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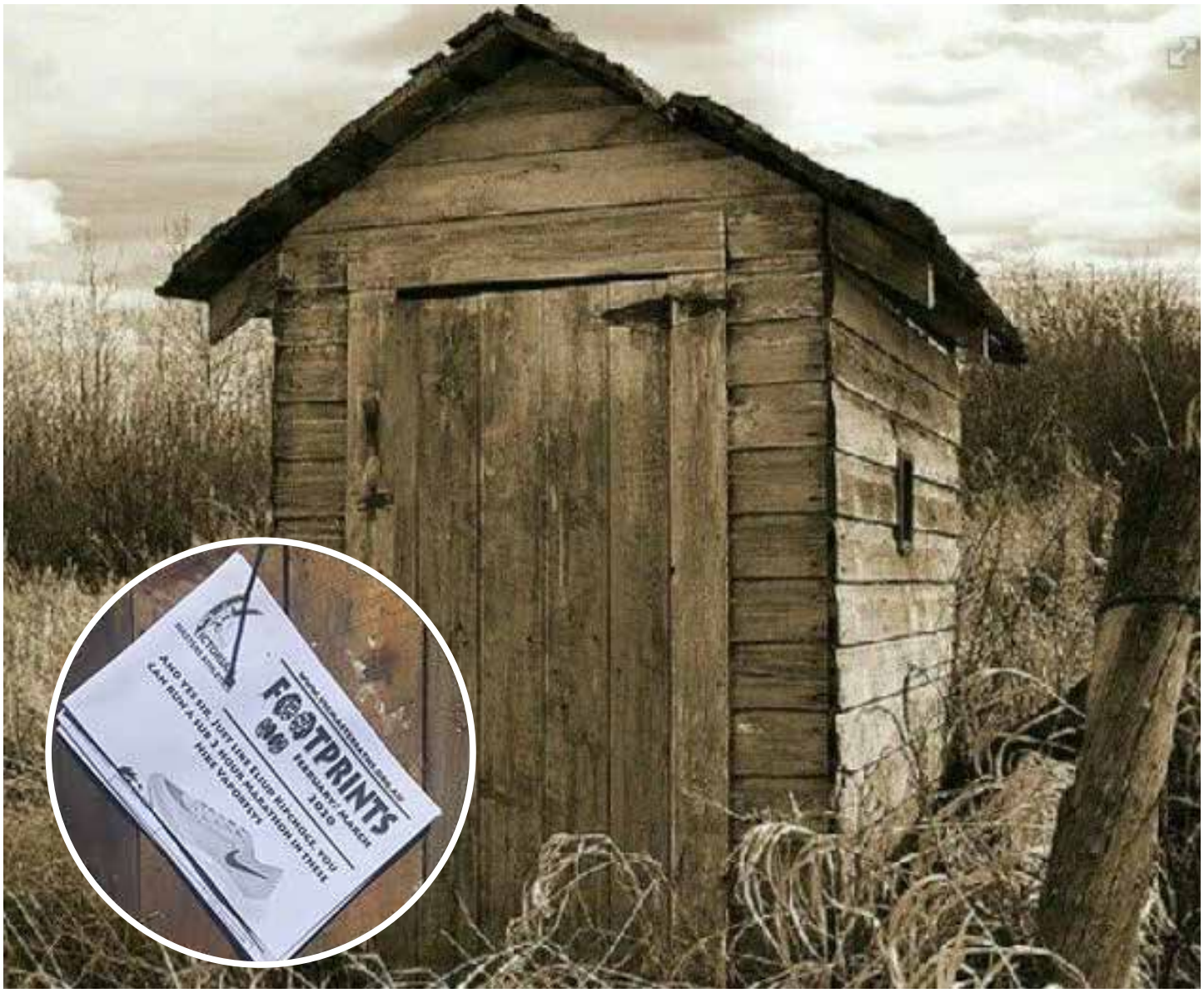
VICTORIAN MASTERS ATHLETICS

FOOTPRINTS

April/ May 2020

Don't stockpile Toilet Paper. Use Footprints instead



Jane's Fantastic Journey
Results - VMA Throws Pentathlon
Results - VMA T&F Pentathlon

Golly Gosh Batman. I wish people wouldn't eat bats.

I can now reveal that I have been secretly training the house down and was going to go to the Nationals and the Worlds and break a few hearts. My poor form for the last 7 years was all a ruse with Toronto in mind.

Well, who could have predicted this ? (Bill Gates did actually) Firstly, I hope all our people stay safe and use that telephone. Is there someone from our group that needs a call ? We're not Islands in the Stream. My wife volunteers with Telecross who call people who live alone each morning just to give them some human contact. It's amazing how beneficial it is. To both the caller and the callee.

As you know by now, everything has been called off, either postponed or cancelled. I feel for our friends in Bendigo and Brisbane who have put in so much work for the State and National Champs respectively. We were heartened by the number of entries for Bendigo and we apologise for the cancellation being so late. If it saved one person from getting the virus it was worth it.

As regards future events, well who knows? The Committee will consider options as things unfold. We have the 3000m/AGM that is a must, the Browne Shield which we will have to modify if not abandon, and it could mean that Doncaster's Inter Venue Challenge could become more than just a warm up for other events.

How about Leo Coffey ? Turned 90 and still sprinting like a rocket. Now that Jimmy Sinclair is 95 we have two marvels on our hands. We've got a few photos of Leo's birthday celebration.

This year the T&F Pentathlon was a big success again. It really was a terrific afternoon with several newcomers and some regional entrants. This event is building each year and should be on your calendar next year. Special thanks to all the helpers and to Tony and Nola Bradford and, of course, me.

Lets hope that by the time our next newsletter comes out we will have some better news on the health of the world. In this time, think of those worse off than you.

Remember stay home
Don't take your love to town,

Russ Dickenson

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OUR COVER

People have said me over the years *"Footprints ! I wouldn't wipe my a#*@ with that"* but I can assure those of you who still get the printed copy that the paper is soft and the ink is fast.

The online version of FOOTPRINTS is free to download and a great way to spread the message of what is happening in our sport. It will be of interest to interstate members of AMA. We invite everyone who may be interested in Masters Athletics to read it. If you have friends who are not members of our club but may like it, please share the link.

2020 VMA MEMBERSHIP IS STILL OPEN

CLICK HERE

ONLINE or PAPER (P.32)

MASTERPIECES

2020 AMA Half Marathon - Now Cancelled

It had been decided that the 2020 AMA Half Marathon which had been awarded to W.A. Masters would be run as a "Postal" event with competitors allowed to run in any approved and certified half marathon throughout the country and then submit their result.

VMA had submitted the Burnley Half Marathon, and were looking at the Traralgon Half Marathon, the Run Melbourne Half Marathon and the Sri Chinmoy Yarra Boulevard Half Marathon. I'm assuming this will probably be the model for future years.

TORONTO WORLD MASTERS ATHLETICS CHAMPIONSHIPS 2020

CANCELLED

Sadly, this event has been cancelled due to the corona virus.

AMA CHAMPIONSHIPS Brisbane 2020

What's On

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

2020

April 10-13	**2020 AMA Championships** - ***Brisbane*** - *CANCELLED*
April 19	2020 VMA 3000m Championship - ***Duncan McKinnon Reserve - followed by AGM*** - *POSTPONED*
May 12	**VMA 10k Track Championship** - *Collingwood* - *POSTPONED #*
May 24	AMA Half Marathon - ***POSTAL*** - *CANCELLED*
June 21	VMA 6/8k Cross Country Championship - *Collingwood* - *TBC #*
July 5	AMA Marathon Championship - ***Gold Coast - https://goldcoastmarathon.com.au/enter/***
July 19	**VMA 10k Road Championship** - *Braeside Park* - *TBC #*
July 20-Aug 1	**World Masters Athletics T&F Championships** - ***Toronto*** - *CANCELLED*
August 16	VMA Winter Throws Pentathlon - ***Duncan McKinnon Reserve - 12pm start*** *TBC*
August 16	VMA 10 Mile Road Championship - ***Knox Venue*** - *TBC #*
August 30	2020 AMA 20k Walk Championship - ***Adelaide*** - *TBC*
Sept 6	Burnley Half Marathon - ***Enter through AV website*** - *TBC #*
Oct 3-5	2019 AMA Winter Throws Championships - ***Wollongong*** - *TBC*
Oct 10-17	Alice Springs Masters Games - *TBC*

2021

Jan 17-23	2021 Oceania Masters T&F Champs - ***Norfolk Island - www.oceaniamastersathletics.org***
April 6-13	WMA Indoor Championships - ***Edmonton, Canada***
March 5-8	2021 AMA Championships - ***ACT***

2022

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

MASTERPIECES

Got this photo from John Papworth of Aberfeldie Venue of 84 y.o. John Howes doing this kick as part of his warm up routine. Young footballers have had statues dedicated to them for less.
I'm told that John has been a member of our club since 1982. Certainly, he competed in the 1987 World Championships in Melbourne running a nifty 400m in 56.85 in his M50 age group. And 2:08.5 in the 800m.
Interestingly, also in that age group of the 800m were Eddie Stack of East Burwood, Bert Gaudion a policeman who famously respresented VFL footballers at the tribunal, John Justice of Bendigo who I was looking forward to seeing run in the recently cancelled Vic Champs, Essendon footballers Jack Clarke and Ken Fraser, Peter Le Get of Knox, Olympian Noel Clough and legendary Masters athlete Tom Roberts.

I'd like to remind everyone that we are all members of Victorian Masters Athletics not just the Venue that we attend. Naturally, we may have an allegiance to one Venue but we are all entitled to attend any Venue and be welcomed and made feel at home *even if we wear the singlet of another Venue.*
Healthy competition between Venues is great but let's never forget we are all members of the one club.

ISOLATION DURING LOCKDOWN

Masters Aths is important to all of us but for some of our members the weekly Venue night may be the highlight of the week.
Is there someone at your Venue or beyond that might be grateful for a phone call.
Keep in mind that some members are not online and might be feeling isolated and may even be terrified of catching this virus.
Pick up the phone.

MASTERPIECES

The annual Neighbours Night competition held between Aberfeldie, Coburg, Collingwood and Doncaster was held at Aberfeldie this year. On a cold, wet and windy night and with teams ravaged by injury and unavailability, nine teams of 4 runners made their way onto the track to compete in three relay categories. Traditionally the main event was the 4x200m 180+ year race that was run for the 16th time. This year also saw the first running of the 4x200m 240+ race.

For only the second time in the 16 years the Coburg team of **Anasina Gray-Barberi, Paul O'Neill, Gary** O'Dwyer and Michael Carney managed to come away victors in the 180+ category.
In a come from behind finish Doncaster managed to get past Aberfeldie by a mere quarter of a second to be the first winners of the 240+ category.
Aberfeldie had a victory in the Allcomers relay.

A great supper was presented to the runners afterwards. A huge thanks to Tony Bradford and his team for putting on the event in 2020.

BarbDalgleish 4x200m Relays

Race 1: Total Age: 180+

1. Coburg 1:53.47
2. Aberfeldie Hornets 2:02.19
3. Collingwood Comedians 2:14.53
4. Collingwood Centipedes 2:56.78

Race 2: Total Age: 240+

1. Doncaster 2:19.03
2. Aberfeldie Jets 2:19.28
3. Coburg Jailers 2:24:54

Race 3: Allcomers

1. Aberfeldie 2:45.53
2. Coburg 3:55.38

Doncaster's winning 240+ team - David McConnell, Ian McCormick, Darryl Kilmartin and Carolyn Aughey.

HAPPY 90TH LEO COFFEY

When you turn 90 you get two birthday cakes

When you turn 90 you get musicians Stewart Handasyde and Ashley Ryan

NEWS FROM EAST BURWOOD

HAPPY BIRTHDAY Leo Coffey, one of East Burwood's fine sprinters, celebrated his 90th birthday in February. What better way to celebrate your birthday than to go running ? He won the 100 metres handicap. We also had a party including a song for Leo composed and sung by East Burwood's Ashley Ryan and Stewart Handasyde. Leo was accompanied by daughter Maryanne and granddaughter Jess, but 6 months old great grand daughter stayed home to sleep.

PENTATHLONS

VMA Pentathlon Allan Wood and Jess Dux won gold with Jess breaking a twenty year old state record in the 35 age group. Donna Clarke won silver, Andrew Fraser bronze and Aggie Byers got a fourth place.

East Burwood Manager's Pentathlon Fifteen athletes loosened their shoulders for the first round of the Manager's Pentathlon – shot put. Places across the five events are based on age graded performances. Allan Wood was best with 56.9 % (6.84 m) followed by Paul Durrant with 53.2 % (9.01 m).

More throwing in the second round with discus. Paul Durrant threw 27.61 m to win with 60.4 %. The third round was long jump. Leo Coffey jumped 2.11 (71.8 %), followed by Jess Dux 4.76 m (65.7 %), Paul Durrant 3.99 m (62.4 %), and Allan Wood 2.57 m (62.1 %).

There were two events on the last day – the javelin and 200m. Allan Wood was the best in the javelin with 37.21%. Ten athletes then lined up for the 200m. The clear winner was Norm Richards with 88.71 %, running 35.78 at 82 years of age. He moved from Melbourne to Western Australia thirty-five years ago. He likes to visit Melbourne each year to remind himself of our weather and why he stays in W.A. We did not disappoint him with a cool, drizzly day. Chris Robinson ran 34.81 (83.2 %), Donna Clarke 36.26 (82.74%), Jess Dux 27.27 (78.25 %), Paul Durrant 30.83 (76.81 %) and Allan Wood 42.98 (73.85 %).

Gwen Davidson Memorial 100 m Handicap There was less than a second between the first three of Donna Clarke, Christine Robinson and Shirley Coppock in the second heat. In Heat 3, there had to be two races to accommodate all the sprinters keen for some glory. The older runners lined up in the first race. "Older" means that all but one was in his/her late 70s, 80s or 90s. Leo Coffey beat Shirley Coppock and Bernie McLaughlin. In the second race, Chris Robinson beat Jess Dux and Aggie Byers.

The final heat, which was to determine who would make the final, was hotly contested with less than half a second between the first three runners. At 90, Leo Coffey was one of the front markers and just held off the back marker, Jessica Dux who was flying. She left another front marker, Brian Tait, in third place.

After these four heats, there was great anticipation for the final. It was a tight finish with one second between the first five finishers. The win went to the front-marker Brian Tait, just ahead of Donna Clarke, and a fast finishing Jessica Dux, who had to start off minus 2 m.

800 m Walk Handicap Series There was a large field in Heat 2 with some good handicapping as there was less than a second between the first three of Leonie Gillies, Allan Wood and Gordon Onley. Phyllis Gosbell had a good win in Heat 3 over Gordon Onley and Donna Clarke. Kyle Irshad dominated the final round winning with a time of 4:04. Worsnop and Donna Clarke came in together, but with appropriate social distancing, coming second and third. This was enough to give Donna the series followed by Phyllis Gosbell and Pete Battrick.

Super Summer Sizzling 3 km Spiral Handicap The oldest three in the field took the first three handicap places in the second heat. First was Bernie McLaughlin (15:19), then Ashley Ryan (13:58), followed by Sam Stefanis (14:58). The third heat saw a father and son quinella as Paul Durrant ran 16:33 to win easily. Jack Durrant ran 13:41 to finish second, and Stephen Day had another great run of 11:44 to finish third. Janet Holmes ran 15:24 to be the third masters runner. Kyle Irshad won the last round, well ahead of Paul Durrant and Stephen Day. In the end it was consistency that determined the series with the first three being Stephen Day, Paul Durrant and Sam Defanis.

1000 m Walk NOT Series Worsnop was fastest in Heat 1 and closest to his nominated time, followed by Leo Watson and Brian Tait. Kevin Cassidy showed his class by winning Heat 2 in 4:42, but it was Leonie Gillies, then Leo Watson and Christopher Worsnop who walked closest to their nominated times. Melanie Bissett was the fastest in Heat 3 with 6:52, but Pete Battrick was only one second off his nominated time, followed by Brain Tait and Donna Clarke. Pete did better in the last round and walked exactly what he had estimated and so won the series. Gordon Onley and Brian Taitv were second and third in the series.

Terrific Two km Tetra Run/Walk Handicap Series In Heat 1, Ashley Ryan ran 9:17, to just beat Jack Durrant (9:08) by one second. Worsnop (9:34) was a distant third. In Heat 2, Paul Durrant slipped under the handicapper's radar and won convincingly as the front marker in 10:41. Bob Henderson was second in 11:16, and Christine Robinson was third with 9:58. Ashley Ryan had the fastest time with 8:49.

NEWS FROM EAST BURWOOD

Paul also won Heat 3 with a very fast last lap to clock 10:08. Worsnop was not far behind with 9:26, with Sam Defanis 3 sec back with 9:49. Stephen Day has been running better each week and was the fastest and handicapper winner with 7:30. Worsnop was second with 9:22, then Sam Defanis in 9:55. The series went to Worsnop in first, Stephen Day second and Paul Durrant third.

Relays We occasionally have relays, which are great fun for the runners as well as spectators, but a bit of a head-ache for those trying to balance out the teams. There were two 4 x 200 teams in the first relay in February. Janet Holmes, Aggie Byers, Zac Matters and Andrew Fraser ran 2:33 to just hold off Allan Wood, Donna Clarke, Leo Coffey and Jess Dux with 2:38.

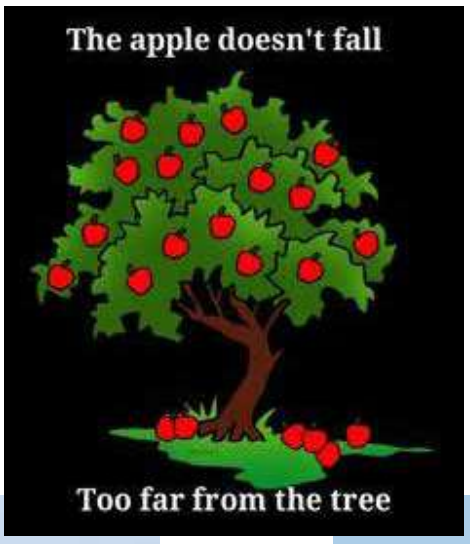
Come and join in the fun on Thursday evenings at the East Burwood Reserve on Burwood Highway.

Christopher Worsnop

Names of those in pictures. Starting top right and then moving slowly in a clockwise direction. For those who are only familiar with digital watches start at the top right photo, then move down vertically and once you get to the next photo move left horizontally and from there move up vertically.

I'm sorry, I don't have room for the names !

NAMES FROM PICTURES ON PREVIOUS PAGE (follow instructions above)
1000 m walk series: Brian Tait, Peter Battrick, Gordon Onley
Manager's Pentathlon: Allan Wood, Paul Durrant, Christine Robinson
Gwen Davison 100 m handicap: Jessica Dux, Brian Tait, Donna Clarke
TTT 2km series: Stephen Day, Christopher Worsnop, Paul Durrant



Taylor and Jess Dux

2020 VMA 5000M WALK CHAMPIONSHIP

Sunday 16th February
Dolomore Oval, Mentone.

Who goes out, walks the 5000m, feels off color during the race and stops for a while to recover and still breaks the World Record by 36 seconds ?

Could only be Kelly Ruddick.

Unfortunately in this case, Kelly steppped off the track while recovering and incured an automatic disqualification. Kelly's time was 23.06 and the record, which is also held by an Aussie - Lyn Ventris at 23:42.4.

Always good to see some new and "nearly new" faces in Hsien Chiam, Tracy Colbert, Laura McLennan, Dee Holahan, Roslyn Walker and Juan Perez.

As always, we are grateful to VRWC for staging this event in their usual competent fashion.

VMA 5000m Track Championship Women

W40		
1	Sandra Geisler	27:14
2	Laura McLennan	34:54
W45		
1	Marnie Grace	33:22
2	Hsien Chiam	36:37
DQ	Kelly Ruddick	
W50		
1	Dee Holohan	30:51
2	Tracy Colbert	33:41
W55		
1	Donna-Marie Elms	31:57
2	Rozlyn Walker	38:13
W65		
1	Alison Thompson	31:06
2	Karyn O'Neill	35:03
W70		
1	Heather Carr	31:10
DQ	Celia Johnson	
W75		
1	Gwen Steed	37:28
2	Sylvia Machin	39:00

VMA 5000m Track Championship Men

M45		
1	Pramesh Prasad	25:17
M50		
1	David Smyth	28:38
M55		
1	Kevin Cassidy	25:26
2	Simon Evans	27:26
M60		
1	Mark Donahoo	28:39
2	Terry O'Neill	31:19
3	Paul Moritz	34:45
4	Chris Worsnop	47:00
DQ	Albin Hess	
M65		
1	Frank Prowse	34:10
2	Clyde Riddoch	35:24
M70		
1	Andrew Jamieson	27:34
2	Geoff Barrow	36:37
M80		
1	Gunther Ilgoutz	36:54
2	Juan Perez	40:56

CLYDE'S NEW RECORDS REPORT

Australian Records:

M85	100m	Richard Hughes	NSW	15.65s	99.0%	23-7-17	Illawarra
W90	1500m Walk	Heather Lee	NSW	12:05.76	100.7%	8-10-19	Adelaide
M65	Marathon	John Shaw	Qld	2:51:21	93.0%	13-10-19	Melbourne
W45	3000m	Belinda Martin	NSW	9:30.72	96.9%	9-11-19	Homebush
W45	5000m	Belinda Martin	NSW	16:21.85	96.0%	30-11-19	Homebush
M75	3000m	Don Mathewson	NSW	12:15.82	87.8%	20-12-19	Bankstown
W45	2k Walk	Kelly Ruddick	Vic	8:48.69	-	21-12-19	Geelong
W55	3000m	Karen Blay	NSW	10:37.44	101.3%	11-1-20	Illawarra
W45	Mile	Belinda Martin	NSW	4:51.33	96.5%	11-1-20	Illawarra
W90	Mile	Heather Lee	NSW	12:48.59	129.3%	11-1-20	Illawarra
M45	100lb Weight	Simon Van Baalen	Vic	4.53m	-	12-1-20	M'beena
W70	Pole Vault	Wilma Perkins	Qld	2.06m	91.6%	18-1-20	Nathan
M80	Super Weight	Tom Hancock	Vic	9.25m	-	26-1-20	M'beena
W70	Long Jump	Margaret Taylor	ACT	3.80m	89.8%	30-1-20	Woden ACT
M55	Pole Vault	Chris Boylen	Vic	3.70m	83.3%	1-2-20	Doncaster
M90	2k Walk	Colin Hainsworth	SA	19:43.9	-	12-2-20	Adelaide
W45	2k Walk	Kelly Ruddick	Vic	8:33.4	-	22-2-20	Albert Pk
W40	Triple Jump	Melissa Foster	WA	11.89m	88.3%	22-2-20	Perth
W75	80m Hurdles	Marge Allison	Qld	18.67s	100.4%	22-2-20	Nathan
W75	Heptathlon	Marge Allison	Qld	5901pts	-	23-2-20	Nathan

Victorian Records:

W35	Super Weight	Megan Champion	5.68m	-	24-11-19	Murrumbeena
W75	Shot Put	Rhondda Dundas	7.97m	86.2%	8-12-19	Murrumbeena
W75	Super Weight	Rhondda Dundas	7.27m	-	26-1-20	Murrumbeena
M60	Super Weight	Paul Olsson	8.20m	-	26-1-20	Murrumbeena
M65	Super Weight	Clyde Riddoch	4.11m	-	26-1-20	Murrumbeena
M55	Triple Jump	Nick Hodgson	11.63m	83.9%	26-1-20	Geelong
W75	10k	Lavinia Petrie	51:46.82	100.3%	27-1-20	Geelong
M35	Super Weight	Colin Newman	8.53m	-	23-2-20	Murrumbeena
M35	Heavy W Pent	Colin Newman	3350pts	-	23-2-20	Murrumbeena
M40	Heavy W Pent	Simon Van Baalen	3717pts	-	23-2-20	Murrumbeena
W75	Heavy W Pent	Rhondda Dundas	3548pts	-	23-2-20	Murrumbeena
M30	Shot Put	Shane Carstairs	16.13m	69.8%	29-2-20	Albert Park
M30	Shot Put	Shane Carstairs	16.22m	70.2%	12-3-20	Doncaster
W75	Shot Put	Rhondda Dundas	8.11m	87.7%	22-3-20	Murrumbeena

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 2020 ANDY SALTER MEMORIAL RELAY

The 37th running of the Andy Salter relay was held at Springvale/Noble Park on February 5th. A long running inter venue event it continues to be popular with competitors from 8 venues attending. After all the up and downs of weather over recent weeks we were blessed with a mild evening that was ideal for the competitors and verging on cool for the officials. There were 16 run teams and 6 walk teams, a total of 82 competitors.

The question on everyone's lips was – could Knox be beaten after a very narrow victory last year. Well, the answer was no, though Eastern Masters kept them honest. The Knox time was 90 seconds quicker than last year and it needed to be to claim victory.

Results were

1st Knox (Mike Bieleny, Helen Stanley, Matthew Morris, Shane Grund) – 45.57

2rd Eastern Masters (Jonathon Stewart, Kym Osmand, Peter Seymour, Craig Begg) – 47.21

3rd Mentone (James O'Brien, Kuniko Bowden, Kyle Griffen, Mike Thomas) - 50.56

Fastest female – Kym Osmand 12.00 Fastest male – Shane Grund 9.28

In the estimated time category a Knox team of Maggie Hawkes, Bob Henderson, Peter Thorne and Paul Twining were 16 seconds out. A Springvale walk team of Natalie Irvine, Eric Negros and Dominque Ruellot were 22 seconds out. It is interesting to note that these 2 teams finished last in the run and walk on overall time. This shows that it is not speed that counts but a steady pace in estimated time events. Personally I was delighted that these people took home trophies. Natalie was so excited at winning her first ever trophy that she sent a photo of herself with the trophy to her brother in Sydney.

After the event a sumptuous supper was enjoyed and the usual convivial conversation took place. Many thanks to the Springvale crew for organising the supper and the officials for recording etc. As usual our members do a great job and make life easy for the event manager.

Alan Bennie

The successful Knox team

RESULTS 2020 ANDY SALTER MEMORIAL RELAY

CHALLENGE TEAMS

Knox No.1

Mike BIELENY	57	10.45
Helen STANLEY	63	14.04
Matthew MORRIS	54	11.40
Shane GRUND	38	9.28
est.46.50 diff.0.53		45.57

Eastern Masters No.1

Jonathon STEWART	34	11.09
Kym OSMAND	37	12.00
Peter SEYMOUR	55	12.49
Craig BEGG	54	11.23
est.48.15 diff.0.54		47.21

Mentone

James O`BRIEN	68	13.08
Kuniko BOWDEN	54	13.31
Kyle GRIFFYN	31	12.19
Mike THOMAS	48	11.58
est.52.20 diff.1.24		50.56

East Burwood

Perry BIRKETT	57	12.32
Ros LORDING	43	13.49
Paul EARLE	56	13.16
Stephen DAY	49	11.45
est.52.00 diff.0.38		51.22

Frankston

Pramesh PRASAD	45	11.34
Bronwyn HAANS	56	15.49
Russ DOW	60	11.58
Rob DWYER	51	12.48
est.53.00 diff.0.51		52.09

Glen Eira

Simon LLOYD	64	13.11
Andrew EDWARDS	66	13.12
Janet HOLMES	66	15.48
Chris GRAFFEN	55	13.08
est.57.35 diff.2.16		55.19

Springvale

Claudio RIGA	64	14.53
Helen ANDERSON	57	16.26
Ian ORR	68	14.19
Dragan ISAALOVIC	59	12.45
est.60.34 diff.2.11		58.23

FUN RUN TEAMS

KNOX G & G

Paul TWINING	70	13.36
Lavinia PETRIE	76	15.09
Graeme LETICQ	65	14.54
Michelle QUAN	50	14.34
est.59.30 diff.1.17		58.13

EASTERN MASTERS 2

Aldo D'ALBERTO	65	15.37
Trevor O`BRIEN	62	17.21
John SIGNORINI	66	13.36
Peter WHITE	46	12.05
est.71.30 diff.12.51		58.39

EAST BURWOOD MEND

Sam De FANIS	71	15.32
Jack DURRANT	22	14.31
Ashley RYAN	65	14.13
Geoff WHEELER	63	15.30
est.63.36 diff.3.50		59.46

FRANKSTON 2

David DODSON	61	16.30
Charlie MALLIA	70	16.29
David SUTHERLAND	65	14.23
Barry JEFFS	71	13.58
est.62.15 diff.0.55		61.20

SPRINGVALE 2

Alan ANDERSON	30	12.47
Bill IRVINE	71	16.41
Paul MULLINS	79	18.04
Lou BUCCIERI	64	16.51
est.66.15 diff.1.52		64.23

GLEN EIRA NOT YOUNG

Phil URQUART	75	17.48
Mike CLAPPER	67	14.38
Janine McKERRON	59	15.48
Bill CARR	70	16.29
est.66.15 diff.1.32		64.43

KNOX TRUTH

Paul DURRANT	58	17.41
Glen BARRY	49	14.39
Peter SHANAHAN	73	18.45
David WEAR	58	15.26
est.67.30 diff.0.59		66.31

FUN RUN TEAMS cont.

SPRINGVALE TERRIERS

Howard REES	72	15.22
Dave TALBOT	65	16.36
Summer	30	19.27
Sayed KHATAB	70	16.57
est.67.20 diff.1.02		68.22

KNOX SNAILS

Maggie HAWKES	64	23.23
Bob HENDERSON	73	16.49
Peter THORNE	71	17.09
Paul TWINING	70	16.50
est.73.55 diff.0.16		74.11

WALK TEAMS 3 X 2km approx.

CASIRDIC

Russ DICKENSON	74	13.33
Kevin CASSIDY	59	10.24
Kylie IRSHAD	48	12.11
est.35.40 diff.0.28		36.08

FRANKSTON C TEAM

Heather CARR	70	12.09
Greg LOVEJOY	77	13.59
Graham STOCKDALE	77	14.08
est.43.32 diff.3.16		40.16

CROYDON ACES

Paul MORITZ	60	13.26
Liz WRIGLEY	64	16.19
Gary TURNER	65	16.24
est.47.25 diff.1.16		46.09

SPRINGVALE BLOOMERS

Jim SMITH	79	14.02
Celia JOHNSON	72	15.12
Frank ALLEN	74	18.10
est.49.49 diff.2.25		47.24

FRANKSTON D TEAM

John HALLO	77	15.55
Stan PROCTOR	70	17.03
John SUTTON	76	15.55
est.49.25 diff.0.32		48.53

SPRINGVALE IRNLEPS

Natalie IRVINE	74	18.05
Eric NEGROS	56	20.18
Dominique RUELLOT	68	16.59
est.55.00 diff.0.22		55.22

JANE'S FANTASTIC JOURNEY

It seems incredible to me that someone could run 100 marathons, but Jane Sturzaker of Glen Eira Venue has just run her **300th Marathon.** Even more incredible is that she has only taken 22 years to do it. In the 3 years from the start of 2016 to the end of 2018, Jane ran an amazing 110 of the buggers.

Part of the deal has been extensive travel. Boston to Berlin; Paris to Phuket, Rooty Hill to Rotarua.

If you want to see in detail Jane's list of marathons go to this link :

https://australian100club.org/Member/41/

It made fascinating reading for me and I had to stop and lie down several times. As you will see by the attached chart, Jane has done lots of marathons in successive days. More so, she has often done a marathon and a few days later jumped on a plane to go and do another one (or four) on the other side of the world. Jane obviously doesn't understand the concept of a recovery period.

IRONY
When you look back at the difficulties women had in being allowed to run marathons because it was considered too tough for them.
HAH !!

A swathe of Spartans (those who have run 10 or more Melbourne Marathons) L-R James Yatomi-Clarke, Syd Bone, Judy Wines, Stephen Barker, Jay Fleming, Jane Sturzaker, Phil Urquhart, Merle Want, Peter Black, Karyn O'Neill

JANE'S FANTASTIC JOURNEY

JANE'S 300 MARATHONS

YEAR	NUMBER	HIGHLIGHTS
2020	6	4 RACES IN 4 DAYS HAWAII
2019	17	NZ; BUENOS AIRES; HONG KONG;DUBAI; U.S.; 4 IN 4 DAYS NEW MEXICO; TEXAS
2018	37	3 IN 3 DAYS NEW MEXICO; 5 IN 5 DAYS USA; 4 IN 4 DAYS USA; 4 IN 4 DAYS NEW MEXICO
2017	34	7 IN 7 DAYS STHN AFRICA; 6 IN 6 DAYS USA; 9 IN 9 DAYS USA; N.Z.; HONOLULU;
2016	39	7 IN 7 DAYS STH CARRIBEAN; BOSTON; 3 IN 3 DAYS USA; 5 IN 5 DAYS USA; NEW YORK
2015	27	KYOTO; 5 IN 5 DAYS USA; 7 IN 7 DAYS; BERLIN; JERSEY
2014	26	FRANCE; BELGIUM; 5 IN 5 DAYS USA; 3 IN 3 DAYS USA; NEW YORK
2013	9	NEW ORLEANS; WASHINGTON STATE; FRANCE
2012	5	TOKYO; SAN FRANCISCO; NEVADA
2011	18	ISRAEL; PARIS; USA; 3 IN 3 DAYS USA
2010	15	ARIZONA; NZ; VENICE; ATHENS; NEW YORK
2009	9	PHUKET; UTAH; SAN FRANCISCO; LAS VEGAS; HONOLULU
2008	10	BOSTON; NASHVILLE; CHICAGO; NIAGARA; NEW YORK; HONOLULU
2007	6	PARIS; LONDON; HONOLULU
2006	5	WASHINGTON DC; NEW YORK
2005	7	LAS VEGAS; HONOLULU
2004	5	N.Z.
2003	1	
2002	3	MAUI
2001	1	
2000	2	
1999	1	
1998	3	NEW YORK

The marathoners of Glen Eira

AVSL - What next ? by Albin Hess

The 2019/2020 Victorian track and field series finished and the Victorian Masters participants ended with a remarkable result. The event changed its name form AV Shield to AVSL.

Not only did the name change, but there were major changes to how the competition ran. Maybe the biggest change was that there is no longer an age group competition.

We were allocated a spot in Division 4, based on our performance in the previous year. The point system allows everyone from a club to contribute to the results with up to four events each round. But where previously we were able to compete against other 40+ athletes, we now had to face up to all the younger athletes too.

What also changed was the dynamic of the season. There are 50 clubs and A.V. created 5 Divisions, each with 10 teams. The first two teams going up the next higher level, whereas the last two teams were downgraded. Interesting was that 3rd last had a relegation against the 3rd of the lover devision to keep its place. This was the case for VMA. We had a playoff against the 3rd finisher in division 5, Williamstown, to keep our place in Division 4. What a day it was. Starting with 6 walkers, we took quickly the lead against WTNl. Suddenly, mid morning we were only 100 points in front. With our field events we finally moved in the right direction. The final result was 10837 to 4073 in our favor.

But our place in division 4 doesn't reflect the high quality of our team. Let's have a look back as if we still had a 40+ competition. Of the 50 clubs, the men would be in 11th place Victoria wide and the ladies 16th. Also, if we look in our division and the performance, with only 16 athletes during the season, we managed an average of 497 points per athlete for the season. This would have given us 2nd place.

Where do we go from here ? VMA has a good chance to move up in the rankings. The girls now have the opportunity to participate in the final. It is great when all our team competes at the same Venue although this doesn't happen much during the season. For me and for other walkers, the the programming was a big disappointment as there were only 6 walks for the season.

I had to look for alternatives. This lead me to trying in some field events, which I enjoyed. I can only encourage everyone to join the team. It is great fun, and we all can move VMA forward. See you all at the 2020//2021 season.

For more information contact David Sheehan - midget32@hotmail.com.au 0448 213 200

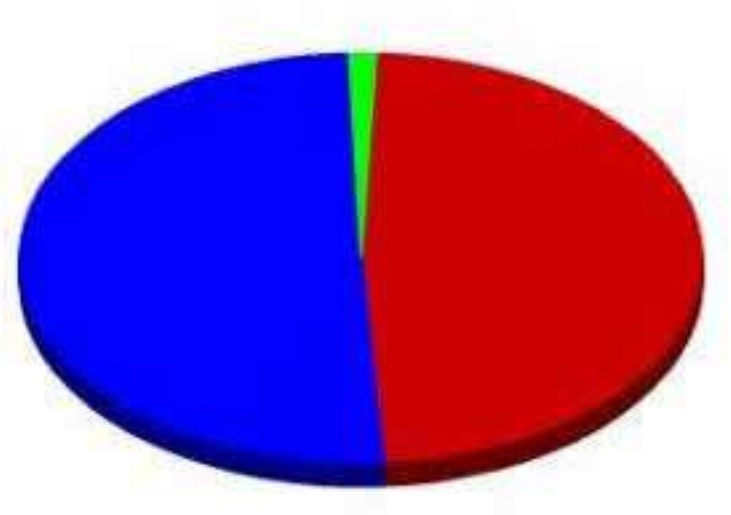
Some happy VMA vegemites at Ringwood Track - Janet Holmes, Erika Bedyn, Kylie Irshad, Mel Bourne, Albin Hess, Pramesh Prasad, Christine Robinson and Rob Italia.

I can't remember whether I ever put this in Footprints or just did it for Facebook when Allan Wood was heading off to the World Indoors in Daegu. I can't be bothered checking so I'll just give it another run. I think I captured Allan's nature pretty well. I can just see him sitting down saying "Heya Kim mate. What's on the menu ? I'm allergic to Bat !!"

Woody before going to the World Indoors in South Korea

Woody after mistakenly going to North Korea

Reasons to help out at the Long Jump



Because my best friend is jumping and I might be able to put him off

Because my worst enemy is jumping and I might be able to put him off

Because I like to help out

LETTERS / EMAILS

In our last edition I published an ABC story on the controversial Adrienne Beames. Here is a response from Greg Wilson.
Russ

Hi Russ,
I read with interest the story on Adrienne Beames. I ran pro in Victoria from 1974 and competed with Adrienne and Fred. I had run a debut 2 hr 49 marathon , followed by a 2 hr 48, in 1973 (amateur), so I was around the level she claimed to be. Having seen her in action I am sure she could do a sub 3 hr and believe the claimed time is likely legit. She certainly trained with the big boys and so was fitter than most female runners of the day.
A point not made in the story was the huge divide between The Pro's and The Amateurs, in those days. There is no way that after competing in the Professional Cross Country Club of Victoria events, that she would have been allowed to enter Olympic qualifiers, or indeed the Olympics.
In 1974 and '76 I won some Pro events and while in Qld, was banned from competing in amateur races. Later while on a Sydney posting (Army) I had to run under an assumed name, just to be able to run in some decent races.
Finally in 1984 they opened the Canberra Olympic Marathon Trial up to all comers. They accepted me under my own name and I ran a career PB, on the same wind swept day that Dot Browne set her incredible over 40 women's record. I may add my 2 hr 30 min was only good enough for 28th placing!!
Those were the days.
Cheers
Greg Wilson

Letter from Rob Barclay

Dumping AV

AV has shown a cavalier disregard for masters athletes, having obtained everything they wanted in the negotiations of 12 years ago.

Still, an approach should be made to halve fees, provide more centralised venues, and spread events over several months. A good case can be made showing a decline in masters membership numbers due to the involvement of AV, and the consequent doubling of event fees. They can also be reminded that that a significant percentage of VMA are pensioners or retirees on tight incomes. Asking these elderly athletes to travel long distances to compete shows a lack of consideration and compassion.

If AV refuses to negotiate, then severance becomes the only option, and a reset of all VMA members' attitudes will be necessary. All members will need to take more responsibility for the events they love, by helping to organise them, and providing officials. Past members' attitudes have been characterised by chronic inertia and buck-passing.

The chronic lack of officials and judges has bedevilled all State Masters for the past 30 years.
Current VMA office bearers need our sympathy. We need to provide some financial or other incentives to our long-suffering officials and organisers: at the very least payment of their membership and event fees. The same incumbents soldier on year after year, because the bulk of members refuse to volunteer – it is always somebody else's problem.

If AV is dumped, then there is an opportunity to introduce some improvements:

More competitions

By the time cancellations and other commitments are allowed for, there are usually no more than 8 or 9 AV Interclub competitions each year, culminating in the VMA Titles.

LETTERS /EMAILS CONT

If VMA decide to adopt a September to March competition season, then this would potentially allow some 15 fortnightly formal competitions, culminating in the 15th: : the Vic. Championships. If monthly winter competitions are added to help keep members focused, then this would bring the yearly number to 20: more than enough to satisfy the most demanding athlete.

Endless training sessions tend to reinforce existing faults, and new ones often show up under the intense pressure of competition. Regular competitions help sharpen and improve performance as the season rolls on.

More age-related events would allow more competition against peers. It must be dispiriting for elderly athletes to be constantly pitted against far younger interclub competitors.

More event autonomy

Each event group would organise the number of yearly competitions to suit themselves, and they should be asked to provide at least one judge, either through one of their ranks volunteering for courses, or finding a retired official.

Failure to produce any officials would mean that the group's performances would be informal, with results not listed, and no records authenticated. This would not trouble most competitors; as records are generally few and far between. A dedicated Events Diary would help these group members keep track of their progress week by week, and year by year.

Equipment

Given that the organisation is financially sound, then VMA needs to ensure that it owns or controls all its own equipment. An annual levy could be placed on members if the need arose – but members should to be canvassed first.

Fees

Remain at $45 per year. Each formal event member would contribute $10 to help pay for qualified judges and officials. This would allow members the luxury of deciding how many $10 competitions they wish to enter.

Centralised venues

Burwood and Doncaster venues should be used as much as possible; with Glen Eira, Aberfeldie and Knox only used as backups.

More flexibility needs to introduced, to offset the bureaucratic rigidities that inevitably creep into any large organisation. There needs to be more focus on the needs of members – after all; wasn't this the reason Masters' Athletics was formulated in the first place?

Rob Barclay

20th March 2020

Kim (was) heading the the World Champs in Canada

Article by Adam Trafford of Ballarat Courier

Three years ago, Ballarat mum Kim Gleeson had no idea what the throws pentathlon was. Now, she is a three time Australian Masters champion with prospects of taking home a medal at the world championships in 2020 in Canada.

The 39-year-old's meteoric rise up the sport's ranks came from simply wanting to help her daughter out after an unfortunate leg injury.

"Ashlee (Kim's daughter) was doing athletics but suffered a really bad leg injury that meant she couldn't run for nearly two years," Kim said.

"As a former sprinter I knew how hard that was going to be for her, so I thought I would get back involved in athletics and help motivate her to stay active during the injury."

Kim, who had not participated in athletics since her youth, returned to the Ballarat YCW Harriers athletics club to work on some upper body events with Ashlee.

It was here that she fell in love with the five events in the throws pentathlon (hammer, shot put, discus, javelin and weight throw) and began training.

Kim needed some help learning about the new events she was keen to compete in, buying a 'throwing technique' book to help guide her training.

"It was the first time I had ever really done any of these events seriously... I didn't even really know what weight throw was," she laughed.

Gleeson was a natural at the sport, winning the Australian Masters Championships for her age range (35-39) in her very first year competing in the throws pentathlon in 2017.

She would follow this up with two more consecutive victories in 2018 and 2019, the later of which was her toughest outing of her young career.

"My goal for 2019 was always to win three years in a row," she said.

"I trained so hard leading up to that competition and I knew I would have to throw my absolute best if I wanted to come out on top.

"When I found out I won I was so overwhelmed, I burst in tears, it wan an amazing feeling."

Now as Gleeson moves up into the 40-44 age division, her biggest challenge awaits. Fellow Australian and current World Masters Champion in throws pentathlon Byrony Glass will be waiting for Gleeson when they clash in July 2020 in Canada.

Gleeson has previously met and trained with the 42-year-old from Perth but never competed against the world champion ahead of their meeting in Toronto.

Gleeson is committed to moving up the world rankings and improving ahead of the world championships.

"I'm training twice a week both locally and in Melbourne as well as three strengthening sessions a week."

Looking back on her success and rise through the sport, Gleeson laughed.

"I started this as a way to help my daughter and as an excuse to travel," she laughed.

"I never thought it would result in anything like this, but now that I'm here, I'm looking to get the best results I can."

2020 AMA Winter Throws Championships

Sat 3rd – Mon 5th October

Kerryn McCann Athletics Track
Beaton Park Leisure Complex, Foley Street, Gwynneville

Entries will be open from Aug 1 to Sep 16
(No late entries accepted)

Join our facebook group for details:
"AMA Winter Throws Championships 2020"

SCHEDULE OF EVENTS:

SATURDAY 3rd OCTOBER, 9.30am:
Throws Pentathlon
56lb and 100lb throws
Group Dinner

SUNDAY 4th OCTOBER, 9.30am:
Individual Events: Hammer, Shot Put, Discus, Javelin, Weight Throw
Weight for Distance

MONDAY 5th OCTOBER, 9.30am:
Heavy Weight Pentathlon

2019 Athletes of the Meet –
Mary Thomas and Jamie Muscat

Event Co-ordinator: Jill Taylor
Email: amawinterthrows@gmail.com
Phone: 0409607384
Organising Committee:
Adriana van Bockel, Anatoly Kirievsky, Gabi Watts

VALE: COLIN ALFRED MURRAYLEE

6/11/1928 - 10/2/2020.

Australian Masters Athletics lost one of its all time great throwers on 10th February.
Colin Murraylee at one time (1951) held the Victorian & Australian Open Men's Javelin record, held many Victorian, Queensland and Australian Masters throwing records (mainly for javelin, discus & throws pentathlon), still holds the AMA Championships record for M 70-74 throws pentathlon (set in 1999), and won over 200 medals in Victorian, Queensland and National Masters Championships.

Born into a large family, Colin grew up in Oakleigh.

He was "whacked many times" at school for "picking the wrong colours" and was only later found to be colour blind.

By 16 years old, Colin was representing Collingwood Tech in cricket and, as a talented full back, in football. It was then that he began his long association with, and deep love for, Collingwood Harriers Athletic Club.

He first represented Victoria in 1949 having medalled in the Vic javelin and decathlon titles.

Over the next 9 years he was a regular in Victorian teams to the Nationals, picking up 3 national javelin medals but no gold.

In 1951 Colin set new Victorian and Australian javelin records and may have been the first Australian to launch the javelin over the then magical 200 feet when he achieved a best ever of 207 feet (63.1 m) in training.

He missed selection in a number of Australian international teams due to knee injuries and, sadly, a recurrence cruelled his (otherwise excellent) chances of representing Australia in the javelin at the 1956 Melbourne Olympic Games.

Colin became a highly versatile, successful and much admired competitor for Collingwood Harriers. He was especially proud to have the club's annual award for the season's highest points scorer in inter-club competition named in his honour, "The Colin Murraylees Summer Points Award".

An indication of the regard in which Colin was held by Collingwood Harriers is that members continued to visit and honour Colin in the years after he entered aged care.

Physical fitness and exercise remained important to Colin throughout his long life. He competed with the Victorian Veterans Athletics Club and, later, the Queensland Masters and Victorian Masters, over many years despite having been diagnosed in 1954 with retinitis pigmentosa. This is a rare, inherited, severe, degenerative eye disease which resulted in Colin becoming progressively more blind.

He could see virtually nothing over his last 20-30 years but chose to eschew competing in events for the disabled.

The determination, positivity and enthusiasm with which he confronted his severe visual impairment was an inspiration to all. Many of his state and national records were set well after he became "legally blind".

Colin's playfulness and mischievous sense of humour were well known to all of his many friends, but was outrageously demonstrated one day when he was in his 70's. He was competing in the javelin at the AMA National Championships and, I am told, as usual, he had a fellow competitor lead him onto the runway and point him in the correct direction to throw. Then , to the consternation of all who were watching, he drew the javelin back and took off in the opposite direction and shaped to throw directly into the grandstand crowd before a quick thinking fellow thrower made a desperate lunge to stop him. He later quietly and with a wide smirk, whispered that he had done it "for a laugh".

VALE: COLIN ALFRED MURRAYLEE

Fellow throwers knew Colin as a regular at Vic Masters Throwing Group competitions until 2013 as his great throwing mate, Milton Ballantyne, who was born just 1 day before Colin, lived nearby and would provide transport over the 42 km from Lilydale Aged Care to Glenhuntly. When Milton's health failed, Colin was left with no workable way to regularly get to Glenhuntly for throwing.

He did, however, remain incredibly keen to continue throwing and, despite being virtually totally blind, was "caught" by his carers a few years ago, in the busy carpark of his aged care facility, practising hammer turns and throws with his heavy weight implement. The incredulous and terrified carers observed that it was just lucky that no cars hit Colin and that his heavy weight didn't hit parked cars which he couldn't see ! I am told that they "impounded" his implement but Colin's family have now kindly donated it to the VMA Throwers Group.

The last times Colin threw with the VMA Throwers Group were in 2018. He still revelled in throwing but, sadly, it was clear that his loss of balance and increased frailty combined with blindness made it very difficult for him. He did, however, remain admirably positive and continued to regale us with his jokes, not always for mixed company, inbetween throws.

When I spoke to Colin on the phone just before Christmas 2019, he ended our conversation with "you will be seeing me there throwing with you in 2020."

In aged care, especially after his wife of 40 years died, Colin struggled to find things to keep his mind and body active. He initiated and led exercise and strength classes for 40 minutes, 6 days per week utilising the exercise bikes, weights, dumbells and barbells that he kept in his room - I suspect that there wouldn't be many aged care residents who decorate their rooms with such items! These sessions attracted up to 10 of his fellow residents and gave Colin, who had always loved helping others, a real sense of purpose. He was very disappointed when a paid instructor was brought in to take the classes. Colin said that he never attended again.

He was able to draw on his natural charm and well honed skills at engaging others in entertaining banter, to make new lady friends at his residence - he insisted that he always loved the company of women. There were, however, periods of loneliness and boredom, which he would try to counter by taking himself for walks, carefully feeling his way right around the aged care perimeter fences, beyond which he was, understandably, forbidden from venturing unaccompanied.

Colin was still being assisted to attend Masonic Lodge meetings until very recently. He was very proud to have received his 60 year jewel

Surviving Colin are his 2 children & 2 grandchildren who, at the funeral, highlighted Colin's generosity of spirit, humility yet intense competitiveness, love of a good laugh, and inspirational determination to lead an active and socially engaged life despite his severe visual impairment.

We in Masters Athletics have lost not just a champion thrower, but a truly courageous and inspiring colleague and friend. He will be sorely missed.

Roger Glass (Vic Masters Throwing Group).

Sources: Personal discussions with Colin.
Eulogies by family members and Steve Griffiths at Colin's funeral 17th February, 2020.

RESULTS - VMA Throws Pentathlon Championship 2020 22/03/2020

Duncan Mackinnon Athletic Track

This was a bit close. We just snuck this event in before the restrictions came in. The throwers all wanted to go ahead and it was agreed that all sanitation and separation would be observed. The Throwers Committee provided sterilising solutions for hands, hand wipes for cleaning implements or hands and acted to maintain a 1.5 m separation.
Thank you to the three AV Officials who came along, but we can always use more helpers.

Men Throws Pentathlon

	Points	HT	SP	DT	JT	WT
---- M30 ----						
1 Carstairs, Shane		39.63m	15.88m	42.01m	41.55m	12.59m
Victorian Masters Athleti						
M31 Team Points: 10	3119	(506)	(844)	(706)	(465)	(598)
2 Carstairs, Greg		19.70m	9.50m	27.00m	42.48m	6.29m
Victorian Masters Athleti						
M34 Team Points: 8	1775	(188)	(456)	(406)	(478)	(247)
---- M45 ----						
1 Van Baalen, Simon		37.57m	11.00m	30.53m	33.07m	12.73m
Victorian Masters Athleti						
M46 Team Points: 10	3053	(620)	(681)	(599)	(424)	(729)
2 McGrath, Dominic		32.40m	8.92m	28.00m	32.67m	7.56m
Victorian Masters Athleti						
M47 Team Points: 8	2386	(515)	(529)	(538)	(417)	(387)
---- M50 ----						
1 Connell, Nick		38.85m	11.82m	36.34m	30.45m	13.82m
Victorian Masters Athleti						
M54 Team Points: 10	3047	(612)	(719)	(606)	(404)	(706)
---- M60 ----						
1 Peska, Stan		36.16m	12.36m	33.10m	31.82m	13.35m
Victorian Masters Athleti						
M63 Team Points: 10	3203	(632)	(816)	(567)	(515)	(673)
2 Olsson, Paul	40.18m	9.04m	26.72m	24.23m	12.16m	
Victorian Masters Athleti						
M63 Team Points: 8	2677	(719)	(563)	(433)	(360)	(602)
3 Cauchi, Mark	28.90m	8.39m	25.09m	31.31m	8.47m	
Victorian Masters Athleti						
M62 Team Points: 6	2279	(476)	(514)	(399)	(504)	(386)

RESULTS - VMA Throws Pentathlon Championship 2020

4 Galea, Marty		21.12m	8.27m	25.08m	17.36m	10.44m
Victorian Masters Athleti						
M64 Team Points: 5	1940	(312)	(505)	(399)	(223)	(501)

Points	HT	SP	DT	JT	WT	
---- M65 ----						
1 Curtain, Phillip		22.79m	8.56m	25.94m	28.98m	8.30m
Victorian Masters Athleti						
M65 Team Points: 10	2387	(405)	(585)	(468)	(519)	(410)
2 Riddoch, Clyde		24.35m	7.64m	28.37m	20.24m	9.95m
Victorian Masters Athleti						
M66 Team Points: 8	2310	(442)	(509)	(524)	(322)	(513)
3 Neale, John		22.17m	7.10m	25.84m	18.16m	8.17m
Victorian Masters Athleti						
M69 Team Points: 6	1999	(390)	(465)	(466)	(276)	(402)
---- M70 ----						
1 Young, Peter		27.90m	10.76m	29.82m	22.09m	11.13m
Victorian Masters Athleti						
M73 Team Points: 10	2864	(521)	(714)	(626)	(400)	(603)
2 Ford, Graham		22.38m	7.81m	24.21m	19.92m	7.99m
Victorian Masters Athleti						
M70 Team Points: 8	2110	(391)	(486)	(483)	(348)	(402)
---- M75 ----						
1 Tonelli, Didimo		24.47m	8.54m	21.46m	27.17m	10.05m
Victorian Masters Athleti						
M76 Team Points: 10	2794	(518)	(603)	(479)	(610)	(584)
2 Amerasekera, Errol		13.20m	7.23m	19.74m	14.05m	5.42m
Victorian Masters Athleti						
M76 Team Points: 8	1662	(220)	(492)	(431)	(252)	(267)
---- M80 ----						
1 Christodoulou, George		22.59m	7.06m	16.11m	14.29m	8.83m
Victorian Masters Athleti						
M80 Team Points: 10	2301	(547)	(523)	(396)	(298)	(537)

RESULTS - VMA Throws Pentathlon Championship 2020

Womens Throws Pentathlon

		Points	HT	SP	DT	JT	WT
---- W30 ----							
1 Barrett, Rachel			21.54m	8.83m	25.28m	18.00m	7.20m
Victorian Masters Athleti							
W34 Team Points: 10		1715	(312)	(453)	(374)	(252)	
(324)							
---- W35 ----							
1 Champion, Megan		32.51m	9.36m	34.49m	21.37m	9.47m	
Victorian Masters Athleti							
W39 Team Points: 10	2548	(614)	(510)	(572)	(339)	(513)	
---- W45 ----							
1 Johansen, Nicole		30.54m	8.28m	28.99m	29.64m	10.26m	
Victorian Masters Athleti							
W47 Team Points: 10	3068	(685)	(522)	(557)	(609)	(695)	
---- W50 ----							
1 Edwards, Angela		22.16m	6.85m	14.52m	19.63m	8.33m	
Victorian Masters Athleti							
W53 Team Points: 10	2040	(459)	(440)	(261)	(397)	(483)	
2 Voogd, Debbie		22.63m	5.90m	14.87m	11.76m	6.93m	
Victorian Masters Athleti							
W54 Team Points: 8	1693	(473)	(363)	(269)	(205)	(383)	
---- W60 ----							
1 Messerle, Narelle		22.29m	8.39m	18.84m	16.30m	11.12m	
Victorian Masters Athleti							
W61 Team Points: 10	2860	(585)	(700)	(464)	(406)	(705)	
---- W65 ----							
1 Clarke, Donna		14.05m	5.85m	12.81m	12.29m	6.70m	
Victorian Masters Athleti							
W66 Team Points: 10	1962	(363)	(510)	(332)	(332)	(425)	
---- W70 ----							
1 Learmont, Bev		17.10m	5.32m	14.43m	12.44m	7.34m	
Victorian Masters Athleti							
W71 Team Points: 10	2472	(553)	(521)	(456)	(403)	(539)	
----- W75 ----							
1 Dundas, Rhondda		27.62m	8.11m	16.67m	10.59m	9.06m	
Victorian Masters Athleti							
W75 Team Points: 10	3432	(982)	(852)	(575)	(366)	(657)	

FAMMO

This is a sad but inspiring story.
Johnny Famechon was a boxer. A great boxer and a highly skilled, evasive fighter who won the World Featherweight Championship. He retired from boxing absolutely unmarked and with all his faculties intact.
Johnny used to run marathons after he retired and while out running in Sydney, was hit by a speeding car, nearly killed and left paralysed down his left side and in a wheelchair. He had to learn to talk again but has gone on to live an enjoyable, if frustrating life.

When I was a kid, boxing was a fairly popular sport and there was very little discussion of the damage that could be sustained. I followed the Australian fighters on radio and TV although I never went to see the sport live. The rationale then was that both fighters in the ring wanted to be there and no-one was making them fight. It had long been a chance for tough young kids from poor backgrounds to make some money and get a start in life. No doubt there were some awful cases of people whose life was ruined by boxing.
On the other hand, I think that today's cage fighting is a disgusting sport but maybe it is in sync with todays society. Kicking someone was always considered the ultimate act of cowardice but that's not the way it is on the streets today.
When I was building my first few houses in he early 1970's I sometimes used a bricklayer called Johnny Johnson who it turned out was best mates with Johnny Famechon and with whose family Johnny F. had lived with as a kid. We often talked about "Fammo". I can't remember at what stage of his career this was.
Some years later, I was fed up with the building industry and, because of my love of music, took a stop gap job with a record company. I used to call on record shops and I soon realised that my territory overlapped that of the same Johnny Famechon, who was with a rival company. Here was this little guy who had fought 60 plus fights and beaten the best fighters in the world, yet he was absolutely unmarked and not only as sharp as a tack but the nicest, most modest man you could wish to meet. I saw him often for about a year and we would always have a chat about anything but boxing. I was shocked when I heard of his accident.

P.S. "Fammo" was renowned for being a one handed fighter. He jabbed constantly with his left hand and only used his right occasionally. It was there for protection. Hence the unmarked face. After his accident and being paralysed down his left side, his famous left hand was locked in a tight fist and couldn't be opened. It took nearly a year of therapy to unclench it.

P.P.S. Johnny Famechon took part in the Traralgon Marathon in 1998, running a time of 3.28.31.

Fammo at the unveiling of his statue in Frankston in 2018

RESULTS - VMA T & F Pentathlon Championship 2020 - 1 March 2020
Duncan Mackinnon Athletic Track

Results - Men

	Points	LJ	JT	200	DT	1500
---- M35 ----						
1 Singh, Kuldeep		4.61m	19.47m	27.24	13.69m	6:02.70
		w: 2.8				
M35	1381	(335)	(157)	(463)	(160)	(266)
---- M40 ----						
1 Baker, Cameron		5.16m	38.34m	25.31	17.80m	6:09.70
		NWI		w: 2.3		
M42	2216	(506)	(466)	(681)	(265)	(298)
---- M45 ----						
1 McLennan, Campbell		5.11m	32.14m	26.70	19.65m	4:47.50
		NWI		w: 2.8		
M47	2746	(565)	(408)	(635)	(342)	(796)
2 Pratt, Will		4.83m	28.42m	27.48	24.93m	4:53.90
		NWI		w: 2.8		
M46	2638	(496)	(346)	(574)	(465)	(757)
3 Prasad, Pramesh		4.01m	25.60m	30.19	15.86m	5:31.80
		NWI		w: 2.8		
M45	1795	(313)	(299)	(384)	(255)	(544)
---- M50 ----						
1 Dawe, Richard		4.76m	24.90m	26.33	25.68m	4:56.80
		NWI		w: 2.3		
M52	2803	(552)	(307)	(736)	(391)	(817)
2 Cobbledick, Doug		4.65m	31.27m	27.58	28.46m	7:24.00
		NWI		w: 2.3		
M51	2189	(525)	(419)	(637)	(446)	(162)
---- M55 ----						
1 Kyriakakis, Michael		4.12m	FOUL	29.80	17.86m	6:33.80
		NWI		w: 3.7		
M59	1684	(461)	(0)	(546)	(269)	(408)
2 Dell, Tony		3.01m	19.43m	34.75	20.08m	6:27.80
		NWI		w: 3.7		
M57	1438	(196)	(243)	(251)	(315)	(433)
3 Fairburn, Noel		2.77m	22.09m	34.08	19.63m	10:00.50
		NWI		w: 3.7		
M59	1033	(149)	(293)	(285)	(306)	(0)

RESULTS - VMA T & F Pentathlon Championship

---- M60 ----

1 Newling, Rob		3.14m	22.54m	32.12	18.50m	5:50.00
		NWI		w: 4.1		
M60	2027	(276)	(326)	(465)	(266)	(694)
2 McCormack, Ian		3.77m	19.68m	31.22	16.13m	6:16.80
		NWI		w: 4.1		
M61	2017	(441)	(269)	(523)	(219)	(565)
3 Brown, Chris		3.69m	25.88m	31.63	19.72m	7:06.80
		NWI		w: 4.1		
M64	1955	(419)	(393)	(496)	(290)	(357)
4 Singh, Jeet		3.73m	FOUL	28.61	19.32m	7:07.80
		NWI		w: 4.1		
M62	1773	(431)	(0)	(707)	(282)	(353)
5 Hess, Albin		2.52m	18.50m	38.84	15.06m	7:04.50
		NWI		w: 4.1		
M60	1077	(136)	(245)	(133)	(198)	(365)

---- M65 ----

1 Clapper, Mike		4.16m	19.19m	31.45	23.55m	6:25.50
		NWI		w: 3.7		
M67	2575	(655)	(299)	(590)	(414)	(617)
2 Prowse, Frank		2.63m	18.01m	34.36	18.00m	6:45.30
		NWI		w: 3.7		
M68	1707	(204)	(273)	(410)	(290)	(530)
3 Riddoch, Clyde		2.67m	21.86m	41.80	28.04m	7:46.40
		NWI		w: 3.7		
M66	1478	(214)	(358)	(89)	(516)	(301)

---- M75 ----

1 Leong, Tom		2.82m	15.35m	37.05	20.48m	9:00.00
		NWI		w: 2.8		
M78	1892	(398)	(286)	(467)	(452)	(289)
2 Gardner, Neville		2.10m	12.80m	43.67	20.19m	9:27.20
		NWI		w: 2.8		
M76	1223	(171)	(219)	(172)	(443)	(218)
3 Fraser, Andrew		2.31m	13.85m	39.90	16.55m	11:44.06
		NWI		w: 2.8		
M78	1153	(232)	(246)	(325)	(342)	(8)

---- M80 ----

1 Wood, Alan		2.74m	18.43m	41.20	13.14m	10:14.60
		NWI		w: 2.8		
M82	1846	(469)	(422)	(404)	(302)	(249)

RESULTS - VMA T & F Pentathlon Championship

2 Dorr, Barry		2.30m	20.55m	40.42	13.73m	11:02.06
		NWI		w: 2.8		
M81	1702	(303)	(486)	(443)	(321)	(149)
3 Dunn, Terry		1.93m	22.96m	42.60	15.56m	11:03.90
		NWI		w: 2.8		
M82	1604	(179)	(561)	(341)	(378)	(145)

Results - Women

---- W30 ----

1 Drysdale, Renee		14.59	7.28m	4.00m	15.06m	2:52.60
		w: 4.4		w: 2.9		
W34	1810	(514)	(353)	(308)	(198)	(437)
2 Cooper, Amy		14.58	5.82m	3.41m	13.21m	3:20.50
		w: 4.4		w: 1.6		
W34	1319	(515)	(260)	(182)	(164)	(198)

---- W35 ----

1 Dux, Jessica		12.68	8.40m	5.10m	19.66m	2:56.00
		w: 3.9		w: 4.1		
W35	2667	(848)	(445)	(657)	(305)	(412)

---- W40 ----

1 Lester, Rhiannon		13.56	8.15m	4.56m	26.21m	3:19.70
		w: 3.9		w: 3.5		
W40	2573	(778)	(467)	(576)	(478)	(274)
2 Franchina, Natasha		15.06	6.90m	3.68m	32.15m	3:39.80
		w: 3.9		NWI		
W41	1996	(546)	(377)	(326)	(608)	(139)
3 McLennan, Laura		16.37	7.93m	3.19m	11.89m	3:16.40
		w: 3.9		NWI		
W43	1503	(372)	(451)	(208)	(172)	(300)
4 Byers, Aggie		16.12	6.00m	3.40m	13.31m	3:31.10
		w: 3.9		NWI		
W41	1367	(403)	(313)	(257)	(202)	(192)

---- W45 ----

1 Gathercole, Sherry		13.91	6.48m	3.86m	20.06m	3:16.50
		w: 4.4		w: 2.5		
W49	2380	(805)	(382)	(438)	(383)	(372)
2 Meadows, Vani		13.88	6.76m	3.59m	12.48m	3:36.20
		w: 4.4		w: 2.2		
W48	2002	(810)	(404)	(359)	(207)	(222)

RESULTS - VMA T & F Pentathlon Championship

---- W50 ----

1 Edwards, Angela		17.26	6.97m	2.69m	20.55m	3:56.50
		w: 3.0		w: 2.5		
W53	1626	(420)	(450)	(174)	(420)	(162)

---- W55 ----

1 Anderson, Helen		15.28	5.98m	2.93m	11.17m	3:26.40
		w: 3.0		w: 1.9		
W57	2144	(773)	(412)	(290)	(218)	(451)

---- W65 ----

1 Heagney, Kath		16.04	5.72m	2.82m	12.88m	3:27.10
		w: 3.0		w: 3.0		
W69	2772	(859)	(496)	(398)	(352)	(667)

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2 Clarke, Donna		16.57	5.88m	2.53m	10.52m	3:50.20
		w: 3.0		w: 3.1		
W66	2337	(785)	(514)	(292)	(272)	(474)

Back (L - R) Sherry Gathercole, Aggie Byers, Vani Meadows, Jess Dux, Natasha Francina, Donna Clarke
Front (L - R) Amy Cooper, Laura McLennon, Rhiannon Lester, Renee Drysdale, Kathy Heagney, Helen Anderson, Angela Edwards

2020 VICTORIAN MASTERS ATHLETICS -- MEMBERSHIP FORM

PLEASE PRINT DETAILS NEATLY

Family name: . . . . . Other name(s): . . . . . .

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Emerg.Contact - Name: . . . . . Phone: . . . .

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Circle amount of the membership category applying to you		
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Footprints - Newsletter by Email	Free	Free
Footprints - Newsletter by Post	$10	$10
Voluntary Donation to VMA Inc.		
Current AV Members	$35	$35

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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.

For VMA Uniforms Information - Contact Ewen Wilson (Ph) 9529 5260 (M) 0423 424185

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

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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 6pm Start**	

Victorian Masters Athletics Inc.

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