



The Newsletter of Victorian Masters Athletics Inc.

footprints

March 2010

www.vicmastersaths.org.au



SUPERSTAR MARGE WINS THE LANDY

Story P.6

STOP PRESS

**VMA Championships now
to be held at Duncan
McKinnon Res. not Box Hill.
Changes to throws dates &
times on website.**

Photo by John Spry



I was pleased that I attended the Venue Managers' Think Tank last month. It was a chance to gauge the thinking of the people who put so much effort into our club. A lot of good points were raised (*see Russell Oakleys' report on PageXX*) - but the key topic remains how to increase our membership *and* strengthen our numbers in the younger age groups.

At the risk of sounding like a broken record (does a broken C.D. keep repeating itself too?), I believe it is incumbent on all of our members to be recruiting agents and welcoming parties.

We are moving into the time of year I like best in Masters Athletics, the State and National Championships. You know, you don't have to be an elite athlete to go in these meetings. They are tremendous fun, you get to meet people from other venues or other States.

Unfortunately, by the time the print copy of this newsletter arrives in the mail, the entries will be closed for the Victorian and Australian Championships. Those who look at Footprints on the web may have a day left to enter before the closing dates on the 4th and 5th of March, respectively.

On 18th April we have our A.G.M., and elections will be held for Office Bearers. We need participation. There are vacancies on the Committee and most importantly, we need someone to take over the Secretary's role as Ashley Page is vacating the role. This is a vital position, and we need someone with organisational skills to step up. We are asking you nicely. Don't make us "dragoon" you.

RUSSELL DICKENSON

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Athletes moving into a New Age Group



Marge Colthup	into W85+
Vern Gerlach	into M85+
Leo Coffey	into M80+
James Crawford	into M75+
Val Worrell	into W75+
Peter Boyle	into M70+
Julian Jacotine	into M70+
Ted McCoy	into M70+
Emily May Ward	into W70+
John Abel	into M60+
Roger Glass	into M60+
William Turner	into M60+
Michael Duckworth	into M55+

Diane Brimacombe injured in Hammer Throw Accident.



This is a report from the Athletics Victoria Website on 22 January 2010 -

"Athletes Victoria was this morning devastated to learn of serious injuries sustained to a highly-valued member, as a result of an unfortunate accident during AV Shield competition, last night. Coburg Harriers Athletic Club member and athlete Diane Brimacombe, was assisting with the hammer throw competition at Moonee Valley Athletics Track, when she was struck in the side of the head, by a hammer which had been thrown out of bounds. Mrs Brimacombe was immediately administered first aid before being transported promptly by ambulance to the Alfred Hospital, where she underwent surgery to manage the injuries sustained in the accident. Mrs Brimacombe is currently undergoing treatment and monitoring to manage her condition. Athletics Victoria wishes to convey its sincere and heartfelt well-wishes to Mrs Brimacombe and her family. As many of you may know, Diane Brimacombe is the mother of Australian Olympic and world championship representative sprinter Steve Brimacombe."

We have since heard that Diane is making steady progress, she is staying in the rehab section of Caulfield General Medical Centre, getting up several times a day for physio and walking sessions. She is alert and remembering events from the past.

Diane is a valued member of our Coburg venue and of Coburg Harriers and has been untiring in giving friendly assistance in both clubs over a long time. All V.M.A. members wish her the best for her recovery.

What's On

- March 14 - VMA Track Relay Champs (4x100m & 4x400m) & Throws Pentathlon
From 1pm, Duncan MacKinnon Reserve, Murrumbeena. Melways 68 K9
- March 20 - 21- VMA T&F Championships - ~~Hagenauers Reserve, Box Hill.~~
NOW - Duncan MacKinnon Reserve, Murrumbeena. Melways 68 K9
- April 2 - 5 - AMA T & F Championships - Perth
- April 11 - 8.30am - VMA 5000m Walk Championsip - George Knott Reserve,
Heidelberg Rd., Clifton Hill. Melways 30 F12
- April 18 - VMA 3000m. Championships - Duncan MacKinnon Reserve, Murrum-
beena. Melways 68 K9
- April 28 - 7.15pm Peter Colthup 5 Mile H'cap - Dolamore Reserve, Mentone
Melway 87 B6
- May 18 - 7.15pm VMA 10000m. Champs - George Knott Reserve, Clifton Hill.

Thanks Ashley

As we mentioned in our editorial, Ashley Page is retiring from his position of Secretary of VMA at the Annual General Meeting in April and a replacement is needed. Ashley has been a member of Masters since 1996 and has acted as Secretary for 4 years. I am personally grateful to Ashley for the help he has given me with this newsletter over the past year and all members should thank him for his work as Secretary.



We're always happy to show a bit of skin here at Footprints. Unfortunately the best we could do this time was to show Croydon's Tony Dell winning the "Undies Run" at the Portsea Twilight Run last year. Sadly, Tony lost his title this year to some young exhibitionist. Those ghastly things Tony is wearing are promoting the Richmond Football club. Well, he is known as "Tiger Boy".

Arrivederci Anand and Kelly

It's not goodbye because they'll be back, but still we're sorry to see Anand Thillaisundaram and Kelly Davidson go back to the U.K.

Anand, an anaesthetist, has a further year of medical studies to do before he continues to "knock out" Australian patients. Kelly is a nurse, and has endeared herself to all who have met her.

They've proven to be super popular members of both V.M.A. and V.R.W.C. with Anand choosing to represent Australia at the World Masters Games instead of his native Scotland. Naturally, being an "Aussie", he won Gold.

Anand is pictured at right in Sydney at the World Masters Games comparing Gold Medals with Pam Tindal.



Got some stories or news from your venue ? - Let me know !

NEW MANAGER AT ALTONA VENUE



Peter Buissink has taken over as Venue Manager at Altona from Stan Belcher. Peter, soon to turn 51, has been competing at Altona venue since 1994 when he was 34. Stan will continue competing at the venue and will help Peter settle into the role.

The 5k VMA Walk Championship to be held on Sunday 11 April will be held at the Collingwood venue. The womens race is scheduled for 8.30am and the men at 9.15am. These events will be followed by VRWC races at 10.00am and 10.40am.

Karen Archer and Ken Walters were re-elected joint Venue Managers unopposed at Croydon Venue last Week.
Colin Thompson was also re-elected Venue Treasurer unopposed

The Landy Trophy - Run at Doncaster Venue - February 15

For the fourth time in the past five years a visiting Queenslander has taken Australian Masters' Athletics' most prestigious event, The Landy Trophy, run at Rieschiecks Reserve in Doncaster on the night of February 15.

This time it was Marge Allison, a multiple World Champion and multiple world record holder, who became the event's second interstate winner following the success of champion Hugh Coogan, who won it three times in a row from 2006 to 2008.

While Coogan still holds the three fastest times recorded in a Landy final, Allison recorded 45.34 seconds for the age-graded 400 metres to be next best in the event's 11 year history.

Allison also became only the second woman to win The Landy, following the success of Jan Morrey in the first running of the event, in 2000.

The Landy Trophy is a heats and final event run from marks calculated under the universally accepted Age-Graded Percentage Scale, which makes allowance for age and gender. All competitors run a 200 metre heat and a 1000 metre heat with points awarded for finishing positions determining the finalists.

Allison led throughout to score from East Burwood athlete Ron Arthur (47.26), who had previously finished second in the 2005 final. Canberra visitor John Lamb (47.58) finished third, as he did in his Landy debut last year.

While Allison, starting from the 128 metre mark, recorded brilliant time, her mark was only marginally better than the 45.97 returned by 80-year-old veteran Leo Coffey (142m), who led throughout to take the Consolation after having missed qualifying for the final by one point. Coffey has never run in a final but has now won the Consolation twice.

Doncaster pair Tony Keeghan (40m) and Kevin Bates (40m) fought out the finish of the Young Guns final with backmarker Danny Hecker coming from 13 metres to be a fast-finishing third.

The inter-venue trophy, The Landy Shield, was won by East Burwood with 62 points, from Doncaster (49) and the previous holders, Collingwood (45). East Burwood's principal contributors were Ron Arthur, Leo Coffey and Wayne James.

The other feature on the program, the Doncaster Dash, for members of Doncaster Little Athletics, was won for the second successive year by scratchmarker Wesley Spargo, who got up in the last couple of strides to beat Samantha Galagher (11m) and Jimmie Gladman (2m).

In the absence of the club's patron, Australian athletics icon John Landy, who was interstate, the trophies were presented by 2004 Athens Olympian Haley Field (nee McGregor) and dual Commonwealth Games representative Sonia Brito.

THE LANDY TROPHY

FINAL: Marge Allison (Qld) (128m) 1; Ron Arthur (102m) 2; John Lamb (ACT) (69m) 3; Colin McCurry (69m) 4; Kathy Heagney (97m) 5; Lavinia Petrie (128m) 6; Ron Scholes (54m) 7; Greg Whitecross (54m) 8. Time 45.34s.

CONSOLATION: Leo Coffey (142m) 1; Bob Wishart (85m) 2; Peter Lamb (69m) 3; Russell Oakley (102m) 4; Marg Tweedie (85m) 5; Mark Crawford (40m) 6; Peter Bence (69m) 7; Wayne James (26m) 8. Time 45.97s.

YOUNG GUNS: Tony Keeghan (40m) 1; Kevin Bates (40m) 2; Danny Hecker (13m) 3; Tony Dell (26m) 4; Graham Walter (40m) 5; Brad Goodings (26m) 6; Shane Derby (26m) 7. Time 53.42s.

DONCASTER DASH: Wesley Spargo (Scr) 1; Samantha Galagher (11m) 2; Jimmie Gladman (2m) 3. Time 11.94s.

The Landy Trophy (continued)



Landy Trophy winner Marge Allison of Queensland with placegetters John Lamb (A.C.T.) 3rd., and Ron Arthur (Victoria) 2nd.



Make new members





Our last edition

VENUE MANAGERS THINK TANK

The meeting at Duncan McKinnon Reserve on 7th. February gave Venue Managers or their representatives a chance to discuss how to progress VMA into the new decade.

After a general session outlining the purpose of the meeting, participants broke up into groups to discuss strategies that could be implemented to further enhance the growth of our Club.

During the luncheon break, provided by the Club and catered for by Alan Lucas-many thanks Alan for a tasty lunch- there were animated conversations of what issues had been discussed by the various groups.

By the end of the meeting, a number of common themes

emerged. They are as follows:-

- Commission market research into ways of attracting more members, especially in the younger age groups.
- A Promotions Co-Ordinator who could find sponsorship, promote VMA and work with the findings of the market research.
- Promotional material that could be used at in such places as fun runs, Municipal Libraries, Fitness Centers etc.
- Liaison with country athletic clubs to point out the benefits of being a VMA member.
- Mentoring new or prospective members at Venue level to ensure they do not drift away.
- Regionalization. Venues in common geographical areas combine for special events e.g. Eastern Region Relay Championships.
- Improved communications between members and the VMA.
- Local Publicity Officers.
- Signage at Venue grounds promoting VMA.
- Associate Membership. See article on By Law change.
- Articles on training etc for older athletes.

All of these issues were tabled at the last Committee meeting on February 22nd and will be acted upon in the coming months.

If members have any thoughts on the above or any other issues, please contact any member of the Committee.

I would like to thank all those members who were able to participate as your input was most welcomed and highly valued.

Russell Oakley

BY LAW CHANGE

At the meeting on 22February, the Committee changed the By Law concerning the age of Associate members. **The new age range is from 18 to 29 years of age.**

The lower age limit has been raised to eliminate the need for officials or other adult helpers to obtain a Working With Children clearance.

NOTE

The issue of children competing at Venues is a contentious issue because of two points.

1. Officials without Working With Children clearance.
2. Lack of competition experience with adults and the possibility of track accidents.

The above two issues are for consideration/discussion only and not to be taken as an official VMA position .

Russell Oakley

VALE JOHN POTTAGE 1924-2010

One of the first members of the then Victorian Veterans Athletics, John passed away on Thursday 4th. February 2010.

John joined the Veterans in 1975 after competing with the Melbourne University Athletics Club. During his time in athletics, John held the Australian Record for the 20 Mile run and represented Australia in 6 miles and the Marathon at the 1950 Empire Games in Auckland , New Zealand.

He became involved in the Victorian Walkers Club in the early 1960's and competed in the World Veterans Athletics Championships in Toronto in 1975 where he was placed 2nd. In the 50K walk and officially 4th, in the 10 K.

Dr. John Pottage was a highly esteemed former member of the Department of History & Philosophy of Science at the University of Melbourne.

Sadly missed by his family and friends.



BlackSwan Event
FINANCIAL PLANNING

AUSTRALIAN MASTERS ATHLETICS CHAMPIONSHIPS

2 – 5 April 2010

WA Athletics Stadium, Underwood Avenue, Mt Claremont

Conducted on behalf of Australian Masters Athletics Inc by Masters Athletics WA Inc

OFFICIAL ENTRY FORM

(On-line entry will be available at www.australianmastersathletics.org.au)

To enter, you must be a financial member of a registered Australian or overseas masters club. Please circle your club:

ACT NSW Qld SA Tas Vic WA

Overseas Masters Club _____

Surname..... **Preferred Given Name**

Date of birth **Sex** **Age as at 2 April 2010**

Address.....

.....**State**.....**Postcode**.....

Phone.....

Email (print clearly).....

I will wear the approved uniform of the above mentioned club.

ACT, NSW, Tas, Vic and WA – current uniform only

Qld and SA – current and previous uniform only

Signature

Failure to wear the correct uniform may result in disqualification

Athletes at AMA Championships may be subject to drug testing.

Refer to AMA handbook for Therapeutic Use Exemptions (TUE) requirements.

WAIVER

I hereby declare that I am in good health and will be properly conditioned for the events I have entered. I absolutely relieve Masters Athletics WA Inc, Australian Masters Athletics and all other parties in any way involved in the conduct of AMA National Championships of 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 understand that my entry fee will not be refundable under any Act of God conditions causing the cancellation of the event or part of the event. 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 event.

Signature **Date**

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

Payment details

AMA and MAWA administration fees	\$40
Event fees: Number of events entered @ \$10 each	\$
Award dinner *: Number of guests attending @ \$65 each	\$
Results booklet @ \$10	\$
Merchandise order: Please circle shirt size	
Men's Championship T-shirt @ \$28 S M L XL XXL	\$
Women's Championship T-shirt @ \$28 8 10 12 14 16 18	\$
Men's Championship Polo-shirt @ \$32 S M L XL XXL	\$
Women's Championship Polo-shirt @ \$32 8 10 12 14 16 18	\$
Total	\$

* Beer, wine and soft drinks included

Payment details: Please mark

- ☐ Cheque payable to MAWA
- ☐ Money Order
- ☐ Credit card Visa Mastercard (please circle)

Card Number.....

Name on card..... Expiry Date

Signature.....

We cannot accept cash via mail

Refunds

Entry fee: Prior to the closing date of **Friday 5 March 2010** competition fees are refundable less a 20% handling fee. After the closing date, no fees are refundable.

Confirmation of Entries

Confirmation of accepted entries and the events entered will be provided to all entrants. A programme-of-events booklet will be supplied to all entrants. Race packs will be available at check-in from noon Thursday 1 April at the stadium.

EVENT ENTRY FORM

Mark with 'X'	Event	Eligible Age Groups	Day of Event	Best Recent Performance (for events boxed only)
	60m	All	Fri	
	100m	All	Fri	
	200m	All	Sat	
	400m	All	Sat/Sun	
	800m	All	Fri	
	1500m	All	Sat	
	5000m	All	Sun	
	10000m	All	Fri	
	2000m Steeple	M60+ W30+	Sat	
	3000m Steeple	M30-59	Sat	
	80m Hurdles	M70+ W40+	Sat	
	100m Hurdles	M50-69 W30-39	Sat	
	110m Hurdles	M30-49	Sat	
	200m Hurdles	W70+, M80+	Sun	
	300m Hurdles	M60-79, W50-69	Sun	
	400m Hurdles	M30 -59 W30-49	Sun	
	1500m Walk	All	Fri	
	5000m Walk	All	Sat	
	10km Road Walk	All	Mon	
	8km Cross Country	All	Mon	
	High Jump	All	Sat	
	Long Jump	All	Fri	
	Triple Jump	All	Sun	
	Pole Vault	All	Sun	
	Shot Put	All	Fri	
	Discus Throw	All	Sat	
	Javelin Throw	All	Sat	
	Hammer Throw	All	Fri	
	Weight Throw	All	Mon	
	Throws Pentathlon	All	Sun	
	Outdoor Pentathlon	All	Mon	

Race Walks: All Race Walk events will be judged according to IAAF Rule 230.

"Race walking is a progression of steps so taken that the walker makes contact with the ground, so that no visible [to the human eye] loss of contact occurs. The advancing leg shall be straightened [i.e. not bent at the knee] from the moment of first contact with the ground until the vertical upright position."

NB: The 20km Road Walk Championships event will be held as a separate competition from 2010.

Running Events: Competitors in running events must make a genuine attempt to run the event.

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. Failure to do this will result in disqualification.

Steeple chase: Normal IAAF rules now apply.

Pole Vault & High Jump: Both feet must be off the ground during the vault or jump. 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.

Throws: A two handed release must be used to throw the hammer and weight.

VERIFICATION OF ENTRIES

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

EVENTS:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____

ENTRIES CLOSE Friday 5 March 2010 (Late entries will not be accepted)

Entry is available on-line at www.australianmastersathletics.org.au. Athletes are encouraged to use the on-line facility, as it reduces data entry and minimises errors. **If mailing, please allow sufficient mailing time to ensure that your entry reaches the Championships Registrar before the closing date.**

Entries should be sent to: The Championships Registrar
Barbara Blurton
6 Curran Court
Kalamunda WA 6076
Phone: 08 9293 0190
Email: vetrunners@optusnet.com.au

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 for entry fees, merchandise and functions included?
- ☞ Declaration and waiver completed & signed?

PRIVACY STATEMENT

In this Privacy Statement, "personal information" has the same meaning as in the Privacy Act 1988. Australian Masters Athletics (AMA) and Masters Athletics WA (MAWA) are committed to protecting the privacy 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 Athletics events.

MAWA may disclose some of the information you provide to external service providers who have been contracted to supply printing and the dinner etc, but only for the purpose of processing your requirements. You have the right to access any personal information held about you and you may request the correction of any inaccurate information via the secretary of MAWA. For more information on the AMA Privacy Policy please visit their website at www.australianmastersathletics.org.au.



V.M.A. Legend No.3 *Jack Gubbins*

Jack with Tony Doran



Is Jack Gubbins an all-rounder ? Is Peter Garrett's ceiling insulated ?

Springvale venues' Jack Gubbins has an incredible sporting history. Finally pulling the pin at 44 years of age after 29 seasons of Aussie Rules, Jack turned to tennis. Still, he reckons he could have played footy for 5 more years.

Tennis then became Jack's sporting outlet playing competition for nearly 20 years until he found it was interfering with his triathlon training. *Triathlons ? Let's double back.*

Jack started running in the 70's in the first Age/Coca Cola fun run from Flinders Street to Brighton Beach. Like so many of us, Jack got hooked on fun runs, doing many, including beating the Puffing Billy in the first GTR.

In 1978, when he was 48, his workmate Stan Miskin talked Jack and another friend into entering a team in the first Big M Marathon. This led Jack to become enthusiastic about marathons and soon he was doing up to 5 a year averaging about 3 ½ hours, but the most pleasing was when in 1989 at the age of 60, he ran 3.28 to win the Vet's 60-64 category.

Having joined Vets in about 1984, Jack became a regular participant in Vets/ Masters events until the present.

In 1981 Jack's entry into the South Melbourne Marathon missed the cut off, and having seen an advertisement for a swim/bike/run event to be run by Nautilus billed as "Who is Australia's Super Sport", Jack decided to make use of the training he had done and enter what turned out to be the first Triathlon ever run in Victoria. As a fan of the Hawaiian Ironman event, he had fantasized about doing it. The Nautilus event was only about a third of the length of the Ironman, but still challenging enough. It was only 17 days before the triathlon that Jack found

V.M.A. Legend No.3 - Jack Gubbins (continued)

out he had missed the marathon cut off and he hadn't swum for some time and not ridden a bike for 30 years.

He went to the pool to see if he could swim a kilometer. He could. He then stripped the mudguards of his son's bike and set out on a daily program of swimming a kilometer and cycling 16 km., but no running. Naturally, Jack completed the race. Unbeknown to him at the time, Peter Battrick was also in the field and now remains the only original triathlete still competing. From that day, Jack was a triathlete and balanced marathons in the winter and triathlons in the summer, throwing in two 100km. events in which he *only* completed 86 & 84km. respectively. Counting those as marathons together with the marathons completed during ironman events, Jack has done a total of 75 marathons. *Phew !*

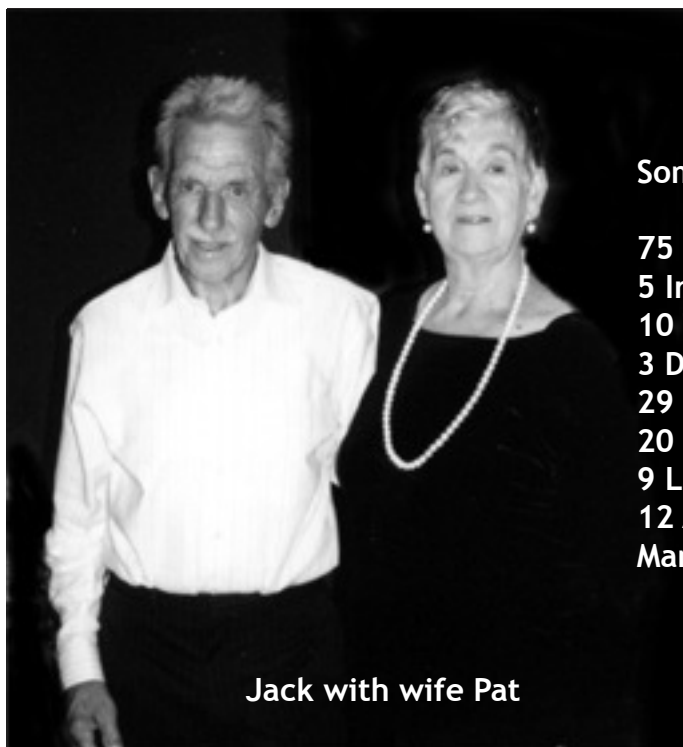
For those of you who don't know the full Ironman event is a 3.8km. swim followed by a 180km. bike ride followed by a full marathon. Jack has done 5 of these. The elite younger athletes take over 8 hours to do it, and Jack says "...you are waiting for dawn to break, so that the swim can start, knowing that you will still be doing the event when night falls and you say to yourself "what am I doing here, I must be an idiot". You dismiss these thoughts and just concentrate on the swim".

A benefit of being a triathlete has been the travel. Jack and his wife Pat have been to Mexico ; New Zealand (twice each); Canada; U.S.A.; Switzerland; Germany and Portugal to compete in World Triathlon Championships. The trip to Portugal resulting in a Gold medal.

Jack had one hip replacement in 2008 and the other in 2009, and hoped to be back running in six months, however he appears to have damaged muscles by exerting himself immediately after having a transfusion to limit bone bleeding.

Anyone want to bet that Jack won't be back running and doing short triathlons ?

Not me.



Jack with wife Pat

Some of Jack's Achievements

- 75 Marathons
- 5 Ironman Triathlons
- 10 Triathlon World Championships
- 3 Duathlon World Championships
- 29 seasons of Australian Rules
- 20 years Competition Tennis
- 9 Lorne Pier to Pub swims
- 12 Around the Bay Bike rides
- Many 9 and 18 day bike tours with family

V.M.A. T & F Pentathlon Championships 2010

Duncan McKinnon Park - 21/2/2010

Women

Age	Name	Points	Events					Place
			100m.	SP	LJ	JT	800m.	
W40	Sharyn Hunter		14.48	7.09	4.10	30.28	2.54.0	
		2489	631	419	431	536	472	1
W45	Cathy Orelli		15.40	6.46	3.28	17.60	3.06.10	
		2083	620	432	274	324	433	1
W60	Heather Carr		18.28	5.86	2.43	17.21	3.10.0	
		2505	579	518	208	477	723	1
W60	Bev Learmont		17.64	5.84	2.79	14.37	4.18.0	2
		2080	657	516	324	384	199	

Men

Age	Name	Points	Events					Place
			LJ	JT	200m.	DT	1500m.	
M40	David Lenehan		6.02	26.95	25.18	20.42	4.54.0	1
		2782	739	305	752	280	706	
M40	Danny Hecker		5.24	31.56	25.81	23.07	4.48.0	2
		2697	548	379	698	330	742	
M45	Tony Dell		4.33	20.39	28.59	16.43	4.55.0	1
		2198	402	230	560	221	785	
M50	Kevin Bates		4.07	24.87	27.53	27.51	5.32.0	1
		2517	402	325	717	417	657	
M50	Graham Walters		4.17	26.54	28.68	19.93	5.35.0	2
		2324	427	355	630	271	641	
M50	Chris Brown		4.02	26.29	28.40	16.59	6.06.0	3
		2088	390	350	651	209	488	
M50	Mark Cauchi		4.06	39.13	32.68	26.94	6.45.0	
		2082	400	589	365	405	323	
M55	David McConnell		4.07	17.88	26.85	22.13	5.51.0	1
		2541	473	231	847	354	636	
M55	Frank Prowse		3.31	20.93	30.91	15.20	5.21.0	2
		2121	280	291	545	211	794	
M55	John Neale		3.69	25.32	31.47	25.46	7.07	3
		1993	373	379	508	424	309	
M55	Tas Maniatakis		2.93	24.23	41.69	24.58	8.02.0	4
		1149	195	357	50	406	141	
M60	Denis Aspinall		4.19	35.39	27.09	31.74	5.40.0	1
		3462	593	624	902	577	766	
M60	Peter Lamb		4.59	26.02	27.72	21.26	6.09.0	2
		2962	723	421	851	345	622	
M60	Bill Carr		3.30	14.71	29.53	19.22	6.53.0	3
		1964	335	185	713	302	429	

V.M.A. T & F Pentathlon Championships 2010 (continued)

Age	Name	Points	Events					Place
			LJ	JT	200m.	DT	1500m.	
M65	Andrew Fraser	1565	3.02 326	17.52 284	34.24 471	19.60 358	8.50.0 126	1
M70	Max Brook	2609	3.02 628	17.52 216	34.24 671	19.60 366	8.50.0 728	1
M70	Don Chambers	2435	4.05 778	21.83 415	30.59 794	20.64 448	dnf 0	2
M70	George Christodolou	1580	2.44 227	18.94 343	41.08 209	19.66 421	7.42.0 380	3
M70	George Symons	1071	2.40 215	16.27 277	41.79 182	18.81 397	dnf 0	4
M75	Wyvern Burke	1049	2.19 215	17.54 374	52.88 10	18.06 450	dnf 0	1



Sick Pack



VICTORIAN MASTERS ATHLETICS INC.

ANNUAL GENERAL MEETING

SUNDAY 18 APRIL 2010

Notice is hereby given that the 38th Annual General Meeting of the Victorian Masters Athletics Inc. will be held at the Duncan McKinnon Reserve, Cnr. North Road and Murrumbeena Road, Murrumbeena on Sunday 18 April 2010 commencing at 12.00 noon.
(6.1)

AGENDA

- 1 Confirm minutes of last preceding AGM and of any general meeting held since that meeting. (6.4(a))
- 2 Presentation and receipt of the Annual Report and audited financial statement. (6.4(b))
- 3 Ballot for the election of officers of the Association and the ordinary members of the Committee. (6.4(c))
- 4 Receive and consider the statement by the Association in accordance with S30(3) of the act. (6.4(d))
- 5 Election of auditor(s) (6.4(e))
- 6 Declaration of the result of the election ballot of (named) Executive positions of the Committee.
- 7 Declaration of the result of the election ballot of members of the General Committee
- 8 Declaration of the result of the election of other Executive positions of the Committee.
- 9 Election of Life Members.
- 10 Presentations of special awards, trophies etc.
- 11 Other general business of which notice has been duly given.

Note: references in brackets above indicate the relevant clauses of the Constitution.

NOMINATION OF CANDIDATES

VICTORIAN MASTERS ATHLETICS INC.

Clause 21 of the Constitution states that nominations of candidates for election as officers of the Association or as ordinary members of the Committee shall be made in writing, signed by two members of the Association and accompanied by the written consent of the candidate and shall be delivered to the Secretary of the association not less than 7 days before the date fixed for the holding of the annual general meeting.

To nominate a candidate please complete the details below and forward to the Secretary by post to Ashley Page, 3/40 Potter Street, BLACK ROCK 3193 or by email to apa16161@bigpond.net.au before 11 April 2010.

Candidate : Name.....

Office (please indicate) President, Vice President, Treasurer, Secretary, Assistant Secretary, Club Captain, Club Vice Captain, Ordinary member of Committee, Any of the above.

Proposer; Name.....

Signature

Date

Seconder Name.....

Signature

Date

Consent of Candidate : I consent to the above nomination

Name.....

Signature

Date

Ron Boyne Retires at 76 !!

(But not from running)



Ron practising for his retirement at his daughter's home in Murray Bridge

I was surprised when I found out that Croydon's Ron Boyne was still working close to full time at age 76! Well, Ron told me the other day that he had finally retired and reckons it's great.

Ron went to Collingwood Tech before going on to an apprenticeship as an Electrical Fitter. After 7 years, he was invited to join the drawing office and learnt the skills that he would use for the rest of his working life. Ron also attributes the values he learnt in the scouting movement as being most important in his life. Ron had spent 21 years with Johns and Waygood before leaving to join Malcolm Moore as Chief Draftsman.

In 1956, Ron married Barbara and had two daughters, in 1960 and 1963, and looking to establish a new family pastime, helped build a ski lodge at Mt. Hotham. Strangely, this led Ron into running. After a days skiing, he was told he had looked like he was going to have a heart attack. In Ron's words "So the next week it was on with some shorts and Dunlop Volley's and off I went out the front gate. Got a full 100 yards before I had to stop, another heart attack coming on! By this time I had also changed my employment to work for ACI Insulation as chief draftsman, this was 1976 and one of the Draftsman was Keith Styles. Keith was already running and did the first Melbourne marathon so after I started to roam the streets he persuaded me run the last half of the 1980 marathon to help him break 3.30 hours. He didn't, but it made me think

that I would like to try and see if I could run a full marathon. So in April 1981, I went to Halls Gap for the run. I ran most of the way with Andrew Tunne, also in his first and I think only marathon. At the finish I felt surprisingly good and decided I would try one more and run it a bit faster. It was while I was roaming the streets readying for the second marathon that I met Dot Browne doing a training run and she invited me to visit the Vets at Croydon. What a mad, great bunch of runners, too many to name, but some are still with us namely Ken Walters and Frank Tutchener.

In 1989 I decided I would leave ACI and contract my services direct to engineering clients. From then I have been under contract with only a rare break or two. I finally retired on February 2 2010. What to come, more marathons to build on the 38 already completed. Skiing during the winters with the daughters and grandchildren. Home renovations including a Kitchen update and maybe if I have time, a veggie patch. Heck there will be no time to contract my services now".

Surely, that's enough work, Ron.

NEW RECORDS REPORT

By Clyde Riddoch - VMA Records Officer - Email clyderiddoch@msn.com

Age	Event	Name	State	Performance	%Std	Date	Location
Pending World Records:							
W60	3k Walk	Heather Carr	Vic	15:30.7	92.7%	21-1-10	Frankston
Australian Records:							
W65	800m	Anne Stobaus	Vic	2:55.99	97.2%	17-10-09	SOPAC Sydney
M60	2k Walk	Andrew Jamieson	Vic	9:23.5	-	5-12-09	Box Hill
W80	Javelin	Raema McMillan	WA	15.27m	69.2%	12-1-10	Perth
W60	2k Walk	Heather Carr	Vic	10:10.4	-	14-1-10	Murrumbeena
M30	800m	Scott Tamblin	WA	1:55.11	87.8%	22-1-10	Perth
M30	400m Hurdles	Cameron Yorke	WA	54.29s	87.4%	22-1-10	Perth
W65	1500m	Lavinia Petrie	Vic	5:56.1	97.5%	30-1-10	Doncaster
M45	4 x 800m Relay	Richard McMahon	SA	9:02.5	-	3-2-10	Adelaide
		Jonathon Wheatland	SA				
		Kris Wolszczak	SA				
		Mark Worthing	SA				
M30	800m	Scott Tamblin	WA	1:54.31	88.5%	5-2-10	Perth
Victorian Records:							
W45	3000m	June Petrie		11:05.1	83.1%	5-12-09	Box Hill
M40	Shot Put	Russell Short		14.54m	64.6%	10-1-10	Murrumbeena
M40	4 x 100m Relay	Colin Pocklington		48.03s	-	30-1-10	Doncaster
		Paul Skipper					
		Danny Hecker					
		Johannes Schuijers					
M40	4 x 200m Relay	Danny Hecker		1:43.4	-	9-2-10	Collingwood
		Peter Neale					
		John Schuijers					
		Paul Skipper					

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



Tom Phillips at www.tomphillipsphotos.co.uk

This superb photo of Kevin Soloman leading his track race at Lahti was kindly provided by English photographer Tom Phillips.

Tom has devoted a special section to "The Aussies" on his website www.tomphillipsphotos.co.uk/lahtiaustralia/

PETER COLTHUP 5 MILES HANDICAP

An invitation is extended by the Mentone Venue to all Masters to take part in the 16th Annual PETER COLTHUP 5 Miles (8.045km) Road Handicap to be held on **Wednesday April 28** 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 honour Peter Colthup (who will attend) and mark the tremendous contribution that Peter has 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 1000m E.T.

6.55 Track 200m E.T.

7.15 Road Peter Colthup 5 Miles Handicap

7.30 3000m E.T. Walk on track

30.30 Supper and Presentations

Entry fee of \$3.00 to be paid on the night.

To facilitate handicapping venue managers or competitors are asked to notify entries by **Monday 26 April** by email at apa16161@bigpond.net.au or by post to Ashley Page, 3/40 Potter Street, BLACK ROCK 3193 or by phone on 9521 6070 including best recent 5km and/ or 10km times.

Peter and the Mentone members look forward to your participation in this special Masters event.



2010 Victorian Masters - 3km Track Championship

Sunday 18th April 2010

Duncan McKinnon Park
Cnr Murrumbeena & North Roads
Murrumbeena Melway : 68 A9

Complete & Return this entry form:

Family Name

Given Name

Address

Gender: Male / Female

Date of Birth

Age Group on the day of event

VMA Venue

Anticipated Performance Time

If sufficient entries are received divisions will be allocated

ENTRY FEE \$10 PAYABLE BY CASH OR CHEQUE

ALL ENTRIES CLOSE 11th April 2010

All completed entries and any queries must be forwarded to:

Lavinia Petrie - 12 Jeanette Maree Crt, Kilsyth, 3137
Phone: 03 9728 3929 or ljpetrie@alphalink.com.au



2010 Victorian Masters 10km Track Championship Tuesday 18th MAY 2010

George Knott Reserve
Heidelberg Road, Clifton Hill
Melways Ref 30 F12
Start Time 7.15 pm

Complete & Return this entry form:

Family Name

Given Name

Address

Gender: Male / Female

Date of Birth

Age Group on the night of event

VMA Venue

Anticipated Performance Time

If sufficient entries are received divisions will be allocated

Start Time 7.15 pm

ENTRY FEE \$10 PAYABLE BY CASH OR CHEQUE

ALL ENTRIES CLOSE 11th May 2010

All completed entries and any queries must be forwarded to:

Lavinia Petrie - 12 Jeanette Maree Crt, Kilsyth, 3137

Phone: 03 9728 3929 or ljpetrie@alphalink.com.au

Report on

THE ANDY SALTER RELAY - 2010

Wednesday 3rd February 2009 saw the 27th running of the Andy Salter Relay at the Springvale/Noble Park venue. As probably the longest running inter venue event, it continues to be popular and this year saw 106 runners and walkers take part, with representatives from 7 venues attending. Including quite a large number of helpers/supporters, there would have been around 130 people present which is very pleasing. As is often the case it was quite a warm night (or maybe even hot to some) but nevertheless there were some good times run.

The Challenge division was contested by 6 teams. Knox came with the same team as last year and like last year proved far too good for the opposition, winning by over 4 minutes. They have been the dominant team in recent years and it is going to take a concerted effort from another venue to wrest the trophy from them. There was a closer contest for the minor placings with Glen Eira holding on to get second place ahead of the Knox No. 2 team.

Results were:

1 st - Knox -	45.02 - Julie Norney, Paul Twining, Noel Eastwood, Bert Pelgrim
2 nd - Glen Eira -	49.19 - Janine McKerron, Chris Grafen, Jim Berrington, Peter Bence,
3 rd - Knox -	49.46 - Lavinia Petrie, Graeme Laticq, David Wille, Russell Speight

Fastest times were: Female - Julie Norney (Knox) - 11.21
Male - Marc Vellin (Springvale) - 10.41

In the Fun Run division 13 teams (plus unplaced Challenge teams) competed for the nearest estimated time trophy. The winners, only 6 seconds out, was a team from Springvale comprising Allison Devine, Marc Vellin, Steven Barker and Michael Duckworth.

The estimated time team walk attracted 11 teams which is the best number we have had. The winners were the East Burwood team of Alan Lucas, Liz Feldman and Llew Jenkins a mere 4 seconds out.

A lovely supper was enjoyed after the serious business of competing and, as is usual at Masters events, there was lots of conversation with people from different venues catching up with each other. Clearly everyone enjoyed the evening and we hope this event continues for many years. A big thank you to all who helped make the night a success, particularly all those who helped provide the supper and those who acted as officials.

Full results will be in the February edition of Around the Grounds.



The victorious Knox team of Bert Pelgrim; Julie Norney; Paul Twining and Noel Eastwood



The winners of the estimated time team walk from East Burwood Llew Jenkins; Liz Feldman and Alan Lucas

Report on THE LINDSAY THOMAS MEMORIAL

Wednesday 20th January 2010 saw the 18th 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 plus quite a number of officials and supporters. The weather man was kind to us and the evening was ideal for running/walking, mild with a gentle breeze.

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. That was a decision by the race organiser to have the event a bit different and make it special which is appropriate because it is in honour of someone who was a special person.

There were 33 entries in the 2 lap run, 33 entries in the 1 lap run and 28 entries in the 1 lap walk - a total of 94 entries. There were representatives from 7 different venues plus quite a few non - masters who came as friends of the Thomas family. For anyone who didn't compete this year, or hasn't competed previously, we can always take more competitors. There is plenty of parking and it is a great course to run and you can be assured of an enjoyable evening. As well as 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. It is always held on the third Wednesday in January.

In the main event (2 laps) Marc Vellin was too strong for Steven Barker and recorded a comfortable victory by 43 seconds. In the female division there was a similar margin (53 seconds) between the winner Liz Eastwood and runner up, Marlene Gourlay. A special mention goes to Andrew Thomas, runner up in the 1 lap non master event. Andrew is the son of Lindsay and has been a great supporter of the event and continues to encourage family and friends to attend the event.

Results on the night are as follows :

	Male		Female	
10+km run (2 laps)	1. Marc Vellin 38.42		1. Liz Eastwood 47.44	
	2. Steven Barker 39.36		2. Marlene Gourlay 48.37	
	3. Noel Eastwood 42.13			
5+km run (1 lap)	1. Michael Duckworth 20.23		1. Sandra Middleton 27.19	
	2. Rob Clutterbuck 22.51		2. Jan Lee 29.38	
	3. Des Middleton 23.11		3. Shelley Vellin 32.11	
5+km walk (1 lap)	1. Anand Thillaisundaram 32.18		1. Heather Carr 28.39	
	2. Alan Bennie 33.45		2. Celia Johnson 38.15	
	3. Claudio Riga 36.28		3. Pam Phillips 46.47	
10+km run (1 st 50+ male)	1. Chris Murphy 45.30			
10+km run (1 st 60+ male)	1. Barry Fry 46.40			
10+km run (non master)	1. Ollie Bolling 40.36		1. Jacqui Hamilton 59.14	
5+km run (non master)	1. Joe Campisi 20.41		1. Roslyn Crosswell 24.36	

In summary it was a good night with plenty of good competition and lots of socialising after the event. 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. He has organised all 18 and does a great job in ensuring the event continues run at a high standard.



2010

Victorian Masters
Track & Field Championships

Saturday 20 & Sunday 21 March 2010
Hagenauer's Reserve, Box Hill



2010

Victorian Masters Track & Field Championships



Conditions of Entry

The 2010 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 4 MARCH 2010
Late entry fee: \$20.00 per event
Late entries close: 5pm, FRIDAY 12 MARCH 2010

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 12 March 2010.

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.

2010

Victorian Masters Track & Field Championships



Saturday 20 & Sunday 21 March
Hagenauer's Reserve, Box Hill

Barwon Street, Box Hill (Melway Ref: 33 J11)

Event Code: 10VTFOVE

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		
Phone					Mobile		
Email							
Gender	<input type="checkbox"/> Male	<input type="checkbox"/> Female	AGE GROUPS (age taken as at 20 March '10)				OFFICE USE ONLY PAYMENT DETAILS
Date of Birth	DD / MM / YYYY		30-34	50-54	70-74	90+	
Age Group			35-39	55-59	75-79		
			40-44	60-64	80-84		
			45-49	65-69	85-89		
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 2009)	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"/>	<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 4 March 2010 (late entries close 12 March 2010)

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

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

Victorian Masters Athletics Inc.

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Mailing Officer	Ashley Page	9521-6070	apa16161@bigpond.net.au

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, Clifton Hill Tuesday nights, 7 - 9pm	Melway 30 F12
CROYDON Athletic Track	Behind Arndale Shopping Centre, Mt.Dandenong Road, Croydon Tuesday nights, 7 - 9pm	Melway 50 K5
DONCASTER Athletic Track	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

Venue Managers

Venue	Manager	Address	Phone
Aberfeldie	Rob Waters	5 Bellevue Court, Maribyrnong 3032 enrwaters@iprimus.net.au	9318 3802
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Doncaster	Graham Walter		9736 4433
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Mentone	Ian Cassell	29 Tiffany Avenue, Cheltenham 3192 iancassell@optusnet.com.au	9583 3440
Mentone	Ashley Page	3/40 Potter Street, Black Rock 3193 apa16161@bigpond.net.au	9521-6070
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