



Victorian Masters Athletics

footprints

www.vicmastersaths.org.au

February 2011

**We are athletes
- Nothing gets in our way**



February Legend - Heather Carr

Inside :

- **Entry forms for Victorian and Australian Championships**
- **Information on V.M.A. Relays, Postal Relays, Multi Champs, AMA 20k Walk**
- **HOT Field for Landy Trophy**
- **Glen Eira Living Legends Night**
- **Lindsay Thomas Memorial**
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Editorial

I hope all our readers had a very happy festive season and managed to get out for a run, walk or throw in this crazy weather. We were sitting looking over the infield at Doncaster Venue the other day, and here it was in the middle of January covered in a lush, green carpet of grass - *what's going on* ? A few weeks earlier it was completely under water (see photo on P.6) - a forerunner of the floods that were to come to Eastern Australia.

You really should go to see the Landy Trophy at Doncaster on Monday February 14th. This is probably the best field you will see at a Masters event short of the World Champs. Have a look at P.7 to see the list.

I'm sure all our members want to send their best wishes to some of our soldiers who aren't doing too well. Apart from Murray Dickinson on the next page, Croydon stalwart and Life Member Ray Callaghan O.A.M. has had a brain haemorrhage and required a couple of operations at St. Vincents Hospital, but Anne has said he's doing fine and is now at home. We look forward to seeing your smiling face at Croydon soon, Ray - and it's not the same without Anne's excited "exclamations" either. Another of our stalwarts, John Yeates and East Burwood's Shirley Coppock have not been well. So best wishes John and Shirley.

Isn't it funny, we had just done Nina Field's piece on Shirley Young and how she took up running because all of the family except her were runners, and I met a family I knew at the Portsea run and the Mum was having a run for the same reason. Makes you wonder how many potential runners and V.M.A. new members are out there.

Speaking of the Youngs, I have been copying Ron Young's photos as a request has been made for some shots from the early days of Veterans Athletics in Victoria. Another book is coming out, this time from Western Australia, and I have sent them on. I will put them in my, as yet, rather small file for future reference. I repeat my call for our members to send me any memorable photos they have, past or present, and I will put them on file for the use of our members as well as in Footprints.

Do you know any of our members who have not renewed their membership yet ? If you do, why not give them a nudge ? Apart from needing all the members we can get, if everyone paid their fees in December it would be so much easier for the club, and particularly Astrid, to update lists.

Russ Dickenson

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*People moving
into a New Age
Group*

PETER COLTHUP	into M90
KEITH LODGE	into M80
RON YOUNG	into M80
SHIRLEY COPPOCK	into W75
BOB GARDINER	into M75
GEORGE KNIGHT	into M75
GEOFF MAJOR	into M75
HELEN BROWN	into W70
ROLAND BROWN	into M70
JANE ANNE KINSEY	into W70
KEN SENIOR	into M65
CHRYL ABRAHAM	into W60
WASYL DROSDOWSKY	into M60
JOHN NEALE	into M60
IAN ORR	into M60
IAN U'REN	into M60
GARY BLAKE	into M55
PHILLIP BOWES	into M55
KEVIN ARMSTRONG	into M50
GLENYS PERROT	into W50
DONNA ELMS	into W50
TONY LANGELAAN	into M45
NOEL EASTWOOD	into M40

Masterpieces

Masters Racewalking Legend, **Murray Dickinson**, had a nasty accident on Boxing Day coming off his bike and breaking the top of his femur just below the hip. He had 3 days in Hospital where they put a rod inside the bone and a plate on the outside of the bone.

For those of you who don't know, Murray has attended nearly every World, National and State Championship in the last 15 years performing brilliantly and along the way setting a swag of World, National and State Records.

Murray is a very active cyclist as well, riding in the advance party of the Tour de France twice since he has turned 70. That's right, he has climbed those monster mountains like the Alpe D'Huez that you see on TV. I'm told Murray is already "eyeing off" the exercise bike and is keen to get his comeback under way.

The picture above right shows Murray on the dais after winning the 20 km walk in the World Championships in Brisbane in 2001. He is being held up so he doesn't fall by the two stars he "belted" that day, his mate Dario Ramirez of Colombia and Hermann Strieder of Austria.



A group of runners from Croydon Venue went to Portsea on the 2nd of January to welcome in 2011 by running the Portsea Twilight. Ray Merida, Andrew Egginton, Gary Turner, Pam and Shannon Tindal, Tony and Christine Dell and myself all enjoyed the run. Also there were Brooke Condon (who was the first woman home), Stuart Kollmorgen, Nancy Chorley, Phillip Van Dueren, Rupert Van Dongan, Carmel Pardy, Les Cations.

Stuart, Pam and Nancy all won their age divisions.

Below you see the magnificent setting for the Portsea Twilight Run



I've done it again. Last edition in the NAG File, I showed Lynette Pimm of Frankston Venue as moving into the W55's when in fact she only went into the W50's. Sorry Lynette.

Masterpieces

Springvale/Noble Park snippets

There have been a few things happening at and away from the venue by our members.

Eric Greaves 5km handicap - this annual handicap series is keenly contested and this year was its 12th running. After years of trying Peter Field finally broke through for a well deserved win. Perhaps the handicapper at last gave him a mark he could be competitive from. Peter commenced with the Masters over 20 years ago as a pre vet (as it was then) and Eric was an inspiration to him. Peter has completed many marathons and has completed the Comrades marathon (around 90km) in both directions.

Ross Martin 3km handicap - instituted this year in honour of Ross who passed away a couple of years ago in his early fifties. He was a regular training partner of Peter and also completed the Comrades as well as many marathons. He had finished all Melbourne marathons until his untimely passing. This year's winner was Mick Colgan who had only got back into serious running in the last few months after spending time as timekeeper/recorder at the venue. A thoroughly deserved win.

Christmas 400m handicap - again an annual event and this year's winner was the evergreen Jim Sinclair who at 86 years young continues to perform well. 2010 was a top year for Jim winning many medals (mainly gold) at State, National and International competitions. On venue nights after he has finished his events he dashes into the kitchen to organise supper and serve the tea and coffee. Well done Jim.

Pantomime anyone - Bill and Natalie Irvine have recently starred in Aladdin. They are long time amateur theatre people and have appeared in numerous productions over the years. A group from the venue go along to the shows they appear in and we are always treated to a great night's entertainment.

Pier to Pub - 4 of our members competed in the event again this year. Jack Gubbins and Peter Battrick have done too many to count, while Brian Lynch with nine and Allison Devine with four are pretty much regulars. The three gentlemen have completed countless triathlons between them while Peter is one of the handful to have finished all Melbourne marathons.

Alan Bennie

And from Frankston

Frankston co-manager Peter Duggan is also a strong swimmer finishing in 8th position for the legends in the Pier to Pub Swim Classic. But he failed to beat our Premier Ted Baillieu, who is a good 15 years younger.

John Hallo

Some News from Glen Eira Venue

Our Jane Sturzaker is on track to achieve 100 marathons. She started out wanting to run 60 marathons by the time she reached 60, which is in two years. She is well ahead of her goal and now up to 74 having run 16 in 2010. For Year 2011, she ran Hobart on 9th January and is doing Hong Kong in February. She is contemplating a new marathon challenge this year by doing the Tahoe Triple in September. This challenge is three marathons in three days.

We are very proud of Jane and feel sure this will be a record in the VMA not only State wide, but Australia wide also.

Judy Wines

V.M.A. at A.V.

VMA returned to the AV Shield competition this summer, fielding a men's 40+ team and an open women's division 2 team. Athletes were drawn from a number of VMA venues.

Although relatively few in number, VMA's athletes have taken to the competition with great enthusiasm and have represented the club well. It has been great to see the VMA uniform amongst those of various other athletic clubs.

The teams have also been quite competitive. Relay victories have featured regularly, as well as wins or places in a wide range of individual disciplines.

Athletes earn points for their team based upon their event ranking in the competition in which they are entered, with the team with the most points winning the competition for that round. With only a few rounds remaining, the women's team is leading its competition and the men's team is placed second in the 40+ comp.

Athletes representing VMA in the current AV shield summer competition are: Ralph Bennett, Peter Black, Warren Bourke, Bronwen Cardy, Donald Chambers, Katie Cooper, Nigel Cooper, Stewart Dobrzynski, Andrew Edwards, Liz Feldman, Janet Holmes, Kylie Irshad, Celia Johnson, Alan Lucas, Leanne Monk, Sean Riordan, Jenny Scholtz, Gwen Steed, Karl Thwaites, David Sheehan (Manager).

A season of AV Shield is a great way to hone your technique, improve your performances and meet other athletes with similar interests. AV Shield caters for a diverse range of athletes and abilities. There are no qualifying standards and events are seeded so you participate with others similar to yourself. All field events, and track events up to 5000m, feature on one of the alternating programs, with ten events conducted in any round.

Any member wondering whether AV Shield might be for them are more than welcome to come to one of the remaining rounds, either to watch or to try it out as an invitational athlete.

Yours in running
Sean Riordan.

80+ Membership

The situation of living longer and healthier is certainly working for VMA Members. In the current year we have seen the number of 80+ members more than double and has the potential to rise considerably in the coming year. It is fantastic to see the number of members in this category still participating and may we all reach this great milestone.

In view of the increase in this category, the Committee considered the rule applying to these members and decided that as from 1st January, 2012 the rule shall be as follows:-

"Members who attain 80 years of age are eligible to apply to the VMA Committee to be exempt from subscription fees provided they have achieved a minimum of 5 years continuous current membership."

Al Willey



MY DEBUT AS AN OFFICIAL

I recently got my accreditation with Athletics Victoria (Level C) to officiate at events and, as I have recently retired, I thought this will be nice, helping out those good folk who run our events. I've always respected these people giving up their time so that we can casually roll up, have a run, demand some ice, put on the compression tights, have sports drink and go home and have a sleep.

Somehow I thought their lot would be an easy one, and giving up their time was the only hardship.

Girl, was I wrong. (See how politically correct I can be)

The first major event that I helped out on (I had done a few days at A.V. Shield) was the Australian All Schools Championships at Doncaster in December, which just happened to be held on two blistering, 30 degree plus days. We spent 85% of the day in the blazing sun and, let me tell you it was hard going. For most of the weekend I was on the long and triple jumps and we rotated between recording the jumps (this was at least under an umbrella), raking the pit, calling jump order, operating the wind gauge, spiking the tape, pulling the tape or being board judge/tape reader. This, and all things we did on the weekend, were done with a sense of purpose and an attitude of "let's keep this moving" as an athletics meet needs to run to a tight schedule. It's easy to get behind.

I really wondered what I had got myself into on Sunday morning. I was on the high jump, arrived late and just got to the event in time for the first jump. I was on athlete control, which means calling the competitors jump order. I wasn't prepared for the fact that only half the field is likely to start jumping at the first height (in this case 1.75m) and that the better jumpers come in at various other heights. Then the weaker jumpers may miss the first height, so they have to jump again. Some clear it on the second attempt, some on the third, some not at all. The next trap was that someone who has cleared one height decides to pass at the next height. All in all, I called jumpers who were not due to come in yet, I missed calling a jumper who was entitled to his third attempt and called the boy who had just told me he would pass at this height. Yet the boys were all very polite and just corrected me and it seemed they didn't really need me "No, Blake's passing at 1.80; Aaron's just jumped; Ben's got his third attempt".

Do you know, you can get accredited with A.V. and help out at all sorts of events right up to Australian Championships ? It's not all done in tough conditions and it is a lot of fun seeing great athletes right up close.

You'll meet some really nice people, and as in the case of the Schools Champs, meet some great young kids.

Most weekends, A.V. could use some extra helpers.

If you think you might like to do this contact Don Blyth at Athletics Victoria on 9428 8195

Russ Dickenson

FLOOD OF CHAMPIONS IN LANDY TROPHY FIELD

Nine of Australia's top interstate Masters athletes plus one from Ireland are expected to contest The Landy Trophy, to be run at Rieschiecks Reserve at Doncaster on the night of Monday, February 14.

Tasmania's two best Masters, World Championships gold medalists **Mick Stevenson** and **Alan Coleman** have both entered while the defending champion, Queensland star **Marge Allison**, has assured organizers she will defend her title and brilliant NSW sprinter **Gianna Mogentale** will make her Landy debut.

Queensland will have three representatives, the ACT two and the Northern Territory and NSW one each.

Allison, 66, will be joined by the three-time winner of The Landy, **Hugh Coogan**, 75, who won the event in 2006, '07 and '08, and former Doncaster runner **Tony Keeghan**, who is now living in Brisbane.

Coogan suffered an ankle injury in the 2008 Landy final and has competed only once since, winning the 100 metres in the M75 division of the Pan Pacific Championships at the Gold Coast in November before breaking down again. He has since returned to training but suspects he may be 'short of a run' come Landy night.

Canberra runner **John Lamb**, 61, who has made the past two finals, is another expected to be back for the 2011 edition, while the ACT will also be represented by **Sue Bourke**, 51, the reigning Australian 400m champion in her age-group and record-breaking winner of the 100, 200 and 400m events at the recent Alice Springs Masters.

Former Melbourne runner **Gary Ewart**, 46, is now living in the Northern Territory but he, too, will be back for The Landy while Mogentale will add further class to the field.

As well as having an imposing record at world level Mogentale, 47, dominated last year's National championships, winning every event from 60 to 1500 metres and taking the Champion of Champions title for the third time.

Stevenson, 70, is best known as a hurdler and has the remarkable record of 13 medals in hurdles events at world level, one gold, one bronze and the rest silver. Stevenson also has two world relay gold medals to his credit, as has Coleman, 62. Both are fine sprinters on the flat and have the advantage of being at the start of their age-groups.

Perhaps the most interesting runner of them all, however, is Irish star **Colm Rothery**, 51.

Rothery has six World Championships, two European Championships and two World Indoor Championships to his credit and formerly held the world M40 record for 800 metres at 1:50.63.

The Landy Trophy is a heats and final event conducted from handicap marks based on the Age-Graded Percentage Scale, which makes allowance for age and gender. All runners contest two rounds of heats, over 200 metres and 1000 metres, before the top points scorers graduate to the final, over 400 metres.

The event is in its twelfth year and is generally regarded as the single most prestigious event in Masters' Athletics in Australia. It is named in honour of Australian athletics icon John Landy, the second man in the world to run one mile in less than four minutes.

Landy, a former Governor of Victoria, is patron of Doncaster and has indicated he will again be on hand to make the trophy presentations.

Two other past winners of The Landy, **Keith Howden**, 65, and **Bob Wishart**, 69, are again expected to contest the event, as is the brilliant but unlucky veteran **Leo Coffey**, 81, who has the unenviable record of having won the Consolation final on three occasions without ever having made it into a Landy final.

Coffey's time in winning the Consolation last year was only marginally slower than Allison, 65, recorded in leading all the way to beat perennial finalist **Ron Arthur**.

This year's Landy Trophy meeting will see the reinstatement of the principal supporting event, The Manningham Mile, which is for open class middle distance runners with age-graded allowances for females and Under-18s and Under-16s.

The mile was not run last year due to a lack of sponsorship of the event, but this has now been taken over by Manningham YMCA, replacing the City of Manningham.

The highlight of the event will be the clash between the reigning Australian 800 metre champion Katherine Katsanevakis and World Cross-Country contender David McNeill, who won the prestigious Zatopek 10,000 Classic at Olympic Park in 2009.

Another feature on the program will be The Doncaster Dash, a 100 metres event for members of Doncaster Little Athletics.

Entry forms for The Landy Trophy and The Manningham Mile can be downloaded from www.mastersathleticsdoncaster.org, or from the VMA website.

Richard Trembath

VICTORIAN MASTERS RELAYS

Sunday 20th March 2011, 1 pm
Duncan Mackinnon Athletic Track

AV and VMA are conducting 4 x 100m, 4 x 400m and 4 x 1500M relay Championships for Men's and Women's Masters Teams from AV Clubs, VMA or for mixed teams. This is a chance for teams of VMA athletes to challenge Victorian or Australian Masters records. The Rules of competition are listed below.

Entries: Close on 4th March
Cost per Team: \$20
All entries online through AV.

RULES FOR MASTERS RELAYS

- Relays will be conducted in 10 year age brackets (eg 30-39, 40-49)
- Can only compete **once** in a particular type of relay eg 4 x 100
- To form a team an athlete can move down to a younger age group but not up
- The age bracket of the team is determined by the **youngest** member of the team
- An athlete can compete in a different age bracket in a different type of relay
- Teams can run in any order
- All teams must wear their Club uniform and be registered financial members of AV and/or VMA on the day of competition

Email from Keith Howden to Graeme Rose
Hi Graeme

Your flyers about the Postal Relays and The VMA/AV Relays on 20/3/11 were on the noticeboard last night with Graeme Paul giving both a plug in his information meeting. I have been asking people individually about their interest in the 20/3 relays but this E Mail is to let you know I would come over to Caulfield to help any threesome short of a fourth runner to run a 4x100 or a 4x400.

I don't expect you to be organising me into a team but thought it may be helpful if you knew of someone who could compete in Mens 65 downwards at a 13.0 second clip for the 100 and about 62 secs for the 400!

If someone could let me know I were needed I would come over.
Thanks for helping to organise both events.

Keith Howden.



VMA MULTI CHAMPIONSHIPS 2011

The VMA Multi Championships will be held at Duncan Mackinnon Athletic Track on the following dates in 2011. Registered AV athletes over 30 are welcome to compete as well as any registered interstate or overseas Masters athlete and will be awarded any appropriate place medal but will not displace a VMA member from a place.

All VMA entrants must be registered for 2011 and wear their State uniform.

T & F Pentathlon: Sunday 6th March. 11.30 am check-in; 12 noon start

Throws Pentathlon: Sunday 20th March. 10.00 am start for first group.
Check with Graeme Rose. Ph. 9836 2350

Closing dates: **T & F Pentathlon:** Friday 18th February
Throws Pent: Friday 4th March

Cost per Multi event: \$10

Late entry up to one week before: \$20 for either multi event. **No entries on the Day**

Events: **Pentathlon:** **Women:** 100m, shot, LJ, javelin, 800m
Men: LJ, javelin, 200m, discus, 1500m
Throws Pentathlon: All: Hammer, Shot, Discus, Javelin, Weight

2011 MULTI ENTRY FORM

SURNAME: _____ **CALL NAME:** _____

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

PHONE: _____ **E-MAIL:** _____

EVENT	ENTRY FEES
Throws Pent @ \$10 T & F Pent @ \$10 Late fee \$10 per event	_____ _____ _____
Total Enclosed:	_____

Method of Payment

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

Credit Card Payment * ☐ Mastercard ☐ Visa * A \$1 transaction fee applies

Card Number: _____ **Expiry Date:** _____

Name on Card: _____ **Signature:** _____

Send Entry to: VMA Multi Championships 2010, PO Box 277, Surrey Hills, 3127
(To arrive no later than closing date for the appropriate Multi-event.)

Volunteers needed: I am willing to be a volunteer official/helper on 21st February ☐ and/or the 14th March ☐ for the VMA Multi Championships (tick boxes)

Australian Masters Athletics

20 Kilometres

Race Walking Championship 2011

Date : Sunday May 29th 2011

Time : 9.30am



Venue : Victorian Race Walking Club
clubrooms within Middle Park Bowling Club
complex near corner Canterbury Rd &
Armstrong St, Middle Park, Victoria

Name.....

Sex.....Age Group.....

Association/Club of Registration.....

Address.....

.....Postcode.....

Phone.....

Email.....

Fee \$12 Cheque or Money Order payable to VMA
Credit Card Visa/Mastercard

Card Number.....Expiry Date.....

Name as shown on card.....

Send Entries to Victorian Masters Athletics
C/- Alan Lucas
29 McIver St
Ferntree Gully, Vic 3156

Entries Close Saturday May 21st 2011

Correct State Uniform must be worn



Australian Masters Athletics

20 Kilometres

Race Walking Championship 2011

Date : Sunday May 29th 2011

Time : 9.30am



VRWC Clubrooms, Middle Park, Melbourne, Victoria

Conducted by Victorian Masters Athletics & Victorian Race Walking Club

Prior to 2010 this event had been held in conjunction with the National Titles at Easter but is now being held as a separate event and has been scheduled as above for 2011. The event is to be held in conjunction with the VMA 20kms Championship as well as VRWC local races. We expect that there will be a full panel of race walk judges present so entrants should be confident that they can comply with the requirements of IAAF rule 230.

The Victorian Race Walking Club rooms are located at the Middle Park Bowling Club near the corner of Canterbury Rd & Armstrong St, Middle Park. If driving, there is a car park available (\$2 fee by ticket machine) or parking is available in the street. If travelling by public transport the Number 96 tram (St Kilda) along Bourke and Spencer Sts in the city will take you right there, alight at stop 130. For interstate visitors we would recommend that you stay in the city or if you have a car then St Kilda, Port Melbourne, South Melbourne or South Yarra areas may also appeal.

The course is on the footpaths adjacent to the VRWC clubrooms and will be 10 laps of 2kms. It is possible but unlikely that the VRWC may decide to use another course over nearer to Albert Park Lake but we will not know this until quite close to the day. Competitors are required to wear their correct State Uniform as per AMA policy and race numbers front and back. Spare race numbers will be available if you do not have suitable ones.

A feeding station will be set up near the timekeeping point and will be manned by volunteers but it is the entrant's responsibility to provide their own refreshments and their own attendant to be sure of receiving what they want at the right time. As these paths are public bikepaths/walkways competitors need to be aware of non competitors being on the paths during the event.

The VRWC website at www.vrwc.org.au has a wealth of information about the facilities and race walking in general and competitors are urged to peruse the site before the event.

Entry fee \$12

Entries to Victorian Masters Athletics

C/- Alan Lucas

29 Mclver St

Ferntree Gully, Vic 3156

Entries Close Sat 21 May 2011



V.M.A. Legend No. 6

Heather Carr

article by **Tim Erickson** from
Heel and Toe Newsletter

Heather Carr, born 13th August 1949, has been arguably Australia's greatest female Masters racewalker for more than two decades. Now aged 61, she combines natural ability and an insatiable desire to improve, and together they have unquestionably contributed to a long, successful and continuous career in racewalking.

During the 2010 year, she has raced an amazing 48 times according to the RWA results website. Even more amazingly, nearly all of them are of exceptional quality. Her PBs for the year are all W60 World Records or World Bests - check this out for a series of times and then ask yourself - could your mum walk like this: 1500m 7:18.5, 2000m 9:54.9, 3000m 15:30.7, 3km 15:19, 5000m 26:29.26, 10km 53:56, 15km 1:24:48, 20km 1:56:42. Of course this is nothing new for Heather as she has been setting Masters World Records since the W40 division and many of them still stand even now as Australian records. But even by her high standard, this has been an extraordinary year. Add to that the fact that she is a fine runner and has recently branched out to triathlons with some success. Is there anything she can't do?

Heather's current record tally stands at 5 World, 14 Australian and 27 Victorian Records. The full list reads as follows :

Australian and Victorian	W40	1500m Walk	1990	6:45
Australian and Victorian	W45	1500m Walk	1996	6:49
Australian and Victorian	W55	1500m Walk	2005	7:11.91
Australian and Victorian	W60	1500m Walk	2010	7:18.50
Victorian	W50	1 Mile Walk	2003	7:58.4
Victorian	W45	2000m Walk	1998	9:35.5
Australian	W55	2000m Walk	2006	9:57.5
Australian and Victorian	W60	2000m Walk	2010	9:54.9
Victorian	W40	3000m Walk	1991	14:26.0
World, Australian and Vict.	W55	3000m Walk	2005	15:08.4
World, Australian and Vict.	W60	3000m Walk	2010	15:30.7
Victorian	W35	5000m Walk	1989	24:56
Victorian	W40	5000m Walk	1991	24:39.8
Victorian	W45	5000m Walk	1994	25:04.5
Australian and Victorian	W55	5000m Walk	2007	25:54.11
World, Australian and Vict.	W60	5000m Walk	2010	26:29.26
Victorian	W35	10 km Walk	1989	50:51
Victorian	W40	10 km Walk	1990	49:37
Victorian	W45	10 km Walk	1995	50:35
Australian and Victorian	W55	10 km Walk	2007	53:41.1
World, Australian and Vict.	W60	10 km Walk	2010	53:56.6
Victorian	W55	15 km Walk	2009	1:27:31
Victorian	W60	15 km Walk	2010	1:24:48
Victorian	W35	20 km Walk	1988	1:52:12
Victorian	W40	20 km Walk	1993	1:42:22
Australian and Victorian	W55	20 km Walk	2006	1:54:17
World, Australian and Vict.	W60	20 km Walk	2010	1:56:42



Heather's first coach was Frank McGuire and she remembers her time with Frank and his group with great fondness. From there, she spent some time with Harry Summers and was one of a number of promising walkers to travel to Europe on two occasions (1990 and 1991) as part of the 'Eight Nations Trips' that Harry organised. It was in Grassau in Germany on the 1990 trip that she recorded her PB 10 km walk time of 49:37.

Heather had the ability to succeed internationally in the Open division but the pressures of a young family of four children (Olivia, Lachlan, Kenna and Ewan) made that next step up the competitive rung just too hard an ask. But it is a testament to her durability and dedication that she could single-handedly raise four children, hold down a part-time position as a teacher and continue to dominate the masters world racewalking scene throughout most of the nineties.

V.M.A. Legend No. 6 Heather Carr

During the early nineties she swapped to Charlie Gorman as coach and, under his guidance, she entered what she describes as the best form of her life. With a diet of intensive track work at the Ringwood venue, she was unbeatable on the World Masters scene and won triple Golds at 3 successive World Veterans Championships (1993, 1995 and 1997). From the late nineties onwards, she turned to Mark Donahoo for advice and coaching.

Heather met and married former UK soccer player (and top M55 sprinter) Bill Carr in 1999. Bill and Heather currently live in Dromana, competing regularly at Southern Peninsula Venue and are regulars at the Victorian Race Walking Club. Heather herself is a VRWC committee member and won our VRWC Runners World award for the top club walker in the Open Women's division.



A Freezing day in Ballarat - Doesn't matter. Heather turns in her usual stand-out performance for her Eaglehawk club.

Heather on her way to Silver in the W40 division in the 1991 World Masters Games in Turku, Finland.



Heather McDonald (W40).

Her performances at the various World Veterans championships are amazing - a total of 13 individual gold and 7 individual silver medals and medals in each of her 12 appearances at the World Masters Championships.

- 1987 Melbourne, Australia Silver (5000m), Gold (10 km) and Gold (Teams)
- 1989 Eugene, USA - Gold in both walks
- 1991 Turku, Finland - Silver in both walks
- 1993 Miyazaki, Japan - Gold in both walks and in the Teams
- 1995 Buffalo, USA - Gold in both walks and in the Teams
- 1997 Durban, South Africa - Gold in both walks and in the Teams
- 1999 Newcastle, England Injured. Silver in Teams only
- 2001 Brisbane, Australia - Gold in both walks and in the Teams
- 2003 Carolina, Puerto Rico - Gold in both walks and Silver in the Teams
- 2005 San Sebastian, Spain - Golds in both walks
- 2007 Riccione, Italy - Silver in both walks
- 2009 Lahti, Finland - Silver in both walks

All her children have now grown up and all have moved on from athletics to other activities but Heather still competes with great enthusiasm and enjoyment - not for the medals nor for the accolades but because she enjoys competing and enjoys racewalking.

She remains a wonderful role model for all her fellow walkers and we salute her on her wonderful achievements and ongoing good form.

P.S. Heather is now training with Simon Baker's talented group of teenagers and has just completed a week of altitude training at Falls Creek and according to Kylie Irshad, kept up with the fastest of the kids. Amazing

Glen Eira Living Legends Night

Tuesday the 9th of November 2010 saw the running of the 9th Living Legends event held at the Glen Eira venue. This annual run is held between the Mentone, Springvale/NoblePark and Glen Eira venues each year where the venues provide teams in Open, Over 50 and Over 60 categories and points are given to establish the winner on the night. In addition each venue also nominates their "Living Legend" for the year. This year, in warm conditions, saw Mentone win the trophy for the second time in three years. Their Open team and 60 plus team came first in their categories and this saw Mentone get 17 points Glen Eira 15 points and Springvale/NoblePark 13 points. It is interesting to note that in the nine years the event has been conducted each venue has won the trophy three times each so there is a good balance at each venue.

The events consists of a 3.1km run on the outside track, then a 3km run on the track, followed by a 2km walk and the final leg is a 1km run. The Mentone open team took 39mins and 11 seconds to be first across the line with the Glen Eira Over 50 team second across the line in 40.30. Individual times have been taken for all our competitors and these will be shown in "Around the Grounds" There were also 7 Fun Teams on the night which means a total 64 Club Members took part in the event.

This year the Living Legends were Tony Johnson from Springvale/NoblePark, Jan Morrey from Mentone and Peter McGrath from Glen Eira venue. Allan Bennie, Ashley Page and Jim McLure introduced their selected person and gave a history of their dedication to the Club and to athletics over the years. Tony, Jan and Peter also gave a brief response.

Over the years the Living Legends have been as follows:-

<u>Year</u>	<u>Springvale/NP</u>	<u>Mentone</u>	<u>Caulfield/Glen Eira</u>
2003	Jim Sinclair	Eddie Gamble	Andy Smith (D)
2004	Jack Gubbins	Mike Johnson	Ralph Field (D)
2005	Theresa Baird	Gordon Gourlay (D)	Judy Wines
2006	Mick Davin	Ray Kemp	Leo Charles
2007	Kevin Onley	Frank Kealy(D)	Peter & Marge Colthup
2008	Ken Hough	Ted McCoy	Ray O'Connor
2009	Allan Bennie	Bob Wishart	Jim McLure
2010	Tony Johnson	Jan Morrey	Peter McGrath

Trophy : 2003 Caulfield/GlenEira 2004 Caulfield/GlenEira 2005 Springvale/NoblePark
2006 Springvale/NoblePark 2007 Springvale/NoblePark 2008 Mentone 2009 Caulfield/Gleneira 2010 Mentone.

To complete the night an enjoyable supper and conversation by everyone in attendance. Also many thanks to everyone who helped in the conduct of the event, with the provision of supper and with the necessary tidying up to conclude the evening. It was also our first time conducting the event as Glen Eira venue ... Peter McGrath

Right : Legends Tony Johnston; Jan Morrey and Peter McGrath



AMA NATIONAL POSTAL RELAY CHAMPIONSHIPS 2011

February 2011 is the month of AMA Postal Relays. The first big day is on Sunday 6th February at Duncan Mackinnon Athletic track where all throws relays will take place plus any jumps or running relays for teams that turn up (**Start time 1 pm**). **All being well a BBQ will also be held.** Throws relays will be on every Sunday at DMP and track relays can be run if teams come. Several venues will also conduct relays throughout February.

The National Relay Championships shall involve only the following relays in 2011 for both Men and Women.

4 x 100 M; 4 x 400 M; 4 x 800 M; 4 x 800 M walk

Long Jump; Shot Put; Hammer; Discus

Track relays involve four competitors and Field relays three. Relays are conducted in 10 year age groups (eg M30-39 and W40-49). All participants must be currently registered VMA athletes on the day of competition (**ie money in hands of the registrar not just at the venue**).

The rules and recording sheets are available on the web and from venue managers. A \$5 entry fee per team applies and this is paid by VMA.

The results shall be posted to the Director of Competition to arrive by **no later than the 18th March 2011**. The winners will be announced and presented with a certificate at the AMA National T & Field Titles to be held at Brisbane, Qld from April 21 – 24 in 2011.

Results will be published on the AMA web-site where the best performances so far in the different age categories can be found. Challenge your relay teams to beat the best.

The AMA Board is looking forward to a record of 200+ entries in 2011 following the record number of 187 in 2010.

Results should be transcribed from the Time sheets and Field sheets onto the Relay Results sheets provided (all venues will have a copy). These show the Age Category, Names of competitors, their age on the day, and the time for track relays or individual and total distance for the field relays and are to be signed by the Chief Timekeeper, Competition Director, Field Referee or Chief Field Judge as appropriate. (**It is not necessary to send in original time sheets or field sheets that may show other competitors**)

For 2011 there are spreadsheets for entering the names and results for the track and field events (provided to venues). The field spreadsheet asks for individual distances and then sums the values. The track spreadsheet requires the final time. These sheets have a standard layout that will allow the Director of Competition to copy the data directly into another spreadsheet for all results that can easily be sorted for order of performance.

NOTE however that you will still need to supply the results sheets etc as well as the completed spreadsheet that can be sent electronically.

Address for sending results:

Graeme Rose
AMA Competition Director
P.O. Box 277
Surrey Hills
Victoria 3127 Email: grarose@yahoo.com

LINDSAY THOMAS MEMORIAL

Wednesday 19th January 2011 saw the 19th running of the Lindsay Thomas Memorial event at Braeside Park. This event continues to be popular and again there was a good roll up of competitors, officials and supporters. The weather man was kind to us and he provided an absolutely perfect evening for running and socialising. Some people took advantage of the pleasant surrounds to enjoy a picnic or BBQ before heading home.

As mentioned in previous reports, the event is somewhat unique in that it is not an exact distance. It is either 1 or 2 laps, with each lap approximately 5.2 km. There were 34 entries in the 2 lap run, 31 entries in the 1 lap run and 34 entries in the 1 lap walk - a total of 99 entries. There were representatives from 8 different venues plus quite a few non masters who come as friends of the Thomas family. Perhaps the one somewhat disappointing thing was the lack of female entrants in the 2 lap run. So come on ladies, start training now for next year. The event is always on the third Wednesday in January.

There is plenty of parking and it is a great course to run and you can be assured of an enjoyable evening. As well the trophies for placegetters there are numerous spot prizes on offer as an extra incentive for those who are not so fast. So if you didn't compete this year put it on your calendar for next year and encourage others to come, be they masters or not. With an entry fee of \$5 it is probably the best value run/walk in Melbourne.

In the main event (2 laps) Noel Eastwood and Marlene Gourlay improved on their performances from last year to run out comfortable winners. There was a good battle in the men's one lap with Andrew Edwards managing to hold off his Glen Eira teammate Chris Grafen while Liz Eastwood was a comfortable winner in the women's event. Heather Carr blitzed the walkers with a most impressive time. It was also fitting to see Lindsay's sons Michael and Andrew take out the non Masters 2 and 1 lap event respectively. Michael lives in England and made the trip to attend this year's event. Andrew has been a great supporter of the event and continues to encourage family and friends to attend.

Results on the night are as follows;

	Male		Female	
10+km run (2 laps)	1. Noel Eastwood	39.11	1. Marlene Gourlay	48.05
	2. Marc Vellin	41.52	2. Judy Davison	65.35
	3. Russell Dow	42.43		
5+km run (1 lap)	1. Andrew Edwards	19.23	1. Liz Eastwood	23.59
	2. Chris Grafen	19.43	2. Allison Devine	27.49
	3. Rob Clutterbuck	22.12	3. Elaine Morrison	31.24
5+km walk (1 lap)	1. Alan Bennie	34.39	1. Heather Carr	28.11
	2. Tony Johnson	34.45	2. Pam Phillips	46.45
	3. Jim Smith	36.10	3. Jean Onley	49.33
10+km run (1 st 50+ male)	1. Chris Murphy	45.57		
10+km run (1 st 60+ male)	1. Barry Fry	46.38		
10+km run (non master)	1. Michael Thomas	42.37	1. L Hamilton-White	41.25
5+km run (non master)	1. Andrew Thomas	22.38	1. Elisabeth Hoebarker	42.01

Particular thanks to all those who helped as officials, brought supper and donated spot prizes. Without these people the event couldn't happen. A special mention to organiser Ken Hough who has organised all 19 and does a great job in ensuring the event continues run at a high standard.



2011

**Victorian Masters
Track & Field Championships**

Saturday 2nd & Sunday 3rd April 2011
Rieschick's Reserve, Doncaster



2011

Victorian Masters Track & Field Championships



Conditions of Entry

The 2011 Victorian Masters Track & Field Championships will be conducted according to the rules of the IAAF, Athletics Australia, Athletics Victoria and Victorian Masters.

ALL Athletics Victoria and Victorian Masters registered athletes are eligible to compete in ALL events. Athletes will be issued with a number that identifies their age group and gender.

Please complete the entry form to enter the Victorian Masters Track & Field Championships (photocopied forms will be accepted). Signed entry forms must have all the details filled in correctly or they will be returned.

Any event must have at least one entry received prior to entry close for that championship event to be timetabled.

ENTRY FEE: \$10.00 per event
(4th, 8th, 12th events free etc)
Entries close: 5pm, THURSDAY 17TH MARCH 2011
Late entry fee: \$20.00 per event
Late entries close: 5pm, FRIDAY 25TH MARCH 2011

Entries sent by mail must be postmarked prior to the closing date. Closing dates will be strictly enforced and late entries will be charged accordingly. **Late entries will be accepted only if there is room in the event. No extra heats or rounds will be scheduled to accommodate entries taken after the close of entries.** Late entries MAY be taken up to 5pm, Friday 25th March 2011.

Modification of IAAF Rules for WMA Athletes

AGE On first day of competition.

START RULES Masters athletes are not required to use starting blocks and do not need to start from a crouched position or have both hands in contact with track.

In any race, athletes who are charged with a false start, as determined by the chief starter, shall be warned. Athletes who are charged with a second false start in the same race shall be disqualified.

Two or more age groups, men and women, may compete together provided there are separate results for each group.

When expected performance times have been submitted by entrants for laned events then the following lane draw is used; fastest in lane 4, second fastest in lane 5, third fastest in lane 3, next best in lane 6, then lane 2, then lane 7, then lane 1 and then lane 8.

THROWS Two hands must be used to throw the hammer and weight.

Entry fees are non-refundable. A partial refund will be issued to those athletes unable to compete (due to sickness or injury) that can provide Athletics Victoria with a medical certificate. There is a \$10 administration fee charged for every refund.

PAYMENT DETAILS Credit Card: Mastercard & Visa Only
Cheque or Money Order: made payable to Athletics Victoria
Cash: on delivery of entry form to the Athletics Victoria office

CONFIRMATION OF ENTRY and a finalised timetable will be sent to athletes seven days prior to the Championships. Please contact the Athletics Victoria office: info@athsvic.org.au or (03) 9428 8195 should you not receive confirmation.

A DRAFT TIMETABLE and list of events to be contested can be viewed at www.athsvic.org.au

PRIVACY POLICY The Information Privacy Act 2000 requires Athletics Victoria to inform you that, in the conduct of Athletics Victoria meets, photographs may be taken of participants and results compiled to record athlete participation, celebrate athlete success and achievement and to promote Athletics Victoria and events conducted by Athletics Victoria. We limit the use and disclosure of any personal information to the purpose of participating in Athletics Victoria events. By accepting the invitation to participate in events under the auspices of Athletics Victoria, you undertake to abide by the Athletics Victoria Privacy Policy.

POLE VAULT & HIGH JUMP Both feet must be off the ground during the vault or jump. Masters' competitors are allowed to touch the landing area before clearing the bar but may not use the landing area to any advantage as determined by the Field Judge.

When a high jump or pole vault competition includes competitors in different age groups and there is only one competitor left in an age group, that competitor shall have the right to have the height of the bar raised in terms of applicable IAAF rules, even though other competitors in other age groups may still be competing. Such competitors must continue in the normal progression and may not jump at these special heights.

HURDLES Competitors in hurdling events must hurdle with a continuous motion thus ensuring that both feet are off the ground for at least an instant.

BIB NUMBERS Only one number is required to be worn by competitors in the throws, the high jump and pole vault.

2011

Victorian Masters Track & Field Championships

Saturday 2nd & Sunday 3rd April
Rieschick's Reserve, Doncaster

Corner Victoria & George Streets, Doncaster (Melway Ref: 33 J11)



Event Code: 11VTFOVE
TAX INVOICE (ABN 47 382 664 821)

Complete & return this entry form to Athletics Victoria by the closing date.

Family Name				Given Name				
Address				Suburb			Postcode	
Phone				Mobile				
Email								
Gender	<input type="checkbox"/> Male	<input type="checkbox"/> Female	AGE GROUPS (age taken as at 2nd April '11) 30-34 50-54 70-74 90+ 35-39 55-59 75-79 40-44 60-64 80-84 45-49 65-69 85-89				OFFICE USE ONLY PAYMENT DETAILS	
Date of Birth	DD / MM / YYYY							
Age Group								
State	<input type="checkbox"/> Vic	<input type="checkbox"/> Other						Please indicate in which State or Territory you are registered
AV Club				Bib Number				
VMA Venue								

Age Group	Event(s) Entered	Best Performance (since 01 January 2010)	Entry Fee
eg. U/14	100m	performance date venue	\$ 10.00
			\$ 10.00
			\$ 10.00
			4th event free!

I have read the attached conditions of entry and details concerning the Victorian Masters Track & Field Championships. I understand these conditions and agree to abide by the decisions of Athletics Victoria, Victorian Masters and its Officials.

Total (GST inclusive)

\$

Entries must be received with full payment

Signature of Athlete

Date DD / MM / YYYY

CREDIT CARD PAYMENT (MASTERCARD & VISA ONLY):

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	
Cardholder Name					Cardholder Signature					Expiry Date MM / YY

Fax, mail or deliver entries with payment to:

ATHLETICS VICTORIA
OLYMPIC PARK, OLYMPIC BLVD,
MELBOURNE VIC 3004
FAX: (03) 9427 9183

Entries close 17th March 2011 (late entries close 25th March 2011)

Event	Women					
	30-34	35-39	40-44	45-49	50-54	55-59
60m	✓	✓	✓	✓	✓	✓
100m	✓	✓	✓	✓	✓	✓
200m	✓	✓	✓	✓	✓	✓
400m	✓	✓	✓	✓	✓	✓
800m	✓	✓	✓	✓	✓	✓
1500m	✓	✓	✓	✓	✓	✓
5000m	✓	✓	✓	✓	✓	✓
Sprint Hurdles	100m (84.0cm)	100m (84.0cm)	80m (76.2cm)	80m (76.2cm)	80m (76.2cm)	80m (76.2cm)
Long Hurdles	400m (76.2cm)	400m (76.2cm)	400m (76.2cm)	400m (76.2cm)	300m (76.2cm)	300m (76.2cm)
Steeple	2000m (76.2cm)	2000m (76.2cm)	2000m (76.2cm)	2000m (76.2cm)	2000m (76.2cm)	2000m (76.2cm)
Walks	1500m/3000m	1500m/3000m	1500m/3000m	1500m/3000m	1500m/3000m	1500m/3000m
Pole Vault	✓	✓	✓	✓	✓	✓
High Jump	✓	✓	✓	✓	✓	✓
Long Jump	✓	✓	✓	✓	✓	✓
Triple Jump	✓	✓	✓	✓	✓	✓
Shot Put	4kg	4kg	4kg	4kg	3kg	3kg
Discus	1kg	1kg	1kg	1kg	1kg	1kg
Javelin	600gm	600gm	600gm	600gm	500gm	500gm
Hammer	4kg	4kg	4kg	4kg	3kg	3kg
Weight Throw	9.08kg	9.08kg	9.08kg	9.08kg	7.26kg	7.26kg

Event	Women					
	60-64	65-69	70-74	75-79	80-84	85-89 / 90+
60m	✓	✓	✓	✓	✓	✓
100m	✓	✓	✓	✓	✓	✓
200m	✓	✓	✓	✓	✓	✓
400m	✓	✓	✓	✓	✓	✓
800m	✓	✓	✓	✓	✓	✓
1500m	✓	✓	✓	✓	✓	✓
5000m	✓	✓	✓	✓	✓	✓
Sprint Hurdles	80m (68.6cm)	80m (68.6cm)	60m (68.6cm)	60m (68.6cm)	60m (68.6cm)	60m (68.6cm)
Long Hurdles	200m (68.6cm)	200m (60.0cm)	200m (60.0cm)	200m (60.0cm)	200m (60.0cm)	200m (60.0cm)
Steeple	2000m (76.2cm)	2000m (76.2cm)	2000m (76.2cm)	2000m (76.2cm)	2000m (76.2cm)	2000m (76.2cm)
Walks	1500m/3000m	1500m/3000m	1500m/3000m	1500m/3000m	1500m/3000m	1500m/3000m
Pole Vault	✓	✓	✓	✓	✓	✓
High Jump	✓	✓	✓	✓	✓	✓
Long Jump	✓	✓	✓	✓	✓	✓
Triple Jump	✓	✓	✓	✓	✓	✓
Shot Put	3kg	3kg	3kg	2kg	2kg	2kg
Discus	1kg	1kg	1kg	0.75kg	0.75kg	0.75kg
Javelin	400gm	400gm	400gm	400gm	400gm	400gm
Hammer	3kg	3kg	3kg	2kg	2kg	2kg
Weight Throw	5.45kg	5.45kg	5.45kg	4kg	4kg	4kg

Men						
Event	30-34	35-39	40-44	45-49	50-54	55-59
60m	✓	✓	✓	✓	✓	✓
100m	✓	✓	✓	✓	✓	✓
200m	✓	✓	✓	✓	✓	✓
400m	✓	✓	✓	✓	✓	✓
800m	✓	✓	✓	✓	✓	✓
1500m	✓	✓	✓	✓	✓	✓
5000m	✓	✓	✓	✓	✓	✓
Sprint Hurdles	110m (99.1cm)	110m (99.1cm)	110m (99.1cm)	110m (99.1cm)	100m (91.4cm)	100m (91.4cm)
Long Hurdles	400m (91.4cm)	400m (91.4cm)	400m (91.4cm)	400m (91.4cm)	400m (84.0cm)	400m (84.0cm)
Steeple	3000m (91.4cm)	3000m (91.4cm)	3000m (91.4cm)	3000m (91.4cm)	3000m (91.4cm)	3000m (91.4cm)
Walks	1500m/3000m	1500m/3000m	1500m/3000m	1500m/3000m	1500m/3000m	1500m/3000m
Pole Vault	✓	✓	✓	✓	✓	✓
High Jump	✓	✓	✓	✓	✓	✓
Long Jump	✓	✓	✓	✓	✓	✓
Triple Jump	✓	✓	✓	✓	✓	✓
Shot Put	7.26kg	7.26kg	7.26kg	7.26kg	6kg	6kg
Discus	2kg	2kg	2kg	2kg	1.5kg	1.5kg
Javelin	800gm	800gm	800gm	800gm	700gm	700gm
Hammer	7.26kg	7.26kg	7.26kg	7.26kg	6kg	6kg
Weight Throw	15.88kg	15.88kg	15.88kg	15.88kg	11.34kg	11.34kg

Men						
Event	60-64	65-69	70-74	75-79	80-84	85-89 / 90+
60m	✓	✓	✓	✓	✓	✓
100m	✓	✓	✓	✓	✓	✓
200m	✓	✓	✓	✓	✓	✓
400m	✓	✓	✓	✓	✓	✓
800m	✓	✓	✓	✓	✓	✓
1500m	✓	✓	✓	✓	✓	✓
5000m	✓	✓	✓	✓	✓	✓
Sprint Hurdles	100m (84.0cm)	100m (84.0cm)	80m (76.2cm)	80m (76.2cm)	80m (68.6cm)	60m (68.6cm)
Long Hurdles	300m (76.2cm)	300m (76.2cm)	300m (68.6cm)	300m (68.6cm)	300m (68.6cm)	300m (68.6cm)
Steeple	2000m (76.2cm)	2000m (76.2cm)	2000m (76.2cm)	2000m (76.2cm)	2000m (76.2cm)	2000m (76.2cm)
Walks	1500m/3000m	1500m/3000m	1500m/3000m	1500m/3000m	1500m/3000m	1500m/3000m
Pole Vault	✓	✓	✓	✓	✓	✓
High Jump	✓	✓	✓	✓	✓	✓
Long Jump	✓	✓	✓	✓	✓	✓
Triple Jump	✓	✓	✓	✓	✓	✓
Shot Put	5kg	5kg	4kg	4kg	3kg	3kg
Discus	1kg	1kg	1kg	1kg	1kg	1kg
Javelin	600gm	600gm	500gm	500gm	400gm	400gm
Hammer	5kg	5kg	4kg	4kg	3kg	3kg
Weight Throw	9.08kg	9.08kg	7.26kg	7.26kg	5.45kg	5.45kg

Victorian Results - Australian Masters Athletics

Half Marathon Championship - Hobart - 9/1/11



M40	4. Mal Grimmett	Vic	44	1.28.22	72.08
M55	2. Colin Page	Vic	56	1.32.04	76.64
M60	1. John Graham	Vic	60	1.27.55	83.26
	5. Ernie Stewart	Vic	60	1.46.20	68.84
M70	1. Barry Brooks	Vic	70	1.32.45	87.05
M80	1. Bill Page	Vic	80	2.00.04	79.39

Current Membership Fees

	<u>Joining</u>	<u>Subscription</u>	<u>Total</u>
<u>Renewals</u>			
Members' subscription		\$35	\$35
Two members residing at the same address		\$55	\$55
<u>Lapsed Members</u>			
Individual fees	\$10	\$35	\$45
Two members residing at the same address	\$20	\$55	\$75
<u>Associate Members</u>			
Subscription		\$20	\$20
<u>New Members</u>			
(i) joining before 1 st June	\$10	\$35	\$45
two members residing at the same address	\$20	\$55	\$75
(ii) joining June to September	\$10	\$25	\$35
two members residing at the same address	\$20	\$40	\$60
(iii) joining October to December	\$10	\$35	\$45
(membership will be until the end of the next financial year)			
two members residing at the same address	\$20	\$55	\$75
(iv) country residents - 50k+ from GPO	\$10	\$20	\$30
(1 st year only)			
(v) AV members		\$35	\$35
<u>Transaction Fee</u>			
Any payments made by Credit Card will incur a transaction fee to cover bank charges		\$1	\$1

Walter's winning ways

Brooke Walter, the daughter of Doncaster's Assistant Venue Manager Graham Walter, runs pretty well, as she demonstrates every now and then when she comes to the venue to compete by invitation or accompanies her father to our regular Group Training on a Saturday morning. But it seems there's another sphere in which she's far more dominant - fashion..!

Two years ago Brooke, then 15, made her first impact when she won the junior section of Fashions On The Field at the Melbourne Cup carnival at Flemington. The win earned her prizes valued at about \$30,000, among them a trip for two to Dubai flying with Emirates Airlines, the carnival's principal sponsor. The win meant she was ineligible to enter the competition last year but she was invited to the carnival as a judge.

This year, however, she was back in the contest -- and made her own little bit of history by winning again...!

This time she won two business class air tickets to Dubai plus \$1000 spending money, a 46-inch TV and a \$1000 Myer voucher.

Graham said he and his wife Kerrie and their elder daughter, Nicole, would again accompany Brooke to Dubai.

Brooke prepared for Flemington by entering the equivalent contest at the Mansfield races a week earlier and was successful there too.

Part of the secret to her success at Flemington may lie with the hat she wore, which was made by Peter Bettley of London, milliner to the Queen.

Brooke has borrowed the hat on a couple of occasions from Jolee Boutique in Croydon but won't have to do so in future as the proprietor gave it to her as a gift after her latest win.

Graham brought Brooke to Doncaster's group training at the Gardiners' Creek Reserve a couple of weeks after the Spring Carnival. She ran well, as usual, but after an hour of 'interval training' it's doubtful the Flemington judges would have recognized her.

While Brooke is the one in the spotlight, her father seems to be specializing in 'near misses'. Not only did he finish second in the prestigious Doug Orr Memorial final at East Burwood late in October -- he racked up six minor placings at Doncaster in two weeks after winning over 1000 on November 8.

And there's not a lot of danger of him winning a fashion contest (or even running second)...!!



Brooke (left) is pictured with solo yachtswoman and 2011 Young Australian of the Year Jessica Watson and the winner of the Male section of her award



OFFICIAL ENTRY FORM

AUSTRALIAN MASTERS ATHLETICS CHAMPIONSHIP 2011

21ST to 24TH APRIL

Queensland State Athletics Centre (QSAC)

ATHLETICS STADIUM - KESSELS ROAD, NATHAN

Conducted on behalf of Australian Masters Athletics Inc. By Queensland Masters Athletics Inc.

On-line entry will be available as from 1st February at

www.australianmastersathletics.org.au

ENTRIES CLOSE

THURSDAY 24TH MARCH 2011

[Late entries will **NOT** be accepted]

To enter you must be a financial member of a registered Australian or overseas Masters club.

Please circle your Association

ACT NSW QLD SA TAS VIC WA O'SEAS

Surname: _____ First Name: _____

Date of Birth: _____ Gender: _____ Age as at 21st April 2011 _____

Address: _____

State: _____ Postcode: _____ Phone: _____

Email: print clearly: _____

Uniforms: State Uniform is compulsory

Failure to wear the correct Uniform may result in disqualification

Waiver: I hereby declare that I am in good health and will be properly conditioned for the events I have entered. I absolutely relieve Queensland Masters Athletics, Australian Masters Athletics of any responsibility for any injury, loss or damage to me or my property which I may sustain in the course of or in connection with these championships.

I authorise the use of my name, voice or picture and any information on this entry form to be used without payment to me in any broadcast, telecast, promotion or advertising or in any way related to this championship.

Signature: _____ Date: _____

NO entry will be accepted unless the waiver is signed and dated.

Payment details:

AMA and QMA Administration Fees			\$ 40-00
Event Fees: Number of events entered	@	\$10.00 each	\$
Awards Dinner: Number of guests attending	@	\$50.00 each	\$
Results Book: Price includes Postage	@	\$15.00	\$
Merchandise Order:	please circle shirt size		\$
Cool fit Tee Shirt Unisex	@	\$20.00 XS S M L XXL	\$
Ladies Polo Shirt Short Sleeves	@	\$30.00 8 10 12 14 16 18	\$
Ladies Polo Shirt Long Sleeves	@	\$35.00 8 10 12 14 16 18	\$
Men's Polo Shirt Short Sleeves	@	\$30.00 S M L XL XXL XXXL	\$
Men's Polo Shirt Long Sleeves	@	\$35.00 S M L XL XXL XXXL	\$
TOTAL			\$

Payment Details: Please tick in boxes

☐

Cheque payable to Q M A

☐

Money Order

☐

Credit Card

Visa

Mastercard

please circle

No cash via Mail

Card Number:

Name on Card:

Expiry Date:

Signature:

Postal Entries sent to

AMA Championships 2011

P O BOX 564

ROCHEDALE QLD 4123

On Line Entries:

www.mastersathletics.com.au

Information Contact:

Wilma Perkins: wilmaperkins@me.com

Judy Cooper 0439 766 402

Refunds:

When cancellation is received prior to the stated closing date entry fees are refundable but not the administration fee. After the closing date no fees are refundable.

However, should an event be cancelled or rescheduled by QMA only the event fee will be refunded and not the administration fee should the rescheduled time be unacceptable to the athlete. If due to circumstances beyond its control QMA must cancel or reschedule an event then no fees are refundable. The LOC Committee has the prerogative to make exception on compassionate grounds (not injury) .

Confirmation of Entries:

- Confirmation of accepted entries and the events entered will be provided to all entrants.
- A programme of events will be supplied to all entrants.
- Competition packs will be available at Registration between 1.00pm & 4.00pm Wednesday 20th April at the Stadium and then Thursday from 9.00am onwards .

Privacy Statement:

In this Privacy Statement , "Personal information" has the same meaning as in the Privacy Act 1988, Australian Masters Athletics (AMA) and Queensland Masters Athletics are committed to protecting and security of the personal information we hold about you. Personal information provided in this entry form will be used to:

- Process your competition registration
- Provide you with competition and results information
- Provide you with information about future Masters Athletic events.

EVENT ENTRY FORM

<u>Mark with X</u>	<u>Event</u>	<u>Eligible Age Groups</u>	<u>Day of Event</u>	<u>Best recent performance</u>
	60 m Heats/Finals	All	Thursday	
	100 m Heats/Finals	All	Thursday	
	1500 m Track Walk	All	Thursday	
	800m Finals	All	Thursday	
	10000 m Run	All	Thursday	
	Hammer	Men	Thursday	
	Discus	Women	Thursday	
	Shot Put	Women/Men	Thursday	
	Long Jump	Women/Men	Thursday	
<u>XXXX</u>	WELCOMING CEREMONY		Thursday	<u>XXXXXXXXXX</u>
	200 m Heats/Finals	All	Friday	
	400 m Heats	All	Friday	
	1500 m Finals	All	Friday	
	5000 m Track Walk	All	Friday	
	Sprint Hurdles Heats/Finals	All	Friday	
	Steeplechase	All	Friday	
	Hammer	Women	Friday	
	Discus	Men	Friday	
	Javelin	All	Friday	
	High Jump	All	Friday	
<u>XXXX</u>	COACHES FORUM		Friday	<u>XXXXXXXXXX</u>
<u>XXXX</u>	400 m Finals	All	Saturday	<u>XXXXXXXXXX</u>
<u>XXXX</u>	100 m Sprint Championship	All	Saturday	<u>XXXXXXXXXX</u>
	5000 m Run	All	Saturday	
	Long Hurdles	All	Saturday	
<u>XXXX</u>	4 x 100 m Relays	All	Saturday	<u>XXXXXXXXXX</u>
	Throws Pentathlon	Men	Saturday	
	Outdoor Pentathlon	Women	Saturday	
	Weight Throw	Women	Saturday	
	Pole Vault	All	Saturday	
	Triple Jump	All	Saturday	
<u>XXXX</u>	ATHLETES FORUM		Saturday	<u>XXXXXXXXXX</u>
	10 km Road Walk	All	Sunday	
	8 km Cross Country	All	Sunday	
<u>XXXX</u>	4 x 400 m Relays	All	Sunday	<u>XXXXXXXXXX</u>
	Throws Pentathlon	Women	Sunday	
	Outdoor Pentathlon	Men	Sunday	
	Weight Throw	Men	Sunday	
<u>XXXX</u>	Throws Championship		Sunday	<u>XXXXXXXXXX</u>
<u>XXXX</u>	AWARDS DINNER		Sunday	<u>XXXXXXXXXX</u>

Verification of Entries

Please list the names of all the events you have entered:

EVENTS

1.

2.

3.

4.

5.

6.

7.

8.

9.

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11.

12.

13.

Check List:

- All personal details entered – Proof of age for non- Australian Athletes
- All events you wish to enter are listed
- Best performances are included where required
- Payment of fees, merchandise and Awards Dinner included
- Declaration and waiver signed
- Would you like to **officiate** at the Nationals – Contact Harry Giles 07 3353 3930
Email: jhgiles@hotmail.com

“QUEENSLAND BEAUTIFUL ONE DAY , PERFECT THE NEXT”



WHERE ARE THE VENUE TENS?

BY KEN WALTERS



After listening to a few of our athletes discussing and comparing the abilities of our present day competitors to those of times gone by, it struck me that very few of our current members are big on running 10ks. Remembering back to the 1980's, the event every one wanted at the venue was the 10k. We at Croydon had on our program a 10k run every fortnight and any number from 60 to 90 dedicated competitors would attempt to better their previous best. The weather was not a deterrent and every runner brought along a bag with a complete change of clothes and shoes. As a former milk man delivering from a horse drawn cart I soon learned that you cannot keep dry in the rain but if you keep running you keep warm. I personally found that a time of 36min.20sec. or better for 10k was a good guide to running a sub. 3 hours marathon.

Since becoming a Co-Manager of the Croydon Venue of the VMA I have noticed the difference between the present crop of distance runners compared to yesteryear. Whenever I have included a 10k run on our program, a grand total of 2 runners will line up for that event. To their credit, the same two will run regardless of the weather and they do bring a change of clothes. I remember when the Masters Athletic club 10k Championship was so popular, the event had to be held in divisions with 20 or more in each. Nowadays if we have two competitors in the one age group we are doing well.

Is the availability of the many bicycle paths for distance running (which keeps us away from traffic and noise and fumes) allowing runners to cover long distances in safety for training to prepare for the new craze of half marathons one of the reasons? Perhaps the evening Venue competition is becoming more of a social night out (except for a limited few) Perhaps the 10k is too far for the social runner and too short for the 21k devotees. Then again, perhaps running 10k on a track is considered too boring compared to running a half marathon on the road with hundreds of others? Certainly the cost is not an issue as the entry fees for fun runs is quite substantial.

Do you, as a member of the V.M.A. and a regular at one of our venues have an opinion? Would you like to see the 10k back on the venue calander? Let's devote a page in "Footprints" to discussion on this issue.

Cheers Ken.

Good one, Ken.

It's an interesting discussion point. I'll start the ball rolling. I regularly train over distances around 10k, but I have never done this distance at my venue, and I have come to see nights at the venue as being an opportunity to do a variety of events with the focus being more on shorter, sharper efforts. Had I started Masters when these track 10k's were "the norm" I may have seen it differently.

For me, doing 10k on the track is a boring exercise and I have trouble counting taht many laps. I would rather hit the bike path to do runs or walks of that length. I might add that there are very few runners at our venue who could go under 40 minutes, certainly not me, and in fact there are not a lot who would even tackle a 10k, so the time factor comes into it. A 10k event could take 75 minutes to hold. Is this a sign of the times ? The number of quality Masters athletes around today compared to past times is a concern.

Do the good athletes exist and just not come to our club or have the changes in diets, working hours and time spent engaging in other pursuits like the internet and home entertainment caught up with us ? Alan Lucas commented to me recently on the slender body shape of our members in a photo from the 1980's as compared to today. I still think our group represents a bastion of health, but I am continually shocked at the shape of people of all ages when I sit and watch them go by at a mall.

Russ Dickenson.

Clyde's New Record Report

Age	Event	Name	State	Performance	%Std	Date	Location
Pending World Records:							
W100	Throws Pent	Ruth Frith	Qld	5501pts	-	22-8-10	Southport
W100	Javelin Throw	Ruth Frith	Qld	5.99m	93.0%	22-8-10	Southport
W100	Hammer Throw	Ruth Frith	Qld	11.05m	82.0%	25-9-10	SAF Nathan
W100	Discus Throw	Ruth Frith	Qld	9.02m	127.8%	20-11-10	SAF Nathan
M55	One Mile	Keith Bateman	NSW	4:35.04	96.4%	18-12-10	Homebush

Australian Records:

W100	Throws Pent	Ruth Frith	Qld	5743pts	-	23-8-09	Southport
M60	Javelin	Bob Banens	ACT	49.22m	74.0%	4-3-10	Kamloops
W50	Heptathlon	Marie Kay	Qld	5832pts	-	July 2010	Tahiti
M75	Throws Pent	Ron Simcock	NSW	4182pts	-	8-11-10	Southport
W70	Pole Vault	Val Chesterton	ACT	1.35m	60.0%	18-11-10	Bruce ACT
M75	4 x 800m Relay	Rad Leovic	ACT	15:02.13	-	18-11-10	Bruce ACT
		Stuart Reid	ACT				
		Bob Chapman	ACT				
		Ray Bramwell	ACT				
W45	4 x 800m Relay	Marcia Sheer	Qld	10:43.91	-	20-11-10	SAF Nathan
		Wendy Stewart	Qld				
		Anne Ryan	Qld				
		Glenda Banaghan	Qld				
M55	10k	Keith Bateman	NSW	32:28.71	96.6%	2-12-10	Aberfeldie
W60	2k Walk	Heather Carr	Vic	9:54.9	-	18-12-10	M'beena

Victorian Record:

M70	Throws Pent	Tom Hancock		4028pts	-	21-11-10	M'beena
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Clyde Riddoch

VMA Records Officer

5/1236-1238 Old Burke Road, Kew East Vic 3102

Telephone 03 9859 9855 (H), Mobile 0439 902 907, Email: clyderiddoch@msn.com



Online sports tours

Roy & Colleen Skuse

Sports Travel Packages & Guided Tours

Sacramento - the site of the 2010 World Masters Track and Field Championships.



World Masters Track & Field Championships, Sacramento 6-17th July 2011

Sacramento, California, USA is a great location with excellent accommodation. We have travel and accommodation packages at very affordable prices which include Airfares with transfers to and from San Francisco and 14 nights quality accommodation.

We have also have travel options before and after the championships which include a three-day pre-champs visit to Las Vegas and the Grand Canyon - and then a stunning 14 day finale at the end of the competition taking in Seattle, the San Juan Islands, Victoria plus a 7-day Alaskan cruise.

Flight & Accommodation Packages only 3-18 July 2011

(Flights to and from Los Angeles and transfers to and from Sacramento)

Ex Sydney, Melbourne or Brisbane:

- Studio Queen or Twin - \$A3740 share twin
- \$4720 single use
- Penthouse (2 x dbl) - \$A3045 quad
- Two bedroom unit - \$A3295 triple/ \$A3070 quad
- Plus airport taxes

Ex Adelaide and Perth:

- Studio Queen or Twin - \$A4040 share twin
- Penthouse (2 x dbl) - \$A3595 triple/ \$A3370 quad
- Plus airport taxes

• Studios have a queen bed and a fold down couch, ideal for couples.

• Two bedroom units, on the same level, have a queen bed in one bedroom and two singles in the 2nd bed room with the fold down couch in the lounge. Two bathrooms.

• The Penthouses have a queen or king in the upstairs bedroom and a queen in the downstairs bedroom. Two bathrooms.

All units have a full kitchen facilities and Sky TV. There is a laundry, swimming & swirl pool. Laundry on site. Free internet in the reception area and WIFI available in the units. Breakfast included. Free nibbles 5-7pm Mon, Tues and Wed. Free coffee in lobby. Bus to the track 200m from accommodation. Handy to shops and 30 restaurants.

Pre Champs Las Vegas Tour Option 1st July - 4th July

Flight from Los Angeles to Las Vegas depart 1st July and return to Sacramento 4th July. Three nights, probably Luxor Hotel Las Vegas, free time. There are numerous top shows every night and other attractions along the Strip.

- Cost approx \$690 incl transfers



Options to tour the Grand Canyon -

Coach only 13 Hours - \$110.00

Flight and Coach 7 Hours - \$265.00

Online sports tours | Roy & Colleen Skuse

PO Box 57. Gisborne. New Zealand. www.onlinesportstours.co.nz email roy@netfares.co.nz

AFTER CHAMPS TOUR OPTION. Seattle, Alaskan Cruise and Victoria

Tour Cost - Share twin add Port Taxes, fuel surcharges & Gratuities of A\$410

Inside Cabin \$2300 ; Outside Cabin \$2415 ; Balcony Cabin \$2650.

Those returning from Vancouver add \$250 for ex Vancouver airfare.

Day 1. Fly to Seattle.

Day 2. Tour of Boeing Factory - World's largest building

Day 3. At sea, cruising Inside Passage.

Day 4. Tracy Arm Fiord, Alaska.

Day 5. Full day at Skagway, Alaska.

Day 6. Juneau, Alaska.

Day 7. Ketchikan, Alaska.

Day 8. Continue cruising South along inside passage. Arrive at Victoria. Depart for Seattle.

Day 9. Tour of Seattle.

Day 10. Locks Cruise.

Day 11. Free day Seattle.

Day 12. Transportation aboard Victoria Clipper to Victoria.

Day 13. Narrated City tour of Victoria including Butchart Gardens

Day 14. Three hour tour of Vancouver and drop off at Vancouver Airport for return home.



DAY TOUR OF SAN FRANCISCO

•Join us as we discover the breathtaking city of San Francisco with style and comfort aboard the MTR fleet's newest luxury coaches.

•Two hour Alcatraz tour

•View such treasures as: Cable Car, Chinatown, Coit Tower, Fishermans Wharf, Nob Hill North Beach, Union Square, Pacific Ocean, Palace of Fine Arts, Presidio National Park, Victorian Homes.

◦**Cost to be advised - approx A\$95.00**

DAY TRIP TO YOSEMITE NATIONAL PARK

(Free day optional trip during Track and Field Championships) Designated a World Heritage Site in 1984, Yosemite National Park is internationally recognized for its spectacular granite cliffs, waterfalls, ice-clear streams, Giant Sequoia trees and biological diversity.

Sunday 10th July. Depart 7.00am. Return 8.30pm

◦**Cost A\$95.00**



VICTORIAN MASTERS ATHLETICS INC.

MEMBERSHIP APPLICATION FORM 2011

Fees fall due on January 1 each year.

Name.....
 Address.....Suburb.....
 Post Code.....Telephone.....Date of Birth.....
 Email address..... (please print clearly)
 Do you wish to receive the newsletter via E-mail?..... Venue attending.....
 Occupation or area of expertise.....
 Applicant's signature.....Date.....

Please tick the category you are applying in. (see following explanation of categories)

- () Renewing 2010 VMA member \$35
 () Renewing 80+ yr 2010 VMA member free
 () Renewing - two at the same address \$55
 () Lapsed VMA member (\$10 joining fee + \$35) \$45
 () Lapsed-two at same address (\$20 joining fee + \$55) \$75
 () Associate member (under age) \$20
 () Venue Volunteer (non competing) free
 () **New Member** (circle category below)
 a. joining before June 1; \$10 joining fee+\$35=\$45. Two at same address \$75
 b. joining June to September; \$10 joining fee+\$25=\$35. Two at same address \$60
 c. joining October to December - cost is the same as (a) but will cover 2010 as well.
 d. country residents-50k+from GPO, for first year only; \$10 joining fee+\$20=\$30
 e. AV member \$35

New members require VMA members to propose & second application.

Proposer's signature..... **Secunder's signature**.....
 (please print names).....

Please make cheques or money orders payable to VMA and send to the Subscription Secretary –
 Astrid Rose, PO Box 277, Surrey Hills, 3127. (Ph. 9836 2350).

If paying by credit card an additional \$1 transaction fee applies.

Credit Card () Visa () Mastercard
 Card No. _____

Expiry Date..../.... Name on Card.....Signature.....

Disclaimer

I hereby declare that I am in good health and will be properly conditioned for the activities which I will enter with the Victorian Masters Athletics Inc. during the year 2011. 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 _____

VMA PRIVACY STATEMENT

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

UNIFORMS & ASSOCIATION MERCHANDISE

For information on VMA uniforms contact Graham Philpott Ph. 9568 0495

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

Victorian Masters Athletics Inc.

Venue Managers

Venue	Manager	Address	Phone
Aberfeldie	Rob Waters	5 Bellevue Court, Maribyrnong 3032 enrwaters@iprimus.net.au	9318 3802
Altona	Peter Buissink	7 Sommers Drive, Altona Green 3028 peterbuis@optusnet.com.au	9360 7513
Coburg	Neville Wilson	11 Prospect Road, Rosanna 3084 nlw@melbpc.org.au	9459 7827
Collingwood	Wasył Drosdowsky	12 Hickford Street, Brunswick East 3057 wdrosdowsky@gmail.com	9387 2163
	Graeme Paul	18 Cronus Court, Eltham 3095 elthampauls@bigpond.com.au	9439 9667
Croydon	Karen Archer	27 Russell Street, Mount Evelyn 3796 quinarcher@aapt.net.au	9736 1684
	Ken Walters	7 Waters Avenue, Upper Ferntree Gully 3156 jandkwalters@bigpond.com	9753 5661
Doncaster	Richard Trembath	P.O. Box 294, Greensborough 3088 tenek@bigpond.net.au	9431 6963
	Graham Walter		9736 4433
East Burwood	Alan Lucas	29 McIver St, Ferntree Gully 3156 lucasar2004@yahoo.com.au	9758-9345 0424 012 344
	Gerald Burke	geraldburke@optushome.com.au	9884 4825
Frankston	Peter Duggan	8 Myna Court, Carrum Downs 3201 mduggan2@bigpond.net.au	9786 9169
	John Hallo	thehallos@optusnet.com.au	5975 6866
Geelong	Alan Jenkins	171 Hope Street, Geelong West ajenkins@dow.com	5221 7468 0419 314 568
Glen Eira	Peter McGrath	13 Bales Street, Mount Waverley 3149 pjm039@optusnet.com.au	9807 5656
	Judy Wines	judywines@bigpond.com	98854904
Knox	Lavinia Petrie	12 Jeannette Maree Court, Kilsyth 3137 ljpetrie@alphalink.com.au	9728 3929
Mentone	Ted McCoy	24 Blackwood Avenue, Mentone 3194	9583 3280
	Ian Cassell	29 Tiffany Avenue, Cheltenham 3192 iancassell@optusnet.com.au	9583 3440
	Ashley Page	3/40 Potter Street, Black Rock 3193 apa16161@bigpond.net.au	9521-6070
Southern Peninsula	Meredith Radford	3 Gunyah Street, Rye 3941	59855989
	Alan Radford ohn Sutton	radfordguns@stelco.net.au 15 Roblyn Crescent, Tootgarook 3941 jsutton2@optusnet.com.au	5985 9017
Springvale/ Noble Park	Alan Bennie	75 Bertrand Avenue, Mulgrave 3170 alanbennie@optushome.com.au	9547 2978
	Anthony Doran	anthonyjdoran@y7mail.com	9547 7320
Throwers	Graeme Rose	71 Union Road, Surrey Hills 3127 grarose@yahoo.com	9836 2350
	Ken Priestley	knjoy@bigpond.net.au	0417 134 601

Victorian Masters Athletics Inc. Venues

ABERFELDIE Athletic Track	Aberfeldie Park, Corio Street, Moonee Ponds Wednesday nights, 7 - 9pm	Melway 28 D6
ALTONA Athletic Track	Grants Reserve Sugar Gum Drive, off Civic Parade Tuesday nights, 7 - 9pm in daylight saving, Sunday in winter - 2pm Every Second Sunday - Different venue	Melway 54 G9
COBURG Athletic Track	Harold Stevens Athletic Field, Outlook Road, Coburg Thursday nights, 7 - 9pm	Melway 18 A9
COLLINGWOOD Athletic Track	George Knott Reserve, Heidelberg Road, Cliffton Hill Tuesday nights, 7 - 9pm	Melway 30 F12
CROYDON Athletic Track	Behind Arndale Shopping Centre, Mt.Dandenong Road, Croydon Tuesday nights, 7 - 9pm	Melway 50 K5
DONCASTER Athletic Track	Rieschieks Reserve, George Street, East Doncaster Monday nights, 7.30pm	Melway 33 J11
EAST BURWOOD Athletic Track	Burwood Road, opp. Mahoneys Road, behind basketball stadium Thursday nights, 7 - 9pm	Melway 62 C7
FRANKSTON Athletic Track	Ballam Park, Bananee Terrace, Frankston Thursday nights, 7 - 9pm	Melway 103 B4
GEELONG Athletic Track	Landy Field, off Barwon Terrace, Geelong Wednesday nights, 6 - 8pm	Melway 228 C7
GLEN EIRA Athletic Track	Duncan McKinnon Reserve, cnr North Road & Murrumbeena Road Tuesday nights, track events, 7 - 9pm. Sunday, field events	Melway 68 K9
KNOX Athletic Track	Bunjil Way, off Ferntree Gully Road, Scoresby Wednesday nights, 7 - 9pm	Melway 73 D7
MENTONE Athletic Track	Dolamore Reserve, cnr First Street & Queen Street, Mentone Wednesday nights, 7 - 9pm	Melway 87 B6
SPRINGVALE/NOBLE PARK	Ross Reserve, Memorial Drive, off Corrigan Road, Springvale Wednesday nights, 7 - 9pm	Melway 80 E12
SOUTHERN PENINSULA Athletic Track	Truemans Road, Tootgarook (off Nepean Hwy), Wednesday nights, from 6 pm in daylight saving, Sunday in winter - 9am	Melway 169 E6

Victorian Masters Athletics Inc.

President	Russ Oakley	9720 8835	12 Danielle Crescent, Heathmont 3135 oakanru@bigpond.com
Vice President	Tony Bradford	9749-2248	6 Merrett Ave., Hoppers Crossing 3029 anthonybradford@bigpond.com
Vice President	Alan Lucas	9758-9345	29 McIver St, Ferntree Gully 3156 lucasar2004@yahoo.com.au
Secretary	Phil Urquhart	9572-0805 0419357823	21 Holywood Grove, Carnegie runphil@bigpond.com
Asst Secretary	Alan Bennie	9547 2978	75 Bertrand Avenue, Mulgrave 3170 alanbennie@optushome.com.au
Treasurer	Al Willey	9870 7616	42 Sonia Street, Ringwood 3134 alpen.willey@bigpond.com
Club Captain		Vacant	
Club Vice Captain	David Sheehan	97587512	3/39 Mountview Road, U. F. Gully 3156 david.sheehan@parmalat.com.au
Committee	Graeme Rose	9836 2350	71 Union Road, Surrey Hills 3127 grarose@yahoo.com
	Peter Black	9337 6745	67 McCracken Street, Essendon 3040 peterjblack@optusnet.com.au
	Liz Feldman	97201936 0409022881	lizfeldman@hotmail.com
	Pam Tindal	9723 3271 0416006583	9 Yallambee Way, Croydon martynti@bigpond.net.au
	Barry Murley	9762 4438 0414 809008	7 Shalimar Cres Boronia 3155 bronashkirst@hotmail.com
	Don Chambers	0408 654209	19 High St., Rutherglen 3685 dmchambers@bigpond.com
Past President	Rob Waters	9318 3802	5 Bellevue Court, Maribyrnong 3032
Hon. Auditor	Peter Le Get	9729 4473	13 Mountain View Rd, Heathmont 3135 pleget@bigpond.com
Webmaster	Ralph Bennett		vicvets@yahoo.com.au
Uniforms	Graham Philpott	9568 0495	4/8 Hyslop Parade, East Malvern 3145
Subscriptions	Astrid Rose	9836-2350	grarose@yahoo.com
Records Officer	Clyde Riddoch	9859 9855	5/1236 Old Burke Rd., Kew East 3102 clyderiddoch@msn.com
Footprints Editor	Russ Dickenson	9870-8103 0418333569	4 Braewood Ave., Ringwood East 3135 dicko@iinet.net.au
Around The Grounds	Judy & Ken Walters	9753 5661	7 Waters Ave. U. F. Gully 3156 jandkwalters@bigpond.com
Throwers' Group	Graeme Rose	9836-2350	grarose@yahoo.com
Mailing Officer	Phil Urquhart	9572-0805 0419357823	21 Holywood Grove, Carnegie runphil@bigpond.com

