



VICTORIAN  
MASTERS ATHLETICS

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# FOOTPRINTS



JUNE/JULY 2020



A PARTIAL ECLIPSE  
OF THE HEART



RUNNING AS ART



BEING JOHN  
ZELEZNICKOW



Tony Guttmann -  
Covid-19 diary

## AND STAY AWAY





No results to report, no Venue meetings, ***no worries!*** Some great reading here.

Tony Guttman, a very fit 75yo VMA member contracted Covid 19 in the very early days and his story is amazing. What he endured is not at all what I would have expected. Were his lungs protected by his fitness ?

Hot on the heels of reporting Jane Sturzakers' incredible 300 marathons is John Zeleznikows' story as he approaches 200 marathons. Something in the water at Glen Eira ?

So, I was just starting to write an "Ask the Coach" article on horizontal jumps and it dawned on me - what if I actually had something written by someone who knew something about jumping. So I contacted the guru, Nick Hodgson !!

I've had a little adventure since we last met. Severe angina while training and a stent put in. Definately a bullet dodged. Have you got a cute angina ?

One of our finest sprinters, Keith Howden, has started writing articles on sprinting for his Collingwood Venue mates. I've snafled them, together with an introduction by his mate Adam Delbridge, and included 2 of "On Your Marks" in this issue.

We are still working to get this club "open for business" again but we must proceed carefully. We have to comply with Government regulations and also fit in with Council demands and the wider athletic community. While some groups are training together - and that's great - we just cannot move too early, especially given the demographic of our membership. The Committee is planning to meet again around 21 June and even if groups of 100 are allowed we still have to satisfy Councils and Ground Management concerns.

Rest assured that we are as keen as you are. Don't forget to phone a friend.

*Keep practising good hygiene,*

*Russ Dickenson*

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## OUR COVER

George Simons throws that nasty virus into the stratosphere.

It's a Graeme Dahl photo of course.

As is the one of Erika Bedyn on Page 6  
(both from Oceania Champs in Mackay)

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.

Or you can write to me at [dicko@iinet.net.au](mailto:dicko@iinet.net.au) to go on the mailing list.

# MASTERPIECES

As you would all know by now, our State, National and World Championships for 2020 have been cancelled due to the Coronavirus.

We are working to find dates for the Browne Shield events and, of course, our 3000m VMA Championship which is held with our AGM. We may have to drop one or more of the Browne Shield events but we hope to be able to re-schedule them all.

The World Masters Athletics people have been busy and have accepted the offer of Tampere, Finland to hold the World Championships in 2021. Tampere was to hold the European Masters Champs on 3-10 July, 2021 but these will now be converted to the Worlds. Some days will be added before the 3rd fit the full program.

Accordingly, the World Indoors Champs in Edmonton, Canada will be moved back a year to 2022 and the next World Masters Champs schedule for Gothenburg, Sweden will be moved back to 2023.

The Bids for 2023 indoor and 2024 stadia championships then needs to change to 2024 and 2025 respectively. The vote for these two championships would have been at the General Assembly in Toronto this summer. WMA have received bids for these championships and have no plans to reopen bidding at this time. These vote and all other WMA business usually conducted at the General Assembly, including votes on rule changes and Officers, will need to be done at the General Assembly in Tampere in 2021. The following General Assembly will be in Gothenburg 2023. But as soon as the WMA Council is able to make its final decision we will provide information about the next formal steps.

## What's On 2020

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

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

## 2021

Jan 17-23	2021 Oceania Masters T&F Champs - <i>Norfolk Island</i> - <a href="http://www.oceaniamastersathletics.org">www.oceaniamastersathletics.org</a>
March 5-8	2021 AMA Championships - <i>ACT</i>
July TBA	World Masters Athletics T&F Championships - <i>Tampere, Finland</i>

## 2022

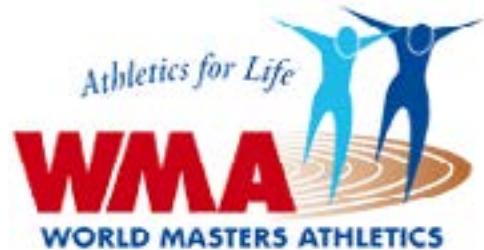
Date TBA	WMA Indoor Championships - <i>Edmonton, Canada</i>
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## 2023

Date TBA	World Masters Athletics T&F Championships - <i>Gothenburg, Sweden</i>
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# MASTERPIECES

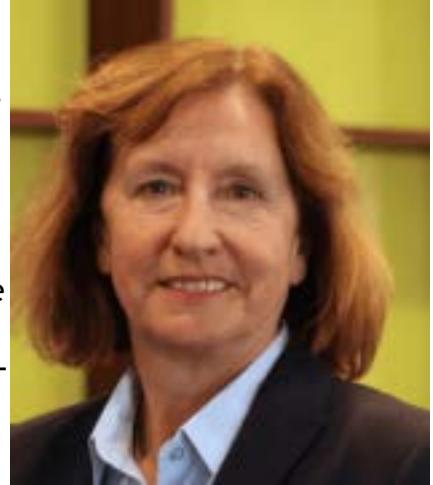
## An Announcement from the WMA President - Re Championships



Dear WMA family!

These challenging and uncertain times increase the complexities of planning our Masters events. After the cancellation of all international championships WMA and the Regions have been considering options, planning and coordinating since the pandemic affected our calendar in 2020. Starting from 2021 our schedule for WMA Championships needs to be updated. Once the plans on World level have been finalised, revisions to affected Regional Championships will then be worked out.

I restate my deep appreciation to the team in Toronto for working so hard to offer us a fantastic Toronto2020. We were all very sad to accept that the LOC had to then completely cancel as it was not possible to find alternative dates for our championship.



Losing the Stadia Championship 2020 meant WMA needed to find a replacement. After some reflection, Tampere, Finland volunteered to assess whether they could change the planned 2021 EMA Championships (European Masters) to a WMA Championship. **I am pleased to announce they are ready to agree to host our WMA championship in 2021.**

We now start the final negotiations to make it happen. As soon as the change is confirmed we will inform you.

The Tampere team is very conscious of the difficult situation around the world and recognizes the challenges of hosting this event for thousands of participants and visitors. Their plan includes using two competition venues and one training facility. ***Championship dates will be around when the EMA Championship was planned from 3-10 July 2021, with some days probably added beforehand.***

The consequences of this solution means that ***the planned indoor championships in Edmonton 2021 will move to 2022 and the stadia championship in Gothenburg will move to 2023.*** Both organisers are aware of the changed dates and have agreed. The Bid for 2023 indoor and 2024 stadia championships then needs to change to 2024 and 2025 respectively. The vote for these two championships would have been at the General Assembly in Toronto this summer. We have received bids for these championships and have no plans to reopen bidding at this time. The vote and all other WMA business usually conducted at the General Assembly, including votes on rule changes and Officers, will need to be done at the General Assembly in Tampere in 2021. The following General Assembly will be in Gothenburg 2023. But as soon as the WMA Council is able to make its final decision we will provide information about the next formal steps.

Please wait for those final decisions. It has been too long since we have been together. We are all awaiting our next meeting.

**From President Margit Jungman**

# MASTERPIECES

*From Phillip Urquhart,  
Secretary - Victorian Masters Athletics*

The Victorian Government announced the further relaxation of some restrictions on exercise to apply from midnight Sunday 31 May.

The VMA Committee reviewed the changes last Thursday night (28 May) and advise as follows:

Social distancing measures still apply (at least 1.5 metres separation etc) but up to 20 people can now train together in non contact sports.

Training is allowed - *competition is not*.

The guidelines on restrictions now in place include:

Outdoor sport or exercise activity can be part of a club, but *you cannot use club facilities, except toilets*.

A team of more than twenty people cannot play or train together at one time.

Use of shared sporting equipment should be minimised.

You can use toilet facilities connected to a permitted sport location. However, clubhouses, bars, eating areas, indoor sitting areas, showers and change facilities must remain closed. *You should not drink from public drinking fountains*.

With the easing of restrictions from midnight May 31 some further guidelines specific to athletic activities need to be observed at all venues that are able to resume modified weekly meetings. At this time no competition is yet allowed so no racing or even recording of results in any way that implies competition should occur. (Virtual racing as conducted by some venues where individuals run offsite is OK). Social distancing, sanitation and other community wide restrictions still apply.

The guidelines for our sport include:

Listing of names and attendees with contact details must be maintained.

Spectators are not allowed.

When training an empty lane should be left between runners.

Where different times are allocated to enable the limit of twenty to be observed a thirty minute break must be allowed between each group.

The rule is "get in, train, get out".

It was noted that informal training may occur as long as strict adherence to the guidelines is practised. This means in groups of no more than 20 athletes including coach/manager and no socialising.

It does not mean you can organise your venue members into separate groups of 20 and train at the same time.

We encourage venues who have organised "virtual" races to continue these activities as they help to maintain contact with members and motivate members to train.

VMA AGM and 3000 m Championship- to be rescheduled when restrictions lifted further.

Browne Shield 2020 - Dates to be reviewed early to mid June.

***"We plan to meet again early June to review any further relaxations. In the meantime please direct any questions to me."***

## BROWNE SHIELD

AS THE DATE HAS NOW PAST FOR THE 10K TRACK RACE AND AS THE CROSS COUNTRY RACE WILL MOST LIKELY PASS AS WELL, IT IS OUR INTENTION TO RE-SCHEDULE THE CROSS COUNTRY BUT TO HOLD THE 10K TRACK RACE AS A "POSTAL" EVENT. THAT WOULD MEAN EACH VENUE COULD HOLD THEIR OWN RACE OR JOIN WITH ANOTHER VENUE TO DO SO.

THIS IS UP FOR DISCUSSION AND WE WOULD LIKE OPINIONS FROM VENUE MANAGERS.

YOU CAN DISCUSS THIS WITH PETER THORNE; PHIL URQUHART OR RUSS DICKENSON.

THE 3000M RACE AND AGM WILL BE RE-SCHEDULED LATER IN THE YEAR.

# MASTERPIECES



## RUN THE TAN

An organisation has been set up called “Run the Tan.” It has two purposes:

1. Keep a record of times which people have run The Tan, and in particular endorse the fastest times so that they can be recognised.
2. Hold a race around the Tan to give people a chance to set a time and possibly set a record for the Tan.

The top ten times for men and women are listed on a plaque at the Pillars of Wisdom ( or what used to be known by us oldies as “The Trough”). This is managed by the City of Melbourne and The Benelong Foundation.

The Governing Body of Run the Tan will be made up of representatives from various running organisations including AV, VMA, APSOC, VAL and VRR.

Christopher Worsnop will be the VMA representative.

A web site has been set up [www.runthetan.net](http://www.runthetan.net) and Darren Templeton can be contacted on darren.templeton@hotmail.com or 0418 373 679



# MASTERPIECES

John Signorini put this image up on Facebook

"That's a needle (bloody long one) stuck in my back. Nerve blocks done again. No running for a few days but all is good !" Apparently, John has these injections quite regularly to block a nerve and they must work as he is still running well.



You know John, I can definately see a face in that image. It looks like a cockerspaniel.

But I am good at this. Quite often my Psychiatrist shows me these ink splats, and asks me what I see. Both of these images below are obviously a naked, blonde woman with big breasts.



## The Bug from Hubei Province

or

NotanotherparodyofTheManfromSnowyRiversorryBanjo

There was movement at East Burwood for the word had passed around  
 That the germ from old Wuhan had got away  
 And spread its cough and fever to the Chinese population,  
 So all the docs had gathered to the fray.

Day and night they worked for a cure and vaccine,  
 Trying all hypotheses, both clever and illogical.  
 But the virus kept on spreading to Milan and as far as Turin.  
 Then to Spain and France and Germany, and down to Portugal.

Great Britain and America were not about to be spared  
 As Boris and Donald trumpeted “We will not fail ya.”  
 All round the world coronavirus was shared  
 And cruise ships and planes brought it to Australya.

Our PM ScoMo said that we’d all be in isolation.  
 Get jig-saws aplenty for the living room;  
 No pubs or cafes or outings in this fair nation -  
 Hold dinner parties all alone on Zoom.

All the tried and noted athletes, from the tracks near and far  
 Were excluded from comps and champs – nothing more athletic.  
 No AA, AV, Park Run, and no Vic Masters in particular  
 Being cooped up in quarantine was felt to be pathetic.

There was Alan Wood, who won his golds when multis were on the trot,  
 The old man with his hair as white as snow;  
 But few could race beside him when his blood was boiling hot –  
 Now no more, as no Vics, Nationals or Toronto.

With stop watch in hand, Gerald Burke was not so chattery,  
 For no more timing, starting gun, suppering or talking,  
 No more sprints for videoing, and no more searching for a battery,  
 No more writing for the Leader, and no more of racey walking.

Pete Battrick with his dicky knees and funning walking sticks,  
 Was all aghast and agog with runners all in lock down,  
 As no more points to add up, nor handicaps to fix.  
 So back to his cycling he went with a whimsical frown.

And Stephen Day with his computerin’ skills,  
 There was no more need for his photography.  
 And Phyllis waited patiently, then put away her quills,  
 No need for recording or her calligraphy.

And one was there a stripling, now ninety years of age,  
 Leo had his eye on the record in the sixty metre dash,  
 But now in isolation, suppressing a yearning rage.  
 As soon as the track re-opens, he’ll be down there in a flash.

When we reached the crisis’ summit, even Eddy took a pull, and in a thrice  
 Grabbed his old mouth organ to play a familiar tune,  
 Our weekly “Happy Birthday” – and then he played it twice,  
 So we washed our hands in time, until wrinkled like a prune.

### The Bug from Hubei Province cont.

Some rushed away in hysterical haste to get paper for the loo,  
And gathered bags of yeast and sugar and flour,  
But many could not bake, so Christine and Shirley to the rescue –  
Made cookies, cakes and slices - all due to their culinary pow'r.

Perry, Ros and Jess, with kids for home schooling  
Learning verbs and nouns, and all those tricky sums,  
Then science and art, and no time for fooling,  
Let us go for a run and get off our numbing bums.

No aths any more, up on the farm, alone in isolation,  
Were chooks and cows and Glenn and Louise,  
Unable to jump or throw or run - a sad situation,  
Oh so let us come back if you please.

Now think of our noble treasurer, the athletic Toni Matters,  
Studying spreadsheets and her complicated ledgers;  
The cash box is empty, and our finances are all in tatters,  
Now no more investing in those funds called "hedges."

And there was Jack, feeling, "Fair to middlin'."  
With locks and keys, he was shuffling 'round.  
"I will lock the doors on the shed and pavilion.  
It will be a while before we are back at this here ground."

Leo and Leonie, Sam and Geoff, now in quarantine,  
As well as Brian, Paul and Aggie Byers;  
No more Paul or Gordon or Donna to be seen,  
Gone are Horacio, Andrew and all the other triers.

And down by Burwood Highway where the pine-clad ridges rise  
Below the footy oval and wire cricket nets,  
Where the velodrome sits idle, and the tennis centre dies,  
At midnight a basketballer frets.

There East Burwood athletes in singlets green and black,  
No longer run or throw, or even congregate,  
As loneliness and darkness enfold the Bill Stewart track,  
Coronavirus stands guard, watching every flamin' gate.

Sorry Banjo

(Banjo Worsnop that is)

## Old White Men Can Jump by Nick Hodgson

Is it true white men can't jump? When you consider that the Men's Triple Jump World Record and Women's Long and Triple Jump Records are all held by caucasian athletes it appears white men can jump.

But can *old* white men jump?

To be able to jump requires four key attributes:

- **Speed** - Most of the research convinces us that the single most important factor to be able to throw your own body some distance through the air without crashing into the ground prematurely, is a requirement for horizontal velocity <sup>(1)</sup>. The three major factors responsible for a decrease in sprint speed in older track athletes are: Lower maximum strength of the lower limb muscles, slower rate of force development and force transmission to the ground, and reduction in the elastic energy storage and recovery in tendons <sup>(2)</sup>. In other words we get weaker, slower and stiffer. I believe the two primary factors to the growing disappointment of an aging athlete often leading to retirement are mounting injuries and loss of speed.

- **Power** - Understanding physics tells us that the distance a projectile travels comes from a combination of horizontal velocity with a take-off angle launching from the height of the centre of mass <sup>(3)</sup>. Power is strength with a time component - the faster you can generate force from your strength, the greater the power. Our power is what converts the horizontal velocity to a take-off angle and enables us to achieve a tall centre of mass. The most important moment in a jump is what happens when the take-off contact hits the ground - this single strike on the ground merges the horizontal velocity with the power to produce the flight trajectory. I tell my athletes that the take-off contact is not the generator - it is the transformer! In simple terms if your speed is high but power is low, your jump will be low and very short-lived. If your speed is low and power high, your jump will probably look good in terms of flight path but just won't be able to travel very far - more height than flight.

- **Flexibility** - Every running step requires a degree of flexibility - if you can take bigger (range of motion) steps in the same time you will travel further - aka run faster. And once into the flight phase of a jump, flexibility is what allows us to keep our feet and backside away from the sand for as long and far as possible. Unfortunately regardless of what we do we will suffer a decrease in flexibility by approximately 6 degrees per decade from 55 onwards <sup>(4)</sup>. I often encounter my competitors at Masters Championships groaning when they see me arrive as they begin to prepare themselves psychologically to accept a minor medal and one athlete said to me "Oh no you're here, you're never injured!" My response was rapid; "Actually I'm always injured, I just manage my injuries better than you". The visible amount of strapping tape and elastic bandages to be seen at Masters competitions are clear evidence of the clash between attempting optimal human performance and diminishing flexibility.

- **And the X-Factor - Spring**: Some call this elastic recoil. If power is strength at high speed, spring is more power with even more speed. This may in part be produced by fast and powerful muscular contractions transferring immediately from an eccentric loading to a concentric explosion. But there is also most definitely a significant connective tissue component where tendons and fascia are capable of storing and recoiling the loading forces. This requires a connective tissue attribute called retenacy (resistance or opposition). These structures are subject to vascular and compositional changes with increasing age that alter their mechano-transduction, biology, healing capacity, and biomechanical function <sup>(5)</sup>. Achilles, quadriceps, and patellar tendon injuries as well as varying grades of sprains, strains and tears are increasingly common and at times debilitating and frustratingly slow to rehabilitate for the masters athlete. All this leads to decreased bounce in



the step !

### **Training to jump:**

Jumps training for the master's athlete should very closely resemble any other age group's jumps training with some modifications and allowances particularly for your level of conditioning and "training age". At the age of 45 after ~15 years away from track and field training, I believe it took me 18 months of consistent, gradually progressing quantity and intensity of training to be capable of coping with a fairly "normal" jumps training load. Building to the point of breaking the Australian Men's 50-54 Triple Jump Record and Victorian Men's 50-54 Long Jump Record. My life time best was 15.22m and the age-graded calculator tells me that my 13.11m national record is equivalent to 16.11m. Does this mean that I was a better 50 year old jumper than I was a 25 year old jumper? As us oldies come to understand through wisdom - if we knew then, what we know now - oh how good could we have been ??

Here are some notes on jumps training for the Masters Athlete:

- **Flexibility** - We live in a culture that really does not stretch enough at any age. Make sure you active and dynamic stretch before training and competing to get your soft tissues to safe operating temperature and elasticity<sup>(6,7)</sup>. Stretch and roll nearly every day whether post workout, morning-rise get you going routine or an evening wind down and unravelling habit. If you see yourself as a serious masters athlete then you are going to have to allocate a budget for physical therapy - deep tissue massage and appropriate chiropractic care can be your secret weapons for natural performance enhancement and injury recovery and prevention.

- **Keep your biology healthy naturally** - Anti-inflammatory management like fish oils and turmeric, joint food like glucosamine and chondroitin, connective tissue precursors like collagen and vitamin C, muscle minerals like magnesium, gut health with probiotics, neuro-endocrine balance and nutrition to attempt to support things like growth hormone and testosterone levels within legal requirements of sport participation. You are your own chemist and nobody will ever be as bothered as you are about how your biology works. Do you need to take all of the above? Maybe, probably not - depends what works for your individual metabolism - trial and error. All of this to supplement a wholefood balanced diet of course.

- **Speed work** - It often looks like as an athlete ages they run further and further as they get slower and slower. But if you have come from a sprinting and jumping background this can be a subtle form of torture because the so-called runners high is much less rewarding than the sprinters hit. So with all the disclaimers of avoiding going beyond the physical capacities of your stiff weak old body - make sure you are doing plenty of speed work. Here's the best tip I can give you: Be very aware of the intensity and quantity of speed work you are doing. NEVER increase intensity and quantity at the same time, and if you increase one you may need to slightly decrease the other factor initially then build this back up. Example - you do 3 - 60m strides within your comfort zone. You can walk the next day! Your next speed session (not the next day by the way) - you have the option to do the 3 - 60m but go a bit faster within your comfort zone, or, do 4 - 60m either the same speed or maybe a little slower. You can walk the next day! So maybe the next session would be the 4 - 60m back up to the same speed as the first session with 3 - 60m. You should have the idea now?

- **Power work** - Get to the gym. My personal observation about knowing when I am going to jump biggest is 1) I'm squatting heavy (but not so deep any more), 2) My standing long jump is in the highest range for me, 3) My bounding is big for me. Nowadays I mix up my leg work much more than we did back in the 80s. Every session I try to do :

- 1) A basic strength/power exercise - usually front or back squat because I can't clean or snatch heavy any more (never really could),
- 2) A single leg power exercise - backward lunges, single leg squats, step ups, single leg hack squats, inverted single leg press,



3) A more plyometric power exercise - jump squats, jump lunges, fast shallow back squats, cleans or snatches - obviously these are done at lower weights with higher speed and reps<sup>(8)</sup>. I superset all these with a core circuit of mainly body weight exercises - pull ups and dips, various abs, nordics, back and hamstrings etc etc.



- **Bounding** - Early in my coaching career in Geelong I heard rumours that enforced too much bounding and that this was going to break athletes. I'm sorry but I take the counter view. If you don't bound and you try to jump, then athletes will at some point break. Every athlete that has left me (for one of the many reasons that athletes dump their coach) has had an 18 month "shelf-life" - meaning after about 18 months of not bounding they break down while jumping or their performances diminish to a level of quitting the code. Bounding to me is the license or the pathway to jump. So variations of hopping, stepping and combinations thereof are a mainstay of my own and all my squads training - yes even my sprinters who don't really jump! If you are transitioning from never bounding then begin at the beginning - two foot bunny and frog jumps and "bracing" bounding where you stop and prop at each foot contact with a soft silent landing. Start in runners (instead of spikes) and on grass. Then progress to bounding without an approach - 1 step in to 4, 6 or 8 hops, steps and combinations. And eventually lengthening the approach length and speed. Eventually you may bound in proper jumping spikes on the track and into the pit and also find yourself a slight incline. I wouldn't personally recommend weighted vests or resistance bands for a masters athlete. <sup>(9-11)</sup>

- **Plyometrics** - It's not what you do it's the way that you do it! The mechanics of the foot contact is EVERYTHING in jumping. Whether you break down the individual foot contact of each sprinting step or each phase of the jump, what your foot does on the ground determines everything else. The precise amounts of horizontal and vertical force that your feet impart against mother earth dictate your flight path into the great blue horizon - how fast and how far you travel. Some call it pawing, some clawing, let's face it, it's bouncing with at least the whole foot and maybe really the whole body. So plyometrics to me is really a very diverse, fun and enjoyable collection of ways to learn and develop "super ball" foot placements. Bounding done correctly is plyometrics. Box jumps and bounding, hurdle jumps and bounds, skipping are more examples <sup>(12,13)</sup>. Let me stretch this concept to the extreme - you could run a 5km plyometrically, or not - It's not what you do it's the way that you do it!

- **Recovery** - As a Chiropractor whenever I deal with an elite athlete my observation and what I usually tell them is - "I don't need to teach you about how to train harder, I need to teach you how to recover better". So all that I said in the flexibility and biology topics is pivotal to this. Sleep cycles, stress management, rehydration, dietary choices for every meal, psychology, relationships and spirituality are all pieces of the elite athletes life puzzle - all needing ongoing attention similar to the juggler who can spin multiple dinner plates and keep them all spinning without a single piece of broken crockery.

So can old white men jump? At our age we might ask should we? But if the answer is "yes please" then it will take a patient, persistent, moderately expensive and well planned program to get you a long way into that sand pit.

1) Howe Q. Approach Velocity - The Factor That Most Influences Long Jump Performance. Coaches Insider. November 22, 2016. (Originally Published in Techniques Magazine)

2) Arampatzis A, Degens H, Baltzopoulos V and Rittweger J. Why Do Older Sprinters Reach the Finish Line Later? Exercise & Sport Sciences Reviews. 2011, 39(1): 18-22.

3) The Physics Of Jumping. <https://www.real-world-physics-problems.com/physics-of-jumping.html>

4) Flexibility of Older Adults Aged 55-86 Years and the Influence of Physical Activity. Stathokostas L, McDonald MW, Little RMD, Paterson DH. J Aging Res. June 2013.

5) The Mature Athlete: Aging Tendon and Ligament. McCarthy M, Hannafin JA. Sports Health.

2014 Jan; 6(1): 41-48.

- 6) Sprints Warm Up Drills. <https://youtu.be/i0mv8VzIGPA>
- 7) Long Jump and Triple Jump Warm Up Drills. <https://youtu.be/EL0tKXCXcL8>
- 8) Light Jumps Weights Circuit. <https://youtu.be/Zbpv9M6rkfw>
- 9) 8s Bounds. <https://youtu.be/kRCJa3n6IDQ>
- 10) Speed Bounds. <https://youtu.be/NMKp1D97X9Y>
- 11) Bounds Into Pit. <https://youtu.be/VUdRlKdd1-U>
- 12) Plyometric Box Bounds. <https://youtu.be/RA93kaJ51LY>
- 13) Hurdle Bounding Session. [https://youtu.be/uaHWQIzIC\\_I](https://youtu.be/uaHWQIzIC_I)



Nick has been involved in elite jumps since the 1980s and is an Athletics Australia Accredited Level 3 Coach. Nick has coached numerous junior state jump and sprint champions. He was ranked in the top 8 in Australia in Triple Jump as a young man and was part of a John Boas' elite jumps squad, training alongside international athletes Gary Honey and David Culbert plus a host of nationally ranked athletes. More recently Nick has dominated his age group in Masters' competitions and has won Gold Medals at Victorian Country Champs, Victorian Masters Champs, Australian Masters Champs, Australian Masters Games, Pan Pacific Masters Games and World Masters Games, and Silver at the 2016 World Masters Championships and has set various Victorian and Australian Records for the 45-49, 50-54 and 55-59 Triple and Long Jumps.

## What I remember



Birthdays, Anniversaries, To Do lists, Appointments, To take my Medication, Solemn vows and promises



Song Lyrics



Sports Trivia, Dates of Races, Venue Night, My time for the 1983 Melb. Marathon, Your time for the 1983 Melb. Marathon,

## Tony Guttmann - Covid-19 diary

By way of background, I am a 75 year old mathematician who maintains a fairly high level of physical fitness. I had qualified for, and was preparing to run, the Boston Marathon in April 2020 to celebrate my 75th birthday.

I have no health issues and take no drugs. I typically exercise a couple of hours a day. On Tuesday March 17th I attended a lecture at Melbourne University given by "A", a visiting mathematician from the UK. "A" had arrived the previous Saturday in Perth from London and spent the evening in a hotel near the airport before flying on to Melbourne on Sunday March 15. We suspect that he contracted the virus in Perth, most likely at the hotel, and did not import it.

After the lecture I spoke to "A" and he handed me a textbook he had written, related to his lecture. I examined a couple of topics quickly and handed the book back. I returned to my office (unfortunately without washing my hands), while "A" went to visit another colleague, "B", who occupied an office in a different building.

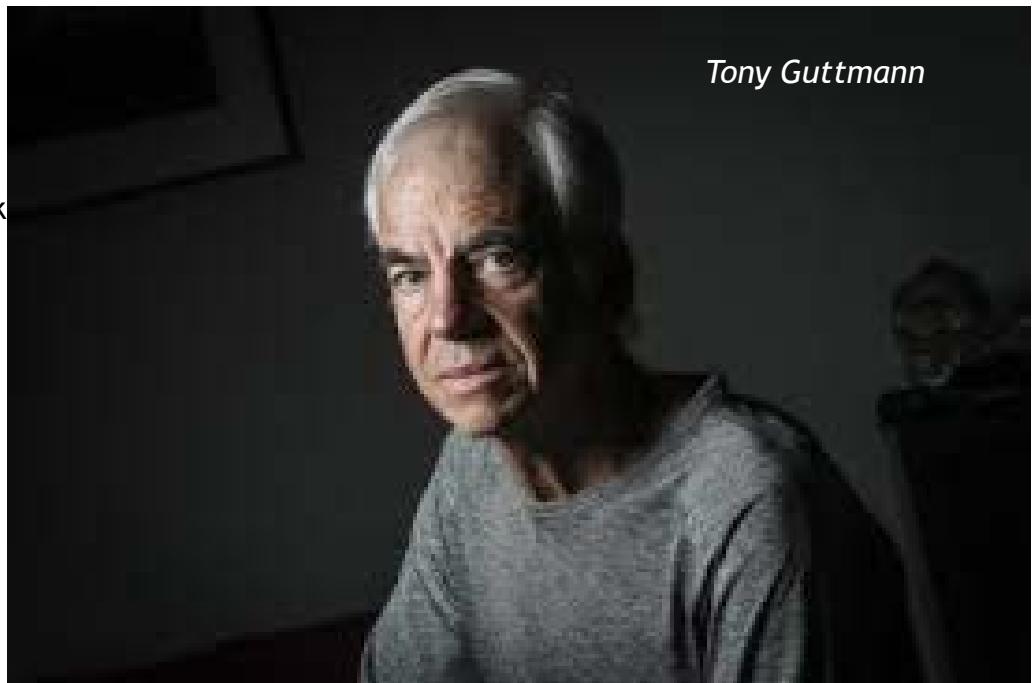
That evening (17/3) "A" phoned me to say he was feeling pretty unwell and had a slight temperature. I told him to rest and that if he wasn't better in the morning to go to the Alfred Hospital, a large public hospital not far from where he was living. He felt worse on Wednesday morning and went to the Alfred where they agreed to test him.

Testing is a do-it-yourself process. First, all your details are taken: name, address, DOB etc. You are handed a sterile kit and sent to a booth with a video showing you how to swab your own throat with a long swab, and then poke same into your nostrils. Having done that, you put the swab stick in a tube, snap off the end of the stick, screw a lid on the tube, and hand the tube to a nurse. This "A" did, and was sent home and told to rest, and to call an ambulance in case of breathing difficulties. Some 24 hours later (Thursday) he received a phone call confirming Covid-19 and was again told to stay at home, try and isolate from his wife, and rest until recovery. If he got worse, he should call an ambulance.

The next day (Friday 20th) I wasn't even thinking about Covid 19.

Before breakfast I went for an 11.5km run, at lunchtime my wife and I played table-tennis for 1/2 an hour, and before dinner we went for a seaside stroll of around 2km. As I helped prepare the evening meal, I started to feel a little seedy at around 7pm. I took my temperature - it was higher than usual at 37. I removed myself from our bedroom and went to a spare bedroom. I monitored my condition and watched the fever increase to 38.5 by midnight. I phoned the Covid-19 helpline at the Alfred and they told me to come in at 8am Saturday when testing commences - otherwise, to take it easy and call an ambulance in case of respiratory distress.

I was sure I had Covid 19 at this stage. Saturday morning my wife and I drove to the Alfred. I was asked why I thought I needed testing, (a positive contact and a fever), which they agreed sounded valid. Immediately I got tested by taking my own swab as had "A" a couple of days earlier. I went



*Tony Guttmann*

## Tony Guttmann - Covid-19 diary

home to bed, and remained feverish and lethargic for 24 hours. I had no other symptoms { no breathing difficulties, no cough, no headaches, just fever and incredible tiredness.

About twenty-four hours later the hospital phoned to confirm that I had the virus, and I was told we were to self-isolate. I moved downstairs to a more distant spare bedroom and bathroom, while my wife retained the bedroom/bathroom upstairs. A few hours later a Health Dept official rang to go through my earlier movements to track how I'd contracted the virus, and to follow up my contacts. In my case this was pretty straightforward.

I'd got it from "A", and had almost no contacts outside the family. "A" told me that "B" had also tested positive, and was feeling much as I was. He said that he personally was starting to feel better already on the Friday, which sounded very promising. After 3-4 days my fever dropped and I started to feel more normal (just like "A"'s trajectory). Unfortunately, while "A" continued to make a full recovery and was asymptomatic by day 6 or so, after 24 hours of almost no fever, my fever returned and with it the feeling of incredible tiredness. I was spending most of the day and night in bed.

I had no interest in reading, very little in eating, and just wanted to be left alone to sleep. I took essentially no medication. I tried paracetamol for a couple of days, but my GP said that there was no reason to take it unless I had a headache or other discomfort, so I stopped. I tried to drink water frequently, had soup at lunchtime and various modest dinners (typically a couple of bites of quiche with cherry tomatoes, or a fragment of grilled salmon). Some people are supposed to lose their sense of smell or taste. Mine if anything was sharpened. Into the second week I became increasingly fatigued and was sleeping 22 hours out of 24. My wife became quite concerned. I was never in any physical discomfort. I just wanted to be left alone to sleep.

I heard on the grapevine that "B" had followed "A"'s trajectory, and was fully recovered after about 7 days. "B" is diabetic, so I was surprised and pleased that he was recovering so quickly. "A"'s wife remained without symptoms, as did mine. However "B"'s wife did contract Covid-19 and fortunately also had a short attack lasting just a few days before making a full recovery.

I continued to lie there with moderate fever (low-mid 38s), but with incredible fatigue. During the second week I became totally disoriented and unstable on two occasions. Trying to walk to the toilet I had no idea where I was and fell heavily to the ground. A couple of days later I again lost all stability, but managed to cling to the walls before collapsing gracefully to the floor.

After about 13 days the fever lessened, as did the fatigue. By day 14 I was feeling quite a bit better, and by day 15 the fever had broken. I had no more temperature after that, but still felt very tired.

By the second week I was receiving daily phone calls from the government, tracking my condition. They were only interested in hearing that I had improved. If I deteriorated, I was told to call an ambulance.

For the next 3 days (April 3-6) I had a normal temperature and started to feel stronger, with an increased appetite. At the end of the 3 days, April 6, I received a phone call from DHS that told me that, having had 72 hours without fever and no other symptoms, I was declared fit to re-enter the human race. They emailed me a certificate to say I was a Covid-19 survivor, and that I could go back to work! I was not, and will not be, retested.

Australia has one of the highest testing regimes/head of population in the world. Already well over 1% of the population has been tested. They seem pretty parsimonious about re-testing though.

That was 3 days ago and I am slowly rebuilding my fitness, but have a long way to go. On Mon. 6th I shuffled 2.2km in about an hour. On Tuesday

7 I rode a bicycle 6.5km in about an hour, and later that day shuffled 2.2km in a little under an hour. On April 8, my 75th birthday, I walked 2.5km before breakfast, and in the afternoon managed a satisfying 3km in under 50 mins. So, I think it just a matter of time until I rebuild my strength, but my medical friends and acquaintances urge me to hasten slowly, which I will do.

It's surprising to me that fitness clearly has little to do with how hard the virus hits, though I am

## Tony Guttmann - Covid-19 diary

of the belief that my high level of fitness helped my recovery. I lost 5kg, probably mainly fluid and muscle rather than fat.

Despite this rapid weight loss, I cannot recommend the Covid-19 diet.

My blood pressure is normally around 117/68. At the end of my infection it was down to 96/64. So maybe Covid-19 is also an effective treatment for high blood pressure? Again, even if effective, I can't recommend this as a way to reduce blood pressure.

I am grateful to have survived largely unscathed. Fortunately my respiratory system seems to have been spared. I never coughed or had breathing difficulties. For the mad hoarders out there, I used about 5% of 1 roll of toilet paper in 16 days, and far less than 1 small box of tissues. I largely consumed water, soups, especially home-made chicken soup, and hot lemon drinks.

My wife looked after me thoughtfully throughout. Our children and neighbours were also extremely helpful with shopping, pre-prepared meals etc. Surprisingly, my wife is not eligible for testing, as she has no symptoms, but when the antibody tests become available we are keen to see if she is an asymptomatic survivor, or has indeed managed to avoid catching it from me, despite looking after me throughout.

**Carpe diem, for who knows what tomorrow will bring !**



## A PARTIAL ECLIPSE OF THE HEART

I was very much aware that the first sign of heart disease could be a heart attack and sudden death. But only in other people, I thought !



It became a ritual for my GP to say - "Yep, still got the heart of a 20 year old" whenever he took my blood pressure.

That combined with the fact that there was no known heart disease in my parents' history.

So when I started gasping for breath at very slow running speeds, I immediately blamed my lungs. I was a smoker for some years, although I gave it up before I was 30. Also, being a builder I was exposed to asbestos occasionally.

But me have a problem with my heart ??? **Nah. Couldn't happen.**

Then in March this year I experienced really severe chest pains only 4 minutes into a training session. Still believing I was impervious to heart problems I didn't worry much as the pain was a bit like indigestion.

Also, I had taken a couple of Ibuprofen on an empty stomach before I went out. I knew that Ibuprofen wasn't recommended for over 65's to take, but that caution was meant for other people, not for me.

*by Russ Dickenson*

I went out for a gentle run four days later and once again had chest discomfort although not as severe.

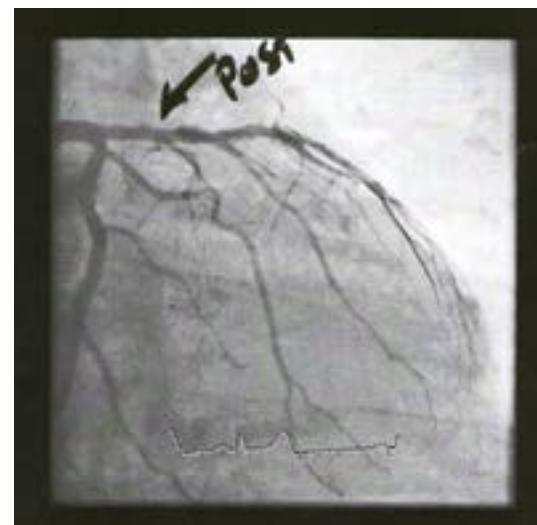
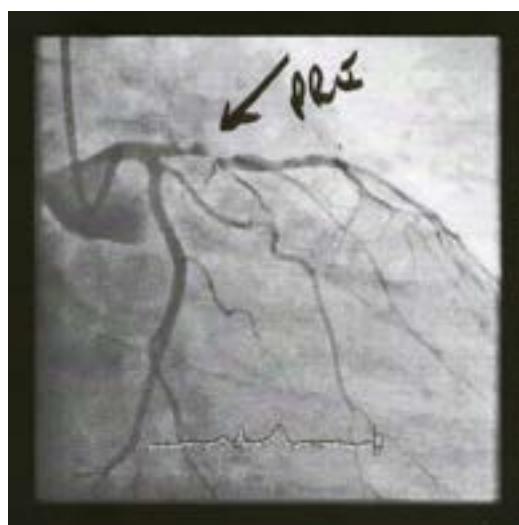
I mentioned it to a couple of mates, Phil Urquhart and Gunther Ilgoutz, and they both hounded me to get it checked out.

So, one day, off to the the GP; next day, off to the the Cardiologist; two days later, an angiogram; three weeks later, in went a stent.

It seems that while I had a strong and well functioning heart, I did have highish cholesterol and this has caused a plaque build up. When I saw the before and after photos from the procedure I was quite shocked. It seemed the artery was very much closed and I wondered how I was able to run at all.

And what a lucky little vegemite I was, not to have a heart attack. Anyhow, I'm back training normally and while I feel better I can't say that I expect to knock minutes off my times.

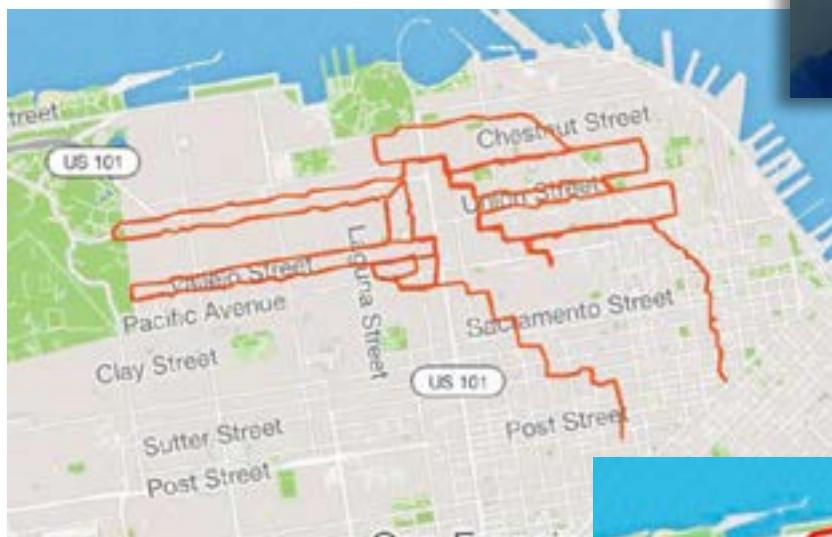
Just happy to be out there.



## RUNNING AS ART

I see people using the tracking function of their GPS watches to make some pretty good images, but I've never seen anything as good as this guy. His name is Lenny Maughan and he obviously lives in San Francisco.

Now bear in mind that San Francisco is an incredibly hilly place and if you look at how far Lenny has run - 20 to even 41 miles to do his images - Lenny is one dedicated and strong runner.

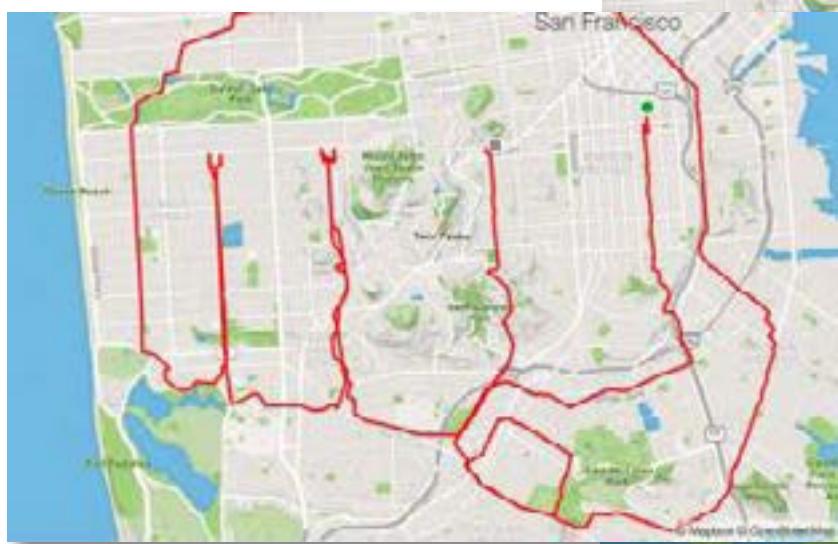


Lenny has to put in a lot of planning which he does over paper maps. Each drawing has to be done in one outing, so he has at times had to abort a run if he makes a mistake or, I imagine, in any of a myriad of other factors go wrong.

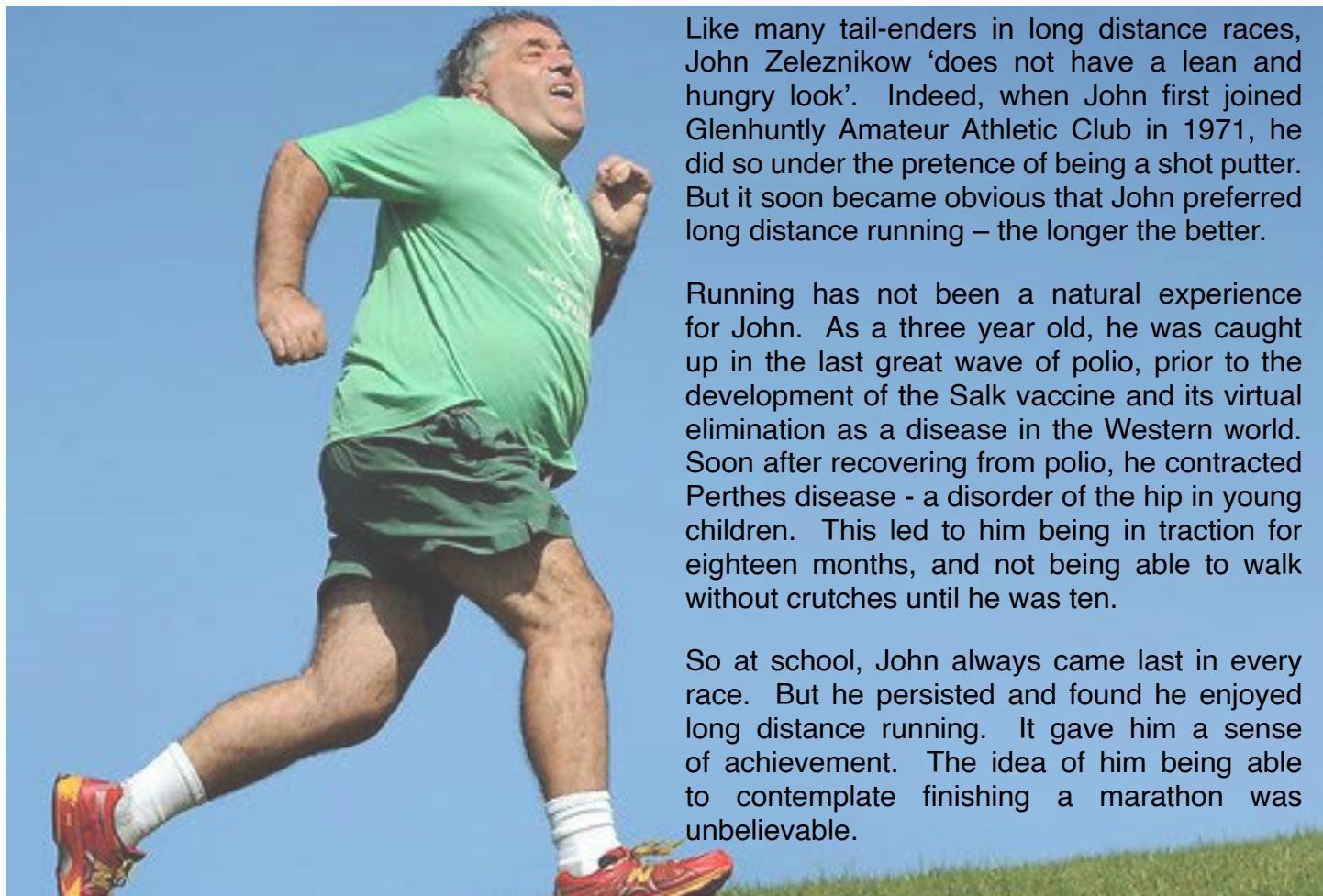




RUNNING AS ART



## *BEING JOHN ZELEZNIKOW*



Like many tail-enders in long distance races, John Zelezniakow ‘does not have a lean and hungry look’. Indeed, when John first joined Glenhuntly Amateur Athletic Club in 1971, he did so under the pretence of being a shot putter. But it soon became obvious that John preferred long distance running – the longer the better.

Running has not been a natural experience for John. As a three year old, he was caught up in the last great wave of polio, prior to the development of the Salk vaccine and its virtual elimination as a disease in the Western world. Soon after recovering from polio, he contracted Perthes disease - a disorder of the hip in young children. This led to him being in traction for eighteen months, and not being able to walk without crutches until he was ten.

So at school, John always came last in every race. But he persisted and found he enjoyed long distance running. It gave him a sense of achievement. The idea of him being able to contemplate finishing a marathon was unbelievable.

After running some long distance races with Glenhuntly in 1971 (he still remembers with fondness the great Ron Clarke cheering him on in the 15 mile road race at Sandown – he was the sixth and last finisher for the club, eight minutes inside the allowed time limit. The club needed to have six runners qualify to finish a team in the 15 mile road race and thus win the road Championship), John was ready to run his first marathon – the Victorian Country Marathon in Morwell in August 1971.

After a break of a few years, he began running marathons regularly and ran his best Australian time of 3 hrs 24 min 37 sec at the 1978 Olympic Tires Marathon. In June 1979, John completed his PHD at Monash University, and for the next six years worked as an assistant professor in three North American universities. As a good way to see the country and make friends, he ran many marathons (including ten in 1984). Marathons completed

included New York (5), Montreal (4), Toronto (4), Ottawa (2), Chicago (2), Detroit (2), Philadelphia (2), Green Bay (WI), Iowa City, Birmingham Ala., Toledo Ohio, Carmel Indiana, St. Louis, Hawaii, Bostonfest, Maine Coast, Providence, Cape Cod, Portland Maine (2) and Los Angeles. He also managed to run marathons in between attending European mathematics conferences: Copenhagen, Oslo, Stockholm, Turku Finland, Penines Yorkshire and Potteries, UK. In October 1980, he ran his personal best time of 3 hrs 19 min 45 sec at the New York marathon – where Alberto Salazar broke the world record. This was before the era of Champion Chips, so the time was an estimated one.

Since returning to Melbourne in 1985, he has run twenty four Melbourne marathons, twelve Canberra Marathons, eight Gold Coast Marathons, 2 Sydney Marathons, the Adelaide

## BEING JOHN ZELEZNIKOW

Marathon, ten Self Transcendence Marathons and various Victorian regional marathons.

His sabbaticals in the Netherlands in 1993, Israel in 1999 and 2015 and USA in 2007, plus two years at the University of Edinburgh (2001-2003) and trips to conferences have allowed him to run many international marathons. These include Dublin (4), Montreal (3), Toronto (3), Manchester (2), Portland Maine (2) Boston (2), Rhode Island (2), Harrow (2), Nottingham (2), Paris (2), Tiberias Israel (3), Amsterdam, Venice, Florence, Pisa, Eifel (Germany), Quebec (2), St John New Brunswick, Bay State, Scranton Pennsylvania, Richmond Virginia, Myrtle Beach South Carolina, Schroon Lake NY, Manchester New Hampshire, Halifax (NS), Rotorua NZ, Buller NZ, Elgin (Scotland), Dumfries, Belfast, Lochaber, Longford Ireland, Loch Ness, Edinburgh, Blackpool and Tallinn Estonia.

John has now settled back in Melbourne, as a Professor of Information Systems at Victoria University. However the travel bug has not totally deserted him. Whilst on sabbatical in 2007 he ran twelve international marathons. In April 2009, courtesy of membership of Sugarloaf Mountain Athletic Club in Massachusetts he ran his first Boston Marathon. He also ran Boston in 2010. Given that he now rarely breaks six hours, he had to run hard at Boston, to qualify.

John lives 4 kilometres from the beach. So most of his runs are along grass beside the beach and occasionally through sand. He also regularly runs in nearby hills. He joined Caulfield Veterans (now Glen Eira Venue) in 2003, after he and his family returned from Edinburgh. Before that he felt he was too young to be a veteran. He had hoped to run his 200th marathon by his 70th birthday (June 2nd, 2020). But the COVID19 pandemic has denied him that opportunity. As a substitute, he is inviting all his friends to join him (when possible) to help him run part of 42.185km in his local park (Princes Park) South Caulfield and then enjoy a celebratory birthday BBQ, once that is possible.



John running the Detroit Marathon in 1980



John in the Royal Childrens Hospital in 1954

*Shortly after I did the piece on Jane Sturzakers' 300 Marathons I heard news of Johns' approaching 200. This feat is as incredible as Janes' and I must admit I didn't know Johns' full story. I will endeavour to keep you informed of the date of Johns' 200th, either through Footprints or our Facebook page. What a good reason to go for a run. - Russ*

## CLYDE' S NEW RECORDS REPORT

### Pending World Records:

None

### Australian Records:

W70	Triple Jump	Margaret Taylor	ACT	7.89m	90.9%	20-2-20	Woden ACT
W55	Super Weight	Jayne Hardy	ACT	8.70m	-	22-2-20	Turner ACT
M75	Super Weight	Ray Green	ACT	7.27m(=)	-	22-2-20	Turner ACT
M70	300m Hurdles	John Lamb	ACT	50.06s	94.0%	27-2-20	Woden ACT
W70	Triple Jump	Margaret Taylor	ACT	7.90m	91.0%	12-3-20	Woden ACT
M30	Super Weight	Warren Button	WA	10.02m	-	19-3-20	Perth

### Victorian Records:

None

Clyde Riddoch  
 VMA Records Officer  
 40 Beauchamp Street, Preston Vic 3072  
 Telephone 022-2-203 9470 1490 (H), Mobile 0439 902 907, Email: clydeR@outlook.com.au

## CLYDE' S KNEE WRECKING REPORT

Unfortunately, our Club Statistician Clyde Riddoch has had a bad accident while riding his bike. Despite being extremely careful and wearing Hi-Vis clothing, Clyde was cleaned-up by a car (it's the second time in a year) and suffered fractures to both knee caps along with other related injuries. It's been a tough few years for Clyde, with eye operations, skin cancer removals and a host of athletic injuries. This is on top of a hip replacement a few years ago.

Clyde tells me he is extremely carefull riding his bike and he tries to ride only on bike tracks but it's getting to the bike tracks that is the problem.

For those of you who don't know, Clyde is a Life Member of VMA and has been an extremely valuable asset for Masters for a long, long time. Clyde has been doing Victorian Vets and Masters records for 28 years and Australian records for 20 years.



## THE MAN WHO NEVER KNEW.

It's 9:30 a.m., Wednesday morning at the Collingwood Athletics track. Conditions are bordering on arctic. There's a handful of schoolgirls from Genazzano doing some stride throughs, a couple of ducks on the soccer ground, and an 'old bloke' warming up on the back straight.

His name is Keith Howden. And he's not out for a casual jog. He's about to knock out 6x200 metre sprints, all around 33 seconds with roughly two minutes break between each run. How fast is 33 seconds? The average 25-year-old would struggle to run this time just once for 200 metres

But Keith isn't 25. At the time of writing he is in his 70's! And he's been doing 2-3 sprint sessions a week, eleven months of every year, since he turned 50!

The first time I came across Keith was in a 200 metre race in 2009. I'm no ageist but given I had roughly a quarter of a century of years on Keith, I was pretty confident I had his measure!

Out of the blocks he was tall and long striding at 64 years of age. I felt under pressure way before the bend. The harder I pushed, the more frantic I became. Keith beat me with a metre to spare, and, in the process, left 6 other blokes, many half his age, in his wake.

When you rate yourself a handy runner, it's a career defining experience to be knocked off by a bloke two and a half decades older! To preserve my shattered dignity, I had to find out more about this bloke. He must have been an ex Australian Olympian or at

(Article by Adam Delbridge)

least a Commonwealth games medallist. I could live with that.

We got chatting. Keith had just come home from the Masters National championships in Adelaide where he'd competed in six events and won the lot.

This was soothing for my ego, but what he said next left me completely baffled.

*'So how good were you in your 20's?' I asked.*

*'I've got no idea, I didn't take up sprinting seriously until I was 49'.*

49! When you think about the lengths schools go to these days to lure the best athletes, this is almost impossible to comprehend. Good young runners are gold.

Did he lack the desire? Perhaps he just focused on team sports?

*'I kept missing out on the cricket and footy teams, I didn't even try out for the athletics team, I really had no idea I could run.'*

No idea? Didn't your parents ever notice your speed?

*' Nope, they had no idea, they'd be amazed to know what has happened.'*

Having successfully slipped under the athletic radar for his entire school life, Keith's love of Aussie rules and basketball took him even further away from the athletics track in his twenties. Only now does he look back and recall certain moments that perhaps should have meant more.

# On your marks...

**A weekly column about Sprinting for Collingwood Masters Athletics.**

The first in a series... Most members at Tuesday's Collingwood Masters do not sprint.  
This is for those who do and for those

Just as people are different so also are Every person who competes in sprints Collingwood is different to everyone else who ever has or ever will. The only similarity is all try to go fast and some succeed others. Every story is different and, ahead, now that we have time to information, this column will individuals, injuries, and lost, lessons our sprinters try

Our aim in an



this column will be to inform, hopefully in engaging way. Our secondary hope is probably fanciful. That is that it may be that

additional bodies will line up for the short distance events once our inability to do so is over.

Ohhh but we can run now you say. Yes, maybe some can run alone on long tracks doing what sprinters may call 'fast jogging' but sprint??? ... you can't really mean that ... all one can see in the local park are overweight men throwing balls to their dogs in the forlorn hope their canine will 'go fetch' or you will observe little girls with mums and kites sagging in the wind or there are toddlers being encouraged to kick the skin off a soccer ball so hard it rams the fencing beside the park ensuring local councils will have oodles of post virus maintenance work. You certainly can't race... which is where the endorphins kick in !!!

I tried some sprints the other day. Placed one witches hat near my gear and another 60 metres away and attempted some run throughs. Never knew so many dogs would like licking my bare legs so much or that giggling teens would haphazardly walk across my path spilling their take away coffee.

Strap yourself in. This could be some run we are on. Annoyingly, for the sprinter, it's probably going to be more of a marathon than just up the straight. For me, I'll probably do lots of little sprints till the finish line emerges. And it will, because it must !!!

*Article by Keith Howden...one of the sprint team at Collingwood Masters Athletics.*

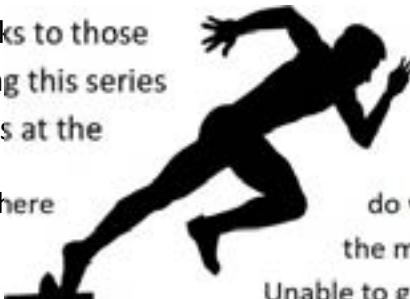
## On your marks...

### **A weekly column about Sprinting for Collingwood Masters Athletics.**

The second in a series...

Thanks to those  
Seeing this series  
things at the

So, where  
with  
all.



who responded to our first column with some feedback.  
could go for several weeks it was the intention to start  
beginning with some training tips or member profiles.

do we start – probably with the warm ups or even before that  
the motivation or reason behind why one decides to try sprinting at  
first time we back our hunch that there may be one of three main motivations.

One is to rediscover an ability one had at school when the athletic sports came around...another might be to just try something different or new and the third might be as a means to greater fitness.

Whatever the motivation two things need to be said at the beginning of an older athlete's entry or re-entry to sprints. The first is not to compare oneself with others ... easier said than done!

*Only one person can be a Usain Bolt and even he failed to win all the races he was ever in.*

**The best advice one can have is to only compare endeavour with oneself.** Yes, beat yourself!

There will always be someone faster than you and, fortunately, you will be faster than many others but to improve your own performance – *that is the most realistic way to go.* In other words – get a time for your first outing and then try and beat it the next time or do so within 6 weeks! The reality being that each of us has a potential best and to work towards that is all anyone can ask of oneself.

If we had video tape of all the sprints at Collingwood in the past 20 years we would see quite a few people coming along and going in, say, a 100 metre race as their first try out. Too many pulled a muscle in their first outing and were never seen again. Others puffed and panted at the finish line and therefore considered such outings as too hard. So let's pose the question :- ***Did they warm up before their first race?*** Sorry guys but two laps of jogging round the track at 6.55 is not a thorough warm up for sprints. One needs to slowly & progressively warm up legs and the respiratory system.

If you think about it running flat out is going to put some extreme pressure on ankles, calves, quads and hamstring muscles not to mention toes, achilles tendons, hip flexors, adductors and the lungs.

Six run throughs over 60 metres, progressively faster, is the most basic of sprint warm ups.

Add a few drills for the firing up of leg muscles, some roll over stretches and 2 or 3 flat out 60 metres, 10 minutes before racing, and you have a great 20 to 30 minute warm up routine!!!

***Good warm ups lessen the chance of injury and get the runner ready to race at their optimum.***

*Next week : Techniques in sprinting – Send in a question if you want.*

# LETTERS / EMAILS

## *From Jim McLure*

Hi Russ,

Just a follow up to the piece on Johnny Famechon in the last Footprints .

Strange things happen over a number of years. This is a story you may like to put in Footprints.

On my return from my time in Vietnam at the end of 1967, I followed the boxing of two great Australian boxers. Johnny Famechon and Lionel Rose.

At that time I never thought that 20 years on I would be running alongside Johnny in a marathon which was the Melbourne Veterans World Games Marathon 1987 as it was then called Veterans Athletics.

Johnny came alongside me around the 35km mark as we were heading back to the finish at Olympic Park. I knew who he was, but he did not know me only that I had an Australian singlet on with 40 on it. I was stuffed but Johnny said “come on mate we can break 3 hours”.

At the 39km mark, Johnny was going a lot better than me and moved away with a friendly “keep at it, mate”. Running a great time Johnny got under 3 hours. 2.59.03. I ran 3.02 but I am sure without the encouragement on the day from Johnny my time would have been a not as good. The times for the marathon can be see in the Results of the 1987 WAVA Championships.

Names that ran great times in that first World Veteran Games in Australia in 40 age group were Peter Hunt 2.30 and Terry Harrison 2.36 . Also in that age group was former President of the Masters Rob Waters 2.58 A pretty good time.

Just a bit to add to this story, sometime after Johnny had been hit by the car in Sydney, the late Gus Mercurio, actor and the old World Of Sport boxing reporter organised a fun run to help with Johnny’s medical costs. I ran in that event along with Ray Kemp and others from the Veterans as they were called then.

The world is full of great people I will remember him as great boxer and for his encouragement to someone he did not know . Thanks, Johnny Famechon .

In the late 1980s I used to run with Roy Spackman in the VCCL. Roy is one of only 5 fighters to have beaten Johnny in his 67 fights. It was in the early 60s and they fought 3 times. All true, as I spoke to his son and he has his Dad’s record of 3 fights against Johnny for 1 win and 2 losses.

Roy is also a very nice gentleman. And to add to the story, David, his son was also a boxer as a young lad and ran at Glen Eira Venue for 2 or 3 years. I have known him for 30 years. The thing we all 4 have in common is we like running , but the one thing I miss out on is boxing ! I was NO good and went to the boys club as a 13 year old in 1958 and 1959 at Trafalgar each Friday night and always went home with a blood nose. Lucky I took up running in later years . One more little twist is that Traralgon is only 25km from where Lionel Rose was born and grew up in Drouin. My other great boxing hero of the 60s. As they say the world is a very small place at times .

In one way or another, Fammo was always linked to Lionel Rose. They were fighting at the same time and were both World Champions around the same time. Many people wanted them to fight but many, like myself, are glad they didn’t as it didn’t diminish the reputation of one of them.

Thought it may be of interest as we have to fill in time these days as there is not much going on . Cheers from **Jim McLure** 33 years on (now a sprinter).

# LETTERS / EMAILS (CONT)

*I agree with you, Jim about being pleased that Famechon and Rose never fought.*

*You mention that Roy and his son were gentlemen, as was Johnny. Strangely, I have become good friends with two boxers in my life, neither of whom were Champions, but both were really great people. I think a lot of people classify all boxers as thugs and in my experience that may not be the case.*

*Speaking of that World Veterans Marathon form 1987, I looked up the results and in that column that had your results in were several Masters stalwarts and luminaries.*

- 95 Eric Greaves
- 101 Westly Windsor
- 108 Rob Waters
- 113 John Famechon
- 125 Graham Philpott
- 135 Jim McLure
- 138 Ken Senior
- 155 Andrew Jamieson
- 157 Michael Orelli

*Thanks for your letter, Jim.*

Russ

MARATHON	FINALS	M40 (CONT'D)
91 STRACHAN TERRY	AUS	2-54.55
92 HOWARD LINDSAY	AUS	2-54.56
93 HEAFIELD IAN	AUS	2-55.18
94 BARNES JIM	AUS	2-55.23
95 GREAVES ERIC	AUS	2-55.31
96 RITZER BERND	AUS	2-55.36
97 JACKSON PETER	AUS	2-55.45
98 AHLGREN LARS-MARTIN	SWE	2-56.09
99 DUTHIE IAN	AUS	2-56.29
100 FRAZER ALAN	AUS	2-56.45
101 WINDSOR WESTLY	AUS	2-57.13
102 DRUMMOND SANDY	AUS	2-57.15
103 HAROLD PETER	AUS	2-57.24
104 KERR TOM	GBR	2-57.36
105 MALINEN RAIMO	FIN	2-57.47
106 MOIR CHRIS	AUS	2-57.50
107 SCALLY JOHN	AUS	2-57.55
108 WATERS ROB	AUS	2-58.23
109 FENELON MICK	AUS	2-58.26
110 MOODY DARYL	AUS	2-58.48
111 IUND OTTO	AUS	2-58.54
112 WOOLGAR CHRIS	AUS	2-58.57
113 FAMECHON JOHN	AUS	2-59.03
114 MADIGAN ROBERT	AUS	2-59.27
115 JENNINGS ROB	AUS	2-59.34
116 FAGAN KEVIN	AUS	2-59.45
117 CHANDLEY KEVIN	AUS	2-59.59
118 WHITE COLIN	AUS	3-00.00
119 LLOYD BARRY	AUS	3-00.03
120 WATTIS HARRY	AUS	3-00.10
121 HARRIS TREVOR	AUS	3-00.32
122 PHILLIPS MALCOLM	AUS	3-00.41
123 ANSELL BOB	AUS	3-00.55
124 FOSTER MICHAEL	AUS	3-01.09
125 PHILPOTT GRAHAM	AUS	3-01.12
126 CRAWFORD SCOTT	AUS	3-01.20
127 JENKINS JOHN	AUS	3-01.28
128 SKINNER RAY	AUS	3-01.52
129 SHADBOYD DOUGLAS	NZL	3-02.10
130 PAGNANI JOHN	AUS	3-02.24
131 PEMBERTON ROY	AUS	3-02.25
132 CARTER LIONEL	NZL	3-02.28
133 ARNOLD ANDREW	AUS	3-02.33
134 DAWKINS BOB	AUS	3-02.58
135 MCILURE JIM	AUS	3-02.59
136 JONES PETER	AUS	3-03.02
137 JONKERS FRANS	HOL	3-03.07
138 SENIOR KEN	AUS	3-03.08
139 WOODRUFF MIKE	AUS	3-03.14
140 ATTARD JOE	AUS	3-03.17
141 MATTHEWS NEIL	AUS	3-03.18
142 GERVASONI IAN	AUS	3-03.19
143 SLATER STEPHEN	AUS	3-03.21
144 BOURKE ANDREW	NZL	3-03.27
145 KNOWLER DAVID	AUS	3-03.37
146 DAVIES KEN	NZL	3-03.47
147 WRIGHT DAN	AUS	3-04.00
148 LANE ALAN	AUS	3-04.03
149 WITT ALAN	AUS	3-04.07
150 ROLFE DAVID	AUS	3-04.15
151 CARSON ROY	NZL	3-04.32
152 ROSS HOWIE	AUS	3-04.34
153 SMIDT DOUG	AUS	3-04.42
154 KIDD DAVID. B	NZL	3-04.51
155 O'BRIEN DAVID L.	AUS	3-04.59
155 JAMIESON ANDREW	AUS	3-04.59
157 FAIRBANK ERIC	AUS	3-05.08
158 ORELLI MICHAEL	AUS	3-05.28

## POOF - A Centurys old tradition gone. Is this the death of the Handshake ? Along with some newer greetings.



### THE HANDSHAKE

The handshake is a gesture of friendship and good will. Originally meant to indicate that I can't pull my sword on you while I'm shaking your hand. The photo to the left exemplifies that sentiment as two great mates, Mark Latham and John Howard meet.



I was introduced to Ted Whitten once in a pub. I didn't know that Ted's party trick was to crush your hand. That night I would have gladly voted for handshaking to be banned.



### THE SHUG

I used to give my youngest son a hug until I was told in no uncertain terms "No Dad, you shake hands and hug with your left arm."

Oh, I am so sorry !!



### THE HIGH FIVE

The high five has taken over a lot in sporting circles. I used to like the high five. You could do it during a run like in an "out and back" parkrun and mumble under your breathe "See you at the finish line, Loser"



### THE FIST BUMP

A fairly modern greeting and one that will, against my advice, probably increase in popularity. Some of our members and certainly loads of people at the gym drag their knuckles along the ground when they walk. This, to me, seems even less hygenic than a handshake.

But what will replace the handshake ?

## THE AIR KISS

Dunno about this one. It still involves get up close and saying “Mwaa” risks expectorating. The European thing of kissing both sides risks possibly brushing lips.



## BLOWING A KISS

This looks like a good one especially if it's coming from Marilyn. It can be performed from long range and can cover multiple blowees.



## NAMASTE

The first two are a bit too feminine for the blokes, but I quite like this one. I'm told that in doing this you radiate the sex appeal of Richard Gere so why not.



## THE AIR FIVE

This is where you set up for a regulation high five but miss contact. Yes, it's risky and the other person might not be aware that you are supposed to miss.



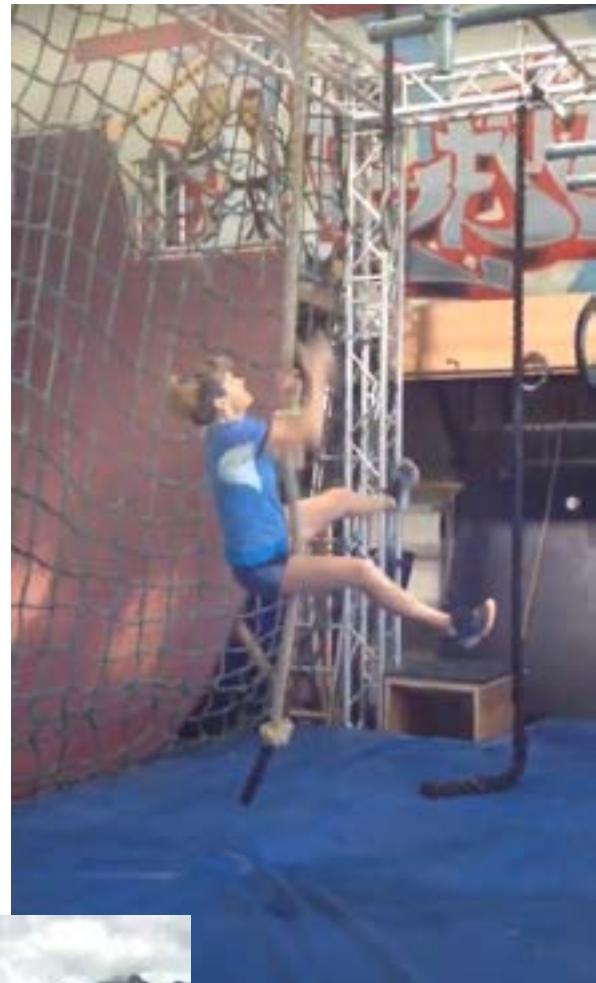
*Anyhow, I'm taking no chances I'm getting this tattoo on my palm to remind me and anyone I meet not to shake hands*



## DYNAMITE DAWN

We all know that Dawn Hartigan is a pretty amazing athlete. Holder of many Australian and World Pole Vault records and a winner of Gold medals at several World Masters Championships but I noticed these exploits on Facebook recently.

On the left is Dawn scaling the "Wall" and on the right climbing the rope with her arms only.



CLICK  
to see  
video

CLICK  
to see  
video

You might remember this fabulous shot of Dawn at Machu Pichu after the World Champs in Brazil

## Superb season earns Heagney Athletics Bendigo honour

EAGLEHAWK athlete Kathryn Heagney earned the Neil Macdonald Veteran Athlete of the Year award in Flack Advisory Bendigo Region's 2019-20 track and field season action.

A world-class competitor at Masters level, Heagney's consistency, times and marks in many events were superb.

At 69-years-young, Heagney showed no sign of slowing down as she featured highly in the Age Graded awards, especially in sprints and middle distance running events run at the Latrobe University Bendigo athletics complex in Flora Hill.

She played key role in Eaglehawk again being the number one team at this year's country championships and capped the season by claiming a much sought-after record in steeplechase.

It's the second time Heagney has earned the Veteran Athlete of the Year title.



Outstanding performances and consistency by athletes who competed on a regular basis were key factors in determining the Allen Stuchbery Memorial aggregate awards.

A tally of 14558 points earned Allie Guillou from South Bendigo Athletics Club the prestigious women's title.

Runner-up was clubmate Emma Orme, 13019, from Eaglehawk's Jorja Morrison, 12784.

It was an Eaglehawk trifecta for the men's award.

David Chisholm scored 20578 points to be a runaway winner from successful competitor, coach and AB general manager Terry Hicks, 17643; and Antony Langdon, 14951.

The throws grand prix, backed by G.M. and G.L. Hilson Builders, was won by Terry Hicks, 7015.

Next best was national shot put champion and South Bendigo star Emma Berg, 6743, ahead of Eaglehawk's Olivia Graham, 6311.

A world Masters decathlon champion in the 70-plus age group, Geoff Shaw from Bendigo Harriers earned the Intersport Bicknells-backed jumps grand prix title.

An outstanding performer at high jump, triple jump and pole vault, Shaw scored 6100 points to lead South Bendigo's pole vault champion James Woods, 5403, and another of South's young stars, Jessica Grigson, 5317.

University's Tullie Rowe scored 5155 points to capture the Purtill's Nursery-backed middle and long distance running grand prix.

A great season for Rowe included several record-breaking runs.

The consistency and determination of Bendigo Harriers' Anne Buckley and South Bendigo's Debbie Kirne, both in their 50s, earned second and third placings on 4760 and 4527 points.

The Charlie Nolan award for male official of the year was Craig Graham. The Sally Conroy Memorial contributor of the year was awarded to jumps official Pam Farnell.

## CAN'T TEACH AN OLD JOGGER NEW KNOTS ?

Tying your running shoes. It's something so simple, yet so many runners still do it incorrectly.

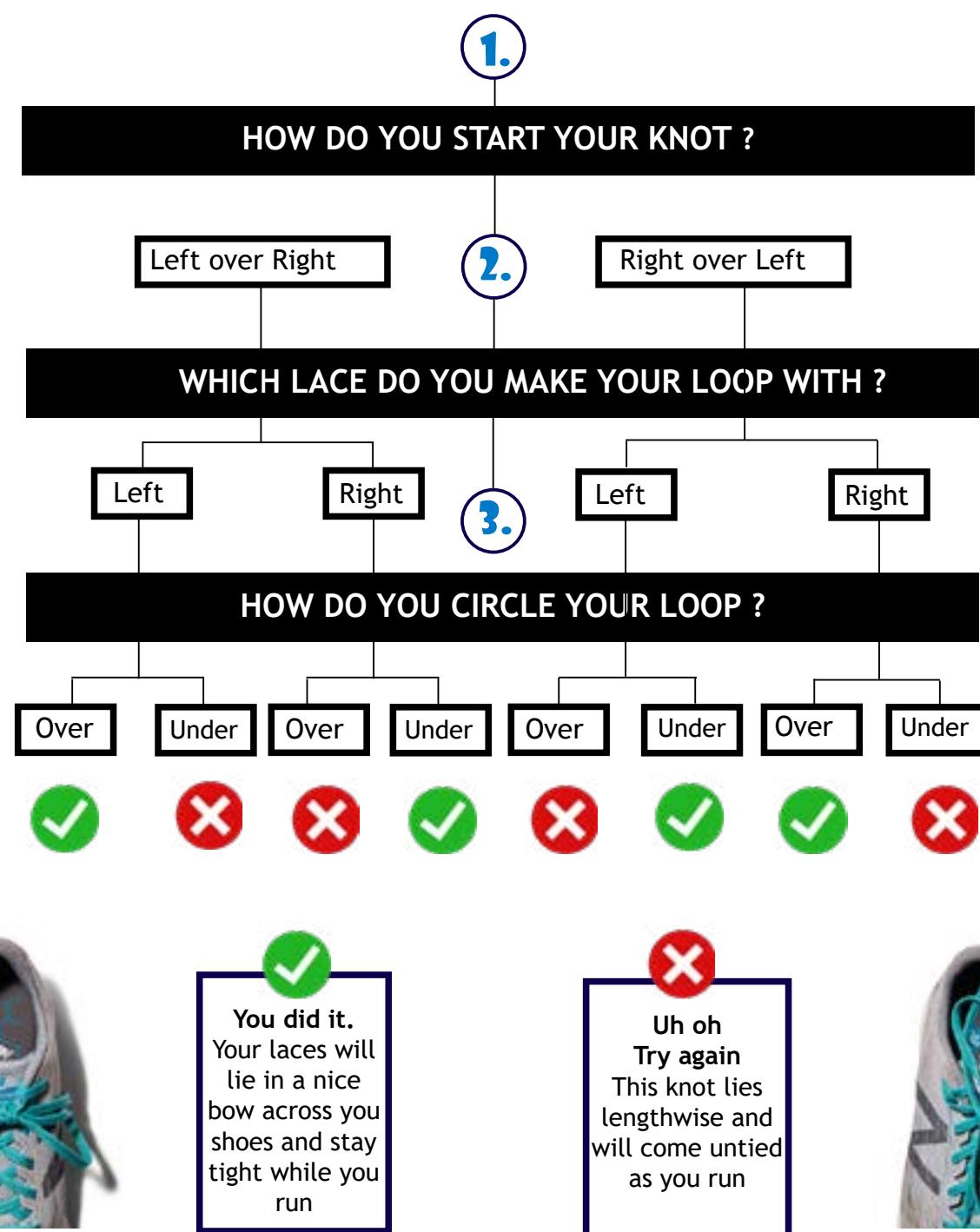
While it should be easy to properly knot your shoes, there's more than one way to tie a standard shoelace knot. When runners end up with a final product that won't stay in place, it's usually because they are tying a granny knot.

If circumstances put you in the granny camp, you are doomed to looseness, stooping, and retying. Crooked bows—sitting vertical from ankle to your toes—are the visual giveaway.

To keep your laces nice and snug, you need to fashion a reef knot, where you tie the starting knot in one direction, and the finishing bow in the other. Reef loops fall gracefully to the left and right sides of the shoe.

Follow the chart below to see if you're lacing your shoes correctly for every run.

### **THERE'S A 50% CHANCE YOU'RE TYING YOUR SHOES WRONG**



# 2020 AMA Winter Throws Championships

Sat 3rd – Mon 5th October



Still going  
ahead at  
last report

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](mailto:amawinterthrows@gmail.com)

Phone: 0409607384

Organising Committee:

Adriana van Bockel, Anatoly Kirievsky, Gabi Watts



## What Exactly Is a Tempo Run?

The T-word describes a specific and seriously useful workout. Here's how to fit it into your training routine.

If you toss around the term "tempo run," it's pretty clear that you're serious about your sport. But while a tempo run is a key staple in the training diet, very few people actually know what exactly the recipe calls for.

In fact, there's a lot of misconceptions about the tempo run. Take, for instance, the guy who finishes a road race completely out of gas, slumping over the fence to catch his breath. Despite his hard effort, when asked how he feels about his race—which may have resulted in a time a bit slower than his goal—he says with a dismissive wave, "Ahhh, I ended up basically doing a tempo run."

Here's the problem: Mislabeling a sub-par race performance a "tempo run" is not just a matter of nit-picking semantics. Racing and tempo running differ greatly, and doing the latter incorrectly can compromise its training benefits. But learning how to incorporate it into your running routine can bring you lasting benefits—especially on race day. Here's everything you need to know about the tempo run.

### How to Find Your Tempo Run Pace

So what is a true tempo run? A tempo run—also known as an anaerobic threshold or lactate-threshold run—is a pace about 25 to 30 seconds per kilometre slower than your current 5K race pace, according to running coach Jack Daniels, Ph.D., who popularized the tempo run in his book *Daniels' Running Formula*.

Without getting too technical, tempo pace is the effort level at which your body is able to clear as much lactate—a byproduct of burning carbohydrates—as it produces. Your body's lactate clearance is at the same level as its lactate production, meaning the dreaded dead-leg sensation doesn't set in.

That's the key difference between a race and a tempo run. In an all-out session, your body bypasses this limit, allowing for fatigue to develop rapidly. A tempo pace, on the other hand, can be held steadily (albeit not too comfortably) for at least 20 minutes.

For those fond of using heart rate monitors, Daniels notes that tempo runs should be done at 90 percent of maximum and feel "comfortably hard."

### How Tempo Runs Help You Get Faster

According to exercise physiologist and coach Pete Pfitzinger, not all competitors benefit equally from tempo runs.

"Athletes racing from 15K on up to the marathon receive the most benefit from tempo runs because the physiological adaptations are most specific to the demands of those races," he says. "An improvement in lactate threshold is only a small benefit for a 5K race, because it's run well above lactate-threshold pace."

In longer distances, however, your performance is determined primarily by your lactate-threshold pace. So tempo runs provide a direct benefit in longer races for beginners and elites alike.

Still, though tempo running may not boost performance as dramatically in shorter races as it does in, say, marathons and half marathons, that doesn't



## What Exactly Is a Tempo Run? (cont.)

mean you should nix it from your 5K training. The beauty of tempo is that it doesn't require a track or mile markers, but simply relies on time, making it an ideal workout if you're traveling or just starting a training program, since running down the clock can be a lot less daunting than tackling mile repeats.

### The Mental Benefits of Tempo Runs

Tempo running not only improves runners' physical fitness, but their mental strength, too.

"I really believe in tempo running because it helps the athlete feel that sense of toughness they experience when they compete," says Bob Williams, former Pac-10 steeplechase champion and distance coach at Concordia University in Portland, Oregon. "I think it's a process of adaptation, psychological as well as physiological."

Training at speeds that aren't quite all-out efforts—in other words, holding your hand just above the flame—taps into the concentration required to develop mental toughness for racing.

### How to Incorporate Tempo Runs Into Your Training

Tempo workouts should be part of your weekly routine, whether you're running for fitness or looking to set a personal record. They build both slow- and fast-twitch muscle fibers, which leads to gains in speed and endurance.

So how can you work them into your workout? You have several options.

For his long-distance athletes, Pfitzinger frequently prescribes tempo runs of four to six miles at 15K to half-marathon race pace. For marathoners, he recommends up to nine miles at between half-marathon and marathon race pace, or a 13-mile run followed by five miles at between half-marathon and marathon pace. He will typically have his runners perform two of these workouts every three weeks during a marathon build-up. As the goal race approaches (but before tapering) the runner might want to increase the frequency to one tempo effort weekly.

You can also use something called "cruise intervals," Daniels says. Rather than focusing on a certain pace for a certain amount of time—for example, 20 minutes at 7:00 minutes per mile pace—cruise intervals are tempo runs interspersed at regular (say, one-mile or 10-minute) intervals by 30 to 60-second rest periods. This pattern diminishes the psychological difficulty of the workout while preserving the aerobic benefits, allows greater volume (five miles or even more for elite marathoners at tempo pace) and may help guard against excessive speed, which can lead to overuse injury or burnout.

The coach also recommends inserting periods of tempo running into long runs—such as two, 20-minute tempo runs bookending an easy one-hour run—something a marathoner might do bi-weekly in the latter stages of race preparation. Another popular workout is a "cut-down" run, in which runners start a two-mile distance at conversational pace and speed up to a hard tempo effort by the end.

Remember, the one real requirement of tempo running is that you stick to a steady, specific, planned pace. Beyond that you have many options. Of course, if you're still unsure of the best workout for you, you can always resort to the tongue-in-cheek prescription set forth by the Tahoe Mountain Milers: "Tempo run: Running to the beat of your favorite song; should be done at least once a week."

By KEVIN BECK and THE EDITORS OF RUNNER'S WORLD  
AUG 22, 2018



## Australian Masters Athletics Inc

### APPLICATION FOR STATE/AUSTRALIAN RECORD VALIDATION February 2020

(Please type or use capital letters throughout)

Name		State	
Address		Phone	
Event		Age Group	Date of Birth / /
Place of Competition, Nature of Meet			Date of Meet / /

**TIMES:** Express electronic times to two decimal places in the seconds, and hand times to one decimal place in the seconds.

Time	Electronic	If fully electronic start/finish system
Hand times	1st Watch	Hand Time Claimed (middle time or majority time)
	2nd Watch	
	3rd Watch	

**Chief Timekeeper:** I certify that the times shown above were properly recorded by competent timekeepers & phototimers.

Chief Timekeeper's Name: Signature:

WIND ASSISTANCE		LAPSCORER'S SHEETS
Wind Gauge Reading		Lapscorer's sheet must be attached for distances greater than 3km

**Wind Gauge Operator:** I certify that in my estimation wind assistance did not exceed two (2) metres per second.

Wind Gauge Operator's Name: Signature:

THROWS		JUMPS		
Distance:	Height:			
Implementation Specifications	Hammer	Shot	Discus	Javelin
Actual Weight				Weight

**Equipment Officer:** I certify that the implement used by the competitor was weighed as above, and comply with WMA/IAAF specifications.

Equipment Officer's Name: Signature:

#### Race Walk Chief Judge Certification

I certify that the athlete completed as per the IAAF definition of Race Walking and was not disqualified.

Chief Walk Judge's Name: Signature:

#### Meet Manager's Certification

I certify that the track, circles, field markings, etc, comply with WMA/IAAF specifications, and that the meet was conducted under WMA/IAAF rules.

Meet Manager's Name: Signature:

#### TO BE SIGNED BY RECORDS OFFICER ONCE RECORD IS VERIFIED

I certify that the above details are correct, and that the competition was conducted in accordance with the rules of the World Masters Athletics with whom AMAI is affiliated.

State Statistician's Name: Signature: Date:

Once you have all the signatures required, send to your State Statistician with any additional paperwork.  
See your state website for the email/postal address.



## Australian Masters Athletics Inc. (AMA)

### AUSTRALIAN/STATE MULTI EVENTS RECORD APPLICATION October 2019

To be used for Throws Pentathlon or Heavy Weight Pentathlon

Event	Date of Birth	Age	Male/Female	State Affiliation	Total Points
<input type="text"/>					

Athletes Name, Address and Telephone Number

<input type="text"/>	Date of Meeting
<input type="text"/>	<input type="text"/>

Name of Stadium, Nature of Meeting	Town	State													
<input type="text"/>	<input type="text"/>	<input type="text"/>													
Disciplines	Hammer	Shot	Discus	Javelin	Weight	2kg	3kg	4kg	12lb	16lb	20lb	25lb	35lb	45lb	56lb
Performance	<input type="checkbox"/>														
Points	<input type="checkbox"/>														

Copies of the results must accompany this application

Implement	Hammer	Shot	Discus	Javelin	Weight	2kg	3kg	4kg	12lb	16lb	20lb	25lb	35lb	45lb	56lb
Specification	<input type="checkbox"/>														
Actual Weight	<input type="checkbox"/>														

#### Equipment Officer's Certificate

I certify that the implements used by the competitor were weighed as above and comply with WMA/IAAF/AMA specifications.

Equipment Officer                          Name                                  Signature

#### Meet Manager's Certificate

I certify that the field markings etc comply with WMA/IAAF specifications and that the meet was conducted under WMA/IAAF rules.

Meet Manager                          Name                                  Signature

*Send this form direct to your State Statistician. Their names are available on your State's website.*

#### State Statistician's Certificate

I certify that the above details are correct, and that the competition was conducted in accordance with the rules of the World masters Athletics with whom AMA is affiliated.

State Statistician                          Name                                  Signature                                  Telephone

<input type="text"/>	<input type="text"/>
----------------------	----------------------



## Australian Masters Athletics Inc

### APPLICATION FOR STATE/AUSTRALIAN RECORD VALIDATION February 2020

#### Relays

(Please type or use capital letters throughout)

Event		Age Group	Date of Birth / /
Place of Competition, Nature of Meet			Date of Meet / /
<b>RELAY TEAM:</b> listed in running order			
Runner	Name of Runner	Age on day of record	Date of Birth
1			/ /
2			/ /
3			/ /
4			/ /

**TIMES:** Express electronic times to two decimal places in the seconds, and hand times to one decimal place in the seconds.

Time	Electronic	
Hand times		If applicable

#### TECHNICAL DELEGATE'S CERTIFICATION

I certify that the equipment used complies with WMA/IAAF specifications, that there were sufficient officials engaged at the baton change over points on the track.

Technical Delegate's Name:

Signature:

#### MEET MANAGER'S CERTIFICATION

I certify that the track comply with WMA/IAAF specifications, change-over officials were present and that the meet was conducted under WMA/IAAF rules.

Meet Manager's Name:

Signature:

#### TO BE SIGNED BY RECORDS OFFICER ONCE RECORD IS VERIFIED

I certify that the above details are correct, and that the competition was conducted in accordance with the rules of the World Masters Athletics with whom AMAI is affiliated.

State Statistician's Name:

Signature:

Date:

Once you have all the signatures required, send to your State Statistician with any additional paperwork.  
See your state website for the email/postal address.



## Australian Masters Athletics Inc. (AMAI)

**APPLICATION FOR STATE/AUSTRALIAN MULTI EVENTS RECORD VALIDATION** October 2019

To be used for Decathlon, Heptathlon and Pentathlon

Event	Date of Birth	Age	Male/Female	Total Points
<input type="text"/>	<input type="text"/> / <input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

**Athlete's Name & Address & telephone Number**

**Date of Meeting**

<input type="text"/>	<input type="text"/> / <input type="text"/>
----------------------	---

**Name of Stadium & Nature of Meeting**

**Town**

**State**

<input type="text"/>	<input type="text"/>	<input type="text"/>
----------------------	----------------------	----------------------

Discipline	100m	200m	Hurdles	400m	Long	High	Pole	Shot	Discus	Javelin	800m	1500m
Performance												
Points												

Copies of the results sheets must accompany this application

**Wind Assistance**

Wind Gauge Reading  Maximum allowable is 2 m/sec

I certify that in my estimation, wind assistance did not exceed four (2) meters per second

Wind Gauge Operator Name

Signature

<input type="text"/>	<input type="text"/>
----------------------	----------------------

Implement Specifications	Shot	Discus	Javelin
Actual Weight			

I certify that the implements used by the competitor were weighted as above, and comply with WMA/IAAF/AMA specifications.

Equipment Officer

Name

Signature

<input type="text"/>	<input type="text"/>
----------------------	----------------------

Hurdle specifications	Distance	Height	No. of hurdles	To 1 <sup>st</sup> hurdle	Between	To finish

I certify that the hurdle specifications above were checked and certified as correct

Track Referee

Name

Signature

<input type="text"/>	<input type="text"/>
----------------------	----------------------

Timekeepers		100m	200m	Hurdles	400m	800m	1500m
Certificate	Electronic/hand timing						

(NB Express electronic times to two decimal places in the seconds, and hand written times to one decimal place in the seconds)

I certify that the times shown above were properly recorded by competent timekeepers/phototimer operators.

Chief Timekeeper Name

Signature

<input type="text"/>	<input type="text"/>
----------------------	----------------------

**Meet Manager's Certificate:** I certify that the track, circles, field markings, etc comply with WMA/IAAF specifications and that the meet was conducted under WMA/IAAF rules.

Meet Manager

Name

Signature

<input type="text"/>	<input type="text"/>
----------------------	----------------------

*Send this form direct to your State Statistician. Their names are available on your State's website.*

I certify that the above details are correct and that the competition was conducted in accordance with the rules of the WMA with whom AMA is affiliated

State Statistician Name

Signature

<input type="text"/>	<input type="text"/>	Tel <input type="text"/>
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# Alice Springs Masters Games

10-17 October 2020

*The Friendly Games*

**DON'T MISS OUT ON THE BIGGEST  
SPORTING PARTY OF THE YEAR.**

Still going  
ahead at  
last report



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[alicespringsmastersgames.com.au](http://alicespringsmastersgames.com.au)

#ASMG2020 [f /alicespringsmastersgames](https://www.facebook.com/alicespringsmastersgames) [@asmastersgames](https://www.instagram.com/asmastersgames)



**2020 VICTORIAN MASTERS ATHLETICS -- MEMBERSHIP FORM**  
**PLEASE PRINT DETAILS NEATLY**

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

Address: ..... Suburb: .....

Postcode: ..... Date of Birth: . . / . . / . . Home Ph: .....

Email: ..... Mobile: .....

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

VMA venue/s attending: .....

If AV member athlete club: ..... Qualified coach: Y/N Area: .....

Occupation or area of expertise: .....

**Circle amount of the membership category applying to you**

	<b>Payment prior to 1/1/20</b>	<b>Payment from 1/1/20</b>
<b>New Members - Individual member</b>	\$45	\$45
<b>New Members - Two members residing at the same address</b>	\$75	\$75
<b>Renewing members (from 2019)</b>		
Renewing – Individual Member	\$35	\$45
Renewing – Two members residing at same address	\$55	\$75
Life Member	Free	Free
Renewing 80+ Member (If a member for the previous 5 consecutive years)	Free	Free
Volunteer – (non-competing)	Free	Free
<b>Lapsed Members – Individual member</b>	\$45	\$45
<b>Lapsed Members – Two residing at same address</b>	\$75	\$75
Associate Member (Under 30)	\$20	\$20
<b>Footprints - Newsletter by Email</b>	Free	Free
<b>Footprints - Newsletter by Post</b>	\$10	\$10
Voluntary Donation to VMA Inc.		
<b>Current AV Members</b>	\$35	\$35

**PAYMENT - Please make cheques or money orders payable to VMA and send the Subscription to:**  
**VMA Registrar – Judy Farrell 15 Blackwood Drive Pakenham Vic 3810. (Ph. 03 5941 9442 ).**

Credit Card – Visa / Mastercard      Card No: ..... Expiry Date: . . / . .

Name on Card: ..... Signature: .....

**Disclaimer**

I hereby declare that I am in good health and will be properly conditioned for the activities which I will enter with the Victorian Masters Athletics Inc.. I absolutely relieve Victorian Masters Athletics Inc. of any responsibility for any injury or damage to myself which I may sustain in the course of competing in events organised by the Association.

Signed: ..... Date: . . / . . / . .

**VMA Privacy Statement**

Personal information collected by the Association for registration purposes will not be passed to third parties except those sporting bodies with which the association is affiliated for the purposes of registering the member with that body. Any member may at any time check their personal details as held by the Association.

**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.**

## 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 Heather Johnstone John Pocock	helenrbrown@bigpond.com johnno88@tpg.com.au pocockjr@bigpond.com	0419 363 905 0412 353 696 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 Gerald Burke Jack Fredrickson	christopher.worsnop@austin.org.au geraldburke@optushome.com.au	0403 910 183 0408 315 471 9802 6926
Frankston	Frances Halton David Dodson	rhalton@alphalink.com.au david.dodson@iinet.net.au	0405 474 472 9782 1712
Geelong	Alan Jenkins	alanjenkins4@bigpond.com	5221 7468 0419 314 568
Glen Eira	Mike Clapper	mikeandjo52@gmail.com	v
Knox	Tracey Carpenter	traceycarpenter@y7mail.com	0407 093 132
Mentone	Ashley Page	apa16161@bigpond.net.au	0448 866 025
Southern Peninsula	John Sutton Greg Lovejoy	jsutton2@optusnet.com.au seaside_surf@bigpond.com	03 5985 9017 03 5982 0449
Springvale/ Noble Park	Claudio Riga Anthony Doran	claudioriga@aol.com anthonyjdoran@y7mail.com	0478312167 0425796740
Throwers	Graeme Rose Ken Priestley	grarose@yahoo.com knjoy@bigpond.net.au	9836 2350 0417 134 601
Eastern Masters	Bronwen Cardy David Sheehan	bronwencardy@hotmail.com.au midget32@hotmail.com.au	0422 213 050 0448 213 200

## Victorian Masters Athletics Inc.

### Venues

<b>ABERFELDIE</b> Athletic Track	Aberfeldie Park, Corio Street, Moonee Ponds <b>Wednesday nights, 7 - 9pm</b>	Melway 28 D6
<b>CASEY</b>	<b>160 Berwick - Cranbourne Rd, Cranbourne East</b> <b>Monday nights, 7-9pm</b>	Melway 134 E8
<b>COBURG</b> Athletic Track	Harold Stevens Athletic Field, Outlook Road, Coburg <b>Thursday nights, 7 - 9pm</b>	Melway 18 A9
<b>COLLINGWOOD</b> Athletic Track	George Knott Reserve, Heidelberg Road, Clifton Hill <b>Tuesday nights, 7 - 9pm</b>	Melway 30 F12
<b>CROYDON</b> Athletic Track	Behind Arndale Shopping Centre, Mt.Dandenong Road, Croydon <b>Tuesday nights, 7 - 9pm</b>	Melway 50 K5
<b>DONCASTER</b> Athletic Track	Tom Kelly Athletic TrackRieschieks Reserve, George Street, East Doncaster <b>Monday nights, 7.30pm</b>	Melway 33 J11
<b>EAST BURWOOD</b> Athletic Track	Burwood Road, opp. Mahoneys Road, behind basketball stadium <b>Thursday nights, 7 - 9pm</b>	Melway 62 C7
<b>FRANKSTON</b> Athletic Track	Ballam Park, Bananee Terrace, Frankston <b>Thursday nights, 7 - 9pm</b>	Melway 103 B4
<b>GEELONG</b> Athletic Track	Landy Field, off Barwon Terrace, Geelong <b>Wednesday nights, 6 - 8pm</b>	Melway 228 C7
<b>GLEN EIRA</b> Athletic Track	Duncan McKinnon Reserve, cnr North Road & Murrumbeena Road <b>Tuesday nights, track events, 7 - 9pm.</b> <b>Sunday, field events</b>	Melway 68 K9
<b>KNOX</b> Athletic Track	Bunjil Way, off Ferntree Gully Road, Scoresby <b>Wednesday nights, 7 - 9pm</b>	Melway 73 D7
<b>MENTONE</b> Athletic Track	Dolamore Reserve, cnr First Street & Queen Street, Mentone <b>Wednesday nights, 7 - 9pm</b>	Melway 87 B6
<b>SPRINGVALE/NOBLE PARK</b>	Ross Reserve, Memorial Drive, off Corrigan Road, Springvale <b>Wednesday nights, 7 - 9pm</b>	Melway 80 E12
<b>SOUTHERN PENINSULA</b>	<b>Fortnightly in winter on Sunday at 9:00 am</b> <b>Contact Managers for details. Truemans Road</b> <b>track no longer in use.</b>	
<b>EASTERN MASTERS</b>	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.

<b>President</b>	Russ Oakley	041 987 3137	president@VicMastersAths.org.au
<b>Vice President</b>	Tony Bradford	0447 139 202	anthonybradford@bigpond.com
<b>Secretary</b>	Phil Urquhart	9572-0805 0419357823	secretary@VicMastersAths.org.au
<b>Treasurer</b>	Andrew Edwards	95554226	leedsfan2@optusnet.com.au
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	Christoper Worsnop	0403 910 183	christopher.worsnop@austin.org.au
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<b>Records Officer</b>	Clyde Riddoch	9470 1490 0439 902 907	40 Beauchamp Street, Preston Vic 3072 clydeR@outlook.com.au
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<b>Throwers' Group</b>	Graeme Rose	9836 2350	grarose@yahoo.com