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FOOTPRINTS



JUNE 2013

THIS IS THE *REAL* COUNTRY WOMEN'S ASSOCIATION

DONNA BURGESS (WODONGA), RACHEL LITTLE (WODONGA), NARELLE LEHMANN (BALLARAT) AND KATHY HEAGNEY (EX BENDIGO) AFTER ROMPING IN THE W170+ 4X100 RELAY



- IN THIS EDITION** - WE SALUTE OUR COUNTRY ATHLETES
- ALL THE RESULTS FROM THE NATIONALS
 - INTRODUCING MARK DONAHOO
 - WORLD RECORDS TO DAWN HARTIGAN AND KELLY RUDDICK
 - JANE STURZAKER'S 100 MARATHONS
 - TERRY DUNN TO TAKE ON "THE POMS"

Editorial

In this edition, we salute the Country athletes who represented VMA at the AMA Championships in Canberra. I think the term these days is Regional, but I still think Country has a more friendly ring to it. Anyhow, I have included Geelong as Country even though it is the centre of the universe where football is concerned.

I've written a report on the Nationals even though I wasn't there, so when I praise a performance I am mainly going on times and or who the person was up against.

You can however, see the huge contribution our Country athletes made to our medal count and of equal importance to the numbers representing us.

There was no official photographer at Canberra and I am indebted to Jim White and Michael Slagter whose photos appeared on the AMA website. It's great to be able to get access to photos so easily these days. I have mentioned before that I am archiving all the photos I use in Footprints and am happy to make them available to anyone in electronic form. If you are not computer literate just get someone who is to email me and I will send them.

I'm courting accusations of bias by including both a feature story by Heather Carr on Mark Donahoo, *hoo* is a racewalker, and in the same issue including my own article on racewalking. Simon Evans, who has just taken up the unofficial position of VMA's liasson officer with the Victorian Race Walking Club, suggested to me that someone should write about the possibility of some of our members finding walking beneficial to their knees. So that's what I've done. Furthermore, there are a few photos from happenings at Croydon Venue. Surely Croydon isn't the only place where things happen.

I'll say it again, but everyone is welcome to contribute to Footprints. There must be reportable things at the other Venues that are of interest to all of us. And now that we are past the Championships season, I have a lot of space to fill and I need your help. Otherwise, I'll put in photos of my dog.

Judy Wines, who does often send me things on Glen Eira, has sent me a story on Jane Sturzaker having run her 100th Marathon. Now that is a magnificent achievement and deserves being reported on. Imagine - 11 marathons in a year and 40 overseas. Congratulations Jane.

Russ Dickenson

INDEX

P.3-4	Masterpieces
P.5	Results 3k Champs; Article - "Sometimes it's not as easy as it looks"
P.6	Results 10k Track Race
P.7	John Gosbell Memorial 5k Teams Run
P.8	VMA 10 mile Run
P.9	Eric Greaves Memorial 10k Run
P.10	Browne Shield Report
P.11	Jane Sturzaker's 100 Marathons
P.12-13	Clyde's New Record Report
P.14-15	Article - Racewalking suits my Knee(d)s
P.16-17	AMA 20k Walk Entry Form and Info
P.18-19	Introducing - Mark Donahoo
P.20-36	Results - AMA T&F Championships
P.45-47	Venues & Officials



Entries are now open for the 2013 WMA Championships in Porto Alegre

www.wma.2013.com

NAG FILE

Athletes Moving into a New Age Group

ANTONY MARTIN	into M85
ROY STANWAY	into M80
ROB BARCLAY	into M75
PHYLLIS GOSBELL LM	into W75
MARLAINE STANWAY	into W75
STEPHEN BARKER	into M70
PETER BATTRICK	into M70
RONALD LITTLE	into M70
BILL IRVINE	into M65
PETER MOORE	into M65
IAN CASSELL	into M60
PETER COWELL	into M50
ANDREW EDWARDS	into M60
JANET HOLMES	into W60
CLYDE RIDDOCH LM	into M60
RON SCHOLES	into M60
PATRICIA YOUNG	into W60
ANDREW TUNNE	into M55
GARY TURNER	into M50
PAUL RANCE	into M55
JOHN PAPWORTH	into M45
SHANE DRAPER	into M40
NICK KENN	into M35

Masterpieces

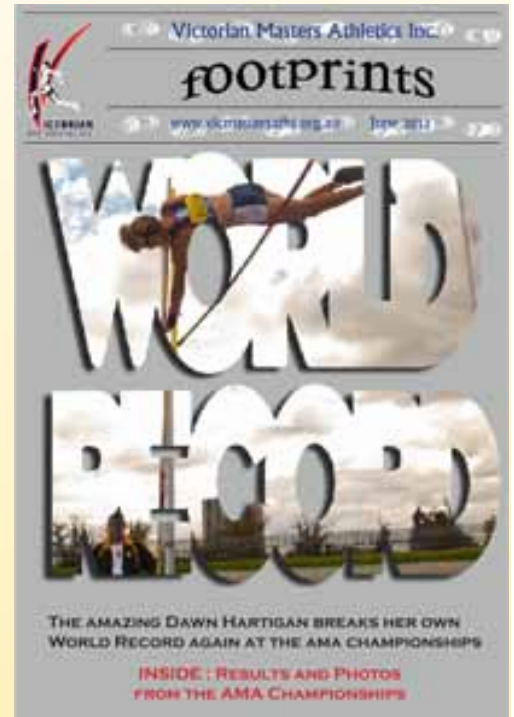
Ernie Leseberg, AMA webmaster, has decided to call it quits after giving his services for many years. If anyone is interested in taking on this voluntary position could you please contact either Ernie or Bob Schickert.

Ernie's contact details are Ph: 0401 320 177
webmaster@australianmastersathletics.org.au

And Bob's are Ph: 08 9330 3803
bob.schickert@australianmastersathletics.org.au

At the Victorian Country Road Walk Championships in Ballarat on Sunday 26 May, local walker Kelly Ruddick defended her country title in the most emphatic way - a 25 sec PB of 46:27 *and a time that betters the current W40 Masters World Record by 35 secs (S. Griesbach, France, 1990, 47:02).* Kelly has just turned 40 in recent weeks and is in the form of her life. And this is just 3 weeks after returning from an achilles injury.

You may remember this front page from June last year after Dawn Hartigan broke her own World Record for the W55 pole vault. Well, not quite a year later, Dawn has done it again and taken it up to 3.22 metres.



What's On

any queries on VMA running races can be directed to Club Captain Lavinia Petrie -

9728 3929 or ljpetrie@alphalink.com.au

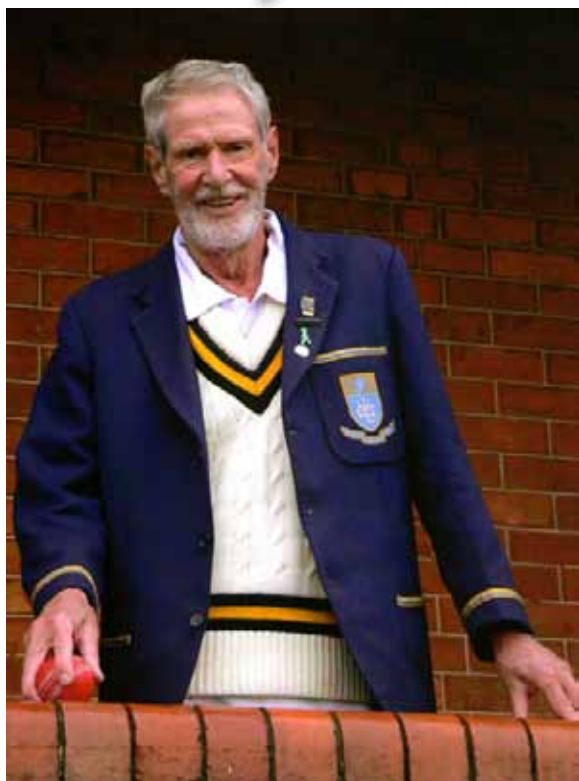
2013

- | | |
|-----------------|---|
| June 2 | VMA 10k Cross Country - Meet at Collingwood Venue - - Browne Shield Event
Start Time 10am - enter on the day before 9.45am |
| June 20 | John Gosbell Memorial 5K - East Burwood Venue - Bill Sewart Athletic Track |
| June 23 | Coburg Bluestone Classic - 15km XC / 7km, 9am Harold Stevens Athletic Track |
| June 30 | AMA & VMA 20k Walk Championships - Middle Park - 9am - Simon Evans 0433 300166 |
| July 21 | VMA 10k Road (Eric Greaves Memorial) - Braeside Park - Browne Shield Event
Start Time 10am - enter on the day before 9.45am |
| August 2-11 | World Masters Games Torino (Turin) - www.torino2013wmg.org |
| August 6-11 | Great Barrier Reef Masters Games - www.mastersgames.com.au |
| August 17 | VMA 10k Walk Championships - Middle Park - 2.15pm. - Simon Evans 0433 300166 |
| August 25 | VMA 10 Miles Road - Princes Park - Browne Shield Event
Start time 9.30am - enter on the day before 9.15am |
| August 25 | Coburg Half Marathon 21.1/10km - 9am Harold Stevens Athletics Track - 0417012682 |
| September 8 | VMA Half Marathon Burnley - Start Time 8.00am - in conjunction with Athletics Victoria - Enter with Athletics Victoria - Browne Shield Event |
| October 5-12 | Australian Masters Games, Geelong - www.australianmastersgames.com |
| October 15 - 27 | World Masters Athletics Championships - Porto Alegre, Brazil - www.wma2013.com |

2014

- | | |
|--------------|---|
| January 4-12 | Oceania Masters Championships - Bendigo |
|--------------|---|

Masterpieces



Terry Dunn from Croydon Venue has always been a bit of an all rounder when it comes to athletics. He's a runner, walker and a whiz at the throwing events. But, it turns out he's an all rounder in the true sense, having been selected in the Australian over 70's cricket team to tour England in August this year. Terry, an opening batsman *and* an opening bowler will be part of a 17 man touring party that will play 3 Test Matches as well as another 7 matches in various Counties.

Among the names of those selected is Bruce Whish-Wilson from Tasmania, who is also a member of Australian Masters Athletics.

We would like to wish Terry (and Bruce), all the best for the tour and suggest that he and some of the boys go over a month earlier in case the young fellows need a bit of a hand.

Croydon Venue has it's own new singlet which can be worn in Inter-Venue events as well as giving us a sense of pride on Tuesday nights. We made sure our singlet displayed "Victorian Masters Athletics" which is the club that we are members of, and then "Croydon".



Every year, Croydon has a Manager's Handicap for the 1500m Walk and the 400m run. After a series of heats to determine appropriate handicaps, the final is held. This year, Allan Wood (left) won the walk and Gary Turner the 400m. They are shown holding their individual trophies and their names will be added to the perpetual trophy.

I'm sure there's a joke in there somewhere about woodturners !

RESULTS -

VMA 3k Championship

Held - Duncan McKinnon Reserve -
14/4/13

W35

1. Andrea Draper Aberfeldie 17.23

W45

1. Elizabeth Grover Doncaster 13.05

W50

1. Jay Wright Glen Eira 15.16

W75

1. Pam Mews Mentone 27.29

M35

1. Shane Draper Aberfeldie 9.48

M40

1. Antonio Giuliani Aberfeldie 10.50

2. Matt Scholes Doncaster 11.28

M45

1. Chris Grafen Glen Eira 10.54

M50

1. Barry Whittle Doncaster 11.36

M55

1. Andrew Edwards Glen Eira 10.43

2. Joseph Campisi N/A 12.10

3. Mike Elder Knox 12.37

M60

1. John Graham Knox 11.07

2. Greg Moore Aberfeldie 11.42

3. Ernie Stewart Aberfeldie 11.48

4. Frank Prowse Doncaster 12.45

M65

1. Gary Stewart Knox 11.36

2. Phil Urquart Glen Eira 14.36

M70

1. Gabriel Carmona Glen Eira 13.45

2. Alan Irwin N/A 14.21

M75

1. Fred Bichsel Glen Eira 14.37

M80

1. Bill Page Aberfeldie 17.21

2. Col Silcock -Delaney Geelong 21.45

No Uniform

Andrew Egginton Croydon 10.25

Gerry O'Donnell Glen Eira 12.24

Peter LeGet Knox 16.32

Robert Davey Coburg 20.00

Tony Bradford Aberfeldie 14.30
(1 lap short)

Sometimes it's not as easy as it looks...

There's a fair bit goes into winning an Australian Masters' Championship, as anyone who's ever won one will tell you.

For a start it's handy if you've got a bit of talent.

Then, unless you are hugely gifted, a bit of training (or maybe a truckload) can be a help.

And then there are a few other matters like time, expense, self-discipline and maybe even diet - all sorts of things!

But there's even a bit more to it than that, as two of Australia's top Masters' athletes will testify after the recent Nationals in Canberra.

The two, Australia's best male masters walker, Andrew Jamieson, and star hurdler Mick Stevenson, are both reigning world champions, having won their titles at the 2011 World Championships in Sacramento, US.

The two are among the most experienced Masters' athletes in Australia. They were both in Canberra for the Championships but, remarkably, neither of them won their pet events.

Jamieson, 65, from Victoria, has won more gold medals and broken more world records than he's had hot dinners and is a past winner of the prestigious World Masters' Athlete of the Year award.

Stevenson, 72, from Tasmania, has been competing at Nationals and World Championships for the past two decades and he, too, is a multiple Australian record holder who has virtually lost count of the medals he has won at the highest level.

But both of them managed to prove that sometimes it takes a bit more than prodigious talent and dedicated training to achieve the goal.

So what went wrong...?

Well, Andrew forgot to enter... and Mick forgot to sign in...!!

article by Richard Trembath

Editor : And I'm a bit dirty on Andrew ! After being beaten by him so often, here was his chance to take pity on me. You see, I had entered but couldn't go. Andy was there, but hadn't entered. He could have competed wearing my number pretending to be me, and given me some massive PB's.

RESULTS - VMA 10k Track Championship

Held at Collingwood 14/5/13

W35	Anna Kasapis	35	Aberfeldie	39:09
	Jenny Kisler	38	Aberfeldie	51:57
W40	Sophie Fabre	44	Collingwood	50:43
W55	Helen Stanley	57	Knox	46:05
	Helen Van der Nagel	56	E. Burwood	54:03
	Julie Hertz	56	Collingwood	1:01:06
W65	Petrina Trowbridge	65	Collingwood	52:21
M35	Shane Draper	39	Aberfeldie	35:11
	Michael Camilleri	39	Aberfeldie	47:18
M40	Antonio Giuliani	41	Aberfeldie	38:21
M45	Mal Grimmett	47	N/A	40:04
	Chris Grafen	49	Glen Eira	40:47
M50	Stephen Quirk	53	N/A	35:19
	Peter Gaunt	53	Collingwood	40:59
	Barry Whittle	53	Doncaster	42:49
	Stephen Murphy	52	Aberfeldie	45:34
	Gerard Adrien	52	Aberfeldie	48:03
M55	Andrew Edwards	59	Glen Eira	39:10
	Peter Black	58	Aberfeldie	40:36
	Ron Scholes	59	Collingwood	42:01
	Gerry O'Donnell	59	Glen Eira	42:51
	Syd Bone	55	Glen Eira	43:53
	Peter Field	55	SVNP	44:49
	Chris Brown	57	Glen Eira	46:32
	Suat Bayram	59	Aberfeldie	47:05
	Graeme Paul	59	Collingwood	48:07
	Paul Ban	58	Collingwood	49:43
M60	John Graham	62	Knox	39:50
	Ernie Stewart	62	Aberfeldie	40:33
	Greg Moore	61	Aberfeldie	43:33
	Jim Grellis	61	Collingwood	43:42
	Jim Hopkins	63	Collingwood	44:35
	Paul Twining	63	Knox	44:53
	David Jones	62	Aberfeldie	45:01
	Mick Carr	60	Knox	45:56
	Doug Stokes	60	Aberfeldie	51:58
	Peter Thorne	64	Knox	52:26
M65	Gary Stewart	67	Knox	41:54
	Robert Henderson	66	Knox	47:16
	Rod Bayley	66	Collingwood	48:52
	Ron Cracknell	66	Croydon	50:31
	Stephen Barker	69	Aberfeldie	51:30
	Phil Urquart	68	Glen Eira	54:47
M70	Gabrielle Carmona	70	Collingwood	48:24
	Barry Murley	74	Croydon	57:41
M75	John Howes	77	Aberfeldie	1:04:20
M80	Bill Page	82	Aberfeldie	58:41
	Colin Silcock Delaney	80	Geelong	1:16:18
No Uniform	Paul Viney	50	Collingwood	39:57

The John Gosbell Memorial 5km Teams Run

To be held at East Burwood Venue

Thursday 20th June 2013, 7:40pm



This year marks the fifth 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 is 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

- 1st, 2nd & 3rd Fastest Males
- 1st, 2nd & 3rd Fastest females
- Best Age-Graded Male Performance
- Best Age-Graded Female Performance
- Team trophies for 1st and 2nd Division as per below
- 4 spot prizes decided by place disc draw

Eligibility

- 1st Division teams are to be of four runners (At least one must be a female) with a combined age of 180 to 220 years.
- 2nd Division teams are to be of four runners (At least one must be a female) with a combined age of 221 years plus.
- Shield winners decided by placing (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.
- Team entries \$20.00 per team, venue manager/captain to pay on the night.
- Entries to Peter Dodgshun at peterdodgshun@optusnet.com.au or 18 Cresswell Cres, MITCHAM 3132. Phone 0419 872 130 for any queries.



**Great Barrier Reef
Masters Games**
Cairns, Tropical North Queensland



VMA 10 MILE CHAMPIONSHIP PRINCES PARK, CARLTON SUNDAY, 25 AUGUST 2013



A
Browne Shield
Event

An invitation is extended to all Victorian Masters Athletes to take part in the 10 Mile Road Championship which will again be held at Princes Park, Carlton.

This event, hosted by Aberfeldie Venue, is the 4th in the 5 series Browne Shield Competition.

Last year Aberfeldie Venue runner, Shane Draper, won the event for the second year running in a time of 62:24. Shane was closely followed around the 5 lap course by Tony Dell, who ran 65:55 and John Graham third in 67:14.

Will Shane make it a hat trick in 2013?? Only time will tell.

EVENT DETAILS

WHERE: Northern Pavilion, Princess Park, Carlton

WHEN: Sunday, 25 August 2013. START TIME: 9.30 am

ELIGIBILITY: To be eligible for an age category award and to receive points in the Browne Shield Competition, all runners must be financial members and wear the Club singlet.

ENTRY FEE: \$10.00. Entries will be taken on the day from 8.00 am.

COURSE: Very flat and fast course consisting of 5 laps of Princess Park.

ENQUIRIES: John Dean, Venue Manager, Aberfeldie phone 9337 7179.



A
Browne Shield
Event

VICTORIAN MASTERS ATHLETICS

**10 km “Eric Greaves Memorial”
Road Race Championship**

Two laps of a fast and flat gravel road course through scenic parkland in

Braeside Park, Mentone
(Melway Map 88 D8)

Sunday 21 July 2013

10.00 am Start

ENTRY FEE \$10 – enter on the day until 9.45 am

Club uniform must be worn to be eligible for the specially struck memorial medals for winners and placegetters in each 5 year age division. Non Victorian Masters members are welcome to run by Invitation - \$5 entry.

The Eric Greaves Memorial Trophy will be awarded to the most outstanding performance, based on age graded percentages

For the less serious there will also be a 5km run or a 5km walk. Entry fee for these events will be \$5. There will be no prizes for these events.

Ample car parking - picnic facilities available.

Tea, coffee and biscuits after the race.

Enquiries Tony Doran 9547 7320 or Chris Murphy 95476234

Knox takes an early lead in Browne Shield



The 2013 season kicked off in a similar way to the end of 2012 with Knox venue off to an early lead following the running of the 10k track run at Collingwood on 14th May. Although missing superstar Lavinia Petrie, the other Knox runners showed their depth with 3 percentages over 80% to take an 8 point lead from Aberfeldie who had a wonderful turnout of 16 competitors. It's a pity that many of our other venues are not this strong.

In the individual competitions Petrina Trowbridge 82.74% has a slender one point lead over Helen Stanley who ran an excellent 81.78%. In the men's comp' Stephen Quirk is a clear leader with a great 87.35% ahead of John Graham 83.66% and Gary Stewart 83.24% both from Knox. The next race is the 10k cross country which is a tough event for scoring as we have to use the road factors to calculate percentages as obviously there can't be consistent factors with cross country courses. However, it is important to get a score on the board in case you have to miss a later event for some reason.

Alan Lucas

VENUE RESULTS 10k TRACK

Best 3 individual A/G% count toward team score

Knox	83.66,	83.24,	81.78	248.68
Aberfeldie	82.18,	79.25,	78.61	240.04
Collingwood	82.74,	77.25,	75.59	235.58
Glen Eira	82.87,	75.75,	74.34	232.96
Croydon	68.41,	65.94	-	134.35
Doncaster	72.05	-	-	72.05
Springvale	69.99	-	-	69.99
East Burwood	68.73	-	-	68.73
Geelong	56.23	-	-	56.23

WOMEN'S RESULTS 10k TRACK

Petrina Trowbridge	Collingwood	82.74
Helen Stanley	Knox	81.78
Anna Kasapis	Aberfeldie	77.45
Helen Van der Nagel	East Burwood	68.73
Sophie Fabre	Collingwood	63.15
Julie Hertz	Collingwood	60.80
Jenny Kisler	Aberfeldie	59.12

MEN'S RESULTS 10k TRACK

Stephen Quirk	No Venue	87.35
John Graham	Knox	83.66
Gary Stewart	Knox	83.24
Andrew Edwards	Glen Eira	82.87
Ernie Stewart	Aberfeldie	82.18
Peter Black	Aberfeldie	79.25
Shane Draper	Aberfeldie	78.61
Ron Scholes	Collingwood	77.25
Bill Page	Aberfeldie	77.04
Greg Moore	Aberfeldie	75.85

Gerry O'Donnell	Glen Eira	75.75
Jim Grellis	Collingwood	75.59
Jim Hopkins	Collingwood	75.42
Peter Gaunt	Collingwood	75.27
Paul Twining	Knox	74.91
Gabriel Carmona	Glen Eira	74.34
David Jones	Aberfeldie	74.03
Mal Grimmett	No Venue	73.37
Chris Grafen	Glen Eira	73.23
Antonio Giuliani	Aberfeldie	73.20
Robert Henderson	Knox	73.11
Barry Whittle	Doncaster	72.05
Syd Bone	Glen Eira	71.48
Mick Carr	Knox	71.28
Rod Bayley	Collingwood	70.72
Peter Field	Springvale	69.99
Stephen Barker	Aberfeldie	69.08
Suat Bayram	Aberfeldie	68.94
James Hetjmanek	Collingwood	68.82
Chris Brown	Glen Eira	68.56
Ron Cracknell	Croydon	68.41
Graeme Paul	Collingwood	67.46
Stephen Murphy	Aberfeldie	67.15
Barry Murley	Croydon	65.94
Paul Ban	Collingwood	64.72
Peter Thorne	Knox	64.71
Phil Urquart	Glen Eira	64.27
Gerard Adrien	Aberfeldie	63.68
Doug Stokes	Aberfeldie	63.00
John Howes	Aberfeldie	62.41
Michael Camilleri	Aberfeldie	58.47
Colin Silcock Delaney	Geelong	56.23

JANE STURZAKER

OUR GLEN EIRA VENUE CHAMPION MARATHON RUNNER

VMA member, Jane Sturzaker achieved a major milestone in her running career with her 100th marathon at the Canberra Marathon on April 14th this year.

After running in the Melbourne Marathon in 1997, Jane got the bug and has run many international and local marathons to reach her goal.

She originally planned to run 60 marathons by her 60th birthday which she celebrated in January this year, however she reached her goal around six months prior to this, so she decided to go for 100 marathons instead!

Her plan for the 100th was to be the Melbourne Marathon last October, but this plan was cut short when Jane developed a serious back injury requiring spinal surgery.

Jane was allowed back on the track in January this year, and ran No 99 in New Orleans in February.

She became the 3rd Australian woman to join the 100 Marathon Club when she ran in the Canberra Marathon in April. Jane is shown almost at the finish line, smiling as she always does at the finish of her events.

Some history relating to her runs:

She ran 19 marathons in 2011 including the Lake Tahoe Triple. She has run over 40 marathons internationally including London, Paris, New York, Boston, Tel Aviv, Hong Kong, Tokyo, Honolulu, and The Goofy Challenge at Disneyworld where she introduced her husband Robert, to marathon running. As he likes to say "We have run 102 marathons between us!"

The bottom photo is of Jane at the finish line with Merle Want and Helen Myall, two of her training partners and another young lady who was running her first marathon and Jane helped her to get through this along the way.

Congratulations Jane on a great achievement.

**Andrew Edwards and all at Glen Eira Venue.
May 2013**



CLYDE'S NEW RECORD REPORT

Pending World Records:

W55	Pole Vault	Dawn Hartigan	Vic	3.26m	100.9%	23-3-13	Melbourne Uni
W60	4x800m Relay	Kathy Heagney	Vic	11:22.59	-	1-4-13	AIS Canberra
		Kathy Sims	ACT				
		Paula Moorhouse	NSW				
		Jeanette Flynn	Qld				

Australian Records:

M30	100m	Piyush Kumar	NSW	10.71s	91.4%	8-2-13	AIS Canberra
M85	Pentathlon	Rad Leovic	ACT	2799pts	-	21-2-13	AIS Canberra
W50	100lb Weight	Jayne Hardy	ACT	2.09m	-	23-2-13	Turner ACT
M80	Shot Put	George Mencik	ACT	10.71m	82.5%	23-2-13	Turner ACT
M80	Shot Put	George Mencik	ACT	10.73m	82.7%	14-3-13	AIS Canberra
W50	56lb Weight	Jayne Hardy	ACT	4.07m	-	23-3-13	Turner ACT
W70	56lb Weight	Fran Harris	ACT	2.67m	-	23-3-13	Turner ACT
W75	Pentathlon	Miriam Cudmore	SA	3819pts	-	6-3-13	Adelaide
M30	Mile	Scott Tamblin	WA	4:18.98	86.2%	16-3-13	Perth
M90	60m	Dan Begley	Qld	27.37s	40.9%	17-3-13	SAF Nathan
M35	Weight Throw	Ricard Meiring	NSW	18.56m	73.6%	17-3-13	Homebush
W85	Weight Throw	Raema McMillan	WA	9.90m	-	19-3-13	Perth
W75	Long Jump	Miriam Cudmore	SA	3.33m	85.4%	20-3-13	Adelaide
W35	Hammer	Byrony Glass	WA	54.67m	80.9%	29-3-13	AIS Canberra
W75	Long Jump	Miriam Cudmore	SA	3.34m	85.6%	29-3-13	AIS Canberra
W65	2k Steeple	Gillian Young	WA	10:02.49	88.8%	30-3-13	AIS Canberra
W70	2k Steeple	Anne Lang	SA	11:03.03	87.5%	30-3-13	AIS Canberra
W75	Triple Jump	Miriam Cudmore	SA	7.49m	95.3%	31-3-13	AIS Canberra
M70	Shot Put	Leo Christopher	NSW	13.44m	75.7%	31-3-13	AIS Canberra
W50	Javelin	Jayne Hardy	ACT	34.64m	64.8%	31-3-13	AIS Canberra
W85	10k Road Walk	Heather Lee	NSW	80:54	102.6%	1-4-13	Canberra
W30	Pentathlon	Melissa Foster	WA	2667pts	-	1-4-13	AIS Canberra
W40	Pentathlon	Lee-Anne Grosvenor	Qld	3162pts	-	1-4-13	AIS Canberra
W50	Pentathlon	Donna Burgess	Vic	3583pts	-	1-4-13	AIS Canberra
M80	Throws Pent	George Mencik	ACT	3982pts	-	14-4-13	Turner ACT
W50	100lb Throw	Jayne Hardy	ACT	2.14m	-	27-4-13	Turner ACT
M60	Half Mara	Ron Peters	Qld	75:52	96.5%	28-4-13	Noosa

Australian Championship Records from Easter 2013 AMA Championships at AIS Canberra (not already listed above as Australian records):

M40	60m	Gregory Smith	NSW	7.24s	93.4%	29-3-13
M35	800m	Brett Halls	NSW	1:53.96	89.0%	29-3-13
M80	800m	David Carr	WA	2:54.83	93.2%	29-3-13
W70	1500m Walk	Gwen Steed	Vic	9:17.63	83.6%	29-3-13
W85	5k Walk	Heather Lee	NSW	40:36.43	93.9%	30-3-13
M30	200m	Jay Stone	NSW	22.13s	89.1%	30-3-13
M80	1500m	David Carr	WA	6:33.27	84.0%	30-3-13
W60	1500m	Jeanette Flynn	Qld	5:35.48	95.9%	30-3-13
M65	High Jump	John Searle	NSW	1.45m	86.3%	30-3-13
M45	400m	Michael Roden	ACT	51.55s	94.8%	31-3-13
M80	400m	David Carr	WA	72.83s	97.5%	31-3-13

CLYDE'S NEW RECORD REPORT

Australian Championship Records (continued)

W70	400m	Anne Stobaus	Vic	77.93s	94.5%	31-3-13
W75	400m	Corinne Collins	ACT	90.94s	90.9%	31-3-13
M45	Triple Jump	Nick Hodgson	Vic	12.98m	85.1%	31-3-13
M60	Triple Jump	Clay Tomkins	NSW	11.75m	90.0%	31-3-13
M70	Pole Vault	Albert Gay	NSW	2.90m	85.8%	31-3-13
M75	Pole Vault	Don Chambers	Vic	2.10m	67.7%	31-3-13
W50	300m Hurdles	Michele Hossack	Vic	51.68s	90.5%	31-3-13
W35	Weight Throw	Byrony Glass	WA	17.74m	95.8%	1-4-13
W45	Pentathlon	Rachel Little	Vic	3149pts	-	1-4-13
W55	Pentathlon	Alex Lloyd	ACT	2947pts	-	1-4-13
W75	Pentathlon	Miriam Cudmore	SA	3660pts	-	1-4-13

Victorian Records:

M45	Triple Jump	Nick Hodgson	12.98m	85.1%	31-3-13	AIS Canberra
W60	Discus	Chris Schultz	26.35m	57.1%	31-3-13	AIS Canberra
W40	4x100m Relay	Narelle Lehmann Rachel Little Kathy Heagney Donna Burgess	54.42s	-	31-3-13	AIS Canberra
W40	4x400m Relay	Rachel Little Narelle Lehmann Michelle Hossack Donna Burgess	4:22.84	-	1-4-13	AIS Canberra
M45	4x400m Relay	Allan Cook Rob Mayston Shawn Hennig Robert Schwerkolt	3:45.96	-	1-4-13	AIS Canberra
W45	Pentathlon	Rachel Little	3149pts	-	1-4-13	AIS Canberra
W40	15k Road Walk	Kelly Ruddick	73:23	88.8%	18-5-13	Middle Park
M65	15k Road Walk	Andrew Jamieson	74:44	99.9%	18-5-13	Middle Park
M75	15k Road Walk	Bob Gardiner	90:48	95.2%	18-5-13	Middle Park

Clyde Riddoch

VMA Records Officer

14 Joan Street, Sunshine West Vic 3020

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Email: clyderiddoch@msn.com

A World Record was set by an Australian W60 4x800m relay team consisting of (from left) Kathy Sims (ACT), Kathryn Heagney (Vic), Jeanette Flynn (Qld) and Paula Moorhouse (NSW), who together covered the distance in 11minutes 22.59. Once the former World Masters Athlete of the year, Jeanette took the baton and set off on the last leg, the foursome's quest was never in doubt and they easily beat the existing record of 11.47.30 set by a Dutch team in 2011.



Racewalking Suits my Knee(d)s

an article by Russ Deakenson

Some Masters Race Walkers have always been walkers. Harry Summers, Bob Gardiner, Tim Erickson and Mark Donahoo were all elite walkers in their youth and have never stopped. Andrew Jamieson walked as a young man but came back to it in his 50's. Heather Carr took up walking when her kids were at Little Aths. Most of us, however, have taken it up later in life as an alternative to running or as a last resort when our knees could no longer stand the pounding that we have asked them to endure. Particularly, those of us who have done marathons. I'm convinced runners can extend their racing years by walking if they are having knee problems.

The top masters walkers are undoubtedly as fit as the top masters runners, and having done both, I can tell you that a 10k walk in race mode is every bit as tough as a 10k running race.

You could argue that it's tougher, by virtue of the fact that with an equal amount of effort, you are out there longer with a walk.

Some of our walkers enjoy racing in what is pretty much a "street walking" style, and that still allows them to train and look for improvement in their times, but there are changes you can make to your style that will make you walk a lot faster. That typical "marching style" that sees you striding out with as long a stride as you can, doesn't necessarily lend itself to speed. If you get your leading leg way out in front it can act as a brake or a prop you have to get over. Race walkers try to push off strongly as you would in running but without noticeably leaving the ground as in running. While the leading leg does swing out well in front of you the momentum of a strong push sees the body catch up and as the back leg extends the lead foot is only 100mm to 150mm in front of the body as it contacts the ground. The photo of Geoff Barrow (top) is typical of most Masters walkers in that Geoff's leading leg has made contact with the ground well before his trailing leg has left the ground.

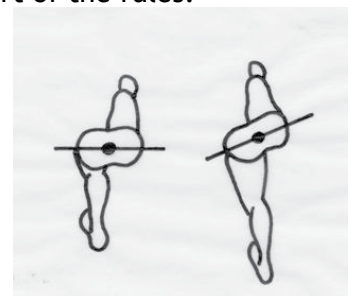
Olympian Chris Erickson, (below) on the other hand shows the terrific amount of drive that elite walkers can generate. With his back leg staying in contact until his body mass has moved forward almost over the front leg. From there his momentum takes him easily over his then planted foot. The same can be seen in the photo on the next page with the walker demonstrating a strong arm drive and late toe contact with the ground.

The contentious area in racewalking is contact, and while cameras will show elite walkers breaching this rule for a split second the rule is written to allow judges some discretion - ***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.***

Masters walkers generally have more trouble with the straightening of the knee part of the rules.

Outsiders talk about walkers "wiggling their bums", but what is really going on is they are dropping the hip on the side of the advancing leg. The other part of the hip motion is a rotation of the hips which will actually lengthen the stride. This rotation, which is often easier for women, can extend the length of each stride by inches. The photo of Chris shows an incredible amount of hip rotation, and as you can see in the other graphic, it allows him to gain many extra centimeters per stride. Over a 20k or 50k race, this gains him a massive advantage over someone with less rotation.

Arm drive is of the utmost importance to race walkers. A strong arm drive can help



the rotation of the hips, but the arms must be bent to 90 degrees and be more parallel to the direction travelled than across the body (Geoff's arm would be better going forward and back. The hands should ideally be brushing past the hips and the shoulders be low and relaxed.

So if you do want to take up or improve your race walking, you may benefit from some coaching. At Croydon Venue, we have a strong contingent of walkers who would help any beginners and an excellent coach in Ken Walters to help you.

Furthermore, Melbourne has the Victorian Race Walking Club, one of the best walking clubs anywhere in the world, and most of the VMA members double up by going to "Walkers Club" to compete, every week in Winter and monthly in Summer. The VRWC has a variety of races and you can race in front of Judges or walk "unjudged" if you please. The club has an abundance coaches and experienced walkers who will advise you on getting started. It's quite usual to have 3 or 4 past or present Olympians at Albert Park. There are several youngsters who look like future Olympians as well. Although we all call it Albert Park, the VRWC clubrooms are in Middle Park and are part of the Middle Park Bowling Club.



Top 5 Reasons I became a Race Walker.

1. Everything counts as training. Walking to the Frig; walking the dog; walking around the supermarket. *Hey ! another big week. Must have done 60k !*
2. I like to make people happy. When I train beside a busy road, you can see all the people in the cars laughing their heads off.
3. I come from a tennis background. I find it nice to have judges to interact with. *"Caution number 161. Knees".*
"You can't be serious ! "
4. When I wear my "I'm a Race Walker" T shirt into bars, beautiful women come up to me and say "Are you a Race Walker ? Wow ! Can I buy you a drink ? "
5. In 1996, the Keating Government passed legislation making it legal to hit people who say "Race walking ? Is that that thing where you wiggle your bum ? ",



AMA 20 Kilometres Race Walking Championship Sunday June 30th, 9.00am, 2013

VRWC Clubrooms, Middle Park, Melbourne, Victoria

Conducted by Victorian Masters Athletics & Victorian Race Walking Club

The event is to be held in conjunction with the VMA 20kms Championship as well as VRWC local races. Please note that the AMA & VMA races require separate entries to win medals in both events, entries for the VMA Championship are taken on the day. We expect that there will be a full panel of race walk judges present so entrants should be confident that they can comply with the requirements of IAAF rule 230.

The Victorian Race Walking Club rooms are located at the Middle Park Bowling Club near the corner of Canterbury Rd & Armstrong St, Middle Park. If driving, there is a car park available (\$2.30 fee by ticket machine, fee subject to change) or parking is available in the street. If travelling by public transport the Number 96 tram (St Kilda) along Bourke and Spencer Sts in the city will take you right there, alight at stop 130. For interstate visitors we would recommend that you stay in the city or if you have a car then St Kilda, Port Melbourne, South Melbourne or South Yarra areas may also appeal.

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

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

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

Entry fee \$12

Entries to Victorian Masters Athletics

 C/- Simon Evans

 8/40 Lansell Rd, Toorak, Vic 3142

srcevanswork@yahoo.com

Entries Close Sat 22 June 2013

Australian Masters Athletics

20 Kilometres Race Walking Championship 2013

Date Sunday June 30th 2013 **Time** 9.00am

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

Name.....

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

Association/Club of Registration.....

Address.....

Phone.....Email.....

Fee \$12 Cheque or Money Order payable to VMA

Credit Card Visa/Mastercard (\$1 processing fee applies)

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

Name as shown on card.....

Send Entries to Victorian Masters Athletics

C/- Simon Evans 8/40 Lansell Rd, Toorak, Vic 3142

srcevanswork@yahoo.com

Entries Close Saturday June 22nd 2013

Correct State Uniform must be worn



INTRODUCING MARK DONAHOO

AN ARTICLE BY HEATHER CARR

Mark Donahoo has been involved in Open and Masters Athletics since the tender age of 16. Mark has a total of 38 years of athletics and racewalking under his belt. This demonstrates a fantastic commitment to a sport he is totally and completely enthusiastic and exuberant about.

Mark resides in Aberfeldie with his delightful and supportive wife, Kate, their 2 cats and 2 fish!! Mark is a secondary school teacher. His role is that of a 'daily organiser', making sure the school runs smoothly. He also teaches Physical education, English and Religious education.

Mark's passion for athletics began when he was in Year 11. Mark was selected for a racewalking event for St. Joseph's Secondary College, North Melbourne athletic team. This selection and following success in racewalking, encouraged him to join an athletic club. He joined North Old Boys Athletic Club before becoming part of the A grade combined team.

As Mark became more proficient in his racewalking, he looked further afield for additional competition. To meet this need, Mark joined the Victorian Race Walkers Club in 1977 where racewalking is the primary speciality, and eventually with many, many races under his belt he was ultimately selected for the Australian World Cup 50km Team in 1987 at the ripe old age of 28. Curiously Mark particularly enjoys the 50km event, an endurance event not equalled in any other realm of athletics. 50km walks test the strongest and most capable athletes.

In World Masters there are rankings for all distances from 1500 metres walks through to 50km. Mark has competed in all distances. Can you imagine the amount of kilometres he has in his legs? Thousands upon thousands!!

Mark has an impressive and amazing resume relating to racewalking. His achievements include competing in the 1987, 1989, 1993 and 1995 World Race Walking Cup events. To gain selection, to be awarded a place representing Australia in the World Cup is the pinnacle for adept and competent racewalkers. Not only are they competing individually but also representing their country, wearing the green and gold! Team points are awarded, with men competing in the Lugano Cup and women competing in the Eschborn Cup. Of course, the Olympic Games and Commonwealth Games are the absolute zenith for open athletes; Mark was almost selected for the 1994 Commonwealth Games, but marginally missed selection which was a particularly sad time for him. However, not to be daunted by this narrow miss, he continued to display the commitment and perseverance necessary in his quest for reaching his potential or his highest ability, thus adding to this distinctive record of which he should be immensely proud.

Mark's training for the open ranks saw him walking for up to 140km's per week. A consequence of this strenuous training that was necessary for selection resulted in Mark acquiring Chronic Fatigue Syndrome. Mark competed in a series of races looking for a qualifying time, but because his body could not absorb the necessary vitamins and minerals placed his body under such enormous stress that he fell foul to Chronic Fatigue. This syndrome continues to plague Mark, and therefore he needs to thoroughly plan his training for future races. So far his management of the syndrome has proven to be impressive, as he continues to compete and perform remarkably well. Another issue Mark has had to contend with is tight psoas muscles which in turn lead to lower back problems. Again, he appears to have overcome this problem by understanding the nature of the injury and dealing with it effectively.



INTRODUCING MARK DONAHOO

Mark's PB's are remarkable

1500m -	5:48 mins	3000m -	12:01 mins
5000m -	20:38 mins	10km -	42:20 mins
20km -	86:32 mins	50km -	4:11.10 hrs

Mark has also been very competitive in Australian Open Championships from 1981 through to 2007.

Mark joined Masters as a Pre Vet in 1995 at the age of 37, then became a Master in 1998 when he turned 40. It was at this time he decided to retire from the Open International scene, and concentrate on competing in Master's events.

Mark won the World Masters 20km in San Sebastian Spain in 2005 as well as the 3000m indoor event in Jyväskylä Finland in 2012. Mark has been a member of the Australian Masters teams in 1999, 2001, 2003, 2005, 2007 and 2012. Mark now trains up to 50km a week, swims occasionally and maintains a weekly pilates session.

Coaching has become an integral part of athletics for Mark and he has a satisfaction and appreciation for passing on accumulated knowledge and experience to fellow athletes. Mark first became qualified in 1990, and became a level 5 coach in the late 1990's. Mark has the distinction of coaching 2 athletes to World Race Walking Cup Teams. Simone Wolowiec and Dominic McGrath, both worthy and creditable representatives for Australia.

A major highlight of Mark's coaching is the success he has had in coaching Lyn Ventris to many World Masters Records, and particularly being Lyn's coach when she was bestowed with the title World Masters Female Athlete of the Year in 2011 and 2012. This as an outstanding accomplishment, demonstrating Marks ability to transmit his knowledge to an athlete, particularly considering Lyn resides in Western Australia and Mark in Victoria!



Mark and Kate

Mark enjoys activities such as 'solving 'killer' sudoku puzzles'. He is also the handicapper for the Victorian Race Walkers Club and was VRWC head coach for 20 years. Mark is also an accomplished author. His book, 'History of the Victorian Race Walking Club Incorporated' (published 2005) is a comprehensive coverage of the history of the VRWC, encapsulating facets of the club from 1922 to current days.

Mark currently competes for Essendon in the summer and winter competition of Athletics Victoria. This is a strong and successful club and has many fine racewalkers amongst it's ranks. In Masters, Mark competes in M50-54 age group.

Mark aims to compete in 2014 in Budapest in the Indoor Games, as well as Lyon, France and Perth, Western Australia in following years. His desire to compete at a prominent level continues as fervently as it did when he was a junior. We wish him prolonged good health and continuing success in his chosen sport of racewalking.

AUSTRALIAN MASTERS ATHLETICS

2013 National Championships

Canberra - 29/03/2013 to 1/04/2013

The Championships this year moved to Canberra and 122 Victorians entered and put in some excellent performances. As has been the case in recent years the Vics absolutely dominated the 400m sprints. We won the W45, W50, W60, W70 and the M35, M40, M50, M55, M65 & M85.

Some top efforts based on Age Grading were -

Lavinia Petrie	10,000m (102.43%);	1500m (99.45%)		
Paul Turner	60m (95.52%);	100m (90.44%)		
Kathryn Heagney	100m (93.24%);	200m (96.13%);	400m (93.45%)	
Jim Sinclair	60m (90.28%);	100m (86.75%);	200m (93.51%);	400m (86.11%)
Heather Carr	10k Walk (94.08%);	5000m Walk (92.82%);	1500m Walk (93.45%)	
Anne Stobaus	400m (94.50%);	200m (91.52%)		
Robert Gardiner	10k Walk (93.12%);	5000m Walk (91.20%)		

Dorn Jenkins won the prestigious Royce Foley Award for the highest scoring Female in the Throws Pentathlon.

Lavinia Petrie again won the Brian Foley award for the best Age Graded performance in the 800m or 1500m.

Our Country Stars - What a contribution !

Narelle Lehmann	Ballarat	4 Gold
Robert Lehmann	Ballarat	2 Gold, 1 Silver, 2 Bronze
Donald Chambers	Wodonga	4 Gold, 6 Silver, 3 Bronze
Kathryn Heagney	ex Bendigo	5 Gold
Paul Turner	Corio	2 Gold
Rachel Little	Wodonga	5 Gold, 2 Silver, 1 Bronze
Donna Burgess	Wodonga	5 Gold, 1 Silver, 1 Bronze
Terry Burgess	Wodonga	1 Bronze
Robert Newton	Malmsbury	4th.
Paul O'Neill	Gisborne	7th
James Christmass	Geelong	3 Gold
Michael Barrand	Colac	1 Gold
Colin Silcock-Delaney	Port Campbell	2 Gold, 2 Silver, 2 Bronze
Anne Buckley	Kyneton	1 Gold, 1 Bronze
Steven Quirk	Mirboo North	1 Silver, 1 Bronze
Charles Chambers	Kennington	1 Silver, 2 Bronze
Barb Bryant	Bendigo	3 Gold
Nick Hodgson	Ocean Grove	1 Gold, 1 Silver
Rhondra Dundas	Violet Town	3 Gold, 1 Silver, 1 Bronze
Peter Wrzuszcak	Highton	3 4ths.

Here's something you don't see everyday.

Rachel Little beating Gianna Mogentale in the 400m. Gianna has been the dominant sprinter at the Nationals for over a decade and in that time has done well on the world stage.

Wowee Rachel !!



VICTORIAN RESULTS - AUSTRALIAN MASTERS ATHLETICS 2013 National Championships Canberra - 29/03/2013 to 1/04/2013



60 Metre Sprint

W40	Age	Time	Wind	A/G Time	A/G%
1 Narelle Lehmann	W42	8.41	NWI	7.94	87.28%
3 Alida Weitsz	W42	9.22	NWI	8.70	79.61%
W55					
2 Leanne Monk	W56	9.53	NWI	7.76	89.19%
4 Christine Bridle	W55	9.57	NWI	7.87	87.98%
7 Dorn Jenkins	W57	10.17	NWI	8.21	84.37%
M40					
3 Robert Lehmann	M41	7.52	NWI	7.11	89.89%
M55					
1 Paul Turner	M59	8.04	NWI	6.69	95.52%
3 Wayne Bingham	M58	8.14	NWI	6.82	93.73%
M60					
3 David McConnell	M60	8.35	NWI	6.90	92.57%
6 Graham Ford	M63	8.80	NWI	7.14	89.55%
8 Bill Carr	M63	8.96	NWI	7.27	87.95%
M65					
3 Dennis Aspinall	M65	8.77	NWI	7.02	91.11%
4 Keith Howden	M67	8.84	NWI	6.99	91.52%
M70					
5 Russell Oakley	M73	9.97	NWI	7.57	84.45%
6 Tony Bradford	M73	10.74	NWI	8.15	78.40%
M75					
3 Donald Chambers	M75	9.69	NWI	7.25	88.24%
5 Allan Wood	M75	10.56	NWI	7.90	80.97%
M85					
1 Jim Sinclair	M88	11.63	NWI	7.08	90.28%

100 Metre Sprint

W40	Age	Time	Wind	A/G Time	A/G%
1 Narelle Lehmann	W42	13.30	0.1	12.42	84.51%
4 Alida Weitsz	W42	14.81	0.1	13.83	75.89%
W50					
7 Susan Chapman	W52	15.69	0.1	13.15	79.80%
W55					
1 Leanne Monk	W56	14.82	1.3	11.94	87.92%
5 Christine Bridle	W55	15.57	1.3	12.66	82.92%
W60					
1 Kathryn Heagney	W62	14.80	-0.5	11.26	93.24%
M40					
3 Robert Lehmann	M41	11.57	0.6	10.97	89.28%
4 Andrew Wilcox	M44	11.99	0.6	11.14	87.91%
M45					
8 John White	M45	13.12	-0.3	12.10	80.95%
M55					
1 Paul Turner	M59	12.86	-0.8	10.83	90.44%
2 Wayne Bingham	M58	13.09	-0.8	11.10	88.24%



Kathy Heagney



John White

VICTORIAN RESULTS - AUSTRALIAN MASTERS ATHLETICS CHAMPIONSHIPS
M60

2	David McConnell	M60	13.25	-0.4	11.09	88.30%
6	Graham Ford	M63	14.34	-0.4	11.79	83.05%
7	Bill Carr	M63	14.54	-0.4	11.95	81.91%

M65

2	Keith Howden	M67	13.73	0.1	11.02	88.86%
3	Dennis Aspinall	M65	13.87	0.1	11.26	86.95%

M70

5	Russell Oakley	M73	16.20	-0.4	12.32	79.51%
6	Tony Bradford	M73	16.80	-0.4	12.78	76.67%

M75

3	Donald Chambers	M75	15.17	0.7	11.26	87.01%
5	Allan Wood	M75	17.44	0.7	12.94	75.69%

M85

1	Jim Sinclair	M88	18.87	1.5	11.29	86.75%
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200 Metre Sprint
W40

4	Alida Weitsz	W42	30.38	3.6	27.99	76.27%
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W45

3	Rachel Little	W45	27.04	3.3	24.01	88.91%
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W50

2	Michele Hossack	W52	29.06	2.5	23.85	89.50%
8	Donna Burgess	W50	34.69	2.5	29.08	73.39%

W55

1	Leanne Monk	W56	30.38	1.6	23.88	89.37%
3	Christine Bridle	W55	32.44	1.6	25.76	82.86%

W60

1	Kathryn Heagney	W62	30.01	4.7	22.20	96.13%
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W70

1	Anne Stobaus	W71	34.33	4.2	23.32	91.52%
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M35

2	Brett Maurer	M37	23.22	4.1	22.05	87.64%
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M40

2	Robert Lehmann	M41	22.95	2.1	21.13	91.46%
3	Andrew Wilcox	M44	23.85	2.1	21.48	89.98%

M45

6	John White	M45	26.47	2.4	23.66	81.68%
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M60

1	David McConnell	M60	26.33	2.0	21.20	91.15%
7	Bill Carr	M63	29.74	2.0	23.49	82.28%

M65

3	Keith Howden	M67	27.64	1.6	21.21	91.14%
4	Dennis Aspinall	M65	28.17	1.6	21.96	88.00%

M70

4	Robert Newton	M70	33.48	2.7	25.07	77.06%
5	Russell Oakley	M73	33.83	2.7	24.19	79.87%
6	Tony Bradford	M73	34.78	2.7	24.87	77.69%

M75

4	Donald Chambers	M75	32.10	NWI	22.23	86.92%
5	Allan Wood	M75	36.70	NWI	25.42	76.02%

M85

1	Jim Sinclair	M88	40.51	0.9	20.67	93.51%
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VICTORIAN RESULTS - AUSTRALIAN MASTERS ATHLETICS CHAMPIONSHIPS

Women 100 Metre Sprint Champion

3 Kathryn Heagney W62 11.74 NWI 8.93 117.55%

400 Metre Sprint

W45	Age	Time	A/G Time	A/G%
1 Rachel Little	W45	1:00.12	51.72	92.05%

W50	Age	Time	A/G Time	A/G%
1 Donna Burgess	W50	1:04.74	52.99	89.84%
3 Michele Hossack	W52	1:06.77	53.63	88.75%

W55	Age	Time	A/G Time	A/G%
2 Christine Bridle	W55	1:16.04	59.35	80.21%
3 Janet Holmes	W59	1:16.47	57.58	82.67

W60	Age	Time	A/G Time	A/G%
1 Kathryn Heagney	W62	1:09.46	50.94	93.45%

W70	Age	Time	A/G Time	A/G%
1 Anne Stobaus	W71	1:17.93	50.38	94.50%

M35	Age	Time	A/G Time	A/G%
1 Brett Maurer	M37	51.45	49.20	87.77%

M40	Age	Time	A/G Time	A/G%
1 Andrew Wilcox	M44	52.65	47.85	90.24%

M45	Age	Time	A/G Time	A/G%
5 Shawn Hennig	M45	55.91	50.45	85.60%
7 Paul O'Neill	M47	59.42	52.89	81.64%
9 John White	M45	59.87	54.03	79.94%
10 Julius Weitsz	M45	59.92	54.07	79.87%

M50	Age	Time	A/G Time	A/G%
1 Allan Cook	M50	54.50	47.52	90.88%

M55	Age	Time	A/G Time	A/G%
1 Andrew Watts	M57	57.75	48.09	89.80%
2 Rob Mayston	M56	58.00	48.61	88.84%

M60	Age	Time	A/G Time	A/G%
2 David McConnell	M60	59.73	48.78	88.53%

M65	Age	Time	A/G Time	A/G%
1 Dennis Aspinall	M65	1:04.52	51.08	84.55%
2 Keith Howden	M67	1:06.73	51.23	84.29%

M70	Age	Time	A/G Time	A/G%
3 Russell Oakley	M73	1:16.23	52.70	81.94%
4 Tony Bradford	M73	1:22.63	57.13	75.59%

M75	Age	Time	A/G Time	A/G%
2 Max Brook	M76	1:20.11	52.32	82.54%
3 Allan Wood	M75	1:36.54	1:04.14	67.33%

M85	Age	Time	A/G Time	A/G%
1 Jim Sinclair	M88	1:46.15	50.15	86.11%

800 Metre Run

W45	Age	Time	A/G Time	A/G%
2 Rachel Little	W45	2:30.75	2:20.25	80.78%

W50	Age	Time	A/G Time	A/G%
1 Donna Burgess	W50	2:31.91	2:15.48	83.62%
7 Pam Tindal	W53	2:55.72	2:30.79	75.13%

W55	Age	Time	A/G Time	A/G%
4 Janet Holmes	W59	3:00.34	2:22.22	79.66%

W70	Age	Time	A/G Time	A/G%
1 Anne Stobaus	W71	3:12.51	1:59.46	94.83%
4 Jeanne Bryan	W70	3:37.77	2:18.40	81.85%



Max Brook with Queensland's Colin McLeod

VICTORIAN RESULTS - AUSTRALIAN MASTERS ATHLETICS CHAMPIONSHIPS

W75

2 Pam Mews	W78	6:32.85	3:24.40	55.42%
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M45

2 Robert Schwerkolt	M47	2:01.40	1:48.37	93.31%
-- James Christmass	M45	DNF		

M50

1 Allan Cook	M50	2:05.35	1:48.97	92.79%
2 Andrew Eggington	M51	2:12.42	1:54.18	88.56%

M55

4 Colin Page	M59	2:32.90	2:03.46	81.90%
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M60

1 Michael Barrand	M60	2:21.40	1:53.24	89.29%
5 John Graham	M62	2:43.28	2:08.78	78.52%

M65

5 Michael Orelli	M69	3:52.49	2:51.61	58.92%
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M70

2 George Rennie	M71	2:42.03	1:56.52	86.78%
4 Russell Oakley	M73	3:00.39	2:05.77	80.39%

M75

1 Max Brook	M76	3:11.81	2:07.44	79.34%
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M80

3 Colin Silcock-Delaney	M80	4:45.99	2:57.40	57.00%
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George Rennie

1500 Metre Run

	Age	Time	A/G Time	A/G%
1 Anne Buckley	W45	5:28.13	4:53.25	79.27%

W50

2 Donna Burgess	W50	5:32.39	4:39.31	83.23%
5 Janine Higham	W52	5:42.13	4:40.21	82.97%

W65

1 Lavinia Petrie	W69	6:06.73	3:53.76	99.45%
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W70

3 Jeanne Bryan	W70	7:16.89	4:33.80	84.90%
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W75

3 Pam Mews	W78	10:08.00	5:29.12	70.64%
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M45

1 Robert Schwerkolt	M47	4:18.05	3:46.75	90.85%
5 Fabrizio Romeo	M45	6:10.34	5:31.35	62.17%

M50

1 Allan Cook	M50	4:28.09	3:49.14	89.90%
3 Steven Quirk	M53	4:34.32	3:48.43	90.18%
4 Andrew Eggington	M51	4:36.46	3:54.28	87.93%

M55

1 Mark Purvis	M55	4:50.34	3:57.53	86.73%
3 Charles Chambers	M59	4:56.44	3:54.55	87.83%
6 Colin Page	M59	5:25.69	4:17.69	79.94%

M60

1 Ewen Wilson	M60	4:53.56	3:50.30	89.45%
3 John Graham	M62	5:17.47	4:05.12	84.04%
4 Peter Bence	M63	5:22.57	4:07.09	83.37%

M70

3 George Rennie	M71	5:41.82	4:03.42	84.63%
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M75

2 Max Brook	M76	6:42.97	4:25.80	77.50%
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VICTORIAN RESULTS - AUSTRALIAN MASTERS ATHLETICS CHAMPIONSHIPS

M80

3 Colin Silcock-Delaney M80 10:07.47 6:18.82 54.38%

5000 Metre Run

W45	Age	Time	A/G Time	A/G%
3 Anne Buckley	W45	20:35.04	18:52.54	76.35

W65

3 Petrina Trowbridge	W66	25:14.48	17:18.79	83.24%
-- Lavinia Petrie	W69	DNF		

W70

2 Jeanne Bryan	W70	25:49.76	16:34.80	86.92%
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W75

-- Pam Mews	W78	DQ		
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M45

1 Robert Schwerkolt	M47	16:27.30	14:44.43	85.59%
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M50

2 Steven Quirk	M53	16:46.35	14:19.03	88.12%
5 Terry Burgess	M51	17:50.87	15:29.09	81.48%

M55

1 Mark Purvis	M55	17:42.53	14:52.00	84.87%
3 Charles Chambers	M59	17:55.47	14:32.53	86.76%

M60

1 Ewen Wilson	M60	17:52.83	14:22.88	87.73%
3 Peter Bence	M63	19:09.44	15:00.25	84.09%
5 John Graham	M62	19:32.21	15:26.29	81.73%

M70

2 George Rennie	M71	20:59.45	15:10.59	83.13%
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10000 Metre Run

W65	Age	Time	A/G Time	A/G%
1 Lavinia Petrie	W69	44:30.20	29:18.33	102.43%
2 Petrina Trowbridge	W66	51:41.01	35:49.01	83.81%

M50

3 Terry Burgess	M51	38:06.17	33:03.49	79.66%
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M60

1 John Graham	M62	40:24.79	31:56.07	82.46%
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M80

-- Colin Silcock-Delaney	M80	DQ		
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80m Short Hurdles

W40	Age	Time	Wind	A/G Time	A/G%
1 Alida Weitsz	W42	15.40	1.5	16.51	73.96%

W50

1 Michele Hossack	W52	14.12	1.7	14.52	84.14%
3 Susan Chapman	W52	16.93	1.7	17.41	70.17%

W55

2 Christine Bridle	W55	18.20	1.7	18.06	67.64%
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M75

1 Donald Chambers	M75	15.73	2.2	14.85	86.97%
2 Max Brook	M76	23.11	2.2	21.35	60.49%

100 Short Hurdles

M55

2 Harold Miller	M56	21.93	1.8	19.68	65.62%
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Lavinia Petrie



Steven Quirk

VICTORIAN RESULTS - AUSTRALIAN MASTERS ATHLETICS CHAMPIONSHIPS

110m Short Hurdles

M45

2	Shawn Hennig	M45	20.75	2.3	19.03	67.86%
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300 Long Hurdles

		Age	Time	A/G Time	A/G%
1	Michele Hossack	W52	51.68	57.81	90.54%
2	Susan Chapman	W52	57.80	1:04.66	80.95%

W55

1	Christine Bridle	W55	1:09.68	1:14.22	70.52%
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M60

2	Graham Ford	M63	49.24	53.30	87.77%
3	David McConnell	M60	54.86	1:00.66	77.12%

M75

1	Donald Chambers	M75	1:01.22	54.68	85.56%
2	Max Brook	M76	1:11.48	1:02.56	74.78%

400 Long Hurdles

M45

1	Shawn Hennig	M45	1:05.52	57.16	81.85%
3	John White	M45	1:23.82	1:13.12	63.98%

2000 Metre Steeplechase

W60

1	Heather Carr	W63	10:44.90	11:12.96	80.48%
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M75

1	Max Brook	M76	11:04.46	9:48.05	80.54%
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M80

1	Colin Silcock-Delaney	M80	15:11.07	12:35.10	62.72%
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Relays

Women 4x100 Metre Relay

W170+

1	Victoria 'A'	54.42
1)	Narelle Lehmann 42	2) Rachel Little 45
3)	Kathryn Heagney 62	4) Donna Burgess 50

Women 4x100 Metre Relay

W220+

--	Victoria 'A'	DQ
1)	Christine Bridle 55	2) Anne Stobaus 71
3)	Susan Chapman 52	4) Leanne Monk 56

Men 4x100 Metre Relay

M120+

--	Victoria 'A'	DQ
1)	Andrew Wilcox 44	2) Rob Mayston 56
3)	Brett Maurer 37	4) Robert Lehmann 41

Men 4x100 Metre Relay

M180+

6	Victoria 'A'	1:04.24
1)	Keith Howden 67	2) Dennis Aspinall 65
3)	Andrew Watts 57	4) Graham Ford 63

Men 4x100 Metre Relay

M240+

2	Victoria 'A'	57.79
1)	Donald Chambers 75	2) Tony Bradford 73
3)	John White 45	4) Bill Carr 63

No, it's not "Weekend at Bernie's". Tony Johnson is perfectly capable of standing on his own. Tony is flanked by Robin Whyte and Murray Dickinson after winning the M70 5000m walk at Canberra. In what was a terrific result for the trio, they swapped places in the 3 walks with Murray winning the 1500m and Robin winning the 10k.



VICTORIAN RESULTS - AUSTRALIAN MASTERS ATHLETICS CHAMPIONSHIPS

Women 4x400 Metre Relay W170+

1	Victoria 'A'	4:22.84
	1) Rachel Little 45	2) Narelle Lehmann 42
	3) Michele Hossack 52	4) Donna Burgess 50

30-99 4x800 Metre Relay Masters

1	Australia 'A'	11:22.59 (WR)
	1) Kathryn Heagney 62	2) Kathy Sims 61
	3) Paula Moorhouse 64	4) Jeanette Flynn 61

Men 4x400 Metre Relay M180+

1	Victoria 'A'	3:45.96
	1) Allan Cook 50	2) Rob Mayston 56
	3) Shawn Hennig 45	4) Robert Schwerkolt 47

1500 Metre Race Walk

W50	Age	Time	A/G Time	A/G%
1 Pam Tindal	W53	7:17.27	6:18.24	89.10%
2 Donna-Marie Elms	W51	8:35.74	7:33.86	74.25%
W55				
1 Barb Bryant	W58	8:27.08	6:59.21	80.39%
W60				
1 Heather Carr	W63	7:39.08	6:00.61	93.45%
W65				
1 Celia Johnson	W65	9:52.41	7:35.09	74.05%
W70				
1 Gwen Steed	W70	9:17.63	6:42.95	83.63%
W75				
2 Margaret Beaumont	W75	12:41.85	8:33.42	65.64%
3 Pam Mews	W78	15:50.14	10:11.23	55.14%
M40				
1 Adam Patterson	M40	8:38.65	8:10.54	62.99%
M45				
1 James Christmass	M45	6:40.93	6:04.33	84.82%
M50				
1 Simon Evans	M52	6:47.55	5:49.19	88.49%
M55				
1 Clyde Riddoch	M59	8:00.99	6:26.67	79.91%
M70				
1 Murray Dickinson	M74	8:54.59	6:02.62	85.21%
2 Tony Johnson	M72	8:55.54	6:12.74	82.90%
M75				
3 Ian Beaumont	M77	11:59.41	7:48.48	65.96%
M80				
2 Colin Silcock-Delaney	M80	10:56.93	6:49.54	75.45%

5000 Metre Race Walk

W50	Age	Time	A/G Time	A/G%
1 Pam Tindal	W53	26:04.65	22:28.73	88.01%
2 Donna-Marie Elms	W51	31:05.53	27:18.87	72.43%
W55				
1 Barb Bryant	W58	29:39.78	24:17.11	81.46%
W60				
1 Heather Carr	W63	27:35.89	21:18.85	92.82%
W65				
1 Celia Johnson	W65	34:21.63	25:52.00	76.48%



Barb Bryant (left) with Nancy Lloyd

VICTORIAN RESULTS - AUSTRALIAN MASTERS ATHLETICS CHAMPIONSHIPS

W70

1	Gwen Steed	W70	32:57.73	23:08.37	85.50%
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W75

1	Margaret Beaumont	W75	42:55.06	27:49.16	71.11%
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2	Pam Mews	W78	52:19.98	32:09.21	61.53%
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M40

1	Adam Patterson	M40	26:48.73	25:27.82	70.53%
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2	David Smyth	M43	26:56.43	24:59.24	71.88%
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(David is a VMA member representing W.A.)

M45

1	James Christmass	M45	26:23.17	24:05.12	74.57%
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M50

1	Simon Evans	M52	25:16.77	21:46.10	82.50%
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M55

1	Clyde Riddoch	M59	28:54.07	23:22.00	76.86%
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M70

1	Tony Johnson	M72	31:27.51	21:59.75	81.65%
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2	Murray Dickinson	M74	31:38.35	21:32.97	83.34%
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M75

1	Robert Gardiner	M77	30:09.23	19:41.61	91.20%
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4	Ian Beaumont	M77	41:08.16	26:51.96	66.85%
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M80

2	Colin Silcock-Delaney	M80	40:16.82	25:09.07	71.41%
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Long Jump

W45	Age	Dist	Wind	A/G Dist	A/G%
2 Rachel Little	W45	4.53m	3.7	5.31m	70.78%

W50

2 Susan Chapman	W52	4.35m	+0.0	5.62m	74.74%
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W55

1 Leanne Monk	W56	3.97m	-0.1	5.43m	72.31%
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2 Christine Bridle	W55	3.96m	0.8	5.34m	71.10%
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M45

2 Nick Hodgson	M49	5.79m	0.3	7.17m	80.19%
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M40

1 Robert Lehmann	M41	6.38m	0.4	7.17m	80.15%
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M55

4 Wayne Bingham	M58	4.27m	1.9	5.97m	66.82%
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M60

3 Graham Ford	M63	4.29m	-1.1	6.47m	72.34%
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M70

4 Graham Philpott	M70	3.43m	0.1	5.80m	64.84%
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M75

1 Donald Chambers	M75	3.68m	0.1	6.82m	76.19%
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3 Max Brook	M76	3.34m	NWI	6.31m	70.61%
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4 Allan Wood	M75	3.06m	+0.0	5.67m	63.35%
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High Jump

W50	Age	Height	A/G Ht	A/G%
3 Susan Chapman	W52	1.31m	1.66m	79.88%

W55

1 Christine Bridle	W55	1.20m	1.59m	76.43%
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2 Leanne Monk	W56	1.20m	1.61m	77.42%
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VICTORIAN RESULTS - AUSTRALIAN MASTERS ATHLETICS CHAMPIONSHIPS

M45

1	Shawn Hennig	M45	1.60m	1.85m	75.83%
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M50

1	Bruce Joycey	M50	1.60m	1.96m	80.00%
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M60

2	Graham Ford	M63	1.35m	1.92m	78.49%
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M70

2	Graham Philpott	M70	1.18m	1.84m	75.16%
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5	Tony Bradford	M73	1.03m	1.67m	68.67%
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M75

1	Thomas Hancock	M76	1.12m	1.90m	77.78%
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2	Donald Chambers	M75	1.09m	1.82m	74.66%
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Triple Jump

W45	Age	Dist	Wind	A/G Dist	A/G%
1 Rachel Little	W45	9.40m	NWI	11.37m	73.38%

W55

1 Christine Bridle	W55	8.18m	NWI	11.36m	73.30%
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2 Leanne Monk	W56	7.62m	-1.9	10.73m	69.27%
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M40

1 Robert Lehmann	M41	12.48m	NWI	13.53m	74.02%
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M45

1 Nick Hodgson	M49	12.98m	NWI	15.55m	85.06%
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M55

1 Wayne Bingham	M58	9.18m	NWI	12.47m	68.25%
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M75

1 Donald Chambers	M75	7.30m	NWI	13.28m	72.64%
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Pole Vault

M65	Age	Height	A/G Ht	A/G%
1 George Schillinger	M67	2.80m	4.69m	76.50%

M70

2 Jim Poulter	M71	2.50m	4.53m	73.96%
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M75

1 Donald Chambers	M75	2.10m	4.15m	67.74%
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Shot Put

W45	Age	Dist	A/G Dist	A/G%
3 Judy Pfanner	W47	9.91m	13.73m	60.69%

W50

3 Donna Burgess	W50	9.47m	13.14m	58.06%
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W60

1 Christine Schultz	W62	9.74m	17.05m	75.39%
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4 Lorraine Mussett	W64	6.05m	11.07m	48.95%
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W65

1 Rhondda Dundas	W68	8.73m	17.59m	77.74%
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W75

3 Val Worrell	W78	7.16m	19.28m	85.24%
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M45

4 Shawn Hennig	M45	8.49m	9.45m	40.88%
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5 Fabrizio Romeo	M45	8.28m	9.21m	39.87%
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7 James Christmass	M45	6.59m	7.33m	31.73%
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Philip Robinson

VICTORIAN RESULTS - AUSTRALIAN MASTERS ATHLETICS CHAMPIONSHIPS

M50

3	Philip Robinson	M53	10.72m	13.07m	56.57%
5	Peter Wrzuszczak	M52	9.18m	10.96m	47.42%

M55

1	Stan Peska	M56	12.53m	16.32m	70.59%
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M60

3	Roger Glass	M63	10.63m	14.71m	63.65%
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M65

4	Didimo Tonelli	M69	8.57m	14.45m	62.51%
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M70

8	Tony Bradford	M73	7.23m	10.23m	44.27%
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M75

1	Thomas Hancock	M76	10.11m	15.69m	67.90%
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3	Donald Chambers	M75	8.61m	12.95m	56.02%
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M80

1	Russell Clark	M84	6.09m	11.14m	48.18%
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Discus

W35		Age	Dist	A/G Dist	A/G%
8	Catherine Sangster	W39	17.39m	18.96m	24.69%

W45

2	Judy Pfanner	W47	33.01m	40.90m	53.26%
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W50

5	Susan Chapman	W52	18.65m	25.26m	32.89%
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W55

1	Dorn Jenkins	W57	25.93m	38.72m	50.43%
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5	Christine Bridle	W55	17.62m	25.28m	32.92%
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W60

1	Christine Schultz	W62	26.35m	43.87m	57.12%
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5	Lorraine Mussett	W64	14.21m	24.79m	32.28%
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W65

3	Rhondda Dundas	W68	20.39m	39.34m	51.23%
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W75

2	Val Worrell	W78	18.80m	49.37m	64.30%
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M50

4	Peter Wrzuszczak	M52	29.24m	30.32m	40.94%
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M60

4	Roger Glass	M63	36.31m	43.45m	58.66%
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10	Graham Ford	M63	28.89m	34.57m	46.67%
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M65

4	Didimo Tonelli	M69	27.32m	37.61m	50.78%
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M70

6	Tony Bradford	M73	21.99m	33.66m	45.44%
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M75

1	Thomas Hancock	M76	35.00m	58.48m	78.95%
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4	Allan Wood	M75	17.03m	27.61m	37.28%
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M80

1	Russell Clark	M84	13.62m	30.10m	40.64%
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Javelin

W35		Age	Dist	A/G Dist	A/G%
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5	Catherine Sangster	W39	19.69m	21.04m	28.83%
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W45

1	Judy Pfanner	W47	28.69m	37.73m	51.68%
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Rhondda Dundas

VICTORIAN RESULTS - AUSTRALIAN MASTERS ATHLETICS CHAMPIONSHIPS

W50

3	Susan Chapman	W52	23.34m	33.40m	45.76%
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W55

2	Christine Bridle	W55	21.85m	33.75m	46.24%
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W60

3	Christine Schultz	W62	21.21m	38.68m	53.00%
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7	Lorraine Mussett	W64	9.49m	18.12m	24.83%
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W65

4	Rhondda Dundas	W68	15.51m	32.69m	44.79%
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W75

4	Val Worrell	W78	13.47m	38.32m	52.49%
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M45

5	Shawn Hennig	M45	38.90m	47.78m	48.52%
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9	James Christmass	M45	23.39m	28.72m	29.17%
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M50

6	Peter Wrzuszczak	M52	25.68m	34.07m	34.60%
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M60

6	Roger Glass	M63	27.08m	42.71m	43.38%
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9	Graham Ford	M63	23.20m	36.59m	37.16%
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M65

1	Didimo Tonelli	M69	28.27m	51.32m	52.12%
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M70

6	Tony Bradford	M73	20.97m	39.74m	40.36%
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M75

1	Thomas Hancock	M76	28.64m	59.35m	60.27%
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4	Allan Wood	M75	21.15m	42.50m	43.16%
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M80

1	Russell Clark	M84	11.89m	29.51m	29.97%
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Hammer

4	Judy Pfanner	W47	31.18m	50.65m	65.78%
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W55

1	Dorn Jenkins	W57	39.07m	55.91m	72.62%
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4	Christine Bridle	W55	27.83m	38.25m	49.68%
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W60

2	Christine Schultz	W62	27.84m	44.42m	57.70%
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4	Lorraine Mussett	W64	17.91m	29.95m	38.91%
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W65

1	Rhondda Dundas	W68	29.23m	54.11m	70.28%
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W75

1	Val Worrell	W78	27.53m	69.52m	90.29%
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M45

5	Fabrizio Romeo	M45	18.36m	21.74m	25.08%
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6	James Christmass	M45	16.33m	19.34m	22.30%
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M50

3	Philip Robinson	M53	32.60m	40.49m	46.68%
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4	Peter Wrzuszczak	M52	30.77m	37.40m	43.12%
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M60

2	Roger Glass	M63	39.82m	60.06m	69.24%
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M70

1	Ken Priestley	M74	35.72m	64.84m	74.76%
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7	Ron Stobaus	M73	20.19m	35.52m	40.96%
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VICTORIAN RESULTS - AUSTRALIAN MASTERS ATHLETICS CHAMPIONSHIPS

M75

1	Thomas Hancock	M76	30.76m	59.62m	68.74%
2	Donald Chambers	M75	24.44m	45.82m	52.83%

M80

1	Russell Clark	M84	12.77m	29.73m	34.28%
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Weight Pentathlon

W45	Points	HT	SP	DT	JT	WT
2 Judy Pfanner		23.73m	9.81m	31.55m	28.79m	10.10m
Age-Graded Mark:		30.17m	11.71m	38.04m	35.92m	13.08m
Age-Graded Percent:		39.19%	51.77%	49.54%	49.21%	55.43%
W47	3026	(497)	(642)	(616)	(589)	(682)

W55

1 Dorn Jenkins		37.83m	7.40m	25.10m	19.25m	11.79m
Age-Graded Mark:		52.90m	10.14m	36.16m	27.87m	15.23m
Age-Graded Percent:		68.71%	44.82%	47.08%	38.19%	64.53%
W57	3368	(997)	(539)	(580)	(436)	(816)

W60

2 Christine Schultz		25.40m	9.18m	24.59m	19.95m	10.51m
Age-Graded Mark:		38.99m	13.78m	39.24m	30.73m	12.72m
Age-Graded Percent:		50.65%	60.92%	51.1%	42.11%	53.93%
W62	3257	(689)	(779)	(639)	(490)	(660)

6 Lorraine Mussett		16.96m	5.26m	13.31m	10.29m	6.12m
Age-Graded Mark:		26.03m	7.89m	21.24m	15.85m	7.41m
Age-Graded Percent:		33.82%	34.9%	27.66%	21.72%	31.4%
W64	1648	(408)	(392)	(300)	(212)	(336)

W65

1 Rhondda Dundas		29.04m	8.27m	20.50m	16.91m	10.81m
Age-Graded Mark:		49.47m	13.72m	36.75m	29.21m	14.33m
Age-Graded Percent:		64.26%	60.67%	47.85%	40.01%	60.73%
W68	3508	(921)	(775)	(591)	(462)	(759)

W75

1 Val Worrell		26.51m	7.17m	15.68m	14.28m	10.29m
Age-Graded Mark:		52.97m	13.13m	33.78m	32.54m	15.58m
Age-Graded Percent:		68.8%	58.06%	44%	44.58%	66.05%
W78	3631	(999)	(736)	(534)	(525)	(837)

M45	Points	HT	SP	DT	JT	WT
4 Fabrizio Romeo		16.53m	8.37m	19.75m	21.69m	7.03m
Age-Graded Mark:		20.49m	10.06m	23.79m	25.41m	8.22m
Age-Graded Percent:		23.62%	43.53%	32.12%	25.8%	31.8%
M45	1621	(200)	(489)	(344)	(235)	(353)

M50

2 Philip Robinson		32.84m	10.02m	28.01m	31.29m	13.01m
Age-Graded Mark:		38.96m	11.74m	28.62m	38.41m	13.64m
Age-Graded Percent:		44.92%	50.79%	38.63%	39.01%	52.76%
M53	2599	(495)	(591)	(437)	(419)	(657)

VICTORIAN RESULTS - AUSTRALIAN MASTERS ATHLETICS CHAMPIONSHIPS

4 Peter Wrzuszcak		26.70m	9.32m	30.52m	23.77m	12.01m
Age-Graded Mark:		31.67m	10.92m	31.18m	29.18m	12.59m
Age-Graded Percent:		36.52%	47.24%	42.1%	29.63%	48.7%
M52	2292	(377)	(541)	(488)	(288)	(598)

M60

2 Roger Glass		42.88m	10.23m	29.83m	27.56m	15.62m
Age-Graded Mark:		56.09m	12.76m	31.70m	38.96m	16.28m
Age-Graded Percent:		64.68%	55.24%	42.8%	39.57%	62.96%
M63	3164	(778)	(653)	(498)	(427)	(808)

M65

	Points	HT	SP	DT	JT	WT
4 Didimo Tonelli		22.14m	7.96m	24.89m	28.38m	8.19m
Age-Graded Mark:		32.44m	10.83m	28.96m	44.32m	9.13m
Age-Graded Percent:		37.41%	46.85%	39.1%	45.01%	35.32%
M69	2279	(390)	(536)	(444)	(505)	(404)

M75

1 Thomas Hancock		29.40m	10.56m	35.22m	25.86m	14.37m
Age-Graded Mark:		50.76m	15.61m	50.47m	48.95m	17.65m
Age-Graded Percent:		58.53%	67.56%	68.14%	49.71%	68.27%
M76	3856	(689)	(827)	(880)	(573)	(887)

2 Donald Chambers		19.13m	8.39m	18.26m	17.68m	10.77m
Age-Graded Mark:		33.03m	12.40m	26.17m	33.47m	13.23m
Age-Graded Percent:		38.08%	53.68%	35.33%	33.99%	51.16%
M75	2402	(399)	(631)	(390)	(348)	(634)

M80

1 Russell Clark		13.45m	5.79m	12.59m	10.39m	7.36m
Age-Graded Mark:		25.63m	9.25m	20.69m	21.76m	9.59m
Age-Graded Percent:		29.55%	40.01%	27.94%	22.11%	37.12%
M84	1621	(281)	(441)	(285)	(185)	(429)

Weight Throw

W45

4 Judy Pfanner	W47	9.51m	15.46m	65.54%
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W55

1 Dorn Jenkins	W57	11.55m	16.34m	69.24%
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3 Christine Bridle	W55	10.08m	13.70m	58.10%
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W60

2 Christine Schultz	W62	10.48m	13.96m	59.18%
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6 Lorraine Mussett	W64	6.56m	9.16m	38.82%
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W65

2 Rhondda Dundas	W68	10.92m	16.86m	71.47%
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W75

1 Val Worrell	W78	10.30m	21.66m	91.80%
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M45

3 Fabrizio Romeo	M45	7.48m	8.77m	33.94%
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M50

3 Philip Robinson	M53	12.07m	14.11m	54.57%
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4 Peter Wrzuszcak	M52	11.65m	13.39m	51.80%
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M60

1 Roger Glass	M63	16.26m	19.66m	76.05%
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VICTORIAN RESULTS - AUSTRALIAN MASTERS ATHLETICS CHAMPIONSHIPS

M70

2	Ken Priestley	M74	13.51m	19.37m	74.89%
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M75

1	Thomas Hancock	M76	14.74m	22.33m	86.40%
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2	Donald Chambers	M75	10.74m	15.82m	61.20%
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M80

1	Russell Clark	M84	8.19m	14.72m	56.95%
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Women Weight Throw Champions

1	Dorn Jenkins	W57	20.72m	29.31m	124.22%
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2	Val Worrell	W78	19.73m	41.50m	175.85%
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Men Weight Throw Champions

4	Roger Glass	M63	19.35m	23.40m	90.51%
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8000 Metre Cross Country Run

W45

5	Anne Buckley	W45	34:27.00	31:55.29	75.42%
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W65

2	Petrina Trowbridge	W66	43:02.00	30:08.18	79.90%
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W70

2	Jeanne Bryan	W70	46:13.00	30:21.03	79.34%
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M50

3	Terry Burgess	M51	29:56.00	25:58.22	81.63%
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M55

2	Charles Chambers	M59	30:27.00	24:42.25	85.82%
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M60

3	John Graham	M62	33:23.00	26:22.78	80.38%
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4	Peter Bence	M63	34:45.00	27:12.98	77.89%
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M70

2	George Rennie	M71	36:25.00	26:19.76	80.50%
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10000 Metre Race Walk Road

W50	Age	Time	A/G Time	A/G %
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1	Pam Tindal	W53	53:58.00	46:13.03	88.60%
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2	Donna-Marie Elms	W51	1:07:07.00	58:40.01	69.80%
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W55

1	Barb Bryant	W58	1:01:53.00	50:07.91	81.68%
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W60

1	Heather Carr	W63	57:13.00	43:31.49	94.08%
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W65

1	Celia Johnson	W65	1:10:24.00	52:05.77	78.60%
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W70

1	Gwen Steed	W70	1:10:01.00	48:02.73	85.23%
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W75

1	Margaret Beaumont	W75	1:27:34.00	55:06.87	74.30%
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M40

1	David Smyth	M43	58:19.00	54:25.27	68.33%
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2	Adam Patterson	M40	1:06:21.00	1:03:22.66	58.67%
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M50

1	Simon Evans	M52	51:20.00	44:31.29	83.52%
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M55

2	Clyde Riddoch	M59	1:04:02.00	52:11.62	71.24%
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VICTORIAN RESULTS - AUSTRALIAN MASTERS ATHLETICS CHAMPIONSHIPS

M70

2	Murray Dickinson	M74	1:05:49.00	45:06.65	82.43%
3	Tony Johnson	M72	1:07:50.00	47:46.10	77.84%

M75

1	Robert Gardiner	M77	1:00:50.00	39:55.87	93.12%
4	Ian Beaumont	M77	1:24:04.00	55:10.89	67.38%

M80

1	Colin Silcock-Delaney	M80	1:20:39.00	50:31.16	73.60%
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Outdoor Pentathlon

W45	Points	100	SP	LJ	JT	800
1 Rachel Little		13.57	7.79m	4.52m	19.51m	2:36.63
Age-Graded Mark:		12.48	9.30m	5.32m	24.34m	2:22.90
Age-Graded Percent:		84.08%	41.11%	70.74%	33.35%	79.28%
W45	3149	(862)	(484)	(648)	(370)	(785)

W50

1 Donna Burgess		14.32	9.58m	4.31m	24.63m	2:34.73
Age-Graded Mark:		12.67	12.07m	5.40m	32.38m	2:14.76
Age-Graded Percent:		82.82%	53.37%	71.83%	44.35%	84.06%
W50	3583	(828)	(666)	(671)	(522)	(896)

2 Michele Hossack		14.44	8.70m	4.07m	15.23m	2:48.98
Age-Graded Mark:		12.78	10.96m	5.10m	20.02m	2:27.17
Age-Graded Percent:		82.13%	48.47%	67.83%	27.43%	76.97%
W52	3005	(808)	(592)	(587)	(289)	(729)

4 Susan Chapman		15.20	7.48m	4.30m	22.04m	2:57.26
Age-Graded Mark:		13.45	9.43m	5.39m	28.97m	2:34.38
Age-Graded Percent:		78.03%	41.67%	71.67%	39.69%	73.38%
W52	2949	(693)	(492)	(668)	(457)	(639)

W55

2 Christine Bridle		15.46	6.57m	3.91m	19.25m	3:22.86
Age-Graded Mark:		13.13	9.00m	5.24m	27.87m	2:48.28
Age-Graded Percent:		79.88%	39.79%	69.7%	38.19%	67.32%
W55	2755	(747)	(464)	(626)	(436)	(482)

Outdoor Pentathlon

M45	Points	LJ	JT	200	DT	1500
2 Shawn Hennig		4.66m	38.26m	26.22	26.01m	5:11.75
Age-Graded Mark:		5.38m	44.82m	24.22	31.33m	4:44.48
Age-Graded Percent:		60.13%	45.52%	79.79%	42.31%	72.41%
M45	2785	(457)	(512)	(673)	(491)	(652)

6 Fabrizio Romeo		4.02m	18.71m	29.08	21.59m	6:06.90
Age-Graded Mark:		4.64m	21.92m	26.86	26.01m	5:34.80
Age-Graded Percent:		51.87%	22.26%	71.94%	35.12%	61.53%
M45	1723	(315)	(187)	(458)	(387)	(376)

VICTORIAN RESULTS - AUSTRALIAN MASTERS ATHLETICS CHAMPIONSHIPS

M50

1	Andrew Eggington	4.20m	33.95m	27.12	26.86m	4:46.21
	Age-Graded Mark:	5.16m	41.68m	24.23	27.44m	4:09.89
	Age-Graded Percent:	57.69%	42.33%	79.76%	37.05%	82.44%
M51	2849	(413)	(467)	(673)	(414)	(882)

M55

1	Andrew Watts	4.74m	35.23m	26.18	28.82m	5:46.43
	Age-Graded Mark:	6.21m	47.13m	22.61	31.99m	4:48.82
	Age-Graded Percent:	69.5%	47.87%	85.49%	43.2%	71.32%
M57	3131	(632)	(546)	(823)	(504)	(626)

M60

2	David McConnell	3.82m	17.90m	27.68	23.14m	5:54.74
	Age-Graded Mark:	5.37m	25.31m	23.07	24.59m	4:41.63
	Age-Graded Percent:	60.06%	25.7%	83.78%	33.2%	73.15%
M60	2497	(455)	(234)	(779)	(359)	(670)

3	Graham Ford	4.03m	22.57m	29.33	27.88m	6:41.24
	Age-Graded Mark:	5.67m	31.91m	24.44	29.63m	5:18.55
	Age-Graded Percent:	63.36%	32.4%	79.07%	40%	64.67%
M63	2411	(516)	(326)	(654)	(457)	(458)

M70

2	Tony Bradford	2.48m	20.90m	34.66	19.05m	8:20.23
	Age-Graded Mark:	4.08m	35.11m	26.49	24.34m	5:54.12
	Age-Graded Percent:	45.67%	35.65%	72.94%	32.87%	58.17%
M73	1720	(219)	(372)	(486)	(354)	(289)

3	Graham Philpott	3.14m	22.10m	36.92	18.55m	DNF
	Age-Graded Mark:	5.17m	37.13m	28.22	23.70m	
	Age-Graded Percent:	57.83%	37.7%	68.47%	32%	
M70	1520	(415)	(401)	(362)	(342)	(0)

M75

2	Donald Chambers	3.38m	18.84m	33.93	18.24m	DNF
	Age-Graded Mark:	6.09m	35.66m	24.49	26.14m	
	Age-Graded Percent:	68.01%	36.22%	78.93%	35.29%	
M75	2025	(606)	(380)	(650)	(389)	(0)

3	Allan Wood	2.89m	20.39m	37.42	18.20m	9:19.02
	Age-Graded Mark:	5.20m	38.60m	27.00	26.08m	6:06.50
	Age-Graded Percent:	58.15%	39.2%	71.57%	35.21%	56.21%
M75	1917	(421)	(422)	(448)	(388)	(238)

Victorian Masters Athletics Inc. - Venue Managers

Venue	Manager	Address	Phone
Aberfeldie	John Dean	3 Pearl Street Essendon West 3040 jkdeano@hotmail.com	9337 7179
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Collingwood	Peter Gaunt	38 King Street, Fitzroy North 3068 peter.gaunt@darebinlibraries.vic.gov.au	9486 8084 9481 9557 Wk. 0447 068084
	Heather Gaunt		
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	Alan Radford	radfordguns@sctelco.net.au	
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	Greg Lovejoy		5982 0449
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	Anthony Doran	anthonyjdoran@y7mail.com	9547 7320
Throwers	Graeme Rose	71 Union Road, Surrey Hills 3127 grarose@yahoo.com	9836 2350
	Ken Priestley	knjoy@bigpond.net.au	0417 134 601

Victorian Masters Athletics Inc.

Venues

ABERFELDIE Athletic Track	Aberfeldie Park, Corio Street, Moonee Ponds Wednesday nights, 7 - 9pm	Melway 28 D6
CASEY	160 Berwick - Cranbourne Rd, Cranbourne East Monday nights, 7-9pm	Melway134 E8
COBURG Athletic Track	Harold Stevens Athletic Field, Outlook Road, Coburg Thursday nights, 7 - 9pm	Melway 18 A9
COLLINGWOOD Athletic Track	George Knott Reserve, Heidelberg Road, Clifton Hill Tuesday nights, 7 - 9pm	Melway 30 F12
CROYDON Athletic Track	Behind Arndale Shopping Centre, Mt.Dandenong Road, Croydon Tuesday nights, 7 - 9pm	Melway 50 K5
DONCASTER Athletic Track	Rieschieks Reserve, George Street, East Doncaster Monday nights, 7.30pm	Melway 33 J11
EAST BURWOOD Athletic Track	Burwood Road, opp. Mahoneys Road, behind basketball stadium Thursday nights, 7 - 9pm	Melway 62 C7
FRANKSTON Athletic Track	Ballam Park, Bananee Terrace, Frankston Thursday nights, 7 - 9pm	Melway 103 B4
GEELONG Athletic Track	Landy Field, off Barwon Terrace, Geelong Wednesday nights, 6 - 8pm	Melway 228 C7
GLEN EIRA Athletic Track	Duncan McKinnon Reserve, cnr North Road & Murrumbeena Road Tuesday nights, track events, 7 - 9pm. Sunday, field events	Melway 68 K9
KNOX Athletic Track	Bunjil Way, off Ferntree Gully Road, Scoresby Wednesday nights, 7 - 9pm	Melway 73 D7
MENTONE Athletic Track	Dolamore Reserve, cnr First Street & Queen Street, Mentone Wednesday nights, 7 - 9pm	Melway 87 B6
SPRINGVALE/NOBLE PARK	Ross Reserve, Memorial Drive, off Corrigan Road, Springvale Wednesday nights, 7 - 9pm	Melway 80 E12
SOUTHERN PENINSULA Athletic Track	Truemans Road, Tootgarook (off Nepean Hwy), Wednesday nights, from 6 pm in daylight saving, Sunday in winter - 9am	Melway 169 E6

Victorian Masters Athletics Inc.

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