



Victorian Masters Athletics Inc.

footprints

[www.vicmastersaths.org.au](http://www.vicmastersaths.org.au)

April 2012

ANYTHING you can do....



....I can do better



Wendoree couple Narelle and Robert Lehmann, having recently joined VMA, shone at the V.M.A. Championships each winning all 3 of their sprints and the Long Jump. In addition, Robert won the Triple Jump, but Narelle set 2 Victorian Records to Rob's one.

# EDITORIAL

Well the Victorian Championships have been and gone and now it's on to the big one, The 2012 Australian Masters Championships, which unless you've been living under a rock, you would know we are hosting this Easter.

It takes a lot of work to put on an event like this and, a lot of money. We would like to thank all of our sponsors and in particular, the Victorian Government who have provided the bulk of the money we needed to stage the event.

If I can single out another sponsor, it would have to be Runners World and it's principal Neil Ryan. If you have the program from the last time we staged this event in 2004, you would see a full page ad. from Runners World and again Neil has paid for the same ad. The fact is that he's been supporting us and all sorts of other athletics events for a long time. If you want to see a fabulous range of running shoes and apparel, drop down to Kew and check out Neil's shop. He supports us, let's return the favour.

In our last edition, we paid tribute to two of the founders of Veterans/Masters athletics in Victoria, Peter Colthup and Keith Routley. On Page 8 is a tribute to Keith written by his friend Val McLeod.

Everyone I've spoken to thought that the Victorian Championships, last weekend, went extremely well. The events were pretty much on schedule and the presentations were held without much delay. There were certainly a lot of records broken. You would have to say that the Australian Records set by Margaret Prowse, Wim van Weenan and Andrew Jamieson were outstanding as were the pairs of new Victorian Records set by Margaret Tweedie, Bob Wishart and Narelle Lehmann, but my favorites "hands down" were the three records set by Shirley Coppock in the W75 sprints. Just last year Shirley was having "chemo" treatment for cancer that was discovered in 2010. But here she is this year, not only looking fantastic, but showing how well she's going on the track. I wonder if the medical profession has ever considered using "age-graded" athletics performance as an indicator of progress.

When we were preparing the Program booklet for the Championships, we thought we might include some Crosswords and Sudokus for people to do while they are sitting in the stands waiting for the running events to finish and the walks to start. To our surprise Graham Philpott offered to prepare some Crosswords with some athletics questions, and a unique Sudoku. They are really great, but as it turned out we didn't have any space in the booklet. I have placed one Crossword on Page 32 and will use the others in the future.

Hope you have, *or had*, a great Champion-

ships, depending on whether you read Footprints on the Net or on paper.

Don't forget, you can drop in to watch your friends compete at the Championships over Easter-it's free !!

*"Many people fail, never knowing how close they were to success when they gave up".*

*Russ Dickenson*

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## NAG FILE

### Athletes Moving into a New Age Group

GLADYS McKEOWN	into W80
FRED BICHSEL	into M75
DONALD CHAMBERS	into M75
JEANNE BRYAN	into W70
HEIDI ENGEL	into W70
GREGORY LOVEJOY	into M70
MAUREEN BINYON	into W65
KEVIN SOLOMON	into M65
ANTHONY VAN ENGELLEN	into M65
ANASTASIOS MANIATAKIS	into M60
GREGORY MOORE	into M60
DOUGLAS STOKES	into M60
RICHARD WEARMOUTH	into M60
LIHLA WYLES	into M60
JOSEPH CAMPISI	into M55
PAUL KENNEDY	into M55
JULIE BALDWIN	into W50
GRAHAM STOCKDALE	into M50
RUSSELL SPEIGHT	into M45
PAUL VAN KOPPLEN	into M45
PAUL WILSON	into M45
CAMPBELL McLENNAN	into M40

# Masterpieces

## From Neville Wilson - Coburg Venue -

Our elections for the year were held last week. In order to share the load (& to ease me out) a Management team of six has been appointed with myself as still the nominal Venue Manager for contact purposes.

Names are-

Neville Wilson

George Goode

Bernie Goggin

Fiona Ely

Michael Meaney

Steve Wright

The plan is that 2 of the above act as Managers for 2 month periods so that over a year we have each officiated for 4 months.

At Doncaster, Richard Trembath has been re-elected Venue Manager with Graham Walter as his assistant.

At Croydon, Pam Tindal takes over as Assistant Manager to Ken Walters from Karen Archer. Karen's health problems have made it impossible for her to continue but with things now looking up, we hope she can once again become a regular at the Venue.

After what I would describe as a worrying start, the "Adopt an Athlete" scheme has been a great success with over a dozen visitors being placed. For months and months I didn't get a single response and I thought there would be no support from our members, but as soon as I advertised for a bed for a specific person, I got a quick reply. Will the scheme be taken up by the other States and the A.C.T. ? I hope so. As a show of good faith, I am willing to sell them the logo and rights for a reasonable fee.



## What's On

### 2012

April 14	COBURG 24 HOUR RUN/WALK - (entries now closed). Come along and see the event in action, Harold Stevens Athletic Track Melway 18 A10,
April 22 (Sun)	A.G.M. and V.M.A. 3k Championship - Duncan McKinnon
April 25 (Weds)	Peter Colthup 5 Mile Handicap - Dolamore Reserve, Mentone (Melway 87 B6).
May 15 (Tues)	10k Track - Collingwood Venue
May 27 (Sun)	10k Cross Country - Collingwood Venue
June 21st (Thurs)	John Gosbell 5k Teams Run
July 29 (Sun)	10k Road Eric Greaves - Braeside Park
August 19 (Sun)	10 miles - Princes Park
September 2 (Sun)	VMA Half Marathon - Richmond
September 29 - Oct 1	AMA Winter Throws 2012 A.C.T.
October 13-20	Alice Springs Masters Games.
October 14	Melbourne Marathon
November 3-12	Pan Pac Masters Games - Gold Coast - Entry form available in 2012

### 2013

October 15 - 27	World Masters Athletics Championships - Porto Alegre, Brazil
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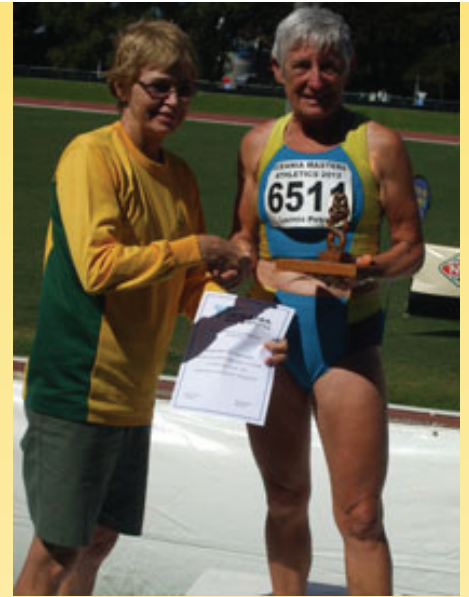


## Masterpieces

At the Oceania Masters Athletics Championships in Tauranga N.Z. recently, Lavinia Petrie was awarded the Clem Green Trophy by OMA President Wilma Perkins. Lavinia had an outstanding run in the W65 1500m event with a 99.9% age graded average.



At the recent AMA/QMA Decathlon Championships held in Brisbane Shawn Hennig won the Gold medal in the M40 Decathlon. Despite being injured and unable to complete the 1500m run Shawn was still able to win the event.



At the recent Victorian *Open* Athletics Championships, VMA member Julie Norney won the Womens Steeplechase. Here's Julie (2nd from right) lining up at the start with another of our members Sharon Pedersen-Jones nearest the camera.



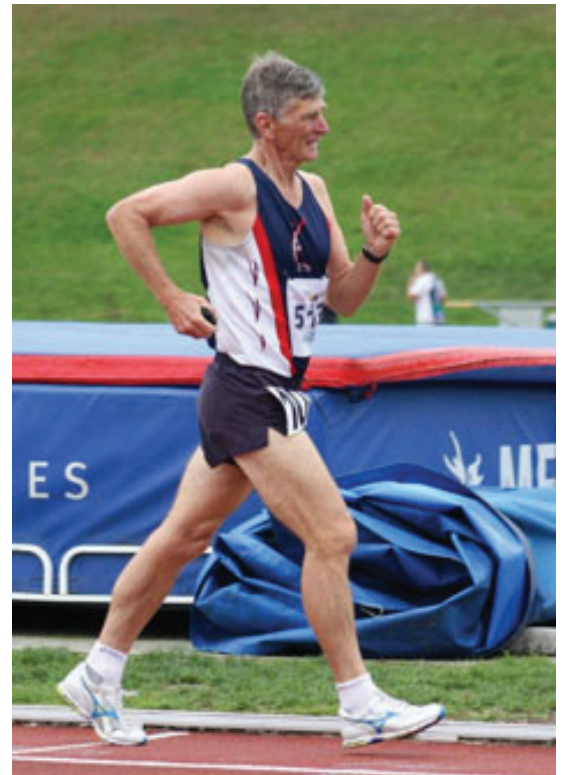
# At the Vic Champs with “The Record Breakers”



Kathleen Skultety (W70) leads Shirley Coppock and Jane Kinsey



Bob Wishart breaks away from Col Burnett, Ross Kent and Allan Wood



*Anti-clockwise from above -*

- Andy Jamieson sets a new Australian Record in the 1500 Walk.
- Linda Buttigieg, a new Victorian Record in the W45 Hammer.
- Shirley Coppock, one of two W75 Vic. Records
- Bob Wishart, one of two M70 Vic. Records.
- Margaret Prowse sets one of three Australian records





## **PETER COLTHUP 5 MILES HANDICAP**

AN INVITATION IS EXTENDED BY THE MENTONE VENUE TO ALL MASTERS TO TAKE PART IN THE 18TH ANNUAL PETER COLTHUP 5 MILES (8.045km) ROAD HANDICAP TO BE HELD ON WEDNESDAY APRIL 25TH AT DOLAMORE RESERVE, MENTONE (MELWAY 87 B6).

YOU WILL HAVE THE OPPORTUNITY TO ADD YOUR NAME TO THE ILLUSTRIOUS PAST WINNERS OF THE MOST HANDSOME TROPHY IN MASTERS ATHLETICS – A MAGNIFICENTLY CRAFTED PERPETUAL TROPHY CARVED BY LOUIS WASER.

MEDALS WILL ALSO BE AWARDED TO PLACEGETTERS AND THERE WILL ALSO BE FASTEST TIME MEDALS FOR M40+ AND W35+.

YOU WILL ALSO BE HELPING TO REMEMBER PETER COLTHUP AND THE TREMENDOUS CONTRIBUTION THAT HE MADE TO VICTORIAN MASTERS.

THE 5 MILES HANDICAP WILL BE HELD AS PART OF THE REGULAR MENTONE WEDNESDAY NIGHT COMPETITION. THE PROGRAM WILL BE AS FOLLOWS :-

**6.45 TRACK 1200M E.T.**

**6.55 TRACK 200M E.T.**

**7.15 ROAD PETER COLTHUP 5 MILES HANDICAP**

**7.30 3000M E.T. WALK ON TRACK**

**8.30 SUPPER AND PRESENTATIONS**

**ENTRY FEE OF \$3.00 TO BE PAID ON THE NIGHT.**

TO FACILITATE HANDICAPPING THE EVENT WILL BE CONDUCTED ON A SELF HANDICAP BASIS WHEREBY YOU PROVIDE THE STARTER WITH YOUR ESTIMATED TIME FOR 5 MILES AND YOU WILL BE STARTED ON THE BASIS OF YOUR ESTIMATE BUT TO DETER AN ATHLETE SEEKING AN ADVANTAGE BY SUBMITTING A SLOW TIME PLACEGETTERS MUST NOT RUN MORE THAN 40 SECONDS FASTER THAN THEIR ESTIMATE OTHERWISE THEY WILL NOT BE ELIGIBLE FOR PRIZES.

THE MENTONE MEMBERS LOOK FORWARD TO YOUR PARTICIPATION IN THIS SPECIAL MASTERS EVENT.

# John Gosbell

## 5k Teams Run

To be held at East Burwood Venue\*  
Thursday 21st June 2012, 7:30pm

This year marks the seventh running of this very popular event in memory of John Gosbell a former Life Member of VMA and Manager of East Burwood Venue. A gentleman who was very much loved, admired and respected by those who knew him, this race has become a fitting tribute to his legacy. We invite all members of Victorian Masters Athletics to this special event to be held in John's memory.

### ***Prize Categories***

- Fastest Male
- Fastest Female
- Best Age-Graded Male Performance
- Best Age-Graded Female Performance
- Medals for winning team members for 1st and 2nd Division as per below
- Division 1 teams compete for The John Gosbell Shield
- 6 spot prizes decided by place disc draw

### ***Eligibility***

1st Division teams are to be of four runners with a combined age of 180 to 220 years. 2nd Division teams are to be of four runners with a combined age of 221 years plus. Shield winners decided by placings (*not times*). The team with the lowest number of points in each division is the winner. Venues may have more than one team entered. Team members must be current financial VMA members. If unable to be fitted into a venue team individuals may compete and be eligible for individual prizes but do not figure in team results.

***Donation*** - The balance of race entry fees after purchasing prizes will be donated to The Prostate Cancer Foundation. Team entries \$20.00 per team, \$5 individuals, Venue Manager/Captain to pay on the night.

***\*Location*** - Event will be held at East Burwood venue provided track has been re-opened, please look for updates close to the date for possible change of venue or date.

Entries to Alan Lucas at [lucasar2004@yahoo.com.au](mailto:lucasar2004@yahoo.com.au) or 29 McIver St, Ferntree Gully, Vic 3156.  
Phone 9758 9345 or 0424 012344 for any queries.

## A TRIBUTE TO KEITH ROUTLEY -

by Val McLeod

A dear friend and a much loved family man. I have known Keith for approximately 20 years through the Collingwood Venue of Masters. He was well liked and respected by all at Collingwood. He was always one of life's true gentlemen and continued to be so even during his illness and right through to his passing. He was a quiet, well spoken man, kind and friendly to everyone with a cheeky smile and a very quick wit. He will be remembered fondly by all of his many running friends.

He met his wife Margaret (Dalheim) approximately 11 years ago at the Collingwood running Venue. For both it was a second marriage and it would prove to be a match made in heaven. The love and devotion shared by each for the other was a joy to see. Two very special people - so in love.



They married on April 26th 2003, a beautiful wedding held at St. Mark's Anglican Church, Lower Templestowe, a church they both attended before and after their marriage. They shared a wonderful life travelling quite extensively, spending time with family and friends and just simply being together. Margaret and Keith celebrated their 8th wedding anniversary on April 26th 2011 and sadly, Keith suffered a stroke just a few days later. Margaret, her family and Keith's family were devastated. Margaret spent every possible moment with Keith - just being with him, helping when necessary with meals or just sitting with him in the sun holding his hand and letting him know how much she loved him. He, in turn, was always waiting and watching for her to arrive and never wanting to let her go. Their love for each other was obvious to see - their relationship was magical right through to his passing on January 3rd 2012.

I saw Keith just before Christmas 2011 with Margaret, and Keith's two daughters two daughters Virginia and Debbie. It was a lovely, sunny day and Keith was bright, happy, smiling and cracking jokes. This is my last memory of him and I will cherish it always.

Margaret and all of the family members will have many special, wonderful memories of their beloved husband; father; brother and grandfather.

A loving, gentle man who will be sadly missed by all who knew him.



## VICTORIAN MASTERS ATHLETICS WINTER AND SUMMER COMPETITION

### TEAMS MEMBERS 2012/2013

#### MEN'S TEAM

STEVEN BARKER	ALF LENDVAI
RALPH BENNETT	CHRIS LOCKWOOD
ALAN BENNIE	ALAN LUCAS
PETER BLACK	BARRY MURLEY
DON CHAMBERS	COLIN PAGE
NIGEL COOPER	SEAN RIORDAN
STEWART DOBRZYNSKI	KARL THWAITES
ANDREW EDWARDS	GEOFF WHITEHALL
LLEW JENKINS	DAVID WOOKEY

#### WOMEN'S TEAM

BRONWEN CARDY	JAN MORREY
LIZ FELDMAN	JUDY PFANNER
MARLENE GOURLAY	JENNY SCHOLTZ
ANNE HOLCOMBE	HELEN STANLEY
JANET HOLMES	GWEN STEED
CELIA JOHNSON	
LYNN KISLER	
LEANNE MONK	

This season, VMA fielded a men's team and a women's team in the 40+ division of AV's south east region summer shield, with both teams finishing the year on top of each division.

This is a very encouraging result for the twenty plus athletes that have joined the fray each week and the friends that have helped in organising and officiating on the day. All up, there have been around 30 VMA athletes or friends take part in at least one round of shield this season.

It is also a great result for maintaining the standing of VMA within the broader athletics community.

Shield competition is teams based with a scoring system that rewards participation across the ten events held on the day as much as it does individual performances. A good number of all the athletes participating at Shield are 40+ and there is a good camaraderie both within the VMA teams and across all the masters there on the day.

During the 2102/2013 winter/summer seasons VMA will again be entering both men's and women's teams. Winter starts on Saturday 21<sup>st</sup> April with a relay at Jells Park, Wheelers Hill.

If you would be interested in being involved, enjoying good competition and creating new friendships, please give me a call or chat to other members of our teams

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Peter Black  
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## The Landy Trophy 2012



Monday 20th February

# Coogan - the Black Caviar of Masters' athletics

The amazing Hugh Coogan, the Black Caviar of Australian Masters' Athletics, has won The Landy Trophy, Australia's most prestigious single event for Masters' athletes, for a fifth time.

Coogan, 76, from Queensland, broke the race record running an astounding 43.00 seconds from his Age-Graded Percentage handicap mark of 121 metres, taking nearly half a second off his own race record of 43.45, set in his first win in the event in 2006.

Coogan led throughout to score from the 2009 winner Bob Wishart, 70, who ran 44.53 from the 102m mark to become only the second runner to break 45.0 in the 13 year history of the race. The brilliant Kathy Heagney, 60 (112m), the only woman to make the final, finished third in 46.29 to add yet another placing to her prior record of three seconds.

The Landy Trophy, named in honour of Australian athletics icon John Landy, is run at the Doncaster venue of Victorian Masters' Athletics as a heats and final event from handicaps based on the internationally recognized Age-Graded Percentage Scale, which makes allowance for age and gender, thus enabling all athletes over 30 to compete on 'a level playing field'.

All runners contest two rounds of heats, over 200m and 1000m, with the top points scorers going into the finals over 400m.

Age-graded standards are used to show how a typical person's performance corresponds to world record marks for his or her age and gender in a particular event.

Coogan, a multiple world champion and world record holder, has now contested 15 events at The Landy for 14 wins (nine heats and five finals) and a second. His only defeat came in the long heat last year when he had only to run second to qualify for the final. He was run down by Heagney, who had to win the heat to get through.

On this occasion, however, Coogan left nothing to chance, breaking the event records in both his heats, running a scintillating 20.97 in his 200m heat and 2:17.30 in the 1000m.

While the final was all about Coogan, there were some great performances in the heats with ACT star John Lamb and newcomer Andrew Egginton winning both their heats, Lamb making his fourth final, ultimately finishing fourth, as he did last year, following two thirds.

Reigning world 800m and 1500m champion Rob Schwerkolt made the final, as did two former internationals, six times world champion Colm Rothery, from Ireland, and South African star Hendrick Dreyer.

Ron Arthur, 72, runner-up in two previous Landy finals, narrowly missed qualifying despite a brilliant sprint heat win but made a one-act affair of the Consolation, running 48.09 from 102m in scoring from Andrew Watts and Max Brook, while Andrew Wilcox, 43 (13m) took the Young Guns final (for runners under 55) running 51.40 in beating Wayne James and Mark Crawford.

Trophies and giveaways valued at more than \$8500 were distributed on the night, the presentations being made by dual Olympian, Commonwealth Games gold medalist and holder of the Australian women's 800m record (set 36 years ago), Charlene Rendina.



The Landy Trophy, 400m: Hugh Coogan (Qld) 76 (121m) 1; Bob Wishart, 70 (102m) 2; Kathy Heagney, 60 (112m) 3. Time 43.0sec.

Landy Consolation, 400m: Ron Arthur, 72 (102m) 1; Andrew Watts, 56 (54m); Max Brook, 75 (121m) 3. Time 48.09sec.

Landy Young Guns (Under 55) 400m: Andrew Wilcox, 43 (13m) 1; Wayne James, 48 (26m) 2; Mark Crawford, 52 (40m) 3. Time 51.40sec.

The Manningham Mile (open class): Ben Ashkettle (Scr) 1; Alan Vernal, 16 (49); Sam Mackie (Scr) 3. Time 4min 20.69sec.

The Doncaster Dash, 100m (Doncaster Little Athletics): Conrad Coumaros, 16 (--2m) 1; Isaac Buratto, 14 (2m) 2; Antony Baldwin, 15 (Scr) 3. Time 11.78sec.

\* Black Caviar is Australia's star sprinting mare who is undefeated in 19 starts.



# Results - Victorian Masters & Athletics Victoria - Track & Field Championships - Rieschick's Reserve, Doncaster 24/03/2012 to 25/03/2012

## W30

### Women 60 Metre Sprint

1 Phillips, Angela	W32	VBOH	8.37	+0.0
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### Women 100 Metre Sprint

1 Phillips, Angela	W32	VBOH	13.22	0.5
2 Baldwin, Emma	W33	VAWA	13.27	0.5

### Women 200 Metre Sprint

1 Baldwin, Emma	W33	VAWA	27.13	+0.0
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### Women 400 Metre Run

1 Baldwin, Emma	W33	VAWA	58.88	
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### Women 400 Long Hurdles 76.2cm

1 Baldwin, Emma	W33	VAWA	76.74	
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### Women Shot Put 4kg

1 Phillips, Angela	W32	VBOH	11.03m	
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### Women 1500 Metre Race Walk

1 Wallace, Anna	W30	VVMA	8:19.54	
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### Women 3000 Metre Race Walk

1 Wallace, Anna	W30	VVMA	17:35.59	
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## W35

### Women 400 Metre Run

1 Franken, Joanne	W39	VWES	70.94	
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### Women 800 Metre Run

1 Franken, Joanne	W39	VWES	2:50.83	
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### Women 1500 Metre Run

1 Pedersen-Jones, Sharon	W39	CHIL	5:05.05	
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### Women 2000 Metre Steeplechase 76.2cm

1 Pedersen-Jones, Sharon	W39	CHIL	7:56.41	
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### Women Triple Jump

1 Purcell, Robyn	W38	VGLG	10.10m	0.8
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### Women Shot Put 4kg

1 Zakazakaarchee, Tracey	W35	VGPA	8.81m	
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### Women Discus Throw 1kg

1 Zakazakaarchee, Tracey	W35	VGPA	28.65m	
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## W40

### Women 60 Metre Sprint

1 Lehmann, Narelle	W41	VWEN	8.12V	+0.0
2 Smith, Donna	W40	VCOL	9.16	+0.0
3 Chandler, Jodi	W43	VMCD	9.61	+0.0

### Women 100 Metre Sprint

1 Lehmann, Narelle	W41	VWEN	12.90	0.5
2 Gaunt, Heather	W43	VCOL	14.50	0.5
3 Smith, Donna	W40	VCOL	14.64	0.5
4 Doyle, Kylie	W41	COLL	15.13	0.5
5 Chandler, Jodi	W43	VMCD	15.15	0.5

### Women 200 Metre Sprint

1 Lehmann, Narelle	W41	VWEN	26.65	-0.4
2 Crawford, Talitha	W40	BHILL	27.80	
3 Little, Rachel	W44	VWOD	28.15	-0.4
4 Gaunt, Heather	W43	VCOL	29.96	-0.4
5 Smith, Donna	W40	VCOL	30.53	-0.4
6 Chandler, Jodi	W43	VMCD	31.85	-0.4

### Women 400 Metre Run Vic Masters 40-44

1 Crawford, Talitha	W40	BHILL	60.76	
2 Little, Rachel	W44	VWOD	62.40	
3 Gaunt, Heather	W43	VCOL	68.93	
4 Chandler, Jodi	W43	VMCD	73.59	

### Women 800 Metre Run Vic Masters 40-44

1 Norney, Julie	W43	VBOH	2:24.12	
2 Little, Rachel	W44	VWOD	2:33.54	
3 Bryan, Helen	W41	VMMN	2:39.60	
4 Chandler, Jodi	W43	VMCD	2:46.87	
5 Gaunt, Heather	W43	VCOL	2:52.18	

### Women 1500 Metre Run

1 Norney, Julie	W43	VBOH	4:58.72	
2 Buckley, Anne	W44	VBYM	5:17.26	
3 Bryan, Helen	W41	VMMN	5:26.63	
4 Rainey, Helen	W40	VGHY	5:38.05	
5 Chandler, Jodi	W43	VMCD	5:54.13	
6 Reid, Francesca	W42	GLEN	5:58.38	

### Women 5000 Metre Run

1 Norney, Julie	W43	VBOH	18:26.07	
2 Buckley, Anne	W44	VBYM	19:26.10	
3 Dainton, Rowena	W41	DIV	22:14.23	
4 Simpson, Tanya	W43	VDIV	24:15.15	

### Women 400 Long Hurdles 76.2cm

1 Gaunt, Heather	W43	VCOL	1:30.50	
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### Women Long Jump

1 Lehmann, Narelle	W41	VWEN	4.78mV	1.1
2 Hunter, Sharyn	W43	VKNA	3.24m	1.5



Results - VMA Track and Field Championships (continued)

**Women Triple Jump**

1 Little, Rachel	W44	VWOD	8.86m	0.6
2 Hunter, Sharyn	W43	VKNA	7.40m	1.2

**Women Shot Put 4kg**

1 Rainey, Helen	W40	VGHY	6.93m
2 Hunter, Sharyn	W43	VKNA	6.48m

**Women Discus Throw 1kg**

1 Hunter, Sharyn	W43	VKNA	16.55m
2 Rainey, Helen	W40	VGHY	14.83m

**Women Javelin Throw 600gm**

1 Hunter, Sharyn	W43	VKNA	29.51m
2 Kapetanovic, Tania	W44	KSB	24.89m

**Women 1500 Metre Race Walk**

1 Laufer, Michelle	W42	VCOL	7:07.90
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**W45**

**Women 60 Metre Sprint**

1 Pollard, Sonya	W45	VMEB	8.94	+0.0
2 Buttigieg, Linda	W47	VAWA	9.44	+0.0
3 Collins, Helen	W46	WOD	10.07	+0.0
4 Howse, Tracey	W46	VWOD	10.95	+0.0

**Women 100 Metre Sprint**

1 Pollard, Sonya	W45	VMEB	13.92	1.9
2 Burgess, Donna	W49	VWOD	4.11	1.9
3 Heagney, Kathy	W46	VEAG	X14.42	1.9
4 Buttigieg, Linda	W47	VAWA	15.12	1.9
5 Collins, Helen	W46	WOD	16.30	1.9
6 Charles, Vicki	W49	VGHY	16.74	1.9
7 Howse, Tracey	W46	VWOD	17.66	1.9

**Women 200 Metre Sprint**

1 Burgess, Donna	W49	VWOD	29.74	+0.0
2 Heagney, Kathy	W46	VEAG	X30.86	+0.0
3 Kirne, Debby	W46	VBYM	34.13	+0.0

**Women 400 Metre Run**

1 Burgess, Donna	W49	VWOD	65.80
2 Heagney, Kathy	W46	VEAG	X68.24
3 Baldwin, Jennifer	W46	VAWA	68.85
4 Buttigieg, Linda	W47	VAWA	79.87

**Women 800 Metre Run**

1 Burgess, Donna	W49	VWOD	2:34.04
2 Petrie, June	W48	B HILL	2:39.94
3 Heagney, Kathy	W46	VEAG	X2:41.75
4 Kirne, Debby	W46	VBYM	2:50.27
5 Wekworth, Karen	W45	GEEG	2:53.08

**Women 1500 Metre Run**

1 Wilson, Susanne	W45	VMKN	5:15.38
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2 Petrie, June	W48	B HILL	5:28.13
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3 Kirne, Debby	W46	VBYM	6:01.96
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**Women 5000 Metre Run**

1 Petrie, June	W48	B HILL	19:48.11
2 Sharam, Sharee	W45	VCOB	21:49.00

**Women 80 Short Hurdles 76.2cm**

1 Baldwin, Jennifer	W46	VAWA	15.07	0.2
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**Women High Jump**

1 Baldwin, Jennifer	W46	VAWA	1.30m
2 Buttigieg, Linda	W47	VAWA	1.20m

**Women Pole Vault**

1 Buttigieg, Linda	W47	VAWA	2.50m
2 Baldwin, Jennifer	W46	VAWA	1.90m

**Women Long Jump**

1 Baldwin, Jennifer	W46	VAWA	4.18m	0.8
2 Buttigieg, Linda	W47	VAWA	3.84m	0.3
3 Collins, Helen	W46	WOD	3.65m	0.8
4 Howse, Tracey	W46	VWOD	3.19m	0.8

**Women Triple Jump**

1 Baldwin, Jennifer	W46	VAWA	9.18m	0.6
2 Collins, Helen	W46	WOD	7.37m	0.5

**Women Shot Put 4kg**

1 Pfanner, Judy	W46	VMTH	9.73m
2 Baldwin, Jennifer	W46	VAWA	8.10m
3 Buttigieg, Linda	W47	VAWA	7.91m

**Women Discus Throw 1kg**

1 Pfanner, Judy	W46	VMTH	33.53m
2 Buttigieg, Linda	W47	VAWA	27.01m
3 Baldwin, Jennifer	W46	VAWA	26.62m
4 Dell, Christine	W49	VRIC	18.52m

**Women Hammer Throw 4kg**

1 Buttigieg, Linda	W47	VAWA	39.11mV
2 Baldwin, Jennifer	W46	VAWA	36.59m
3 Pfanner, Judy	W46	VMTH	26.05m
4 Dell, Christine	W49	VRIC	16.45m

**Women Javelin Throw 600gm**

1 Pfanner, Judy	W46	VMTH	30.94m
2 Baldwin, Jennifer	W46	VAWA	23.01m
3 Buttigieg, Linda	W47	VAWA	21.75m
4 Howse, Tracey	W46	VWOD	14.64m

**Women Weight Throw 9.08kg**

1 Buttigieg, Linda	W47	VAWA	10.91m
2 Pfanner, Judy	W46	VMTH	10.37m

## Results - VMA Track and Field Championships (continued)

**W50****Women 60 Metre Sprint**

1 Matthews, Jayne	W51 VMIN	9.63	-1.1
2 Bridle, Christine	W54 VAWA	9.82	-1.1
3 Wright, Jay	W52 VMAL	10.25	-1.1
4 Orelli, Cathy	W50 VCHI	10.34	-1.1
5 Armour, Cherie	W51 GEE G	10.42	-1.1
6 Molnar, Joanne	W50 VAWA	12.21	-1.1

**Women 100 Metre Sprint**

1 Matthews, Jayne	W51 VMIN	15.05	0.9
2 Bridle, Christine	W54 VAWA	15.40	0.9
3 Wright, Jay	W52 VMAL	15.85	0.9
4 Molnar, Joanne	W50 VAWA	19.21	0.9

**Women 200 Metre Sprint**

1 Chapman, Susan	W51 VMCW	31.72	-0.2
2 Bridle, Christine	W54 VAWA	32.75	-0.2
3 Orelli, Cathy	W50 VCHI	33.87	-0.2
4 Wright, Jay	W52 VMAL	34.76	-0.2

**Women 400 Metre Run**

1 Armstrong, Stephanie	W50 VSSH	69.54	
2 Orelli, Cathy	W50 VCHI	74.70	
3 Bridle, Christine	W54 VAWA	75.14	
4 Wright, Jay	W52 VMAL	78.73	
5 Hovey, Julie	W50 BDR	79.70	

**Women 800 Metre Run**

1 Armstrong, Stephanie	W50 VSSH	2:39.36	
2 Chapman, Susan	W51 VMCW	3:10.40	
3 Armour, Cherie	W51 GEE GUIL	3:20.26	

**Women 1500 Metre Run**

1 Van Dueren, Stacey	W54 VMCO	5:24.83	
2 Armstrong, Stephanie	W50 VSSH	5:33.33	

**Women 5000 Metre Run**

1 Van Dueren, Stacey	W54 VMCO	18:33.30	
2 Koike, Tamami	W51 VOSC	22:13.18	

**Women 80 Short Hurdles 76.2cm**

1 Chapman, Susan	W51 VMCW	17.54	0.2
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**Women 300 Long Hurdles 76.2cm**

1 Chapman, Susan	W51 VMCW	61.95	
2 Bridle, Christine	W54 VAWA	63.87	

**Women High Jump**

1 Bridle, Christine	W54 VAWA	1.30m	
2 Chapman, Susan	W51 VMCW	1.25m	

**Women Long Jump**

1 Chapman, Susan	W51 VMCW	4.26m	0.7
2 Bridle, Christine	W54 VAWA	3.75m	0.6

3 Matthews, Jayne	W51 VMIN	3.47m	+0.0
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**Women Triple Jump**

1 Bridle, Christine	W54 VAWA	8.48m	0.6
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**Women Shot Put 3kg**

1 Matthews, Jayne	W51 VMIN	8.63m	
2 Bridle, Christine	W54 VAWA	8.23m	
3 Chapman, Susan	W51 VMCW	7.73m	
4 Molnar, Joanne	W50 VAWA	6.27m	
5 Elms, Donna	W50 VATE	4.51m	

**Women Discus Throw 1kg**

1 Matthews, Jayne	W51 VMIN	21.28m	
2 Bridle, Christine	W54 VAWA	18.31m	
3 Molnar, Joanne	W50 VAWA	17.02m	

**Women Hammer Throw 3kg**

1 Bridle, Christine	W54 VAWA	30.54m	
2 Molnar, Joanne	W50 VAWA	27.62m	
3 Elms, Donna	W50 VATE	13.68m	

**Women Javelin Throw 500gm**

1 Chapman, Susan	W51 VMCW	22.25m	
2 Bridle, Christine	W54 VAWA	19.32m	
3 Orelli, Cathy	W50 VCHI	18.11m	
4 Molnar, Joanne	W50 VAWA	14.52m	

**Women Weight Throw 7.26kg**

1 Bridle, Christine	W54 VAWA	10.99m	
2 Molnar, Joanne	W50 VAWA	7.23m	

**Women 1500 Metre Race Walk**

1 Tindal, Pam	W52 VCDN	7:11.53	
2 Shaw, Robyn	W50 VWES	8:19.36	
3 Elms, Donna	W50 VATE	8:33.59	

**Women 3000 Metre Race Walk**

1 Tindal, Pam	W52 VCDN	15:18.88	
2 Elms, Donna	W50 VATE	17:55.50	
3 Shaw, Robyn	W50 VWES	17:59.37	

**W55****Women 60 Metre Sprint**

1 Tweedie, Margaret	W57 VMDC	9.36	-1.1
2 Monk, Leanne	W55 VVMA	9.58	-1.1
3 Burnie, Kay	W59 VDAC	11.20	-1.1

**Women 100 Metre Sprint**

1 Tweedie, Margaret	W57 VMDC	14.44	0.9
2 Monk, Leanne	W55 VVMA	14.88	0.9
3 Burnie, Kay	W59 VDAC	17.38	0.9

**Women 200 Metre Sprint**

1 Tweedie, Margaret	W57 VMDC	31.00	+0.0
2 Monk, Leanne	W55 VVMA	31.31	+0.0
3 Burnie, Kay	W59 VDAC	38.94	+0.0

Results - VMA Track and Field Championships (continued)

**Women 400 Metre Run**

1 Tweedie, Margaret	W57 VMDC	71.83
2 Holmes, Janet	W58 VVMA	76.40

**Women 800 Metre Run**

1 Holmes, Janet	W58 VVMA	2:56.24
2 Stanley, Helen	W56 VVMA	2:58.32

**Women 1500 Metre Run**

1 Stanley, Helen	W56 VVMA	5:52.96
2 Pelgrim, Annette	W57 VKNA	6:27.86

**Women 5000 Metre Run**

1 Stanley, Helen	W56 VVMA	21:39.26
2 Pelgrim, Annette	W57 VKNA	23:00.36

**Women 300 Long Hurdles 76.2cm**

1 Tweedie, Margaret	W57 VMDC	53.86
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**Women Pole Vault**

1 Hartigan, Dawn	W55 VMUU	2.95m
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**Women Long Jump**

1 Tweedie, Margaret	W57 VMDC	4.21m V +0.0
2 Monk, Leanne	W55 VVMA	3.38m 0.7

**Women Triple Jump**

1 Tweedie, Margaret	W57 VMDC	8.79m V 0.2
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**Women Shot Put 3kg**

1 Holmes, Janet	W58 VVMA	6.11m
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**Women Discus Throw 1kg**

1 Holmes, Janet	W58 VVMA	14.96m
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**Women Javelin Throw 500gm**

1 Burnie, Kay	W59 VDAC	12.20m
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**Women 1500 Metre Race Walk**

1 Thompson, Alison	W59 VMCD	8:13.13
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**Women 3000 Metre Race Walk**

1 Thompson, Alison	W59 VMCD	17:27.50
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**W60**

**Women 60 Metre Sprint**

1 Cash, Vivienne	W60 VMMN	9.91V 0.5
2 Learmont, Beverley	W63 VMDC	10.48 0.5

**Women 100 Metre Sprint**

1 Cash, Vivienne	W60 VMMN	16.04 0.6
2 Learmont, Beverley	W63 VMDC	17.34 0.6

**Women 200 Metre Sprint**

1 Cash, Vivienne	W60 VMMN	33.35 +0.0
2 Learmont, Beverley	W63 VMDC	37.49 +0.0

**Women 400 Metre Run**

1 Carr, Heather	W62 VEAG	1:26.35
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**Women 800 Metre Run**

1 Carr, Heather	W62 VEAG	3:13.84
2 Middleton, Sandra	W63 VGLE	3:37.47

**Women 1500 Metre Run**

1 Gourlay, Marlene	W60 VMMN	6:28.73
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**Women 2000 Metre Steeplechase 76.2cm**

1 Carr, Heather	W62 VEAG	10:26.33
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**Women Long Jump**

1 Learmont, Beverley	W63 VMDC	2.95m NWI
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**Women Shot Put 3kg**

1 Schultz, Christine	W60 VMTH	9.05m
2 Learmont, Beverley	W63 VMDC	6.21m
3 Middleton, Sandra	W63 VGLE	6.01m

**Women Discus Throw 1kg**

1 Schultz, Christine	W60 VMTH	25.23m
2 Middleton, Sandra	W63 VGLE	17.69m
3 Learmont, Beverley	W63 VMDC	15.75m

**Women Hammer Throw 3kg**

1 Schultz, Christine	W60 VMTH	26.36m
2 Learmont, Beverley	W63 VMDC	17.14m

**Women Javelin Throw 400gm**

1 Schultz, Christine	W60 VMTH	18.28m
2 Middleton, Sandra	W63 VGLE	15.94m
3 Carr, Heather	W62 VEAG	15.77m
4 Learmont, Beverley	W63 VMDC	12.85m

**Women Weight Throw 5.45kg**

1 Schultz, Christine	W60 VMTH	10.66m
2 Learmont, Beverley	W63 VMDC	7.22m

**Women 1500 Metre Race Walk**

1 Carr, Heather	W62 VEAG	7:29.84
2 Feldman, Elizabeth	W63 VMCD	8:20.70
3 Johnson, Celia	W64 VMSV	9:41.32

**Women 3000 Metre Race Walk**

1 Carr, Heather	W62 VEAG	15:53.21
2 Gourlay, Marlene	W60 VMMN	17:23.47
3 Feldman, Elizabeth	W63 VMCD	17:35.72
4 Johnson, Celia	W64 VMSV	20:14.18

**W65**

**Women 60 Metre Sprint**

1 Reeves, June	W66 VMDC	10.92 0.5
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**Women 100 Metre Sprint**

1 Reeves, June	W66 VMDC	17.62 0.6
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**Women 200 Metre Sprint**

1 Reeves, June	W66 VMDC	37.21 +0.0
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Results - VMA Track and Field Championships (continued)

**Women 800 Metre Run**

1 Petrie, Lavinia	W68 VRWD	3:06.47
2 Bryan, Jeanne	W69 VMMN	3:22.55

**Women 1500 Metre Run**

1 Petrie, Lavinia	W68 VRWD	6:03.20
2 Bryan, Jeanne	W69 VMMN	7:00.72
3 Thompson, Vicki	W66 VDAC	10:07.10

**Women 5000 Metre Run**

1 Petrie, Lavinia	W68 VRWD	21:08.16
2 Thompson, Vicki	W66 VDAC	37:03.39

**Women Shot Put 3kg**

1 Dundas, Rhondda	W67 VMTH	8.33m
2 Rose, Astrid	W68 VMTH	6.38m

**Women Discus Throw 1kg**

1 Dundas, Rhondda	W67 VMTH	19.26m
2 Rose, Astrid	W68 VMTH	17.58m

**Women Hammer Throw 3kg**

1 Dundas, Rhondda	W67 VMTH	32.71m
2 Rose, Astrid	W68 VMTH	27.04m

**Women Javelin Throw 400gm**

1 Dundas, Rhondda	W67 VMTH	16.28m
2 Rose, Astrid	W68 VMTH	15.93m

**Women Weight Throw 5.45kg**

1 Dundas, Rhondda	W67 VMTH	11.53m
2 Rose, Astrid	W68 VMTH	9.91m

**W70**

**Women 60 Metre Sprint Vic**

1 Skultety, Kathleen	W70 VMDC	10.98	0.5
2 Kinsey, Jane	W71 VCOL	12.78	0.5

**Women 100 Metre Sprint**

1 Stobaus, Anne	W70 VKSB	16.89	0.6
2 Skultety, Kathleen	W70 VMDC	18.64	0.6
3 Kinsey, Jane	W71 VCOL	20.71	0.6

**Women 200 Metre Sprint**

1 Skultety, Kathleen	W70 VMDC	40.05	+0.0
2 Kinsey, Jane	W71 VCOL	46.30	+0.0

**Women 400 Metre Run**

1 Stobaus, Anne	W70 VKSB	1:21.96
2 Kinsey, Jane	W71 VCOL	1:57.91

**Women 5000 Metre Run**

1 Wines, Judy	W74 VGHY	30:05.96
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**Women 3000 Metre Race Walk**

1 Machin, Sylvia	W70 VMEN	20:58.36
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**W75**

**Women 60 Metre Sprint**

1 Coppock, Shirley	W76 VMEB	12.24	0.5
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**Women 100 Metre Sprint**

1 Coppock, Shirley	W76 VMEB	19.65	0.6
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**Women 200 Metre Sprint**

1 Coppock, Shirley	W76 VMEB	43.27V	+0.0
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**Women 400 Metre Run**

1 Coppock, Shirley	W76 VMEB	1:44.49	V
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**Women 800 Metre Run**

1 Mews, Pam	W77 VMMN	6:42.22
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**Women 1500 Metre Run**

1 Mews, Pam	W77 VMMN	13:58.44
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**Women 5000 Metre Run**

1 Mews, Pam	W77 VMMN	48:16.1h
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**Women Shot Put 2kg**

1 Baarslag-Leb, Tina	W78 VMTH	5.68m
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**Women Discus Throw 0.75kg**

1 Baarslag-Leb, Tina	W78 VMTH	10.47m
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**Women Hammer Throw 2kg**

1 Baarslag-Leb, Tina	W78 VMTH	13.79m
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**Women Javelin Throw 400gm**

1 Baarslag-Leb, Tina	W78 VMTH	8.84m
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**Women Weight Throw 4kg**

1 Baarslag-Leb, Tina	W78 VMTH	7.17m
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**Women 1500 Metre Race Walk**

1 Mews, Pam	W77 VMMN	15:19.09
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**Women 3000 Metre Race Walk**

1 Mews, Pam	W77 VMMN	32:48.50
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**W90**

**Women 60 Metre Sprint**

1 Prowse, Margaret	W91 VMDC	25.54	0.5
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**Women 100 Metre Sprint**

1 Prowse, Margaret	W91 VMDC	43.1h	0.6
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**MEN**

**M30**

**Men 60 Metre Sprint**

1 Baker, Cameron	M34 BOX HILL	7.82	+0.0
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**Men 100 Metre Sprint**

1 Baker, Cameron	M34 BOX HILL	12.23	1.2
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**Men 200 Metre Sprint**

1 Baker, Cameron	M34 BOX HILL	24.99	-1.5
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**Men 800 Metre Run**

1 Knowles, Adam	M34 VWES	2:06.38
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**Men 1500 Metre Run**

1 Knowles, Adam	M34 VWES	4:31.10
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**Men 5000 Metre Run**

1 Burke, Roland	M31 ATH ES	16:51.65
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## Results - VMA Track and Field Championships (continued)

**Men 3000 Metre Steeplechase 91.4cm**

1 Robb, Wayne	M34 EKA	11:10.58
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**Men Pole Vault**

1 Baker, Cameron	M34 BOX HILL	3.10m
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**M35****Men 60 Metre Sprint**

1 Vidler, Robert	M35 VGLG	7.27	+0.0
2 Phelan, Leigh	M36 VGHY	7.42	+0.0

**Men 100 Metre Sprint**

1 Vidler, Robert	M35 VGLG	11.38	1.2
2 Phelan, Leigh	M36 VGHY	11.45	1.2
3 Maurer, Brett	M36 VATE	11.74	1.2
4 Pittman, Geoffrey	M38 VGHY	11.80	1.2

**Men 200 Metre Sprint**

1 Vidler, Robert	M35 VGLG	23.36	-1.5
2 Phelan, Leigh	M36 VGHY	23.59	-1.5
3 Maurer, Brett	M36 VATE	23.74	-1.5
4 Pittman, Geoffrey	M38 VGHY	24.10	-1.5

**Men 400 Metre Run**

1 Maurer, Brett	M36 VATE	52.29
2 Pittman, Geoffrey	M38 VGHY	52.55
3 Phelan, Leigh	M36 VGHY	55.97

**Men 800 Metre Run**

1 Speed, Ian	M38 RING	2:03.58
2 McLennan, Campbell	M39 VDAC	2:05.17
3 Pittman, Geoffrey	M38 VGHY	2:13.44

**Men 1500 Metre Run**

1 Thomas, Andrew	M39 VSTK	4:27.52
2 Curry, Sam	M35 VOSC	4:39.76

**Men 5000 Metre Run**

1 Draper, Shane	M38 VMAB	16:33.53
2 Hanley, Marcus	M37 OLX	16:50.43
3 Crossley, Andrew	M39 VDAC	21:13.60

**Men 400 Long Hurdles 91.4cm**

1 McLennan, Campbell	M39 VDAC	65.13
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**Men High Jump**

1 Schofield, Paul	M38 D VALL	1.80m
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**Men Pole Vault**

1 O'Onofrio, Leon	M36 MEL UNI	4.15m
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**Men Shot Put 7.26kg**

1 Tonelli, Marco	M39 KSB	13.19m
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**Men Discus Throw 2kg**

1 Tonelli, Marco	M39 KSB	31.06m
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**Men Javelin Throw 800gm**

1 Tonelli, Marco	M39 KSB	33.19m
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**Men Weight Throw 15.88kg**

1 Tonelli, Marco	M39 KSB	11.34m
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**Men 1500 Metre Race Walk**

1 Patterson, Adam	M39 VCDN	7:25.44
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**Men 3000 Metre Race Walk**

1 McDonough, Aaron	M39 VPTN	14:54.70
2 Patterson, Adam	M39 VCDN	16:41.50

**M40****Men 60 Metre Sprint**

1 Lehmann, Robert	M40 VWEN	7.42V	+0.0
2 Kazi, Sandor	M42 VSTK	7.64	+0.0
3 Golonka, Kurt	M42 VGHY	7.88	+0.0
4 Cree, Malcolm	M41 KNOX	7.97	+0.0
5 Dobrzynski, Stewart	M41 VVMA	8.09	+0.0
6 Chisholm, Dave	M43 VEAG	8.29	+0.0

**Men 100 Metre Sprint**

1 Lehmann, Robert	M40 VWEN	11.79	1.2
2 Wilcox, Andrew	M43 VBOH	11.89	1.2
3 Kazi, Sandor	M42 VSTK	12.03	1.2
4 Golonka, Kurt	M42 VGHY	12.23	1.2
5 Chisholm, Dave	M43 VEAG	12.70	1.2
6 Cree, Malcolm	M41 KNOX	12.75	1.2
7 Dobrzynski, Stewart	M41 VVMA	12.83	1.2
8 Christmas, James	M44 VCOR	14.13	1.2

**Men 200 Metre Sprint**

1 Lehmann, Robert	M40 VWEN	23.57	-0.8
2 Wilcox, Andrew	M43 VBOH	23.78	-0.8
3 Golonka, Kurt	M42 VGHY	24.82	-0.8
4 Cree, Malcolm	M41 KNOX	25.95	-0.8
5 Dobrzynski, Stewart	M41 VVMA	26.40	-0.8

**Men 400 Metre Run**

1 Wilcox, Andrew	M43 VBOH	52.70
2 Golonka, Kurt	M42 VGHY	53.95
3 Hanrahan, Justin	M42 VMEN	54.88
4 Cree, Malcolm	M41 KNOX	57.20
5 Chisholm, Dave	M43 VEAG	58.00

**Men 800 Metre Run**

1 Dawes, Kynan	M41 VMDC	2:05.12
2 Skipper, Paul	M43 VCOL	2:09.46
3 Lenehan, David	M44 VEKA	2:11.65
4 Milano, Mark	M40 VDAC	2:17.68
5 Sabawo, Weston	M41 VCOB	2:23.07

Results - VMA Track and Field Championships (continued)

**Men 1500 Metre Run**

1 White, Noel	M44	ATH ESS	4:29.00
2 Velten, David	M40	VMMN	4:34.21
3 Abfalter, David	M44	KSB	4:40.97
4 Lenehan, David	M44	VEKA	4:48.32
5 Scholes, Matthew	M42	VDAC	4:55.78
6 Sabawo, Weston	M41	VCOB	4:57.02
7 Portelli, Angelo	M42	VGHY	5:11.89

**Men 5000 Metre Run**

1 Abfalter, David	M44	KSB	17:35.88
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**Men 110 Short Hurdles 99.1cm**

1 Hanrahan, Justin	M42	VMEN	17.90	+0.0
2 Dreyer, Hendrik	M41	VBOH	18.72	+0.0
3 Skipper, Paul	M43	VCOL	20.69	+0.0
4 Chisholm, Dave	M43	VEAG	20.73	+0.0

**Men 400 Long Hurdles 91.4cm**

1 Golonka, Kurt	M42	VGHY	62.19
2 Dreyer, Hendrik	M41	VBOH	62.75
3 Skipper, Paul	M43	VCOL	63.45

**Men 3000 Metre Steeplechase 91.4cm**

1 Romeo, Fabrizio	M44	VDAC	16:06.05
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**Men High Jump**

1 Hennig, Shawn	M44	VMEN	1.60m
2 Dobrzynski, Stewart	M41	VVMA	1.50m
3 Abfalter, David	M44	KSB	1.45m
4 Romeo, Fabrizio	M44	VDAC	1.20m

**Men Pole Vault**

1 Hill, Warren	M43	VMUU	2.65m
1 Neale, Peter	M44	VCOL	2.65m
1 Hennig, Shawn	M44	VMEN	2.65m

**Men Long Jump**

1 Lehmann, Robert	M40	VWEN	6.49m	0.4
2 Hanrahan, Justin	M42	VMEN	6.12m	1.6
3 Chisholm, Dave	M43	VEAG	5.44m	2.1
4 Dobrzynski, Stewart	M41	VVMA	5.22m	0.3
5 Romeo, Fabrizio	M44	VDAC	4.12m	0.6
6 Christmas, James	M44	VCOR	3.91m	0.5

**Men Triple Jump**

1 Lehmann, Robert	M40	VWEN	11.95m	NWI
2 Hennig, Shawn	M44	VMEN	10.49m	NWI
3 Chisholm, Dave	M43	VEAG	10.06m	NWI

**Men Shot Put 7.26kg**

1 De Vries, David	M42	VMTH	9.40m
2 Snowden, Ashley	M41	MALV	9.07m
3 Hennig, Shawn	M44	VMEN	9.05m
4 Romeo, Fabrizio	M44	VDAC	8.57m

**Men Discus Throw 2kg**

1 Hennig, Shawn	M44	VMEN	29.34m
2 De Vries, David	M42	VMTH	25.99m
3 Romeo, Fabrizio	M44	VDAC	19.85m

**Men Hammer Throw 7.26kg**

1 Devine, Russell	M43	VMGH	52.16m
2 De Vries, David	M42	VMTH	33.08m
3 Romeo, Fabrizio	M44	VDAC	8.38m
4 Abfalter, David	M44	KSB	16.49m

**Men Javelin Throw 800gm**

1 Hennig, Shawn	M44	VMEN	41.46m
2 Neale, Peter	M44	VCOL	29.38m
3 Romeo, Fabrizio	M44	VDAC	21.60m

**Men Weight Throw 15.88kg**

1 Devine, Russell	M43	VMGH	15.70m
2 De Vries, David	M42	VMTH	12.20m
3 Neale, Peter	M44	VCOL	6.69m
4 Romeo, Fabrizio	M44	VDAC	6.13m

**Men 1500 Metre Race Walk**

1 Christmas, James	M44	VCOR	6:43.08
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**Men 3000 Metre Race Walk**

1 Van Kopplen, Paul	M44	VCDN	13:10.80
2 Christmas, James	M44	VCOR	14:03.70

**M45**

**Men 60 Metre Sprint**

1 Ritchie, Colin	M47	VATE	8.05	-1.5
2 Hennessy, Gary	M49	VCOB	8.21	-1.5
3 Pryse, Paul	M45	VBYM	8.44	-1.5

**Men 100 Metre Sprint**

1 Ritchie, Colin	M47	VATE	12.37	0.1
2 Hennessy, Gary	M49	VCOB	12.69	0.1
3 Getson, William	M47	D VALL	13.58	0.1
4 Lam, Yuk Kiu	M49	VMEB	14.70	0.1

**Men 200 Metre Sprint**

1 Ritchie, Colin	M47	VATE	25.30	-0.8
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**Men 400 Metre Run**

1 Cook, Allan	M49	VWES	54.58
2 Ritchie, Colin	M47	VATE	58.00
3 O'Neill, Paul	M46	VCOB	59.30
-- Getson, William	M47	D VALL	DNF

**Men 800 Metre Run**

1 Schwerkolt, Robert	M46	VOSC	2:01.68
2 Cook, Allan	M49	VWES	2:05.12
3 Gibney, Matthew	M49	VBHA	2:13.15
4 Dell, Tony	M49	VRIC	2:21.73
5 Goodings, Brad	M48	VDAC	2:26.20



## Results - VMA Track and Field Championships (continued)

**Men 1500 Metre Run**

1 Gibney, Matthew	M49	VBHA	4:29.90
2 Cobb, David	M47	SME	4:56.79
3 Goodings, Brad	M48	VDAC	5:09.01

**Men 5000 Metre Run**

1 Atkinson, James	M46	A WA	15:57.46
2 Maher, Jamie	M46	EKA	17:05.27
3 Langelan, Tony	M45	VRIC	17:18.22
4 Dell, Tony	M49	VRIC	18:04.04
5 Cobb, David	M47	SME	18:58.37
6 Dyer, George	M47	KNOX	20:30.67

**Men 3000 Metre Steeplechase 91.4cm**

1 Dell, Tony	M49	VRIC	11:41.06
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**Men High Jump**

1 Cromb, Dean	M49	COLL	1.60m
2 Lam, Yuk Kiu	M49	VMEB	1.40m

**Men Pole Vault**

1 Boylen, Christopher	M48	VCOL	3.40m
2 Pryse, Paul	M45	VBYM	3.25m
3 Dell, Tony	M49	VRIC	2.20m

**Men Long Jump**

1 Boylen, Christopher	M48	VCOL	5.22m	2.9
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**Men Triple Jump**

1 Pryse, Paul	M45	VBYM	11.07m	NWI
2 Boylen, Christopher	M48	VCOL	10.81m	NWI

**Men Javelin Throw 800gm**

1 Keirl, Bernie	M48	VDIV	25.86m
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**Men 1500 Metre Race Walk**

1 Keirl, Bernie	M48	VDIV	7:37.83
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**Men 3000 Metre Race Walk**

1 Thomas, Mark	M49	VMEN	14:02.10
-- Keirl, Bernie	M48	VDIV	DQ

**Men 60 Metre Sprint**

1 Hilditch, John	M50	VVMA	8.00	-1.2
2 Pocklington, Colin	M53	VBOH	8.12	-1.2
3 Schuijers, John	M51	VCOL	8.14	-1.2
4 Sargent, Jeffrey	M53	VBHA	8.20	
5 Durrant, Paul	M50	VKNA	8.48	-1.2
6 Howse, Michael	M51	VWOD	8.54	-1.2
7 Lang, Chris	M50	WEN	8.88	-1.2

**Men 100 Metre Sprint**

1 Hilditch, John	M50	VVMA	12.66	0.2
2 Pocklington, Colin	M53	VBOH	12.80	0.2
3 Schuijers, John	M51	VCOL	12.94	0.2
4 Sargent, Jeffrey	M53	VBHA	13.07	0.2

5 Howse, Michael	M51	VWOD	13.16	0.2
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6 Bates, Kevin	M53	VDAC	13.60	0.2
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**Men 200 Metre Sprint****Preliminaries**

1 Schuijers, John	M51	VCOL	26.20Q	+0.0	1
2 O'Donnell, Peter	M50	BALL	26.53Q	0.7	2
3 Hilditch, John	M50	VVMA	26.43Q	+0.0	1
4 Tatt, Gregory	M50	VWES	26.91Q	0.7	2
5 Pocklington, Colin	M53	VBOH	26.57Q	+0.0	1
6 Durrant, Paul	M50	VKNA	27.32Q	0.7	2
7 Sargent, Jeffrey	M53	VBHA	26.93q	+0.0	1
8 Howse, Michael	M51	VWOD	27.01q	+0.0	1
9 Bates, Kevin	M53	VDAC	28.40	0.7	2

**Men 200 Metre Sprint Finals**

1 O'Donnell, Peter	M50	BALL	25.23	+0.0
2 Schuijers, John	M51	VCOL	25.98	+0.0
3 Tatt, Gregory	M50	VWES	26.52	+0.0
4 Sargent, Jeffrey	M53	VBHA	26.67	+0.0
5 Pocklington, Colin	M53	VBOH	26.78	
6 Howse, Michael	M51	VWOD	27.47	+0.0
7 Durrant, Paul	M50	VKNA	27.89	+0.0

**Men 400 Metre Run**

1 O'Donnell, Peter	M50	BALL	56.42
2 Sargent, Jeffrey	M53	VBHA	61.25
3 Mitchell, David	M52	VDEAK	61.95
4 Bates, Kevin	M53	VDAC	62.19

**Men 800 Metre Run**

1 Egginton, Andrew	M50	VCDN	2:11.03
2 Rothery, Colm	M52	VVMA	2:15.63
3 O'Donnell, Peter	M50	BALL	2:22.61
4 Gaunt, Peter	M52	VCOL	2:30.49
5 Cant, Mark	M50	VGHY	2:31.32

**Men 1500 Metre Run**

1 Quirk, Steven	M52	VSCA	4:27.65
2 Egginton, Andrew	M50	VCDN	4:27.80
3 Lawrence, Scott	M50	VOSC	4:30.37
4 Barton, Gregory	M50	VMAB	4:31.99
5 Drake, Colin	M50	VWES	4:51.58
6 Winnen, Ian	M50	VCOL	5:09.04

**Men 5000 Metre Run**

1 Quirk, Steven	M52	VSCA	16:17.75
2 Barton, Gregory	M50	VMAB	16:20.88
3 Harvey, Chris	M50	VMAL	17:35.63
4 Van Dueren, Philip	M52	VCOB	18:15.02
5 Campisi, Joseph	M54	VOAK	19:50.51

Results - VMA Track and Field Championships (continued)

**Men 5000 Metre Run** (continued)

6 Sharam, Jeff	M52	VCOB	20:47.35
7 Whittle, Barry	M52	VDAC	20:53.97
8 Tunne, Andrew	M53	VBOH	21:16.61

**Men 100 Short Hurdles 91.4cm**

1 Lang, Chris	M50	WEND	18.31	0.7
2 Cauchi, Mark	M54	VOAK	19.98	0.7
3 Walter, Graham	M54	VDAC	26.02	0.7

**Men 400 Long Hurdles 84cm**

1 Lang, Chris	M50	WEND	70.05
2 Gaunt, Peter	M52	VCOL	73.77

**Men 3000 Metre Steeplechase 91.4cm**

1 Walter, Graham	M54	VDAC	14:26.84
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**Men High Jump**

1 Gaunt, Peter	M52	VCOL	1.50m
2 Cauchi, Mark	M54	VOAK	1.30m

**Men Pole Vault**

1 Derby, Shane	M51	VCOL	2.35m
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**Men Long Jump**

1 Lang, Chris	M50	WEND	5.02m	2.4
2 Gaunt, Peter	M52	VCOL	4.74m	2.4

**Men Triple Jump**

1 Wilkins, David	M54	VMMN	9.25	
2 Derby, Shane	M51	VCOL	8.11m	+0.0

**Men Shot Put 6kg**

1 Robinson, Philip	M52	VKSB	10.18m
2 Wrzuszczak, Peter	M51	VBEL	9.38m
3 Cauchi, Mark	M54	VOAK	8.55m

**Men Discus Throw 1.5kg**

1 O'Donnell, Peter	M50	BALL	30.55m
2 Wrzuszczak, Peter	M51	VBEL	29.98m
3 Cauchi, Mark	M54	VOAK	26.00m

**Men Hammer Throw 6kg**

1 Wrzuszczak, Peter	M51	VBEL	32.98m
2 Morris, Cameron	M50	VBOH	26.84m
3 Cauchi, Mark	M54	VOAK	24.75m

**Men Javelin Throw 700gm**

1 Cauchi, Mark	M54	VOAK	40.86m
2 Morris, Cameron	M50	VBOH	39.01m
3 Egginton, Andrew	M50	VCDN	34.23m
4 Walter, Graham	M54	VDAC	25.61m
5 Wrzuszczak, Peter	M51	VBEL	21.86m

**Men Weight Throw 11.34kg**

1 Wrzuszczak, Peter	M51	VBEL	11.91m
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2 Derby, Shane	M51	VCOL	8.87m
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**Men 1500 Metre Race Walk**

1 Donahoo, Mark	M53	VATE	6:36.18
2 Evans, Simon	M51	VDAC	6:50.91

**Men 3000 Metre Race Walk**

1 Donahoo, Mark	M53	VATE	13:48.70
2 Evans, Simon	M51	VDAC	14:32.90

**M55**

**Men 60 Metre Sprint**

1 Bingham, Wayne	M57	VWES	8.30	-1.2
2 Armour, Martin	M56	GEEL G	9.68	-1.2

**Men 100 Metre Sprint**

1 Watts, Andrew	M56	VKNA	12.70	1.4
2 Bingham, Wayne	M57	VWES	13.25	1.4
3 McConnell, David	M59	VMDC	13.31	1.4
4 Skrucany, Rudolph	M56	VMCD	16.18	1.4

**Men 200 Metre Sprint**

1 Watts, Andrew	M56	VKNA	26.16	+0.0
2 McConnell, David	M59	VMDC	27.63	+0.0
3 Bingham, Wayne	M57	VWES	28.42	+0.0

**Men 400 Metre Run**

1 Watts, Andrew	M56	VKNA	59.39
2 McConnell, David	M59	VMDC	64.37
3 Black, Peter	M57	VMAB	79.28
4 Miller, Harold	M55	VMAB	1:26.82

**Men 800 Metre Run**

1 Pelgrim, Bert	M55	B HILL	2:21.43
2 Page, Colin	M58	VMCD	2:25.18
3 Ryan, Ashley	M57	VMAB	2:31.20
4 Black, Peter	M57	VMAB	2:41.67
5 Tennant, James	M56	VCDN	2:43.33

**Men 1500 Metre Run**

1 Pelgrim, Bert	M55	BHILL	4:52.33
2 Page, Colin	M58	VMCD	5:10.38
3 Wilson, Ewen	M59	VMGH	5:19.19
4 Black, Peter	M57	VMAB	5:26.72
5 Miller, Harold	M55	VMAB	5:51.27
6 Moore, Gregory	M59	VKSB	7:41.82

**Men 5000 Metre Run**

1 Pelgrim, Bert	M55	B HILL	17:56.56
2 Hammond, Alan	M58	WES	19:06.99
3 Letico, Graeme	M57	VMKN	19:28.85
4 Black, Peter	M57	VMAB	19:37.10
5 Paul, Graeme	M57	VCOL	23:11.96

## Results - VMA Track and Field Championships (continued)

**Men 100 Short Hurdles 91.4cm**

1 Champion, Gregory	M57 VDIV	20.15	0.7
2 Benke, Geza	M55 O MEL	27.26	0.7

**Men 400 Long Hurdles 84cm**

1 McConnell, David	M59 VMDC	75.69
2 Miller, Harold	M55 VMAB	1:24.75
3 Champion, Gregory	M57 VDIV	1:26.30

**Men 3000 Metre Steeplechase 91.4cm**

1 Lynch, Chris	M57 DIV	12:40.92
2 Black, Peter	M57 VMAB	13:17.25
3 Moore, Gregory	M59 VKSB	16:01.16

**Men High Jump**

1 Ronald, Bill	M59 VMCF	1.50m
2 Champion, Gregory	M57 VDIV	1.35m
3 Armstrong, David	M56 DIV	1.30m

**Men Pole Vault**

1 Leane, Patrick	M57 VOAK	2.95m
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**Men Long Jump**

1 Rogers, Ian	M56 VIVA	5.27m	0.1
2 Watts, Andrew	M56 VKNA	5.14m	0.8
3 Perera, Kirthi	M55 VMSV	4.67m	1.5
4 Champion, Gregory	M57 VDIV	3.99m	-0.7
5 McConnell, David	M59 VMDC	3.72m	0.5

**Men Triple Jump**

1 Armour, Martin	M56 GEE G	8.66m	+0.0
2 Armstrong, David	M56 DIV	8.60m	0.6

**Men Shot Put 6kg**

1 Peska, Stan	M55 VWES	12.09m
2 Leane, Patrick	M57 VOAK	11.15m
3 Carter, Kenneth	M59 VCOB	6.21m

**Men Discus Throw 1.5kg**

1 Leane, Patrick	M57 VOAK	32.76m
2 Watts, Andrew	M56 VKNA	32.26m
3 Peska, Stan	M55 VWES	32.07m
4 Carter, Kenneth	M59 VCOB	21.21m

**Men Hammer Throw 6kg**

1 Olsson, Paul	M55 VCCA	32.58m
2 Peska, Stan	M55 VWES	26.16m
3 Carter, Kenneth	M59 VCOB	18.01m

**Men Javelin Throw 700gm**

1 Watts, Andrew	M56 VKNA	35.29m
2 Peska, Stan	M55 VWES	34.95m

**Men Weight Throw 11.34kg**

1 Peska, Stan	M55 VWES	12.09m
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**Men 1500 Metre Race Walk**

1 Riddoch, Clyde	M58 VAWA	7:27.66
2 Armstrong, David	M56 DIV	9:16.28

**Men 3000 Metre Race Walk**

1 Riddoch, Clyde	M58 VAWA	16:06.20
2 Armstrong, David	M56 DIV	17:07.60
3 Doran, Anthony John	M59 VGHY	17:54.70
4 Benke, Geza	M55 OMELB	17:56.80
5 Skrucany, Rudolph	M56 VMCD	19:29.40

**M60****Men 60 Metre Sprint**

1 Rosevear, Philip	M62 VMDC	8.47	+0.0
2 Baird, Stephen	M61 VMIN	8.59	+0.0
3 Whitehall, Geoff	M63 VMCW	8.65	+0.0
4 Ford, Graham	M62 VDIV	8.91	+0.0
5 Carr, Bill	M62 VEAG	9.38	+0.0
6 Dilworth, Joseph	M60 VMAB	9.50	+0.0
7 Neale, John	M61 VPTN	9.94	+0.0

**Men 100 Metre Sprint**

1 Rosevear, Philip	M62 VMDC	13.21	2.2
2 Baird, Stephen	M61 VMIN	13.52	2.2
3 Whitehall, Geoff	M63 VMCW	13.64	2.2
4 Ford, Graham	M62 VDIV	13.83	2.2
5 Carr, Bill	M62 VEAG	14.20	2.2

**Men 200 Metre Sprint**

1 Rosevear, Philip	M62 VMDC	27.97	+0.0
2 Lamb, Peter	M62 VBEL	28.64	+0.0
3 Whitehall, Geoff	M63 VMCW	28.70	+0.0
4 Carr, Bill	M62 VEAG	30.34	+0.0
5 Dilworth, Joseph	M60 VMAB	31.94	+0.0

**Men 400 Metre Run**

1 Lamb, Peter	M62 VBEL	62.90
2 Ford, Graham	M62 VDIV	66.20
3 Rosevear, Philip	M62 VMDC	66.87
4 Carr, Bill	M62 VEAG	70.20
5 Graham, John	M61 VKNA	72.60

**Men 800 Metre Run**

1 Solomon, Kevin	M64 VRIC	2:26.41
2 Graham, John	M61 VKNA	2:30.79
3 Lamb, Peter	M62 VBEL	2:32.95

**Men 1500 Metre Run**

1 Graham, John	M61 VKNA	5:07.03
2 Jones, David	M61 VATE	5:38.89
3 Gray, Michael	M61 VMEN	5:52.39
4 Gray, Neil	M64 VMSV	6:02.03



Results - VMA Track and Field Championships (continued)

**Men 5000 Metre Run**

1 Graham, John	M61 VKNA	18:43.88
2 Stewart, Ernie	M61 VMAB	19:23.99
3 Solomon, Kevin	M64 VRIC	19:37.88
4 Jones, David	M61 VATE	20:48.41
5 Broberg, Robin	M63 DIV	20:55.57
6 Holmes, Jonathan	M60 VOSC	21:00.58
7 Hopkins, Jim	M62 VCOL	21:46.37

**Men 100 Short Hurdles 84cm**

1 Neale, John	M61 VPTN	23.22 +0.0
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**Men 300 Long Hurdles 76.2cm**

1 Ford, Graham	M62 VDIV	50.76
2 Whitehall, Geoff	M63 VMCW	55.68
3 Neale, John	M61 VPTN	65.21
4 Dilworth, Joseph	M60 VMAB	65.51

**Men 2000 Metre Steeplechase 76.2cm**

1 Hopkins, Jim	M62 VCOL	9:26.74
2 Neale, John	M61 VPTN	11:46.19

**Men High Jump**

1 Ford, Graham	M62 VDIV	1.35m
2 Neale, John	M61 VPTN	1.25m
3 Carr, Bill	M62 VEAG	1.20m

**Men Pole Vault**

1 Neale, John	M61 VPTN	1.75m
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**Men Long Jump**

1 Lamb, Peter	M62 VBEL	4.71m 0.2
2 Ford, Graham	M62 VDIV	4.40m +0.0
3 Neale, John	M61 VPTN	3.37m 0.3

**Men Triple Jump**

1 Carr, Bill	M62 VEAG	8.31m +0.0
2 Neale, John	M61 VPTN	7.96m +0.0

**Men Shot Put 5kg**

1 Neale, John	M61 VPTN	8.58m
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**Men Discus Throw 1kg**

1 Neale, John	M61 VPTN	30.74m
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**Men Hammer Throw 5kg**

1 Glass, Roger	M62 VMCF	45.29m
2 Neale, John	M61 VPTN	27.72m

**Men Javelin Throw 600gm**

1 Farr, Andrew	M62 VMEN	43.70m
2 Neale, John	M61 VPTN	24.72m
3 Glass, Roger	M62 VMCF	22.85m

**Men Weight Throw 9.08kg**

1 Glass, Roger	M62 VMCF	12.72m
2 Neale, John	M61 VPTN	10.55m

**Men 1500 Metre Race Walk**

1 Erickson, Timothy	M61 VCOB	7:47.39
2 Sofianos, Gerald	M62 VSTK	9:30.70

**Men 3000 Metre Race Walk**

1 Erickson, Timothy	M61 VCOB	16:02.20
2 Gray, Michael	M61 VMEN	17:58.30
3 Barrow, Geoff	M63 VMEN	19:52.70
4 Sofianos, Gerald	M62 VSTK	20:11.60

**Men 60 Metre Sprint**

1 Vorchheimer, Myer	M67 VMAC	9.32 +0.0
2 Cracknell, Ron	M65 VMCD	10.24 +0.0

**Men 100 Metre Sprint**

1 Vorchheimer, Myer	M67 VMAC	14.75 0.6
2 Bryant, Alan	M65 VBEL	15.49 0.6

**Men 200 Metre Sprint**

1 Bryant, Alan	M65 VBEL	31.95 -0.7
2 Vorchheimer, Myer	M67 VMAC	32.39 -0.7
3 Cracknell, Ron	M65 VMCD	34.53 -0.7
4 Newton, Robert	M69 VMIN	34.90 -0.7
5 Orelli, Michael	M68 VCHI	52.42 -0.7

**Men 400 Metre Run**

1 Stockdale, Graham	M69 VGLE	71.70
2 Cracknell, Ron	M65 VMCD	79.22

**Men 800 Metre Run**

1 Stockdale, Graham	M69 VGLE	2:50.51
2 Orelli, Michael	M68 VCHI	3:59.17

**Men 1500 Metre Run**

1 Franzi, Norman	M68 VMCW	5:50.27
2 Orelli, Michael	M68 VCHI	7:10.20

**Men 5000 Metre Run**

1 Stewart, Gary	M66 VMKN	19:29.31
2 Franzi, Norman	M68 VMCW	21:34.67
3 Cracknell, Ron	M65 VMCD	23:25.02
4 Waters, Rob	M66 VMAB	23:52.07
5 Orelli, Michael	M68 VCHI	26:13.03

**Men High Jump Vic**

1 Schillinger, George	M66 VMEB	1.10m
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**Men Pole Vault**

1 Schillinger, George	M66 VMEB	2.50m
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**Men Long Jump Vic Masters 65-69**

1 Bryant, Alan	M65 VBEL	3.96m 1.3
2 Vorchheimer, Myer	M67 VMAC	3.84m 0.9

**Men Triple Jump Vic Masters 65-69**

1 Bryant, Alan	M65 VBEL	8.35m 0.7
2 Vorchheimer, Myer	M67 VMAC	7.26m 1.0

## Results - VMA Track and Field Championships (continued)

**Men Shot Put 5kg Vic Masters 65-69**

1 Rose, Graeme	M68 VMTH	11.62m
2 Young, Peter	M65 VMDC	11.33m
3 Reynolds, John	M67 VSWA	8.78m
4 Wookey, David	M68 VMTH	8.77m
5 Vorchheimer, Myer	M67 VMAC	7.77m

**Men Discus Throw 1kg Vic Masters 65-69**

1 Young, Peter	M65 VMDC	38.71m
2 Rose, Graeme	M68 VMTH	34.81m
3 Reynolds, John	M67 VSWA	32.65m
4 Amerasekera, Errol	M68 VAWA	27.66m
5 Wookey, David	M68 VMTH	23.04m
6 Middleton, Des	M65 VGLE	20.48m

**Men Hammer Throw 5kg Vic Masters 65-69**

1 Rose, Graeme	M68 VMTH	42.00m
2 Reynolds, John	M67 VSWA	33.44m
3 Young, Peter	M65 VMDC	29.25m
4 Wookey, David	M68 VMTH	26.98m
5 Vorchheimer, Myer	M67 VMAC	21.92m

**Men Javelin Throw 600gm Vic Masters 65-69**

1 Rose, Graeme	M68 VMTH	37.56m
2 Young, Peter	M65 VMDC	31.80m
3 Wookey, David	M68 VMTH	29.74m
4 Reynolds, John	M67 VSWA	21.23m
5 Amerasekera, Errol	M68 VAWA	21.14m

**Men Weight Throw 9.08kg Vic Masters 65-69**

1 Rose, Graeme	M68 VMTH	15.97m
2 Reynolds, John	M67 VSWA	12.96m
3 Young, Peter	M65 VMDC	12.07m
4 Wookey, David	M68 VMTH	10.43m

**Men 1500 Metre Race Walk Vic Masters 65-69**

1 Jamieson, Andrew	M65 VDAC	6:52.56 V
2 Middleton, Des	M65 VGLE	8:55.56

**Men 3000 Metre Race Walk Vic Masters 65-69**

1 Middleton, Des	M65 VGLE	19:13.50
2 Hallo, John	M69 VMFK	21:30.30

**M70****Men 60 Metre Sprint**

1 Wishart, Robert	M70 VMMN	8.56 V +0.0
2 Burnett, Colin	M72 VDAC	9.45 +0.0
3 Kent, Ross	M70 VMMN	9.68 +0.0
4 Chambers, Donald	M74 VWOD	9.93 +0.0
5 Boyle, Edward	M73 VMIN	10.48 +0.0
6 Bradford, Tony	M72 VBEL	10.49 +0.0
7 Wood, Allan	M74 VMCD	10.94 +0.0

**Men 100 Metre Sprint**

1 Wishart, Robert	M70 VMMN	13.38 V 0.6
2 Burnett, Colin	M72 VDAC	15.24 0.6
3 Kent, Ross	M70 VMMN	15.27 0.6
4 Chambers, Donald	M74 VWOD	15.94 0.6
5 Oakley, Russell	M72 VMCD	16.43 0.6
6 Bradford, Tony	M72 VBEL	16.85 0.6
7 Wood, Allan	M74 VMCD	18.26 0.6

**Men 200 Metre Sprint**

1 Wishart, Robert	M70 VMMN	28.89 -1.1
2 Kent, Ross	M70 VMMN	32.49 -1.1
3 Oakley, Russell	M72 VMCD	32.79 -1.1
4 Bradford, Tony	M72 VBEL	34.85 -1.1
5 Wood, Allan	M74 VMCD	41.09 -1.1

**Men 400 Metre Run**

1 Oakley, Russell	M72 VMCD	75.56
2 Kent, Ross	M70 VMMN	77.72
3 Bradford, Tony	M72 VBEL	1:23.21

**Men 800 Metre Run**

1 Smith, Bob	M71 VATE	2:56.53
2 Oakley, Russell	M72 VMCD	3:02.63
3 Kent, Ross	M70 VMMN	3:26.90

**Men 1500 Metre Run**

1 Smith, Bob	M71 VATE	6:20.04
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**Men 5000 Metre Run**

1 Brooks, Barry	M71 BALL	20:42.90
2 Cravana, Jock	M73 VMKN	25:53.69

**Men 80 Short Hurdles 76.2cm**

1 Chambers, Donald	M74 VWOD	18.36 0.2
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**Men 300 Long Hurdles 68.6cm**

1 Chambers, Donald	M74 VWOD	65.46
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**Men High Jump**

1 Bradford, Tony	M72 VBEL	1.10m
2 Leong, Tom	M70 VMDC	1.05m
3 Chambers, Donald	M74 VWOD	1.05m
4 Wood, Allan	M74 VMCD	1.00m

**Men Pole Vault**

1 Barclay, Rob	M73 VBOH	2.65m
2 Chambers, Donald	M74 VWOD	2.05m

**Men Long Jump**

1 Chambers, Donald	M74 VWOD	3.84m 0.6
2 Burnett, Colin	M72 VDAC	3.68m +0.0
3 Boyle, Peter	M72 VMMN	3.58m 1.0
4 Boyle, Edward	M73 VMIN	3.58m 1.1

**Men Triple Jump**

## Results - VMA Track and Field Championships (continued)

1 Jacotine, Julian	M72 VMSV	8.98m	-0.5	3 Onley, Gordon	M77 VSSH	12.29	0.9
2 Boyle, Edward	M73 VMIN	7.69m	+0.0	4 Soulsby, Robert	M78 VMDC	14.24	0.9
3 Chambers, Donald	M74 VWOD	7.59m	+0.0	5 Stankovic, Nino	M79 VMTH	14.29	0.9
<b>Men Shot Put 4kg</b>				<b>Men 100 Metre Sprint</b>			
1 Chambers, Donald	M74 VWOD	9.15m		1 Kakris, Lucas	M78 VKSB	16.67	1.1
2 Bradford, Tony	M72 VBEL	7.79m		2 Onley, Gordon	M77 VSSH	18.58	1.1
3 Christodoulou, George	M72 VMTH	7.27m		3 Stack, Edmund	M77 VDAC	21.85	1.1
4 Leong, Tom	M70 VMDC	6.38m		4 Stankovic, Nino	M79 VMTH	23.65	1.1
<b>Men Discus Throw 1kg</b>				<b>Men 200 Metre Sprint</b>			
1 Bradford, Tony	M72 VBEL	23.57m		1 Kakris, Lucas	M78 VKSB	35.80	+0.0
2 Christodoulou, George	M72 VMTH	21.87m		2 Onley, Gordon	M77 VSSH	39.10	+0.0
3 Chambers, Donald	M74 VWOD	19.21m		3 Stack, Edmund	M77 VDAC	47.40	+0.0
4 Wood, Allan	M74 VMCD	17.56m		4 Stankovic, Nino	M79 VMTH	53.61	+0.0
<b>Men Hammer Throw 4kg</b>				<b>Men 400 Metre Run</b>			
1 Priestley, Ken	M73 VMTH	37.20m		1 Brook, Max	M75 VMSP	79.14	
2 Chambers, Donald	M74 VWOD	26.47m		2 Onley, Gordon	M77 VSSH	1:26.85	
3 Christodoulou, George	M72 VMTH	23.08m		3 Kakris, Lucas	M78 VKSB	1:34.40	
4 Wood, Allan	M74 VMCD	20.60m		4 Silcock-Delaney, Colin	M79 VMGL	2:32.27	
<b>Men Javelin Throw 500gm</b>				-- Stack, Edmund	M77 VDAC	DQ	
1 Boyle, Peter	M72 VMMN	28.29m		<b>Men 800 Metre Run</b>			
2 Wood, Allan	M74 VMCD	21.79m		1 Brook, Max	M75 VMSP	3:07.96	
3 Bradford, Tony	M72 VBEL	20.16m		2 Onley, Gordon	M77 VSSH	3:50.65	
4 Christodoulou, George	M72 VMTH	20.04m		3 Stack, Edmund	M77 VDAC	4:50.03	
5 Boyle, Edward	M73 VMIN	19.63m		4 Silcock-Delaney, Colin	M79 VMGL	5:19.92	
6 Chambers, Donald	M74 VWOD	18.86m		<b>Men 1500 Metre Run</b>			
<b>Men Weight Throw 7.26kg</b>				1 Brook, Max	M75 VMSP	6:39.58	
1 Priestley, Ken	M73 VMTH	15.27m		2 Le Get, Peter	M78 VMKN	7:15.36	
2 Chambers, Donald	M74 VWOD	11.80m		3 Silcock-Delaney, Colin	M79 VMGL	11:01.83	
3 Christodoulou, George	M72 VMTH	8.16m		<b>Men 5000 Metre Run</b>			
<b>Men 1500 Metre Race Walk</b>				1 Le Get, Peter	M78 VMKN	26:38.37	
1 Bennett, Ralph	M70 VMMN	8:04.35		2 Silcock-Delaney, Colin	M79 VMGL	36:07.10	
2 IlGoutz, Gunther	M73 VMCD	9:14.00		<b>Men 80 Short Hurdles 76.2cm</b>			
3 Morrison, John	M72 VSAN	9:58.33		1 Brook, Max	M75 VMSP	21.27	0.2
4 Wicks, Barrie	M71 VMCD	10:35.14		<b>Men 300 Long Hurdles 68.6cm</b>			
-- Dickinson, Murray	M73 VMCW	DQ		1 Brook, Max	M75 VMSP	68.60	
<b>Men 3000 Metre Race Walk</b>				<b>Men 2000 Metre Steeplechase 76.2cm</b>			
1 Bennett, Ralph	M70 VMMN	16:47.34		1 Brook, Max	M75 VMSP	11:15.75	
2 IlGoutz, Gunther	M73 VMCD	19:24.66		2 Silcock-Delaney, Colin	M79 VMGL	14:49.97	
3 Dickinson, Murray	M73 VMCW	19:51.87		<b>Men Long Jump</b>			
4 Morrison, John	M72 VSAN	21:29.09		1 Brook, Max	M75 VMSP	3.32m	+0.0
5 Wicks, Barrie	M71 VMCD	21:51.96		2 Soulsby, Robert	M78 VMDC	1.80m	-0.6
<b>M75</b>				<b>Men Triple Jump</b>			
<b>Men 60 Metre Sprint</b>				1 Soulsby, Robert	M78 VMDC	3.55m	-0.2
1 Kakris, Lucas	M78 VKSB	10.17	0.9				
2 Brook, Max	M75 VMSP	10.29	0.9				



Results - VMA Track and Field Championships (continued)

**Men Shot Put 4kg**

1 Simons, George	M76 VMCD	6.92m
2 Stankovic, Nino	M79 VMTH	6.44m
3 Soulsby, Robert	M78 VMDC	5.16m

**Men Discus Throw 1kg**

1 Simons, George	M76 VMCD	18.52m
2 Stankovic, Nino	M79 VMTH	18.00m
3 Soulsby, Robert	M78 VMDC	12.91m

**Men Hammer Throw 4kg**

1 Summers, Harry	M76 VBOH	19.81m
2 Stankovic, Nino	M79 VMTH	16.08m

**Men Javelin Throw 500gm**

1 Stankovic, Nino	M79 VMTH	14.55m
2 Soulsby, Robert	M78 VMDC	13.57m

**Men Weight Throw 7.26kg**

1 Stankovic, Nino	M79 VMTH	6.00m
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**Men 1500 Metre Race Walk**

1 Gardiner, Robert	M76 VCOL	8:13.99
2 Summers, Harry	M76 VBOH	9:46.59
3 Silcock-Delaney, Colin	M79 VMGL	11:49.92

**Men 3000 Metre Race Walk**

1 Gardiner, Robert	M76 VCOL	17:37.05
-- Silcock-Delaney, Colin	M79 VMGL	DQ

**M80**

**Men 60 Metre Sprint**

1 Coffey, Leo	M82 VMEB	10.23	0.9
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**Men 100 Metre Sprint**

1 Coffey, Leo	M82 VMEB	15.92	1.1
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**Men 200 Metre Sprint**

1 Coffey, Leo	M82 VMEB	34.85	+0.0
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**Men 400 Metre Run**

1 Coffey, Leo	M82 VMEB	1:26.60
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**Men Triple Jump**

1 Coffey, Leo	M82 VMEB	7.49m	V -0.4
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**Men Hammer Throw 3kg**

1 Van Weenen, Wim	M80 VMTH	41.88m	V
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**Men Weight Throw 5.45kg**

1 Van Weenen, Wim	M80 VMTH	16.58m	V
2 Davy, Jim	M82 VOAK	8.15m	

**M85**

**Men 60 Metre Sprint**

1 Sinclair, James	M87 VMSV	11.75	0.9
2 Thomson, Jimmy	M85 VMMN	13.45	0.9

**Men 100 Metre Sprint**

1 Sinclair, James	M87 VMSV	18.39	1.1
2 Thomson, Jimmy	M85 VMMN	19.82	1.1

**Men 200 Metre Sprint**

1 Sinclair, James	M87 VMSV	41.60	+0.0
2 Thomson, Jimmy	M85 VMMN	44.76	+0.0

**Men 400 Metre Run**

1 Sinclair, James	M87 VMSV	1:41.20
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# VMA T & F Pentathlon Champs 12 - 4/3/2012

## Duncan Mackinnon Athletic Track Results - Outdoor Pentathlon

Full Results on  
VMA website

	Points	LJ	JT	200	DT	1500
---- M35 ----						
1 Krawczyk, Brad		5.82m	40.02m	33.37	26.00m	DNF
M36 Team Points: 10	1545	(587)	(450)	(114)	(394)	(0)
---- M40 ----						
1 Hanrahan, Justin		6.16m	42.12m	23.59	30.67m	5:02.20
M42 Team Points: 10	3277	(746)	(526)	(833)	(539)	(633)
---- M45 ----						
1 Dell, Tony		3.98m	23.12m	27.63	14.26m	4:50.26
M49 Team Points: 10	2126	(306)	(258)	(563)	(220)	(779)
---- M50 ----						
1 Egginton, Andrew		4.29m	32.40m	27.00	28.23m	4:36.00
M50 Team Points: 10	2943	(435)	(439)	(681)	(442)	(946)
2 Coumaros, Peter		4.19m	34.29m	27.91	30.51m	6:29.00
M51 Team Points: 8	2334	(409)	(473)	(611)	(488)	(353)
3 Walters, Graham		4.36m	22.10m	28.29	20.40m	5:39.60
M54 Team Points: 6	2161	(451)	(259)	(583)	(288)	(580)
4 Cauchi, Mark		3.93m	36.60m	32.76	25.31m	6:34.70
M54 Team Points: 5	1871	(348)	(514)	(295)	(384)	(330)
---- M55 ----						
1 Watts, Andrew		5.15m	36.40m	25.92	28.45m	5:42.20
M56 Team Points: 10	3312	(755)	(569)	(845)	(496)	(647)
2 Brown, Chris		3.82m	27.34m	29.21	19.11m	6:01.20
M56 Team Points: 8	2213	(384)	(393)	(588)	(295)	(553)
---- M60 ----						
1 Ford, Graham		3.60m	23.99m	30.12	22.47m	6:28.40
M63 Team Points: 10	2206	(394)	(355)	(598)	(346)	(513)
2 Neale, John		3.54m	26.05m	32.60	31.59m	7:04.60
M61 Team Points: 8	2109	(378)	(396)	(435)	(535)	(365)
---- M65 ----						
1 Middleton, Des		2.85m	20.99m	39.95	21.26m	6:12.80
M65 Team Points: 10	1786	(259)	(339)	(150)	(362)	(676)
2 Philpott, Graham		3.68m	21.01m	35.82	20.15m	8:17.40
M69 Team Points: 8	1713	(498)	(339)	(331)	(337)	(208)
3 Orelli, Michael		2.29m	10.76m	41.35	14.36m	7:12.70
M68 Team Points: 6	979	(126)	(119)	(103)	(211)	(420)
---- M70 ----						
1 Dunn, Terry		2.60m	25.53m	35.90	19.81m	7:26.0
M74 Team Points: 10	1998	(252)	(484)	(416)	(373)	(473)
2 Bradford, Tony		2.56m	18.74m	34.36	18.39m	7:48.90
M72 Team Points: 8	1792	(240)	(320)	(504)	(338)	(390)

VMA T & F Pentathlon Champs - (continued)

-----  
 3 Fraser, Andrew 2.54m 16.36m 35.07 17.32m 9:18.40  
 M70 Team Points: 6 1411 (235) (264) (462) (312) (138)

---- M75 ----

1 Brook, Max 3.35m 14.22m 36.25 16.89m 6:33.40  
 M75 Team Points: 10 2539 593) (256) (512) (352) (826)

-----  
 2 Stankovic, Nino 2.05m 14.38m 56.56 15.45m DNF  
 M79 Team Points: 8 730 (158) (260) (0) (312) (0)

---- M85 ----

1 Elks, Sydney 2.03m 7.49m 56.56 9.95m 11:26.20  
 M86 Team Points: 10 1051 (288) (138) (64) (261) (300)

Points 100 SP LJ JT 800

---- W35 ----

1 Harper, Fiona 13.52 8.18m 4.62m 16.46m 2:45.09  
 W38 Team Points: 10 2419 (703) (430) (519) (242) (525)

---- W45 ----

1 Baldwin, Jennifer 13.96 8.42m 4.45m 24.76m 2:56.21  
 W46 Team Points: 10 3013 (797) (533) (626) (493) (564)

-----  
 2 Buttigieg, Linda 14.80 7.39m 3.64m 21.21m 3:21.95  
 W47 Team Points: 8 2228 (665) (452) (374) (410) (327)

---- W50 ----

1 Chapman, Susan 15.11 7.36m 4.18m 23.65m 3:06.98  
 W51 Team Points: 10 2852 (706) (482) (626) (497) (541)

-----  
 2 Bridle, Christine 14.80 8.20m 3.92m 16.99m 3:05.04  
 W54 Team Points: 8 2732 (754) (551) (535) (332) (560)

-----  
 3 Molnar, Joanne 19.11 6.31m 2.35m 14.03m 4:25.23  
 W50 Team Points: 6 1021 (228) (396) (97) (260) (40)

---- W55 ----

1 Tweedie, Margaret 14.41 8.20m 3.84m 16.40m 2:56.54  
 W57 Team Points: 10 3212 (907) (610) (598) (359) (738)

-----  
 2 Holmes, Janet 16.48 6.36m 2.41m 12.13m 3:00.20  
 W58 Team Points: 8 2140 (604) (445) (148) (244) (699)

---- W60 ----

1 Learmont, Bev 17.31 5.89m 3.35m 11.53m 4:17.36  
 W63 Team Points: 10 1989 (589) (454) (511) (247) (188)

-----  
 2 Middleton, Sandra 19.77 6.11m 2.06m 14.14m 3:29.90  
 W63 Team Points: 8 1734 (317) (475) (100) (322) (520)

-----  
 3 Johnson, Celia 20.47 5.17m 2.40m 10.04m 4:04.58  
 W64 Team Points: 6 1294 (253) (384) (190) (205) (262)

---- W70 ----

1 Kinsey, Jane 21.05 5.39m 2.14m 11.48m 4:43.86  
 W71 Team Points: 10 1736 (381) (529) (225) (337) (264)



## Girls Shine at VMA Pentathlon Championships

The T&F Pentathlon was held in pretty good conditions at Glen Eira Track on Sunday 4th March. Because of the small fields all age groups competed together. This definitely helped performances on the day.

Four of the competitors bettered the existing Victorian Records.

Margaret Tweedie W55 ( Doncaster ) was the outstanding performer. This was Margaret's first attempt at the Pentathlon having previously won Victorian Titles in Sprints, Hurdles and Jumps. Her winning performance of 3212 points bettered the previous record of 2064 points. She recorded an outstanding 907 points for her 100m. Janet Holmes ( Glen Eira ) in second place also bettered the old record.

Jennifer Baldwin, W45, a regular Pentathlon competitor showed she is ( almost ) over the injuries which have restricted her performances for the last couple of years when she recorded a personal best tally of 3013 points to surpass her own Victorian record by 208 points. Linda Buttegieg was a gallant second.

Susan Chapman, W50, from Collingwood Venue and Christine Bridle exchanged the lead throughout the competition and it came down to the last event to decide the winner. With only 139 points separating the two leaders Christine ran a gallant 800m only to be left short of the title by 120 points. Joanne Molnar was a creditable third.

Bev Learmont W60 ( Doncaster ) also recorded a personal best of 1989 points and bettered her own record by 251 points in winning the event from Sandra Middleton ( Glen Eira ) and Celia Johnson ( Springvale ) who is better known for her walking prowess.

Jane Kinsey W70 ( Collingwood ), who has had a 10 year break from competition, won her event with some creditable performances.

Not to be outdone, in the M40 Justin Hanrahan, ( Collingwood ) bettered the previous record which has stood since 1987. He amassed a total of 3277 points to better the record by a mere 41 points.

The only age group where the result was in doubt was the M65 where Graham Philpott ( E. Burwood ) sustained an injury going in to the last event. With a lead of 395 points, he was overhauled by a determined Des Middleton ( Glen Eira ) who ran a gutsy 1500m to win the event by 73 points.

Most outstanding individual performance in the Men's event came from National Pentathlon Champion Andrew Egginton M50 ( Croydon ) whose points for the 1500m ( 946 ) was the highest of any competitor on the day.

# Clyde's New Record Report

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Age	Event	Name	State	Performance	%Std	Date	Location
Pending World Records:							
W55	Pole Vault	Dawn Hartigan	Vic	3.07m	93.0%	21-1-12	Aberfeldie
W55	Pole Vault	Dawn Hartigan	Vic	3.11m	94.2%	4-2-12	Aberfeldie
M65	5k Walk	Andrew Jamieson	Vic	24:46.05	95.4%	9-3-12	Albert Park
M65	5k Walk	Andrew Jamieson	Vic	24:17.1	97.3%	18-3-12	Mentone
W55	5k Walk	Lyn Ventris	WA	23:57.90	97.7%	22-3-12	Perth
W55	3k Walk	Lyn Ventris	WA	14:16.41	95.7%	24-3-12	Perth
Australian Records:							
W70	Hammer	Janice Banens	ACT	34.96m	88.8%	17-11-11	AIS ACT
W40	Pentathlon	Lynette Smith	NSW	3091pts	-	8-1-12	Blacktown
M45	60m	Jaye Hanson	Tas	7.34s	95.6%	15-1-12	Hobart
M30	110m Hurdles	Greg Eyears	NSW	14.13s	90.0%	4-2-12	SOPAC Homebush
W75	800m	Cory Collins	ACT	3:54.65	88.3%	6-2-12	Tauranga NZ
W75	400m	Cory Collins	ACT	90.69s	91.1%	10-2-12	Tauranga NZ
W75	Throws Pent	Heather Doherty	Qld	3979pts	-	10-2-12	Tauranga NZ
M45	1 Mile	Robert Schwerkolt	Vic	4:27.70	92.1%	16-2-12	Melbourne Uni
M70	Discus	Keith James	NSW	41.66m	79.5%	26-2-12	Bankstown
W85	3000m Walk	Lorna Thompson	Qld	25:10.70	84.0%	3-3-12	SAF Nathan
M40	Pentathlon	Justin Hanrahan	Vic	3277pts	-	4-3-12	Murrumbeena
M65	4x800m Relay	Les Gillies	NSW	11:01.70	-	9-3-12	Illawong
		Geoff Francis	NSW				
		Noel Wright	NSW				
		Don Mathewson	NSW				
M60	Pole Vault	Phillip Carrero	NSW	3.40m	81.8%	10-3-12	SOPAC Homebush
M75	60m	Hugh Coogan	Qld	8.78s	98.4%	10-3-12	SAF Brisbane
M75	100m	Hugh Coogan	Qld	13.86s	96.6%	10-3-12	SAF Brisbane
W50	High Jump	Deann Mayfield	Qld	1.52m	90.5%	10-3-12	SAF Brisbane
W70	10k	Lorraine Lopes	WA	48:59.9	98.2%	15-3-12	Perth
M80	Throws Pent	Wim van Weenen	Vic	3862pts	-	18-3-12	Murrumbeena
M80	Hammer	Wim van Weenen	Vic	38.78m	100.2%	18-3-12	Murrumbeena
M80	Weight Throw	Wim van Weenen	Vic	15.35m	93.4%	18-3-12	Murrumbeena
W65	Pentathlon	Peggy Macliver	WA	3494pts	-	20-3-12	Perth
W70	1500m	Lorraine Lopes	WA	6:29.7	95.2%	20-3-12	Perth
W70	1500m	Lorraine Lopes	WA	6:29.49	98.6%	24-3-12	Perth
M75	Long Jump	David Clive	WA	4.37m	90.6%	24-3-12	Perth
W90	100m	Margaret Prowse	Vic	43.1s	55.7%	24-3-12	Doncaster
M80	Hammer	Wim van Weenen	Vic	41.85m	108.2%	24-3-12	Doncaster
W80	60m	Pat Carr	WA	12.95s	84.9%	25-3-12	Perth
W70	200m Hurdles	Ruth Johnson	WA	48.04s	-	25-3-12	Perth
W90	60m	Margaret Prowse	Vic	25.54s	55.5%	25-3-12	Doncaster
M65	1500m Walk	Andrew Jamieson	Vic	6:52.56	99.1%	25-3-12	Doncaster
M80	Weight Throw	Wim van Weenen	Vic	16.58m	100.9%	25-3-12	Doncaster
Victorian Records:							
W60	60m	Vivienne Cash		9.98s	88.5%	7-2-12	Tauranga NZ
W60	Discus	Chris Schultz	Vic	25.82m	53.5%	Feb 2012	Tauranga NZ

W55	300m Hurdles	Margaret Tweedie	55.3s	88.9%	10-2-12	Doncaster
W50	1 Mile	Stacey van Dueren	5:42.8	91.9%	16-2-12	Melbourne Uni
W45	Pentathlon	Jennifer Baldwin	3013pts	-	4-3-12	Murrumbeena
W55	Pentathlon	Margaret Tweedie	3212pts	-	4-3-12	Murrumbeena
W60	Pentathlon	Bev Learmont	1989pts	-	4-3-12	Murrumbeena
W55	300m Hurdles	Margaret Tweedie	53.5s	91.6%	5-3-12	Doncaster
W60	100m	Kathy Heagney	14.42s	94.8%	24-3-12	Doncaster
M70	100m	Bob Wishart	13.38s	92.8%	24-3-12	Doncaster
W75	400m	Shirley Coppock	104.49s	79.1%	24-3-12	Doncaster
W40	Long Jump	Narelle Lehmann	4.78m	70.9%	24-3-12	Doncaster
W55	Long Jump	Margaret Tweedie	4.21m	78.0%	24-3-12	Doncaster
W45	Hammer	Linda Buttigieg	39.11m	82.5%	24-3-12	Doncaster
M40	60m	Robert Lehmann	7.42s	90.5%	25-3-12	Doncaster
W30	60m	Angela Phillips	8.37s	82.7%	25-3-12	Doncaster
W40	60m	Narelle Lehmann	8.12s	89.4%	25-3-12	Doncaster
M70	60m	Bob Wishart	8.56s	96.3%	25-3-12	Doncaster
W60	60m	Vivienne Cash	9.91s	89.2%	25-3-12	Doncaster
W75	60m	Shirley Coppock	12.24s	85.2%	25-3-12	Doncaster
W75	200m	Shirley Coppock	43.27s	76.7%	25-3-12	Doncaster
W55	Triple Jump	Margaret Tweedie	8.79m	81.2%	25-3-12	Doncaster
M80	Triple Jump	Leo Coffey	7.49m	86.6%	25-3-12	Doncaster



# Results - Oceania Masters Athletics Championships

<u>60m</u>		Wind	Time
<u>W60</u>			
3	Vivienne Cash	-1.6	9.98
<u>M40</u>			
4	David Chisholm	1.0	7.93
<u>M60</u>			
3	William Carr	-2.0	8.91
<u>M65</u>			
2	Keith Howden	-0.4	8.90
<u>M75</u>			
1	Max Brook	-3.0	10.46
<u>M80</u>			
1	Leo Coffey	-0.5	10.01
<u>M85</u>			
2	Jim Sinclair	-0.5	11.22
<u>100m</u>			
<u>W60</u>			
4	Vivienne Cash	0.7	16.06
<u>M40</u>			
4	David Chisholm	1.1	12.57
<u>M60</u>			
4	William Carr	0.7	14.05
<u>M75</u>			
1	Max Brook	1.2	16.27
<u>M80</u>			
1	Leo Coffey	3.1	16.66
<u>M85</u>			
1	Jim Sinclair	3.1	17.89
<u>200m</u>			
<u>W60</u>			
4	Vivienne Cash	2.0	32.94
<u>M40</u>			
5	David Chisholm	2.4	25.44
<u>M55</u>			
3	Terry Hicks	1.3	27.11
<u>M85</u>			
1	Jim Sinclair	1.6	39.08 R
<u>400m</u>			
<u>M35</u>			
3	Leigh Browell		1:03.70
<u>M40</u>			
3	David Chisholm		57.07
<u>M60</u>			
5	William Carr		1:09.80
<u>M75</u>			
2	Max Brook		1:15.02
<u>M80</u>			
1	Leo Coffey		1:40.56
<u>M85</u>			
1	Jim Sinclair		1:40.80
<u>800m</u>			
<u>W65</u>			
1	Lavinia Petrie		3:01.14 R
<u>M35</u>			
3	Leigh Browell		2:24.37
<u>M40</u>			
3	David Chisholm		2:21.30
<u>M55</u>			
1	Terry Hicks		2:16.10
<u>M75</u>			
1	Max Brook		3:00.04
<u>1500m</u>			
<u>W55</u>			
4	Annette Pelgrim		6:21.99
<u>W65</u>			
1	Lavinia Petrie		5:58.89



<u>M75</u>			
2	Max Brook		6:36.22
<u>5000m</u>			
<u>W55</u>			
4	Annette Pelgrim		23:35.30
<u>W65</u>			
1	Lavinia Petrie		21:08.79
<u>80m Hurdles</u>			
<u>M75</u>			
1	Max Brook		1.1 22.61
<u>110m Hurdles</u>			
<u>M40</u>			
2	David Chisholm	-0.6	20.56
<u>300m Hurdles</u>			
<u>M75</u>			
1	Max Brook	-0.7	1:08.39
<u>400m Hurdles</u>			
<u>M40</u>			
2	David Chisholm	-0.4	1:05.85
<u>2000m Steeplechase</u>			
<u>W55</u>			
4	Annette Pelgrim		10:29.16
<u>W60</u>			
1	Heather Carr		10:01.66 R
<u>M75</u>			
1	Max Brook		10:41.70
<u>3000m Steeplechase</u>			
<u>M35</u>			
1	Leigh Browell		12:10.39
<u>3000m Track Walk</u>			
<u>W60</u>			
1	Heather Carr		15:45.20 R
<u>M35</u>			
1	Adam Patterson		18:55.01
<u>M75</u>			
2	Geoff Major		22:09.91
<u>5000m Track Walk</u>			
<u>W60</u>			
1	Heather Carr		28:08.52
<u>M35</u>			
1	Adam Patterson		32:25.80
<u>M60</u>			
1	Geoff Barrow		34:20.68
<u>M75</u>			
1	Geoff Major		39:06.96
<u>Long Jump</u>			
<u>M40</u>			
3	David Chisholm	-0.7	5.04

## Results - Oceania Masters Athletics Championships - continued

**Long Jump** continued

<b>M55</b>			
1	Terry Hicks	-2.6	4.97

<b>M65</b>			
2	Keith Howden	0.0	4.27
5	Peter Young	0.0	2.68

<b>M75</b>			
1	Max Brook	2.7	3.43

**High Jump**

<b>M55</b>			
1	Terry Hicks		1.43

**Triple Jump**

<b>M40</b>			
1	David Chisholm	0.0	10.14

<b>M60</b>			
1	William Carr	-3.1	8.03

<b>M80</b>			
1	Leo Coffey	1.4	7.30 R

**Shot Put**

<b>W60</b>			
3	Christine Schultz		9.46
9	Lorraine Mussett		6.00

<b>W65</b>			
1	Rhonda Dundas		8.49

<b>W75</b>			
2	Valerie Worrell		7.18 R

<b>M55</b>			
1	Stan Peska		12.46

<b>M65</b>			
1	Peter Young		11.37

	John Reynolds		8.97
5	David Wookey		8.89

9	Keith Howden		8.39
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**Discus**

<b>W60</b>			
1	Christine Schultz		25.82
8	Lorraine Mussett		13.97

<b>W65</b>			
3	Rhonda Dundas		21.24

<b>W75</b>			
2	Valerie Worrell		18.53

<b>M35</b>			
3	Leigh Browell		17.65

<b>M65</b>			
2	John Reynolds		31.85

9	David Wookey		23.95
10	Peter Young		19.52

**Javelin**

<b>W60</b>			
5	Christine Schultz		17.63
7	Lorraine Mussett		11.48

<b>W65</b>			
3	Rhonda Dundas		17.89

<b>W75</b>			
3	Valerie Worrell		12.87

<b>M55</b>			
2	Terry Hicks		36.78

<b>M60</b>			
1	Andrew Farr		42.89

**M65**

1	Peter Young	33.97
2	David Wookey	32.12
8	John Reynolds	20.94

**Hammer**

<b>W60</b>		
6	Lorraine Mussett	20.69

<b>W65</b>		
1	Rhonda Dundas	31.71

<b>W75</b>		
1	Valerie Worrell	28.10 R

<b>M35</b>		
3	Leigh Browell	13.48

<b>M65</b>		
3	John Reynolds	34.00

4	David Wookey	26.86
5	Peter Young	25.08

**Weight Throw**

<b>W60</b>		
1	Christine Schultz	26.56
7	Lorraine Mussett	8.28

<b>W65</b>		
2	Rhonda Dundas	12.22

<b>W75</b>		
1	Valerie Worrell	11.56 R

**Male - Weight Throw**

<b>M65</b>		
2	John Reynolds	13.22

4	David Wookey	11.15
5	Peter Young	11.11

**Throws Pentathlon - Total Points**

<b>W60</b>		
1	Christine Schultz	3305
8	Lorraine Mussett	1805

<b>W65</b>		
1	Rhonda Dundas	3546

<b>W75</b>		
2	Valerie Worrell	3694

<b>M65</b>		
1	Peter Young	3106

4	John Reynolds	2837
5	David Wookey	2678

**Cross Country**

<b>W55</b>		
6	Annette Pelgrim	45.40

<b>W60</b>		
1	Heather Carr	43.01

<b>W65</b>		
1	Lavinia Petrie	38.42

<b>M35</b>		
4	Leigh Browell	35.22

**Pentathlon - Total Points**

<b>M55</b>		
1	Terry Hicks	3166

<b>M75</b>		
1	Max Brook	1563

# Results - Oceania Masters Athletics Championships - continued

## 10km Road Walk

**W60**

1 Heather Carr 56:15.0

**M35**

1 Adam Patterson 1:11:27.0

**M75**

2 Geoff Major 1:16:27.0

## Half Marathon

**W55**

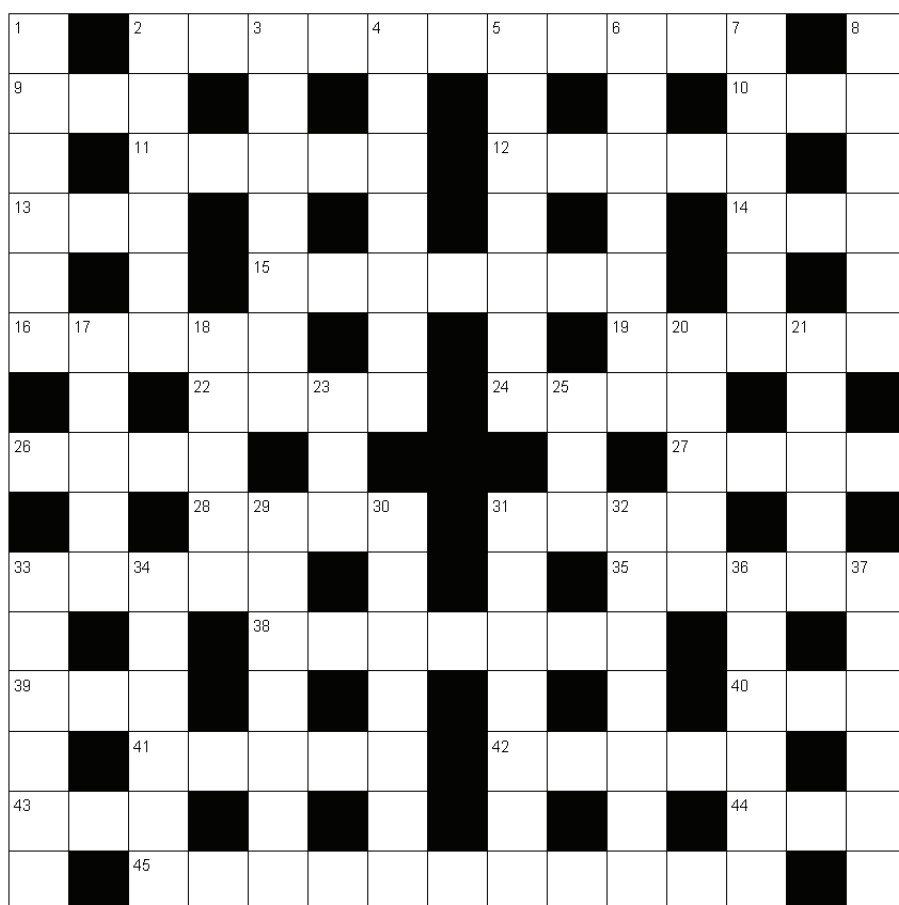
2 Annette Pelgrim 1:52.48

**W60**

3 Heather Carr 1:53.08

**W65**

1 Lavinia Petrie 1:40.10 R



## Down

1. Rogue
2. Grinding tool
3. Supervise
4. Perspective
5. Vapid
6. Attributes
7. Vault
8. Notch
17. Inlet
18. Vigorous
20. Goddess
21. Athlete (winner of nine Olympic gold medals)
23. Bird
25. Mineral
29. World female athlete of the year
30. Insignia
31. Renaissance
32. Cleaning preparation
33. Athletic
34. Slumbering
36. Jangles
37. Contracts

## Across

2. Close result
9. Star
10. Ossuary
11. Body fluid
12. Splendid
13. Insect larva
14. Female animal
15. Athletic event
16. Bird
17. Occasion
22. Smoke
24. Portion
26. Queen
27. Nimble
28. Ridge
31. Repose
33. Quiver
35. Garb
38. Analysis of equations
39. Olein
40. Ophidian
41. Canvas support
42. NT river
43. Dead heat
44. Stray
45. Athletic contests



## Victorian Masters Athletics Inc. - Venue Managers

Venue	Manager	Address	Phone
<b>Aberfeldie</b>	Rob Waters	5 Bellevue Court, Maribyrnong 3032 enrwaters@iprimus.net.au	9318 3802
<b>Altona</b>	Peter Buissink	7 Sommers Drive, Altona Green 3028 peter.buissink@tollgroup.com	9360 7513 0419 357705
<b>Coburg</b>	Neville Wilson	11 Prospect Road, Rosanna 3084 nlw@melbpc.org.au	9459 7827
<b>Collingwood</b>	Peter Gaunt Heather Gaunt	38 King Street Fitzroy North 3068 peter.gaunt@darebinlibraries.vic.gov.au	94868084 9481 9557 Wk. 0447 068084
<b>Croydon</b>	Ken Walters Pam Tindal	7 Waters Avenue, Upper Ferntree Gully 3156 jandkwalters@bigpond.com 9 Yallambee Way, Croydon martynti@bigpond.net.au	9753 5661 9723 3271 0416006583
<b>Doncaster</b>	Richard Trembath Graham Walter	P.O. Box 294, Greensborough 3088 tenek@bigpond.net.au	9431 6963 9736 4433
<b>East Burwood</b>	Alan Lucas Peter Dodgshun	29 Mclver St, Ferntree Gully 3156 lucasar2004@yahoo.com.au peterdodgshun@optusnet.com.au	9758-9345 0424 012 344
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<b>Springvale/ Noble Park</b>	Alan Bennie Anthony Doran	75 Bertrand Avenue, Mulgrave 3170 alanbennie@optushome.com.au anthonyjdoran@y7mail.com	9547 2978 9547 7320
<b>Throwers</b>	Graeme Rose Ken Priestley	71 Union Road, Surrey Hills 3127 grarose@yahoo.com knjoy@bigpond.net.au	9836 2350 0417 134 601

## Victorian Masters Athletics Inc.

## Venues

<b>ABERFELDIE Athletic Track</b>	Aberfeldie Park, Corio Street, Moonee Ponds <b>Wednesday nights, 7 - 9pm</b>	Melway 28 D6
<b>ALTONA Athletic Track</b>	George Nevitt Reserve, Sugar Gum Drive, off Civic Parade <b>Tuesday nights, 6.30 - 8.30pm in daylight saving, Sunday in winter - 2pm Every Second Sunday - Different venue</b>	Melway 54 G9
<b>COBURG Athletic Track</b>	Harold Stevens Athletic Field, Outlook Road, Coburg <b>Thursday nights, 7 - 9pm</b>	Melway 18 A9
<b>COLLINGWOOD Athletic Track</b>	George Knott Reserve, Heidelberg Road, Clifton Hill <b>Tuesday nights, 7 - 9pm</b>	Melway 30 F12
<b>CROYDON Athletic Track</b>	Behind Arndale Shopping Centre, Mt.Dandenong Road, Croydon <b>Tuesday nights, 7 - 9pm</b>	Melway 50 K5
<b>DONCASTER Athletic Track</b>	Rieschieks Reserve, George Street, East Doncaster <b>Monday nights, 7.30pm</b>	Melway 33 J11
<b>EAST BURWOOD Athletic Track</b>	Burwood Road, opp. Mahoneys Road, behind basketball stadium <b>Thursday nights, 7 - 9pm</b>	Melway 62 C7
<b>FRANKSTON Athletic Track</b>	Ballam Park, Bananee Terrace, Frankston <b>Thursday nights, 7 - 9pm</b>	Melway 103 B4
<b>GEELONG Athletic Track</b>	Landy Field, off Barwon Terrace, Geelong <b>Wednesday nights, 6 - 8pm</b>	Melway 228 C7
<b>GLEN EIRA Athletic Track</b>	Duncan McKinnon Reserve, cnr North Road & Murrumbeena Road <b>Tuesday nights, track events, 7 - 9pm. Sunday, field events</b>	Melway 68 K9
<b>KNOX Athletic Track</b>	Bunjil Way, off Ferntree Gully Road, Scoresby <b>Wednesday nights, 7 - 9pm</b>	Melway 73 D7
<b>MENTONE Athletic Track</b>	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 Athletic Track</b>	Truemans Road, Tootgarook (off Nepean Hwy), <b>Wednesday nights, from 6 pm in daylight saving, Sunday in winter - 9am</b>	Melway 169 E6

## Victorian Masters Athletics Inc.

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