veteran of the pacemaker experience. He has managed to burn one out through running, walking, cycling and swimming. A word of warning in that the pacemaker originally did not kick in whilst Tony was swimming. A near-death experience was on the cards but Tony survived and keeps producing near-life experiences on a regular basis. Superb!

In my attempt to gain greater insight into the world of the pacemaker I encountered the following:

- Jokes about pacemakers are not necessarily appreciated. 'Can you get Classic FM on that thing?' was met with looks of disdain.
- Serious questions can invoke a reaction of shock-horror. Do not ask, 'Oh by the way, what happens if the battery runs out?'
- Questions of the pacemaker's operation in, let's say, the more intimate areas of life, are best avoided. Answers range from the curt, 'None of your business mate' type to the, 'Far too much information' variety. Honestly, I don't know which was worse.
- If you are alarmed by the number of Jims in the list above and you don't want a pacemaker perhaps a name change by Deed Poll would be advisable.
- If you think a pacemaker might be just the thing for you, alas, there is no pacemaker shop and even eBay does not list them (Should we have a recycle depot for no longer needed pacemakers?). However, a dodgy website www.diypm.org.uk has some interesting products complete with razor blades, needle and thread and antiseptic for installation purposes.

If the Glen Eira venue is any gauge then having a pacemaker is not a reason for Masters athletes to give up, have a panadol and a lie down or simply to start bemoaning life. 'Just get on with it', seems to more aptly apply. I suggest it is fair to conclude that the addition of a pacemaker to one's anatomy is not the end of the world. I am sure members of the group above have had to deal with the odd demon here and there but clearly there is a wonderful, 'I won't let this stop me' approach.

With this in mind I attempted to come up with a collective noun for a group of pacemakers and I decided that a Participation of Pacemakers was more than apt hence the title to this missive. Ultimately participation is what it is all about despite whatever adversity one faces. For this moment I applaud and commend to all a Participation of (the) Pacemakers.

Chris Brown

Glen Eira Masters

A Participation of Pacemakers



L to R Jim Rountree, Jim Berrington, Jim McClure, Peter McGrath, Tony Doran, Phil Urquhart



PHONE CALL : ME TO PHIL URQUHART

ME : Hi Phil, Any applicants for the Secretary and Treasurers positions ?

PHIL : No, nothing yet.

ME : How about we re-name the positions C.E.O and C.F.O ? Sounds more glamorous.

PHIL : (long silence) Let me think about it.

ME : OK, talk later. (hangs up)

PHIL : (To partner, Lorraine) If Russ calls back, I'm out.

LORRAINE : Today ?

PHIL : Always !

This is the list of nominations for the WMA Athletes of the year. You will see Heather Carr in the Womens overall and Andrew Wilcox in the Mens Sprints. The other Aussies are Margaret Saunders, Lenore Lambert, June Lowe, Vicki Townsend, Allen Mayfield (Overall Male & Mid Distance), Trevor Scott, Phillip Rowlands and Andrew Millerd.

2019 WMA BEST MASTERS NOMINATIONS WOMEN

OVERALL

Soumaya Bousaid	W35	TUN
Dedeh Erawati	W40	INA
Neringa Jakstiene	W55	USA
Karla Del Grande	W65	CAN
Ana Giuffra	W65	URU
Heather Carr	W70	AUS
Evaun B. Williams	W80	GBR

JUMPS

Mariette Botha	W35	RSA
Somayehsadat Shamsgolpayegani	W37	IRI
Lenore Lambert	W45	AUS
Petra Bajeat	W50	FRA
Neringa Jakstiene	W55	USA
Conceição Aparecida Geremias	W60	BRA
Rietje Dijkman	W80	NED

SPRINTS

Charity Wandia	W40	KEN
Dedeh Erawati	W40	INA
Karla Del Grande	W65	CAN
Sheryl Gower	W70	NZL
Riet Jonkers-slegers	W75	NED
Sumiko Yamakawa Imoto	W 80	BRA

THROWS

Rebecca Kerubo	W35	KEN
Wang Dan	W37	CHN
Cristine Neher	W50	BRA
June Lowe	W60	AUS
Myrle Mensey	W70	USA
Evaun B. Williams	W80	GBR

MIDDLE DISTANCE

Soumaya Bousaid	W35	TUN
Anne Gilshinan	W55	IRL
Clare Elms	W55	GBR
Lyubov Komkova	W56	KAZ
Margaret Saunders	W65	AUS
Ana Giuffra	W65	URU
Sabra Harvey	W70	USA

COMBINED EVENTS

Neringa Jakstiene	W55	USA
Vicki Townsend	W55	AUS
Rosa Escribano	W60	ESP
Sumiko Yamakawa	W80	BRA

LONG DISTANCE

Clare Elms	W55	GBR
Anamaria Del Pilar Solis Esca	W55	PER
Najet Slimane	W60	TUN
Liz Schad	W60	CAN
Christine Adamson	W60	NZL
Mariko Yugeta	W61	JPN

RACE WALKS

Esmeralda Rocha De Souza Bagur Tria	W50	BRA
Kris Kozell	W65	CAN
Mary Schippers	W70	RSA
Noel Blatchford	W70	GBR
Heather Carr	W70	AUS

2019 WMA BEST ATHLETES NOMINEES

MEN

OVERALL

Adel Hfaiedh	M35	TUN
Ian Richards	M70	GBR
Allan Mayfield	M70	AUS
Takumi Matsushima	M85	BRA
Earl Fee	M90	CAN
Sawang Janpram	M99	THA

JUMPS

Marcus Vinicius Medina	M45	BRA
Antonio Palacios	M50	USA
Anouar Ouslati	M60	TUN
Stephen Burden	M60	NZL
Wolfgang Ritte	M65	GER

SPRINTS

Vincent Mumo	M35	KEN
Sadegh Mazaheri	M36	IRI
Andrew Wilcox	M50	AUS
Donald Brown	M55	GBR
Charles Allie	M70	USA
Yoshiyuki Shimizu	M90	BRA

THROWS

Pondo Joshua	M55	KEN
Quenton Torbert	M65	USA
Phillip Rowlands	M70	AUS
George Mathews	M75	USA
Carmelo Rado	M85	ITA
Lu Keqiang	M86	CHN
Francisco Grandon	M90	CHI

MIDDLE DISTANCE

Adel Hfaiedh	M35	TUN
Paul Osland	M55	CAN
Sergey Polikarpov	M61	KAZ
Joe Gough	M65	IRL
Omar Clok	M65	URU
Allan Mayfield	M70	AUS

COMBINED EVENTS

Andrew Millerd	M55	AUS
Rolf Geese	M75	GER
William Jankovich	M85	USA
Takumi Matsushima	M85	BRA

LONG DISTANCE

Bouazid Lotfi	M50	TUN
Said Boudalia	M50	ITA
Jerry Kooymans	M60	CAN
Trevor Scott	M60	AUS
Rolando Carabajal	M60	ARG
Sergey Polikarpov	M61	KAZ

RACE WALKS

Boudhiba Karim	M40	TUN
Jerry Edson Da Costa	M50	BRA
Jose Luis Lopez Camarena	M65	MEX
Peter Fox	M65	NZL
Ian Richards	M70	GBR

RESULTS - 2020 AMA & VMA MULTI-EVENTS CHAMPIONSHIPS

LaTrobe University Bendigo Athletics Complex

Held 4-5th January



Talk about about "Two seasons in one weekend".

(Is that a song title ?)

We all expected very hot weather in Bendigo, but on the Saturday we got high 30's instead of the usual 40+. What we



didn't expect was a freezing, drizzly day on the Sunday. Still, the athletes endured it all and we ended up with some excellent performances. None better than that of Queensland's Marge Allison, who on the way to setting a new W75 Australian Record for the Heptathlon itself, set new Australian Records for the Hurdles and High Jump. It was great to have the "interstaters", Marge, Lee-Anne Nelson and Vicki Townsend as well as all the "country kids" - Renee, Amy, Leah, Conrad, Nick, Dave and Doug.

Men Decathlon Masters 40-44

	Points	100	LJ	SP	HJ	400	110H	DT	PV	JT	1500
1 Baker, Cameron Box Hill		12.58	5.03m	7.20m	1.50m	59.07	19.54	24.99m	3.40m	31.37m	6:15.38
		2.9	2.9				3.6				
	4553	(641)	(477)	(367)	(441)	(588)	(466)	(416)	(525)	(357)	(275)

2 Oberholzer, Conrad Ballarat Harriers		12.16	4.46m	8.27m	1.59m	57.01	20.20	25.46m	NH	31.36m	6:00.25
		2.9	1.4				3.6				
	4227	(721)	(356)	(438)	(512)	(668)	(411)	(426)	(0)	(357)	(338)

3 Newman, Alex Victorian Masters Athletics		12.59	4.33m	10.04m	1.38m	61.78	25.76	31.32m	3.20m	31.57m	6:38.21
		2.9	2.0				3.6				
	4012	(639)	(328)	(557)	(345)	(491)	(80)	(553)	(467)	(360)	(192)

Men Decathlon Masters 45-49

1 Watson, Simon Box Hill		12.51	4.68m	8.21m	1.53m	55.58	19.46	26.22m	3.20m	32.31m	5:15.12
		2.9	3.1				3.6				
	5605	(728)	(461)	(478)	(528)	(799)	(543)	(496)	(527)	(411)	(634)

Men Decathlon Masters 50-54

1 Foley, Nick Bellarine		13.55	5.00m	11.11m	1.45m	65.13	18.76	35.78m	3.20m	37.47m	6:42.01
		1.4	1.2				1.5				
	5491	(614)	(617)	(668)	(528)	(520)	(522)	(595)	(595)	(530)	(302)

2 Chisholm, Dave Victorian Masters Athletics		12.72	4.89m	8.56m	1.42m	58.85	18.66	23.39m	1.60m	31.07m	DNF
		1.4	1.4				1.5				
	4503	(763)	(587)	(487)	(496)	(746)	(531)	(346)	(132)	(415)	(0)

3 Cobbledick, Doug Victorian Masters Athletics		13.98	3.99m	10.59m	1.42m	80.34	21.76	24.10m	2.10m	29.69m	DNF
		1.4	5.6				1.5				
	3452	(541)	(363)	(631)	(496)	(131)	(282)	(360)	(257)	(391)	(0)

Men Decathlon Masters 65-69

	Points	100	LJ	SP	HJ	400	100H	DT	PV	JT	1500
1 Riddoch, Clyde Victorian Masters Athletics		18.93	2.98m	7.65m	1.09m	95.87	DNF	30.24m	1.30m	20.89m	7:40.11
		1.4	3.9								
	2764	(147)	(294)	(510)	(396)	(50)	(0)	(567)	(142)	(336)	(322)

RESULTS - 2020 AMA & VMA MULTI-EVENTS CHAMPIONSHIPS

Women Heptathlon Masters 30-34

	Points	100H	HJ	SP	200	LJ	JT	800
1 Drysdale, Renee		22.01	1.33m	7.14m	32.21	3.96m	14.09m	2:57.93
Victorian Masters Athletics		-0.7			-4.3	2.1		
	2141	(156)	(439)	(344)	(338)	(299)	(180)	(385)
2 Cooper, Amy		22.04	1.21m	6.14m	33.26	3.30m	13.66m	3:29.27
Victorian Masters Athletics		-0.7			-4.3	3.4		
	1507	(154)	(321)	(280)	(278)	(161)	(172)	(141)

Women Heptathlon Masters 40-44

	Points	80H	HJ	SP	200	LJ	JT	800
1 Lester, Rhiannon		15.04	1.30m	7.91m	29.61	4.25m	24.90m	3:43.87
Victorian Masters Athletics		-1.9			-3.2	2.1		
	3209	(509)	(544)	(450)	(657)	(482)	(450)	(117)
2 Langtree, Leah		24.79	1.12m	6.49m	37.40	3.27m	14.52m	3:49.43
Victorian Masters Athletics		-1.9			-3.2	3.5		
	1426	(0)	(340)	(348)	(194)	(227)	(227)	(90)

Women Heptathlon Masters 45-49

1 Nelson, Lee-Anne		17.47	1.24m	8.96m	29.62	3.88m	25.07m	2:49.13
Queensland Masters		-1.9			-3.2	1.4		
	3843	(384)	(555)	(575)	(745)	(443)	(501)	(640)

Women Heptathlon Masters 50-54

1 Davey, Louise		34.05	1.06m	5.76m	36.27	3.00m	12.25m	3:58.35
Collingwood Harriers		-2.0			-4.3	1.1		
	1770	(0)	(399)	(352)	(396)	(254)	(217)	(152)

Women Heptathlon Masters 55-59

1 Townsend, Vicki		15.16	1.27m	10.55m	32.48	3.52m	17.90m	4:01.13
New South Wales Masters		-2.0			-4.3	3.8		
	4227	(811)	(783)	(824)	(725)	(482)	(400)	(202)

Women Heptathlon Masters 65-69

1 Heagney, Kathryn		DNF	0.88m	5.33m	35.38	3.18m	12.11m	3:18.30
Victorian Masters Athletics					-4.3	2.3		
	3301	(0)	(491)	(454)	(738)	(543)	(326)	(749)

Women Heptathlon Masters 75-79

	Points	80H	HJ	SP	200	LJ	JT	800
1 Allison, Marge		18.71	1.12m	6.59m	36.54	2.69m	10.53m	3:49.41
Queensland Masters		-2.0			-4.3	1.5		
	5618	(1077)	(1119)	(666)	(988)	(565)	(364)	(839)

VALE MIKE JOHNSON - 6.8.21 - 16.1.20

As a personal friend, and particularly on behalf of his many admirers and athletics friends at his Mentone Venue, I would like to take this opportunity of extending our deepest thoughts to Mike's family, Mary and Ian, Mike and Frances, Leo and Bernadette.

A truly remarkable VMA Legend and despite his wealth of world class performances over more than two decades Mike remained a quite unassuming achiever who was widely regarded as the typical unsung hero of Masters Athletics in Australia.

Mike Hall

As a tribute to Mike we have reprinted the "Legends" article we published in Footprints on June 2014

V.M.A. Legend Mike Johnston *article by Mike Hall.*

In recent years the common sight of a tall, distinguished, solitary figure repeatedly circling the Mentone Athletic Track on most days of the week has become almost part of the scenery for local residents and frequent passers by.

Some casual observers when told the gentleman in question, Mike Johnston, was almost 90 years of age, are in fact simply astounded, as his appearance and athleticism suggest someone of at least thirty years younger.

Regularly on most days, Mike could be seen going through his paces in an arduous series of repetitions, always striding for perfection.

For Mike, a retired accountant, new goals were continually set out in the orderly manner of his earlier professional life.

He would regularly demonstrate to a calculating degree various ways and means of improving his technique and speed. Ageing processes may slow the reactions and lessen the strength of most mere mortals, but certainly not in the case of this remarkable athlete.

A quiet unassuming achiever to some, Mike Johnston is widely regarded as the typical unsung hero of Masters Athletics.

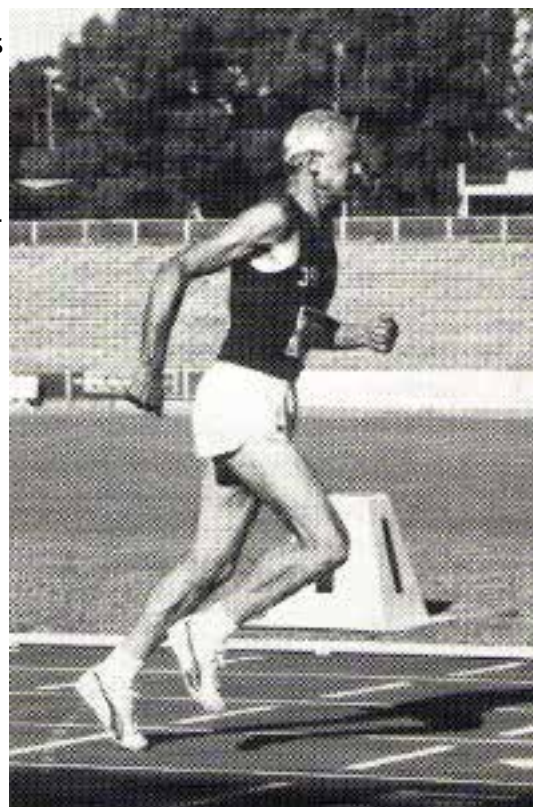
As an enthusiastic sixteen year old, he joined the Chelsea Athletics Club only to have a promising future interrupted by the outbreak of World War 2 in 1939. However, following the war years he resurrected his activities with the club, regularly competing at Inter Club and also becoming Secretary until 1950, when he once again hung up his spikes and opted for a more sedentary existence.

After almost thirty years of relative inactivity, a chance meeting with Peter Colthup saw Mike take the step - even though somewhat hesitantly - that would ultimately change his whole lifestyle. At the ripe old age of 65 he cautiously accepted Vic Vets membership No.396 and never looked back.

So for a man who at the time was preparing for a more gentle lifestyle, he soon found himself happily trailing his new found peers in a variety of arduous middle distance events at the Mentone Venue every Wednesday. A far cry from his youthful years as a sprinter. Fortunately for Mike, he firmly believed his gradual transition from a sedentary existence to one of more exhaustive physical efforts has been the main reason for his amazing longevity.

In retrospect, this proved to be an excellent basis for enjoying continued participation to the elite level for so many years.

His Pentathlon achievements alone in the past have been consistently remarkable to say the least, after capturing the Bronze medal at the first attempt at the 1986 Nationals in Adelaide, he then proceeded to make the event his private property by winning the M65 title in each of the five successive years to 1991.



V.M.A. Legend Mike Johnston *article by Mike Hall.*

In the same five years period he was virtually unbeatable capturing fifteen individual sprint and jump titles as well as many medals in other events.

On the World scene, Mike ranks the Melbourne 1987 and Eugene 1989 Games as the pinnacles of his illustrious career. 1987 however, was in fact a time of highs and lows as a serious achilles tendon injury threatened to derail his competition completely.

After reluctantly scratching from both the 100 metres and long jump earlier, he sought ultrasound and ice treatment, in sheer desperation. It is now history, that in typical “true grit” fashion, Johnston came back within hours to beat the World’s best to snatch Gold in both the 200 metres and Pentathlon, as well as Silver in the 400 metres and Triple Jump.

Over the last two decades, Mike has amassed an incredible nineteen medals in seven World Championships, has set twenty - five National records, seven of which are still current. His domination of the sprints was clearly demonstrated at 78 years of age in the 2000 Nationals in Hobart, winning Gold medals in the 100/200/400 and 800. and again in 2002 setting three M80 World Records at the time.

More recently, at the 2007 World Championships in Riccione, Italy, Mike again made his presence felt by taking Gold in the 200, Silver in the 100 and Bronze in the 800 (M85).

A fierce competitor when it counted, but quietly spoken and unassuming off the track, he is indeed a worthy champion, and a great ambassador for the sport. He says he is extremely grateful for the opportunity to use his natural talent and thoroughly appreciates the value of the unique camaraderie found within Masters Athletics.

Now at 93 years of age his competition days have finally taken their toll, however in his usual inimitable way, Mike says his future prescription is for as long as is feasible is to enjoy life and above all remain fit and healthy.

And for the affable Mike Johnston, that same vital ingredient has clearly left its inspirational mark, and will surely leave an indelible impression on the sport of Masters Athletics for many years to come.



The Adventures of

LITERAL MAN

by Dicko



Hi this is Ron Burgundy and we are crossing out to our reporter Literal Man who is covering the Golf. Well L.M., I hear Tiger Woods has been setting the course on fire.

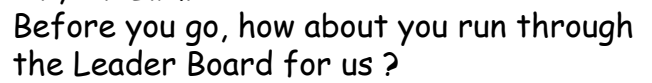


Umm, no I don't know why he would do that, Ron. He has been playing really well though. Surely, it's against the law to set golf courses on fire.

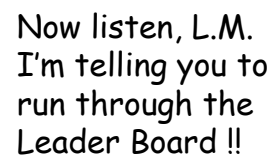
Let me put it another way, L.M. It seems there is nothing this man can't do. He really makes that golf ball talk.



I don't know where you get this stuff, Ron. Golf balls can't talk !! And there's plenty he can't do - levitate, give birth, cure cancer.....



I don't know, Ron.
I'm not sure I want
to do that.



OKAAAY !!

LEADERS

	HOLE	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
	PAR	4	5	4	3	4	3	5	4	4	4	3	5	4	5	3	4	4	
12	McILROY	11	13	11	10	10	11	11	8										
8	CABRERA	10	12	10	9	9	10	10	10										
8	SCHWARTZEL																		
8	CHOI																		
8	DAY									8	8	9							
7	SCOTT									9	10	10							
7	DONALD										9	7							
5	WOODS	5	6	5	5	5	5	5	5	5	5	9							
5	OGILVY	5	5	4	4	4	4	5	5	5	5	6	7						
6	VAN PELT	5	5	5	5	5	6	6	6	6	6	6							

THRU 14

WOODS 9
LAIRD 2

KAPOW!

ANDY SALTER MEMORIAL RELAY

When - Wednesday, 5th February 2020

Where - Ross Reserve, Memorial Drive, Noble Park



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

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

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

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

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

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

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

The program for the night is;

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

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

ENQUIRIES - CLAUDIO RIGA - claudioriga@aol.com - 0478312167

THE MARATHON MYSTERY

It's one of the great enigmas of Australian sport. Adrienne Beames would be a household name, if her world record claims could be believed.

By ABC National Sport Reporter David Mark

On the last day of winter in 1971, the phone rang on the sports desk of The Age newspaper. On the line was a man with a sensational story: a virtually unheard-of Australian had just smashed the marathon world record, becoming the first woman to run the distance in under three hours. It was almost certainly the first time a woman had even run a marathon in Australia, let alone demolished a time barrier many in the male-dominated sport thought impossible for a woman.

On a cold and windy day in Werribee — a country town now subsumed by Melbourne's south-western sprawl — Adrienne Beames carved 15 minutes off the women's marathon world record with a time of two hours, 46 minutes, 30 seconds. So the story went. News of the run sent shockwaves through the nascent women's running world, felt as far away as the USA. But before long, doubts would creep in.

Over the next six months, Adrienne would claim a string of world records in every distance from the mile to 10,000 metres. Such a tally of achievements should have secured her a place among the greats of Australian sport. And yet Adrienne Beames died last year forgotten to history, literally consigned to a footnote in the record books. Instead she remains one of Australian sport's greatest enigmas, plagued by one question: did she make it all up?

In Melbourne in the middle of last century, Percy Beames was a big deal with a big reputation. He had been a champion sportsman in the 1930s and '40s, playing in three consecutive VFL premierships for Melbourne and later captain-coaching the side. He also played Sheffield Shield cricket for Victoria with a batting average of 50. After retiring from his illustrious sporting career, Percy became the chief football and cricket writer for The Age. His byline would remain in print for more than 30 years.

Adrienne Beames was his daughter.

Percy was an absent father who would work late, miss his kids' weekend sports games and travel as a cricket reporter for months on end. Adrienne's brother Colin remembers the siblings "suffered from the fact he had this profile".

"We couldn't necessarily live up to that in terms of the expectations of other people," says Colin. "I think [Adrienne] was always trying to maybe get the approval of him and others in terms of what he achieved."

As the siblings grew older, they grew apart. In later life they became estranged. But Colin keenly remembers Adrienne emerging from childhood with "a powerful personality and this powerful will to win". But there was "a lot of underlying anxiety," he said.



Adrienne Beames, pictured here in 1984

At school, Adrienne proved a gifted athlete in her own right, excelling in tennis and representing Victoria in squash. But running was her true calling.

In the early '60s, Adrienne began training at Melbourne's Caulfield racecourse. Occasionally she'd join a group with the biggest name in Australian athletics at the time, Ron Clarke. Another member of the group, Trevor Vincent — himself a gold medallist in the 1962 Commonwealth Games steeplechase — remembers Adrienne as "a very good runner" who would "run along with guys on the racecourse, who were very good quality".

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By the late '60s, Adrienne was a regular competitor at Melbourne club cross-country races, performing well in a competitive scene without setting the world on fire. Her best result in a national event came in 1969 when she finished second in the Australian Cross-Country Championships. There were flashes of brilliance and there were setbacks.

The following year, she headed to the United States to compete in the International Cross-Country championships in Frederick, Maryland, but finished last in a field of 34 runners over four kilometres. She returned from that trip overweight and out of shape, but remained single-minded – even “an obsessive” according to Colin – in the pursuit of higher performance.

“She had a very Spartan routine in terms of distilled water,” he recalls. “She was an extremist.”

Her kitchen cupboard was stacked with rows of pills and vitamins. Adrienne once said she ate only juices, nuts, salads, raw vegetables and small helpings of fish, and fasted for a two- or three-week stretch every year. It was a dietary regime specified by her coach, life partner and the man who set the course for her controversial career – Fred Warwick.

Meeting the healer

Talk to anyone involved in the Australian running scene in the '60s and '70s and they'll tell you a story about Fred Warwick. He was a professional runner, a coach and a gifted masseur – some would say a healer. He had an interest in the fringe health sciences like naturopathy and osteopathy. In the early 1970s, Warwick studied iridology and kinesiology, which he practiced at the back of his Caulfield home.

“Freddy Warwick was a character,” says John Craven, a former club runner and athletics writer for the Herald. “Freddy would have claimed to be a guru. I liked him. Your average pro cross-country runner or even your advanced pro distance runner on the track, they used to laugh at him a bit. But they respected him as a very, very good masseur.”

Fred was also quite a good runner, though not without his quirks. But there's no doubt he was ahead of his time in the attention he paid to diet and training. Adrienne took on Fred as a coach sometime around 1970, after she returned from her failed run at the cross-country world championships. His ideas on diet and training meshed with hers. She saw a kindred spirit; he saw potential. Fred was married at the time with four children but was smitten by Adrienne. Their relationship became all-encompassing and despite their 20-year age difference, the two became partners for more than four decades.

In 1960, the 800 metres was the longest women's distance race at the Olympics. Women didn't contest the 1,500m until the 1972 Munich Games. As for the marathon, it was an event that men alone had run since the first modern Olympics at Athens in 1896.

Roger Robinson believes the first woman to run a marathon was Dale Gregg, who competed in the Isle of Wight race in 1964. In 1966, 23-year-old Roberta Gibb applied to run in the Boston Marathon. When a letter arrived from the organisers, she opened it expecting to find her competition number inside but instead found a letter disqualifying her. The letter noted that women were “not physiologically able to run a marathon.” She ignored the letter and decided to compete.

But instead of joining the start line, she hid behind a bush and only joined in after half the field had begun. Gibb unsuccessfully tried to disguise her gender by wearing a hoodie and her brother's Bermuda shorts, but nevertheless found support among the spectators. “Way to go girlie,” they yelled as she became the first woman to finish the race.

A year later, 19-year-old journalism student Kathrine Switzer registered for the Boston Marathon under the ambiguous name “KV Switzer”. She ran without incident for the first four miles until a flat-bed truck packed with photographers pulled out in front of her. “They were getting pretty excited to see a woman in the race,” she wrote in her memoir, *Marathon Woman*.

Also on the truck was one of the marathon's organisers, Jock Semple, a fiery Scotsman. The sight of a

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woman in “his” race set him off. Semple jumped off the truck and tried to physically restrain Switzer, yelling “get the hell out of my race and give me those numbers!” Switzer’s boyfriend “Big Tom” Miller – a 106-kilogram ex-All-American football player – launched himself at Semple and knocked him off the road, with all the drama captured by photographers in perhaps the most iconic images in the history of women’s distance running. Switzer finished the race in 4 hours and 20 minutes, setting off a storm of publicity that did so much to legitimise women’s distance running.



Attempts to remove Katherine Switzer from the 1967 Boston Marathon

In the years that followed, various women managed to lower what was then known as the “world’s best” time for the marathon. When American Elizabeth Bonner ran an official time of three hours, one minute and 42 seconds in May 1971, the three-hour mark was suddenly in sight. “We knew women were running marathons in America and Europe,” Adrienne said in 2013. “We knew I had done the work for that distance. I’d run 10 miles in 57 minutes and regularly ran 20-plus miles.”

Adrienne and Fred had something to prove.

The run of a lifetime

It was a Tuesday, August 31, 1971, and a cold front was edging up through the Tasman Sea bringing frigid conditions under a grey sky. The temperature in Werribee hovered between 8 and 12 degrees Celsius. At 9:55am, with Freddy Warwick at her side, Adrienne Beames set off on her historic run.

Werribee’s flat topography and lack of traffic made it a regular fixture for Victoria’s Amateur Athletics Association races in the 1970s. The Victorian Marathon Championship had been held there exactly one month earlier, but no-one knows whether Adrienne ran the same route. In fact, much remains unknown about that day in Werribee. No reporter or photographer was there to witness the run. If Adrienne ever had a photo of that day, it’s lost to history – she later burned the family’s photo albums.

There was just one contemporary report about it on the back page of The Age the following day, accompanied by a photo of Adrienne in training. That report was based on a phone call to the newspaper’s athletics reporter, Ron Carter. The man who called in the result? Her coach, Fred Warwick. It was the beginning of a pattern of publicity seeking that would come to dog Adrienne’s reputation.

In the meantime, news that the three-hour barrier had been broken just three months after Elizabeth Bonner’s run hit like a bombshell in the small women’s marathon community in the US. “We were all shocked,” Kathrine Switzer recalls. “No one had heard of Adrienne Beames, or of Werribee. The whole running community was talking about it because it was so off the charts in every way.”

Not everyone was convinced. Some supporters of women’s running in the US became angry, Switzer recalls, branding Adrienne’s claim “impossible” and “a fraud”. “We thought we knew all the women around the world who had credentials in any kind of long-distance race,” Switzer says.

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The Age reported that Adrienne was “claiming it as a world record, even if it is unofficial”.

“I knew I had the three hours well and truly beaten after 20 miles, even though there was a stiff headwind at times over the last few miles,” Adrienne told the paper. “The only real excitement was when we were chased by dogs at odd times during the run – the pace quickened then.”

The doubts expressed by Switzer and others in the US quickly began to surface in Australia’s small and tight-knit running community.

“When we heard the news, we thought, well that’s completely unlikely,” says Lavinia Petrie, who used to compete against Adrienne in the late ’60s.

The Victorian Marathon Club seemed supportive but wanted more evidence, demanding “verification by three official watches as well as certification of the course being the required length, in spite of being prepared to hail Adrienne’s effort as an outstanding trailblazer in women’s athletics”.

For the doubters, the course distance was a major sticking point. Marathons might be strictly measured at 26 miles and 385 yards (42.195km) these days but in the 1970s, course lengths were often dubious. Some were measured by driving a car around the proposed track and recording the distance using the car’s speedometer.

Fred was resolute. He assured The Age there were “no worries” about the time or distance. “We had three timekeepers – the chief one being Mr Jack Logan who has been an official for years,” he said.

John Craven knew Jack Logan well and trusted him. “I had no doubt that the time was accurate,” he said. “But was the course accurate? Twenty-six miles, 385 yards? That I don’t know.”

Despite scepticism, many involved in long-distance running in the ’70s believe the idea of Adrienne Beames clocking a sub three-hour marathon is perfectly plausible.

“There’s nothing to indicate that a time of three hours for women was that great and I think Adrienne proved that,” says Trevor Vincent. “We ran with her and we knew that she could run very well. She was right up with it.”

After all, it was an era of quantum leaps in a sport where records were ripe for the taking. The running revolution of the ’70s was yet to hit. Adrienne, under Fred’s tutelage, was years ahead of her time in terms of the distances she was already running, her training regime and her diet.

“I reserved judgment,” says Switzer. “Because I believed that as longer events developed for women, unknown new talents would emerge – sometimes suddenly – as did in fact happen all through the 1970s.”

Just four years earlier another Australian, Derek Clayton, had broken through the men’s marathon record in Japan, shredding almost two-and-a-half minutes off the time to under two hours and 10 minutes. Adrienne had seemingly made one of the most significant leaps in the history of athletics.

But she was only just warming up.

On a grass track at Narrabeen, in Sydney’s northern beaches, Adrienne claimed to have run a time of 15 minutes, 48.6 seconds over 5,000 metres. It was five seconds faster than the previous world record for the distance, set in 1969.

Two days later, on the same track, she claimed to have run a mile in four minutes, 28.8 seconds – six-and-a-half seconds faster than the world’s best. It would have made her the first woman in the world to run the distance in under four minutes and 30 seconds.

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She also claimed to have equalled the 1,500m world record of four minutes, 9.6 seconds that had been set at the World Championships in Helsinki the previous August. Later in the month she went to Adelaide to run a 10,000m in another private time trial in 34 minutes and eight seconds, shaving three seconds off the existing world's best. "One of the best performances I have seen," Warwick told the paper. "It was a phenomenal run."

To those on the outside, Adrienne and Fred's private time trials were met with suspicion. Adrienne had obvious quality as a runner, but the times were viewed as not only unofficial but unlikely. Looking back on those 1972 times, Athletics Australia's statistician Paul Jenès thinks the marks are simply "too good to be true".

"They're miles ahead of the (then) world records on the track," he says. "She ran time trials basically with her coach timing her. It's like doing a 100 in mum's backyard. People claim things. Nobody else saw it."

With the 1972 Munich Olympics looming, Adrienne had a golden opportunity to prove her credentials in the most highly scrutinised athletics event of them all. The Age reported she was a gold medal chance. There was so much to run for during a busy period leading up to the Australian championships in March, which doubled as the Olympic selection trials. And yet Adrienne was missing out on important state championships in the early months of the year in favour of her private runs.

Running the Sydney and Adelaide time trials raised the ire of local officials, who blocked her from competing in an official event in Adelaide. She failed to appear at the New South Wales Championships in February. She had hoped to compete in the 1,500m because, as she put it, "the chances to qualify for the Olympics are so limited".

The Age reported she hadn't applied for accreditation to race in NSW, but that allegation was denied by Fred Warwick. "This is the biggest blow of all time," he told The Age. "Given a good track and good conditions Adrienne would have tried to beat the world record."

Confounding the mystery was a report that the head of Australia's women's Amateur Athletics Association had invited Adrienne to seek Olympic selection. The Olympic trials for Munich were held in March. Adrienne didn't show up.

When people talk about Adrienne Beames, one word repeatedly comes up: "Enigma".

"If she was as good as she claimed, she would certainly have been maybe an Olympic champion, Commonwealth champion, who knows?" says Paul Jenès. "And she would go down in history as one of the great runners. But if you can do that, why don't you run in the proper meets and qualify? That we'll never know. It's pretty sad in a sense."

Why didn't she put herself up to scrutiny and back up the claims that she and Warwick were making in the press? It's a mystery. There are many theories. Was it her war with amateur athletics? A prejudice against her dogged determination to go her own way?

Could it have been arrogance? Lavinia Petrie seems to think so. "She thought she was beyond all those events because she was so good," she says.

Colin Beames believes it may have been due to her self-doubt, that she "lacked the mental resilience and the ability to perform under pressure". Or was she just making it all up? Colin recalls that his sister and Warwick seemed to live in a world that was a "mix of fantasy and realism."

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A lonely end

Fred Warwick died of a heart attack in 2008. A few months earlier, Adrienne had a serious car accident which damaged her leg and shoulder leaving her "tilted and limping", according to Robinson, who visited her in 2013. He says she was "socially inept and anxious about things" and says he sensed the ever-present

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ghost of Fred.

“She was lonely and felt totally out of it,” Robinson says. “[She was] living in the past and living in this really weird house with all this antiquated chiropractic equipment lying around the place. The house just hadn’t been touched since his death five years earlier. The whole house was just so bleak. I won’t say masculine, it was just neutral and bare.”

Adrienne died of liver cancer in December 2018, aged 77. She lived her final 10 years alone, her movement crippled from the car accident. “I hate it,” she told Robinson of her life five years before she died.

The minister at her funeral at St Kilda’s United Church, David Pargeter, got to know Adrienne in those last few years and came to “admire her greatly”.

“She came to me as an incredibly courageous woman,” he says. “She was a difficult character. She didn’t suffer fools gladly. She spoke her mind and burnt a lot of relationships. That was the shadow side of what was a human being with some deep, deep faculties for focus and discipline.”

Despite dying lonely and alone, almost 100 people turned up at her funeral. Reverend Pargeter is sure that would have lifted her spirits.

Colin spoke at the service. He says it was cathartic.

“I’m proud of the fact that she ran that time,” he says of his sister’s marathon at Werribee. “But I’m not necessarily proud of some of the things she did. I know that probably some of those achievements came at a cost in terms of her relationships with other people.”

Not many people can claim to have one outstanding highlight in their life. For Adrienne Beames, that marathon run at Werribee in August 1971 stands out like a beacon.

Perhaps the tragedy is that there is simply no way of knowing whether she really did achieve one of the great triumphs in Australian sporting history. If it were true, her name would be remembered alongside Herb Elliot, Betty Cuthbert, Ron Clarke, Raelene Boyle, Robert De Castella and Cathy Freeman in the pantheon of Australian athletics.

And maybe it doesn’t matter. The news of her run spurred on the women’s distance running community in the United States and Europe, helping to start a chain-reaction that spread around the world.

“Pretty soon it was obvious that Adrienne’s time was not impossible, as only a year or two later other women who trained hard began to match it or beat it,” says Switzer.

That may be Adrienne Beames’ greatest legacy.

Editor’s Note : For a time in 2018, Adrienne was a member of our club and used to come to our Glen Eira Venue on Tuesday nights and walk laps. I believe she made some friends and used to enjoy coming.

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Victorian Masters Athletics Inc. - Venue Managers

Venue	Manager	Address	Phone
Aberfeldie	Tony Bradford	anthonybradford@bigpond.co	0447 139 202
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	Andrew Egginton	egg123@bigpond.com	5962 3072 0408 325 356
Doncaster	Graham Ford	gford@bigpond.net.au	
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
	Mike Clapper	mikeandjo52@gmail.com	0419 993893
Knox	Tracey Carpenter	traceycarpenter@y7mail.com	0407 093 132
Mentone	Ashley Page	apa16161@bigpond.net.au	0448 866 025
Southern Peninsula	John Sutton	jsutton2@optusnet.com.au	03 5985 9017
	Greg Lovejoy	seaside_surf@bigpond.com	03 5982 0449
Springvale/ Noble Park	Claudio Riga	claudioriga@aol.com	0478312167
	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

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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	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	0418333569	dicko@iinet.net.au
	Christopher Worsnop	0403 910 183	christopher.worsnop@austin.org.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 clydeR@outlook.com.au
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