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FOOTPRINTS



AUGUST 2013



PREVIEW OF

BRASIL

EU GOSTO DE VOCE



So far 112 Aussies including 45 Vics are competing in Porto Alegre

Editorial

You may have noticed by the cover that this issue of Footprints previews Brazil. (Another Country that doesn't know how to spell their own name !!!) Brazil does sound like a pretty colorful place though and I'll try not to wax too lyrical about the place. Although entries are still open at the time of writing, we have 112 Australian competitors making the long haul to Brazil, and 45 of them are from Victoria. That is a fantastic representation from the "Sports Capital of the World". I've listed all the competitors on Page 16, and prepared a map of the Venues and the Hotels that most of the Aussies are staying at. The majority of us are going with Online Tours NZ, but then there are others who Team Manager Judy Cooper refers to as "DOTs". They're the ones who are *doing their own thing*. Personally, I think they should be called "DTOTs", and I will be writing to Judy about this.

In the NAG file we have 3 World Champions moving up an age category, Murray Dickinson; Lavinia Petrie and Liz Feldman.

Speaking of Uncle Muzz, there is an excellent article on him by Heather Carr in this issue. Murray isn't one to sit around and let life pass him by. Make sure you read this profile - it's a beauty. People often ask me if Murray is my Dad. I tell them "NO ! Our name is spelt differently, and there is only 8 years age difference between us. I know I look very young for my age and Murray, well.....

I'd like to apologise to Ashley Page and all of the athletes who competed in the Peter Colthup 5 Mile Handicap on 24th April for not putting the report and results in the June edition. This time I think I'll blame the printers.

Membership is due for renewal on October 1 this year, and I'm pleased to advise that online renewal will be available on the VMA website.

There is also some news for those doing the Throws Pentathlon and the T&F Pentathlon in Tassie at next years AMA Champs. As you'll see on the next page, they will be.....Well, just read the next page !!

That's all I'll say because I'm going out training. This time in Brazil, I'd like to finish on the same day as Andy Jamieson so that I can shake his hand at the finish line instead of the next time I see him.

Tchau (pronounced like Ciao in Italian. This newsletter is educational as well as entertaining)

Russ Dickenson

INDEX

- P.3-4 Masterpieces
- P.5 Aberfeldie Age Graded 1000m - Report
- P.6-7 Peter Colthup 5 Mile - Report
- P.8-11 Browne Shield Progread Eric Greaves 10K Road Race - Report
- P.12 VMA 10 mile Run - Notice
- P.13 The Sixty Minutes - Entry Form
- P.14 John Gosbell 5K Teams - Report
- P.15 Oceania Masters - Bendigo - Notice
- P. 16-18 Preview of Brazil - Article
- P.19 AMA,VMA 20K Road Walk - Results
- P.20 Aust Masters Games, Geelong - Poster
- P.21 Clyde's New Record Report
- P.22 Online Entry for VMA
- P.23-25 Introducing Murray Dickinson
- P.26 David Heading for the Top - Article
- P.27-28 Article - Bikram Yoga
- P.29-31 Venues & Officials

Entries for the 2013 WMA Championships in Porto Alegre close on 10th August

NAG FILE

Athletes Moving into a New Age Group

●	MURRAY DICKINSON	into M75	●
●	LAVINIA PETRIE LM	into W70	●
●	ASTRID ROSE LM	into W70	●
●	GEOFF ARNOTT	into M65	●
●	CHRISOULLA HONDROMATIDIS	into W65	●
●	ELIZABETH FELDMAN	into W65	●
●	THOMAS GALLAGHER	into M65	●
●	BEVERLEY LEARMONT	into W65	●
●	TERRY PHELAN	into M65	●
●	BARRY JEFFS	into M65	●
●	SUAT BAYRAM	into M60	●
●	STEVEN BARKER	into M55	●
●	MICHAEL RIX	into M55	●
●	DAVID BEST	into M50	●
●	CHRISTOPHER BOYLEN	into M50	●
●	ELIZABETH GROVER	into W50	●
●	KAREN CARAH	into W45	●
●	SHARYN HUNTER	into W45	●
●	JULIE NORNEY	into W45	●
●	CHRIS BRIDGE	into M40	●
●	SHANNON SELBY	into W35	●

Masterpieces

ATTENTION PENTATHLETES

“AMA is pleased to announce that to cater for the T&F and Throws Pentathlons, an arrangement has been made to hold them on the Friday (7th March) before the main National Track and Field Championships. It wasn’t possible to hold these events in Hobart but the Northern Branch of TMA has arranged to host them in Launceston.

Athletes wishing to take part in the National T&F and Throws Pentathlons will be able to fly into Launceston on the Friday morning and then take a bus to Hobart Friday evening for the main Championships.

TMA will provide a separate entry form and further information will be sent out to the States in the coming weeks.”

Thanks to AMA Historian Bryan Thomas the Results of each of the 41 AMA T & F Championships from 1973 to 2012 can now be found on the AMA website.

Still waiting for ACTVAC to provide a PDF of all Canberra 2013 results for adding to the site where the earlier results are shown.

I believe Donna Burgess and Rachel Little of Wodonga are both off to the World Masters Games in Torino, Italy this month. Good luck to them and any others who are going.



What do you do when you’re “running” late for a racewalking event ? Well, you racewalk from your car ! As our Webmaster and dual Riccione 2007 Gold Medallist, Ralph Bennett, demonstrates.

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

- 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 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**
- September 23 Sixty Minutes Run, Doncaster. Graham Ford (0419-361-487).
 (or See Entry Form on P.13)
- 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 - www.omabendigo2014.com.au/

2015

- March 25-30 WMA Indoor Championships - Budapest. Hungary

Masterpieces

As you may know Richmond Harriers celebrated its centenary this year. In recognition of this event they have published a history of the club's first 100 years. The book has been researched and written by Social Historian Roger Trowbridge and tells of the struggles faced by an inner-city Athletics Club through the early decades of war and depression.

The book is titled "Tough as Nails", a reflection of the drive and determination of the club's early leaders. Under their inspirational guidance Richmond Harriers recruited many accomplished athletes and rose to prominence in A-grade competition. The club welcomed women athletes through the 1980s and 90s and is now adapting to the challenges of a new century.

Copies are available from Club Secretary Petrina Trowbridge: p-rtrowbridge@bigpond.com

\$40.00 plus postage.

From Neville Wilson - COBURG VENUE

By now you may be aware that we have had to temporarily move from the Harold Stevens Athletic Track due to it being upgraded. It is expected the upgrade will take about 4 months.

We are now operating on a WEDNESDAY night (changed from Thursday) at Jackson Reserve (Melways map 18 A 10), a sports oval alongside the Harold Stevens track. Starting time is still 7.10 pm and we still use our old club rooms.

It would be appreciated if you would pass this on to anyone who may be interested.

POSTAL RELAY

VMA RESULTS 2013

JAVELIN

W40-49

2. VMA L Buttigieg 21.82, S Chapman 18.09, P Young 14.45 = 54.36

M60-69

3. VMA R Glass 27.57, G Rose 33.61, G Christodoulou 16.78 = 77.96

SHOT

M40-49

2. VMA R Short 13.42, R Glass 9.21, G Rose 9.45 = 32.08

W50-59

4. VMA S Chapman 7.15, P Young 6.59, A Rose 6.68 = 20.42

DISCUS

W40-49

1. VMA L Buttigieg 24.71, S Chapman 16.18, P Young 17.19 = 58.08

M60-69

2. VMA R Glass 34.24, G Rose 34.79, G Christodoulou 21.87 = 90.90

4 X 800M WALK

M40-49

1. VMA A McDonough, A Patterson, S Kollmorgen, D Smyth 14.41.00

M50-59

1. VMA P Kennedy, C Riddoch, S Evans, T Erickson 15.06:00

M60-69

DQ VMA R Dickenson, L Watson, G Onley, R Bennett

Aberfeldie Venue - Age Graded 1000 metres

At the start of the year and with a new committee it was decided that the venue needed a race that would become part of the landscape. What could we do that wasn't already being done or had been done in the past? Probably nothing was the answer. Whilst we didn't want to have to re-invent the wheel, it was decided in the end to have a series of races on a monthly basis over the remaining 10 months of the year. An Age-Graded 1000 metre race was introduced. The first race conducted in March saw 13 starters toe the line with the best performance going to Trevor Hawksworth with an Age-Graded percentage of 70.80%. Given that Trevor had been out of action for some considerable time, his time was considered very respectable. April saw the "ageless" Bill Page win the race with a 68.47% performance ahead of a smaller field of 10 runners.

Were we on the right track in thinking that this might be a run that sprinters, middle distance and long distance runners alike would participate? The May run soon answered that question when 21 runners greeted the starter with Janine Higham putting in an impressive run of 77.89% and Anna Kasapis running the fastest 1000m (male or female) at the venue this year with a time of 3min. 10sec.

On a chilly June evening 18 runners fronted. A light-hearted call went out to all able bodied men to give it their all and see if they could outdo the ladies. "Cometh the hour cometh the men." Shane Draper put in a blistering run of 2min. 59sec closely followed by newcomer Ben Jordan in 3min.00sec. Anna Kasapis ran 3min. 04sec and in doing so produced an Age-Graded performance of 79.62% beating her May time by six seconds. The men were so close. Sure they ran quick but as the name of the run suggests, it's an Age Graded race and Anna's performance reigned supreme on the night.

The July race saw another strong field with 16 starters. In perfect conditions no fewer than 9 of the runners recorded PB's. Coming third on the night and perhaps the stand out performer was John Papworth who improved on his Age Graded percentage by almost 4%. Admittedly John did benefit from a birthday since the previous race but none the less, an excellent result. Other strong performers on the night were Stephen Barker, Shane Draper and John Laino.

Interestingly, there have been 4 different winners in the 5 races so far with Anna Kasapis being the first to take out 2 races with an impressive 80.49% in July. This is one of the things we were trying to achieve with the race rather than simply having the fastest runner winning week in week out.

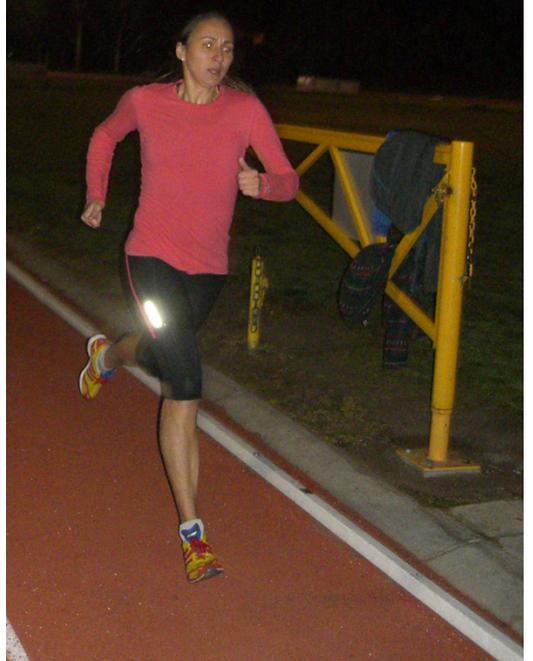
Rivalries are heating up and there is sure to be some very competitive races over the next five months. This goes for those finishing back in the field as well as those up the front. Nothing like beating someone who might be a little quicker but is also many years younger.

John Dean

Venue Manager



Anna Kasapis during her impressive 80.49% run



PETER COLTHUP 5 MILES (8.045KM) ROAD HANDICAP

24 APRIL 2013

The 19th Annual Peter Colthup 5 mile Road Handicap to commemorate the great work done by Peter for Masters athletics was conducted at Dolamore Reserve, Mentone, on a cool and windless evening conducive to running once the showers abated.

It was very pleasing that Marge Colthup attended with her grandson, Luke Doherty, who presented the medals and trophies after the event.

It was also pleasing that a number of runners from Glen Eira joined the field.

The event was conducted as a self handicap whereby competitors nominated their finishing time aware that running too quickly could bring about a disqualification.

The backmarker, Andrew Edwards, gave a start of 35.30 minutes to the limit marker, multi marathon man, John Zeleznikow.

The runners in this year's event started on the track, ran out onto the road circuit to complete nine 834 metre laps of the perimeter road around Dolamore Reserve and then returned to run one lap of the track.

Ashley Page was first over the line but he and three other competitors were DQ'd for running faster than the 40 second tolerance below their estimate. The rest of the field finished in a 3:33 spread with Andrew Edwards heading Kuni Bowden by 25 seconds and David Dodson only 2 seconds further back in third place.

Andrew Edwards topped off the evening by being the fastest male in 31.57 and Helen Bryan was the fastest female finishing in 34.41.

Following the running of the event everyone retired to the clubrooms to join Marge and Luke and enjoy a generous supper and presentations. Andrew received the wooden trophy, crafted by Louis Waser, as well as Peter's family's own trophy and the winner's medal while the placegetters and fastest time winners received medals specific to the event.

Special thanks go to Peter McGrath LM, Ralph Bennett and the ladies in the kitchen for their help in staging the event.

Ted McCoy and Ashley Page

Venue Managers



L-R David Dodson, Andrew Edwards, Marge Colthup, Kuni Bowden, Helen Bryan & Luke Doherty.



Interested in Brazil?
*WMA Championships Stadia
 Porto Alegre, Brazil*
 16-27 October, 2013

 See the [AMA website](#) (future events) for entry details, validation paperwork, team newsletter and contact details

Paper entries close 8 July with AMA Entries Clerk
Online entries close 10 August
Don't forget to order your uniform (AMA website)

Also see us on [Facebook](#)
 search [AMA.Porto.Alegre](#) and request to join

Browne Shield Update - 24 July 2013



The running of the Eric Greaves Memorial 10k Road Race Championship at Braeside on Sunday 21 July saw the Knox powerhouse consolidate its position well clear of the chasing pack despite some fine performances from the other venues (a full report on the event is on P.11). Behind Knox we saw Glen Eira put in a very strong team effort to break clear by 16 points from Collingwood, who have maintained their 5 pt margin over Aberfeldie.

It was great to see that Southern Peninsula, East Burwood and Springvale all had full teams competing for the first time this year, but disappointing that Croydon once one of the strongest venues failed to field a competitor. Travelling distance is not an issue as at least 6 or more walkers from that area travel in to Albert Park nearly every week to compete during the winter season.

The individual competitions are incredibly close but of course as we have seen in the past that can all change quite quickly. In the women's section Petrina Trowbridge now trails Helen Stanley by just .08 of one point with Anna Kasapis performing well at just 12 pts behind. Of course Lavinia Petrie will most likely overtake them if she finishes the last 2 races, but she still has to do that so it is not over just yet.

Remarkably the men's section is even closer, with John Graham holding on by .04 of one point from Knox team-mate Gary Stewart, with past winner Andrew Edwards just over 6pts behind in third place. Paul Wilson, also of Knox, is about level with the leaders based on the 2 races he has completed so if he can record similar performances in the 10 miles and half marathon then anything could happen (No pressure fellas).

You may notice that many of the percentages in the scores are slightly different to those in the official results. I have used the same set of tables as for the first 2 races in order to maintain consistency throughout and given the closeness of the scores I think that this is the fairest thing to do for everybody.

Women's Scores after 3 rounds

Name	Venue	10k Track	10k CC	10k Road	Cumulative
Helen Stanley	Knox	81.78	77.18	79.83	238.79
Petrina Trowbridge	Collingwood	82.74	74.62	81.35	238.71
Anna Kasapis	Aberfeldie	77.45	72.58	76.86	226.89
H. Van der Nagel	East Burwood	68.73	62.61	64.24	195.58
Lavinia Petrie	Knox	-	90.39	95.55	185.94
Heather Gaunt	Collingwood	-	71.32	71.23	142.55
Sophie Fabre	Collingwood	63.15	55.45	-	118.6
Toscha Stopar	Knox	-	53.05	58.11	111.16
Heather Carr	Sth Peninsula	-	-	78.74	78.74
Janet Robinson	Glen Eira	-	-	67.88	67.88
Lynn Kisler	Aberfeldie	-	63.87	-	63.87
Fiona Ely	Coburg	-	-	61.42	61.42
Julie Hertz	Collingwood	60.8	-	-	60.8
Kathryn Gawthorn	Doncaster	-	-	60.53	60.53
Jenny Kisler	Aberfeldie	59.12	-	-	59.12
Sharon Higgins	No Venue	-	51.45	-	51.45
Andrea Draper	Aberfeldie	-	49.41	-	49.41



Men's Scores after 3 rounds

Name	Venue	10k Track	10k CC	10k Road	Cumulative
John Graham	Knox	83.66	80.68	81.81	246.15
Gary Stewart	Knox	83.24	80.04	82.83	246.11
Andrew Edwards	Glen Eira	82.87	77.17	79.77	239.81
Gerry O'Donnell	Glen Eira	75.75	73.33	78.05	227.13
Greg Moore	Aberfeldie	75.85	70.19	77.1	223.14
Peter Gaunt	Collingwood	75.27	72.72	74.02	222.01
Chris Grafen	Glen Eira	73.23	70.3	74.55	218.08
Barry Whittle	Doncaster	72.05	68.75	71.82	212.62
Syd Bone	Glen Eira	71.48	65.47	67.55	204.5
Stephen Barker	Aberfeldie	69.08	64.3	69.85	203.23
Chris Brown	Glen Eira	68.56	62.88	67.72	199.16
Doug Stokes	Aberfeldie	63	64.67	69.28	196.95
Peter Thorne	Knox	64.71	59.15	63.65	187.51
John Howes	Aberfeldie	62.41	62.9	61.6	186.91
Michael Camilleri	Aberfeldie	58.47	58.03	65.48	181.98
Paul Wilson	Knox		81.67	83.86	165.53
Paul Cowell	No Venue		75.63	77.19	152.82
Shane Draper	Aberfeldie	78.61		73.86	152.47
Paul Twining	Knox	74.91	73.86	73.54	148.77
Jim Grellis	Collingwood	75.59	72.22		147.81
Gabriel Carmona	Glen Eira	74.34	72.07		146.41
Joseph Campisi	Glen Eira		71.79	72.73	144.52
Mal Grimmett	No Venue	73.37		70.11	143.48
Bill Page	Aberfeldie	77.04	66.42		143.46
Ernie Stewart	Aberfeldie	82.18	60.25		142.43
Antonio Giuliani	Aberfeldie	73.2		67.3	140.5
Stephen Murphy	Aberfeldie	67.15		66.74	133.89
Graeme Paul	Collingwood	67.46	64.51		131.91
Barry Murley	Croydon	65.94	64.55		130.49
Paul Ban	Collingwood	64.72	63.77		128.49
Phil Urquhart	Glen Eira	64.27	60.3		124.57
C.Silcock Delaney	Geelong	56.23	51.18		107.41
Stephen Quirk	No Venue	87.35			87.35
Ewen Wilson	Glen Eira			84.12	84.12
Peter Black	Aberfeldie	79.25			79.25
Ron Scholes	Collingwood	77.25			77.25
Ralph Bennett	Mentone			77.21	77.21
Jim Hopkins	Collingwood	75.42			75.42
Greg Lovejoy	Sth Peninsula			75.1	75.1
David Jones	Aberfeldie	74.03			74.03
Howard Rees	SVNP			73.29	73.29
Robert Henderson	Knox	73.11			73.11
Sam De Fanis	East Burwood			72.93	72.93


Men's Scores after 3 rounds (continued)

Name	Venue	10k Track	10k CC	10k Road	Cumulative
Bernie Leddin	Collingwood			72.86	72.86
Russell Dow	Sth Peninsula			72.28	72.28
Barry Jeffs	Sth Peninsula			71.85	71.85
Mick Carr	Knox	71.28			71.28
Fred Bichsel	Glen Eira		71.05		71.05
Chris Murphy	SVNP			70.92	70.92
Rod Bayley	Collingwood	70.72			70.72
Tony Martin	East Burwood			70.16	70.16
Peter Field	SVNP	69.99			69.99
Paul Connor	Knox		69.24		69.24
Suat Bayram	Aberfeldie	68.94			68.94
James Hetjmanek	Collingwood	68.82			68.82
Ron Cracknell	Croydon	68.41			68.41
Jock Cravana	Knox			67.78	67.78
Trevor Hawksworth	Aberfeldie		67.48		67.48
Alan Irwin	No Venue		66.41		66.41
Brian Lynch	SVNP			64.71	64.71
Shaun Kemp	SVNP			64.39	64.39
Michael Meaney	Coburg		63.93		63.93
Glen Claiden	Knox			63.77	63.77
Gerard Adrien	Aberfeldie	63.68			63.68
Lindsay Oxenham	SVNP			60.4	60.4
Tom Gallagher	SVNP			59.85	59.85
David Dodson	Mentone			57.76	57.76
Will Sellick	SVNP			56.46	56.46
Juan Perez	SVNP			47.88	47.88
Richard Short	Aberfeldie			47.62	47.62

Venue Scores after 3 rounds

Venue	10k Track	10k CC	10k Road	Cumulative
Knox	83.66, 83.24, 81.78	90.39, 81.67, 80.68	95.55, 83.86, 82.83	763.66
Glen Eira	82.87, 75.75, 74.34	77.17, 73.33, 72.07	84.12, 79.77, 78.05	697.47
Collingwood	82.74, 77.25, 75.59	74.62, 72.72, 72.22	74.02, 72.86, 81.35	683.37
Aberfeldie	82.18, 79.25, 78.61	72.58, 70.19, 67.48	77.10, 73.86, 76.86	678.11
East Burwood	68.73	62.61	72.93, 70.16, 64.24	338.67
Springvale/NP	69.99		73.29, 70.92, 64.71	278.91
Doncaster	72.05	68.75	71.82, 60.53	273.15
Southern Peninsula			78.74, 75.10, 72.28	226.12
Croydon	68.41, 65.94	64.55		198.9
Coburg		63.93	61.42	125.35
Geelong	56.23	51.18		107.41



10 KM ROAD CHAMPIONSHIP

The VMA 10 km road championship (Eric Greaves memorial) was held at Braeside Park on Sunday 21 July in conjunction with the Victorian Cross Country League, the 15th running of the combined event. This year we were also joined by the Victorian Business Runners. As can be the case at this time of year the weather is unpredictable and a large amount of rain on Saturday afternoon and evening did not bode well. However Sunday morning dawned fine though quite cold and while the track was a bit wet in places conditions were quite good for the race.

Despite the cold conditions there were 58 Masters competing in the 10 km championship and a further 18 including a number of invitees taking part in the 5 km run or walk and 10 km fun run. There were 10 venues represented and it was good to see Paul Cowell coming all the way from Bendigo. Added to this there were 40 VCCL and 41 VBR runners, making a total of 157 starters. The Park was certainly a hive of activity with all these competitors and numerous officials and supporters.

As long time members know, Eric Greaves was a member of both the VMA and VCCL. He was a very determined competitor on the track and a tireless worker for both clubs off the track. Again we were glad to welcome Wendy, his mother Linda and sister Bev. Unfortunately his father Ted is not well and could not be present. We wish him a return to good health. Linda presented the VMA medals and Wendy the prize money to the VCCL runners.

The fastest time of the males was Paul Wilson (M45 - 35.28) followed by Marc Vellin (M35 - 37.57) and Shane Draper (M40 - 38.28). Another top run was from Ewen Wilson (M60 - 39.41), giving him an age graded percentage of 84.16%. Gary Stewart (M65) with 82.84% and John Graham (M60) with 81.82% also performed well. A special mention to Tony Martin (M85), the first time we have had a competitor in that age group. Well done Tony. And two runners, Howard Rees and Lou Buccieri have now completed all 15 Eric Greaves memorials.

Of the ladies Anna Kasapis (F35 - 39.51) led the field home comfortably followed by Heather Gaunt (F45 - 45.42) and the consistent Lavinia Petrie (F65 - 46.59). Only one male in the same age group managed to beat her home and it is hard to believe she will be F70 next year. Lavinia's performance gave her an age graded percentage of 96.71%, making her a clear winner of the perpetual trophy. Other good performances came from Petrina Trowbridge (F65) with 82.31% and Helen Stanley (F55) with 80.65%.

Of course events like this don't just happen and thanks go to the helpers from the Springvale/Noble Park venue who arrived early to set up, take entries and then record results etc. As always they did a splendid job and the event went off smoothly as always. I won't name them all here but they have been personally thanked at the venue.

We must also record our appreciation to Parks Victoria for their in-kind support in allowing us to hold the event in such a lovely environment. Their motto is Healthy Parks - Healthy People.



VMA 10 MILE CHAMPIONSHIP

PRINCES PARK, CARLTON

SUNDAY, 25 AUGUST 2013

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, Princes Park, Carlton

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

ELIGIBILITY : To be eligible for an age category award and to receive points in the Brown Shield Competition, all runners must be financial members and were the VMA 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 Princes Park.

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

A
Browne Shield
Event



ENTRY FORM***THE SIXTY MINUTES***

(Open to all athletes affiliated with Australian Masters' Athletics controlling bodies)

Rieschiecks Reserve, George St, Doncaster (Melway: 33, J10)

DONCASTER**Monday, September 23, 2013 (Approx. 7.30pm)****Name (PRINT):** _____ **Age (on Sep 23)** _____**I understand and acknowledge that:**

- **ENTRIES CLOSE** with the last mail delivery on **Friday, September 13, 2013**. Entries may be posted to **The Sixty Minutes, C/o 9 Pitura Place, ELTHAM, 3095, Victoria, Australia**, or e-mailed to gford@bigpond.net.au.

I hereby declare that I am in good health and will be properly conditioned to actively participate in events at THE SIXTY MINUTES meeting to be conducted by the Doncaster venue of the Victorian Masters' Athletic Club Inc. on September 23, 2013. I absolutely relieve the said club and organisers of any responsibility for any injury or personal damage I may sustain in the course of competing in events organised by that branch of the VMACI. I further agree to be bound by all conditions set down by the organisers.

I enclose my entry fee of \$10 (cheques payable to 'VMA Doncaster')*

(To be refunded in full in the event of cancellation of The Sixty Minutes).*

SIGNED: _____ **Phone:** _____**Address:** _____**e-mail:** _____

OFFICE USE ONLY:

NUMBERCOLOUR**NOTE this event will not be run without a minimum of 10 entries.****In the event of cancellation, entrants will be notified.**

Fantastic Gosbell 5k at East Burwood 20 June 2013

The Inter Venue 5,000 metres in honour of John Gosbell was a great race.

It was a crowded track with 38 competitors. Craig Harris of East Burwood was the winner in 17m 36. Ross McDonald from Doncaster was second and Ewen Wilson of Glen Eira third. Helen Stanley from Knox was the first female with Lavinia Petrie second and Janet Holmes third.

On an age-graded basis the stars were Lavinia Petrie on a terrific 97 per cent, Ewen Wilson 86 per cent, Gary Stewart on 84 per cent, Andrew Edwards 83 per cent, Helen Stanley 83 per cent and Janet Holmes 78 per cent.

The East Burwood team of Craig Harris, Geoff Wheeler, Sam De Fanis and Helen Van Der Nagel won Division 1 from Doncaster and the Glen Eira team of Ewen Wilson, Chris Graffin, Andrew Edwards and Janet Holmes won Division 2 from Knox.

A very fit group of teachers from Mt Lilydale Mercy College also participated with Dan Beard first home just ahead of Craig Harris.

With our membership ageing the unexpected result was that the top two Division 2 teams scored better than the top two Division 1 teams. We might need to look at the rules for next year!

John Gosbell was a stalwart of Victorian Masters Athletics and a fine 5k runner. John was involved in state and national championships at the administrative level, and was a wizard with computerised results. John had been venue manager at Croydon and a regular record keeper and handicapper at East Burwood. John had a wonderful, dry sense of humour—he was much loved, admired and respected. He is very much missed.

This year we had a great run and a great social night that we want to repeat many times.



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



ATHLETICS BENDIGO Inc.
 OCEANIA MASTERS ATHLETICS CHAMPIONSHIPS 2014
 JANUARY 4th TO 12th
 EVENT OVERVIEW

The Oceania Masters Athletic Championships is conducted bi-annually, rotating between Australia, New Zealand and an Island Nation.

Athletics Bendigo Inc. is the successful tender for the 2014 Championships to be conducted over eight days from January 4th to January 12th. Expected entrant number between 700 and 800 Masters age athletes over the age of thirty years based on attendance to previous Australian hosted Championships and current athlete numbers in the participating regions. The majority of competitors will come from throughout Australia and make up approximately 70% with remainder coming from New Zealand, the Cook Islands, Samoa, Tahiti and other smaller Island nations. A smaller number of athletes from the U.S.A and Europe will also make the trip to Bendigo.

The Championships begin with the Multi Events on the first weekend of competition. The Multi Events also double as the Australian and Victorian titles and incorporates the Athletics Victoria Under Age Championships. The Half- Marathon event on the final Sunday of competition is also the Australian Masters Championship event for 2014 as well being an Open age event to attract athletes under the age of thirty

BENEFITS TO THE REGION

The majority of competing athletes will fill accommodation in Bendigo for the duration of the competition and in many cases for an extended period either side of their particular events to explore the region. Most competition days will be morning only with most athletes having at least one free day to explore the area. All competitors are over the age of thirty with the majority in the forty five to sixty five age bracket. Most have partners, are on holidays or retired and ready and able to spend in regional businesses and tourist attractions.

The exposure of the area gained through promotion of the event via its own website and numerous associated websites as well as media focus and advertising will be extensive.

Regards Terry Hicks
 Secretary Athletics Bendigo
 O.M.A Championships Event Manager
 PH. 0417881442
www.omabendigo2014.com.au/



AUSSIES HEADING TO PORTO ALEGRE

PREVIEW OF



ACT

Radovan Leovic, Janice Banens, Robert Banens, Mary Campbell, Fran Harris, Margaret Taylor

NSW

Adriana Van Bockel, Jacqualine Bezuidenhout, Sharon Gibbins, Ray Green, Jayne Hardy, Bert Janes, Neville McIntyre, Janet Naylor, Gianna Mogentale, Noreen Parrish, Stuart Paterson, Cristine Penn, Joan Purcell, Jill Taylor, MaryThomas, Glenys Whitehead, Cristine Suffolk, Jacqueline Walton, John Walton, Albert Gay

QLD

Irene Davey, Joanne Pronk, Rosemary Dean, Viddy Jermacans, Althea Mackie, Colin McLeod, Alan Stacey, Anne Ryan, Sean Ryan, Wilma Perkins

S.A.

Evelyn Peake, Anne Lang, Robert Pearce, Peter Sandery, Claire Woods, Miriam Cudmore, Lesley Dawson

TAS

Geoffrey Gibbons, Michael Stevenson, Lynne Andrews

W.A.

David Carr, Geoffrey Brayshaw, Vicki Cobby, Todd Davey, Bjorn Dybdahl, Melissa Foster, Beverley Hamilton, Nick Miletic, Margaret Saunders, Lynne Schickert, Robert Schickert, Grzegorz Urbanowicz, Lynette Ventris, Lynne Choate, ChristianTittle, Garry Hastie, Colin Smith

VIC.

Ralph Bennett, Donald Chambers, Simon Evans, Andrew Jamieson, Celia Johnson, Stuart Kollmorgen, Valerie Worrell, Elizabeth Feldman, Leanne Monk, Kevin Solomon, Stephen Baird, Stephen Barker, Ian Beaumont, Margaret Beaumont, Heather Carr, Bill Carr, James Christmass, Allan Cook, Russell Dickenson, Anthony Doran, Andrew Egginton, Neil Gray, Justin Hanrahan, Dawn Hartigan, Kathryn Heagney, John Herridge, Sharon Higgins, Keith Howden, Geoffrey Major, Lorraine Mussett, Terry Phelan, Rob Mayston, Christine Schultz, Collin Silcock-Delaney, James Sinclair, Gwen Steed, Pam Tindal, Petrina Trowbridge, Andrew Wilcox, Ewen Wilson, Allan Wood, Maria De Zwart, Elwyn Egan, Barry Jeffs, Ray Wilson

PREVIEW OF



What do you think of when you hear of Brasil ? Soccer ? Mardi Gras ? Copacabana Beach ? For me it's all of the above, but also the music that Antonio Carlos Jobim wrote in the 1960's. Songs like Girl from Ipanema, Desafinado, Meditation and Wave.

Capital Brasilia, their version of Canberra, a city created for Government. São Paulo (11.277.019) and Rio de Janeiro (6.074.081) are the two largest and most important cities in Brazil. Where we are going for the Games - Porto Alegre - is the 10th largest city with a population of about 1.4 million. It is well South of Rio and hopefully a milder climate than was Sacramento.

Porto Alegre offers entrants four venues ready for top level competition. The facilities are located within 12 Kilometers of each other and all within easy reach of the accommodation, with regular public transport and competition shuttle buses. The main stadium CETE is also close to all of the Non-Stadia facilities. (CETE stands for State Centre for Sports Training).

Aussies to watch in Porto Alegre

Running

Kathryn Heagney	W60	200m; 400m; 800m
Colin McLeod	M75	5K; 10K; C.C.
Peter Sandery	M70	800m;1500m; 5K; 10K; S/C; C.C.
David Carr	M80	400m;800m;1500m; Steeplechase
John Herridge	M60	5k; 10K; C/C
Ewen Wilson	M60	5k; 10K; C/C
Alan Cook	M50	400m; 800m; 1500m
Jim Sinclair	M85	100m; 200m; 400m

Walks

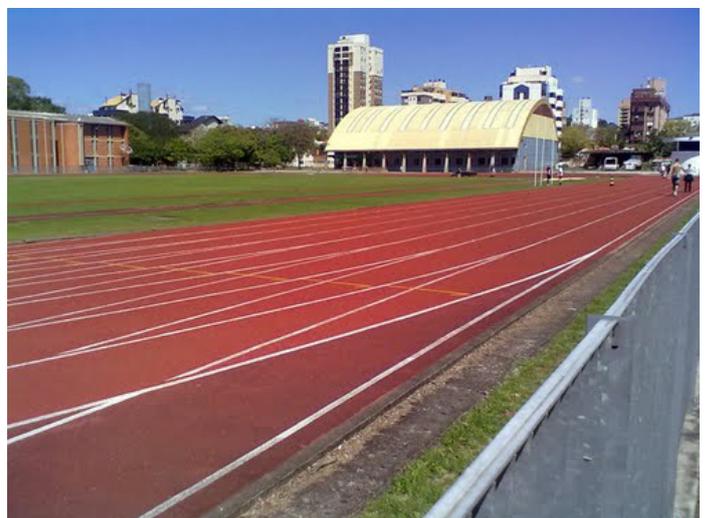
Heather Carr	W60	5000W; 10K; 20K
Andrew Jamieson	M65	5000W; 10K; 20K
Lyn Ventris	W55	5000W; 10K; 20K
Pam Tindal	W50	5000W; 10K; 20K
Gwen Steed	W70	5000W; 10K
Ralph Bennett	M70	5000W; 10K; 20K
Liz Feldman	W65	5000W; 10K; 20K

Jumps

Dawn Hartigan	Pole Vault
Margaret Taylor	High Jump; Long Jump Triple



Site of Marathon, Half Marathon and Road Walks



CETE Main Stadium

RESULTS - AMA & VMA 20km Walk Championships - 30/6/13

In fine conditions, the AMA & VMA championships were held on 30th June at Albert Park in conjunction with the AV 20 KM open championships.

There were some outstanding performances including Kelly Ruddick (W40) whose time of 1:36:46 was a new Victorian and Australian W40 record. This time is faster than many of the competitors recorded in the last Olympics with Kelly remaining very close to selection in Australian open teams.

Margaret Beaumont (W75) showed extreme endurance to set new Victorian and Australian records in her age group with a time of 3.06.59.

Other good performances were Michelle Laufer (W40) 1:47:51 and Sarah Brennan (W35) 1:49:22 who both achieved personal bests as well as taking silver and bronze in the Victorian open behind Kelly.

In the Men's event, Stuart Kollmorgen (M45) was the fastest male master in a time of 1:45:56 followed by James Christmass (M45) 1:48:45 who recorded a near 4 minute PB.

Best age graded performances were by Bob Gardiner (M75) 91.49%, , Heather Carr (W60) 91.24% and Kelly Ruddick (W40) 91.14%.

Simon Evans 0433 300 166

P.S. for those interested in trying race walking, events are held at Middle Park (near the bowling club) most Saturdays during Winter. Beginners can start in the non judged category until they get the technique correct (see VRWC.org.au for more information)

AMA & VMA Championship 20km Men			AMA	VMA	
M40	Stuart Kollmorgen	VIC 1:45:56	1	1	77.92%
M45	James Christmass	VIC 1:48:45	1		76.49%
M50	Simon Evans	VIC 1:49:47	1	1	80.79%
M65	Russ Dickenson	VIC 2:05:46	1	1	80.73%
	Andrew Jamieson	VIC	DNF		
M70	Ralph Bennett	VIC 2:02:29	1	1	87.13%
	Murray Dickinson	VIC	DNF	2	
M75	Bob Gardiner	VIC 2:07:14	1	1	91.49%
AMA & VMA Championship 20km Women			AMA	VMA	
W35	Sarah Brennan	VIC 1:49:22	1	1	79.01%
W40	Kelly Ruddick	VIC 1:36:46	1	1	91.14%
					(New Aust&Vic W40 record)
	Michelle Laufer	VIC 1:47:51	2	2	83.90%
W50	Pam Tindal	VIC 2:03:22		1	81.08%
	Donna Elms	VIC 2:21:21	1	2	69.98%
W60	Heather Carr	VIC 2:04:36	1	1	91.24%
	Liz Feldman	VIC 2:11:19	2	2	87.84%
W75	Margaret Beaumont	VIC 3:06:59	1	1	74.66%
					(New Aust&Vic W75 record)





ATHLETICS

MIN. AGE 30
REGISTER NOW



**XIV AUSTRALIAN
 MASTERS GAMES**
 GEELONG 5-12 OCTOBER 2013



Track & Field, Cross Country, Road Walk,
 10km and Half Marathon

Venues John Landy Athletic Field, Barwon River Promenade, Eastern Park

Competition Dates 5-8 October (Track & Field), 10 October (Cross Country,
 Road Walk), 12 October (10km and Half Marathon)

Entries Open 18 March, 2013

Age Groups 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69,
 70-74, 75-79, 80-84, 85-89, 90-94, 95+



**GAME ON
 IN GEELONG!**

 /AustralianMastersGames

www.AustralianMastersGames.com



Principal Partner



Host City Partner



CLYDE'S NEW RECORD REPORT

Pending World Records:

W40	10k Road Walk	Kelly Ruddick	Vic	46:27	91.6%	26-5-13	Ballarat
W40	10k Road Walk	Kelly Ruddick	Vic	46:35	91.6%	14-7-13	Middle Park

(Note : Kelly’s Ballarat walk is unlikely to be ratified as the course was not surveyed)

Australian Records:

W40	20k Road Walk	Kelly Ruddick	Vic	1:36:46	91.1%	29-6-13	Middle Park
W75	20k Road Walk	Margaret Beaumont	Vic	3:06:59	74.7%	29-6-13	Middle Park

Victorian Records:

M60	5k	Ewen Wilson		17:52.83	87.7%	31-3-13	AIS Canberra
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Clyde Riddoch

VMA Records Officer

14 Joan Street, Sunshine West Vic 3020

Telephone 03 9363 2515 (H), Mobile 0439 902 907, Email: clyderiddoch@msn.com



Dear Masters Athletics Associations

The University of Newcastle has now launched its Running Shoe Safety & Performance Testing Program and is looking for 2000 Australian runners from across Australia to become running shoe testers. The purpose of the study is to provide the running community with detailed information on how different running shoe models affect injury risk and performance.

Would you be kind enough to please distribute the following information to your member clubs? Any runners who might be interested in becoming running shoe testers can find further information and sign up for the study here:

<https://creator.zoho.com/huntergait/copy-of-running-shoe-safety-performance-t-/#Form:Flyer>

Any runners who simply wish to show their support and to be kept up to date with the results of the study can sign up to our Facebook Page:

<https://www.facebook.com/UniversityOfNewcastleRunningShoeResearch>

many thanks

Dr Craig Richards & Professor Robin Callister
School of Biomedical Sciences & Pharmacy
University of Newcastle

ONLINE REGISTRATION

On-line registration will be available from 1 October 2013.

VMA Registration Fees (from 1/10/2013)

Note: Fees will now become due for 2014 from above date. Cover will be until Dec 31 2014.

The new fees will begin with the start of on-line registration (available from 1/10/2013)

Renewing:

2013 VMA member	\$35
2013 VMA members – two at same address	\$55
2013 VMA member (80+) – member for immed. 5 years	\$0
Life member (competing)	\$0
Associate Member (under age <30)	\$20
Venue Volunteer (non competing)	\$0

New (and Lapsed) Members:

New member – includes joining fee	\$45
New members – two at same address	\$75
New Member registered with AV club	\$35



On-line registration will be available from 1 October 2013. A link from the VMA web-site will lead to On-line registration. A direct web address will also be established.

VMA is also investigating making payment of uniforms available through the on-line registration link although one would still need to collect from Graham Philpott or have them sent through him.

All registrants will receive a confirmation of payment. Payment is via credit card. Either Visa or Master Card.

INTRODUCING **MURRAY DICKINSON**
AN ARTICLE BY HEATHER CARR

Murray Dickinson is a remarkable man, as you will quickly discover! Never one to allow grass to grow under his feet, Murray has lead a life full of adventure, escapades and excitement.

Murray has competed in athletics for many years now, but his early years were dedicated to cycling. At the very tender age of 14, Murray was influenced by his peers to join the Northcote Amateur Cycling Club. He quickly became addicted to the sport of cycling, racing on both the track and the road. Murray's racing bike consisted of a 3 speed close ratio gears (completely different from models available today!) One course for competition began in Plenty Road, Preston, to Bell Street, to Heidelberg, onto Manningham Road, to Doncaster Road, across to Eltham, Greensborough, Bundoora and then back to Preston. Can you imagine riding that course now, along with the thousands of vehicles that frequent these spaces - certainly a most dangerous proposition. Knowing Murray's competitiveness, I'm surprised he only had one serious crash during that era. This incident occurred in a bunch of thirty riders, and the legacy? Murray removing gravel from all parts of his body for months afterwards.

Murray's desire for an active, stimulating life resulted in purchasing a car at 18 whilst completing a Motor Mechanic Apprenticeship. Murray must have shown a lot of aptitude for racing, as he was 'head hunted' by Austin Miller, a local car dealer, who raced a Formula 1 Cooper Climax. Austin's partner was Stan Jones, father of World Formula One Champ, Alan Jones. Murray was crucial to Miller, being responsible for driving the car to Bathurst, as well as preparing and maintaining the Cooper Climax. In the meantime he worked assiduously on his own high speed FX Holden, racing at Phillip island, contesting hill climbs, and ultimately 'fixing' damaged parts in the middle of the night, so the car could be raced again the following day! (Usually whilst his mates were thoroughly enjoying themselves at the local pub!!) Fortunately Murray's boss supplied all the tyres, fuel, oil and other necessary components to make racing viable. Simultaneously, Murray began his own business as a Motor Mechanic in Reservoir, eventually moving to Coburg, then finally moving to Eltham, where he owned and managed his own automotive business. A very busy, productive and successful stage of Murray's life.

Not content with cycling and motor car racing, his next foray in sport was snow skiing! A man of considerable talents! During the early 1960's, a group of friends gathered together and formed a ski club at Mt Buller. The club, Coonamar Ski Club, still claims Murray as a member, a founding member. Again, that same powerful competitive spirit shone through, with Murray competing in Victorian Championships, in a variety of disciplines including Slalom, Giant Slalom, Downhill, Cross Country and Jumps - whatever competition was going Murray was into it! Quite a few injuries occurred including tearing ankle ligaments and breaking a leg, but Murray survived all this to pursue his interest; skiing at all the Australian ski resorts, as well as Japan, the USA and Europe.

In 1967, Murray married the gorgeous, calm and patient Marlene. Together they had three children, Joanne, Danielle and Justin, who shared Murray's passion for snow skiing and spent many many seasons together as a family at the Coonamar Club.

Never one to be content with the above mentioned sports, Murray has also dabbled in water skiing!

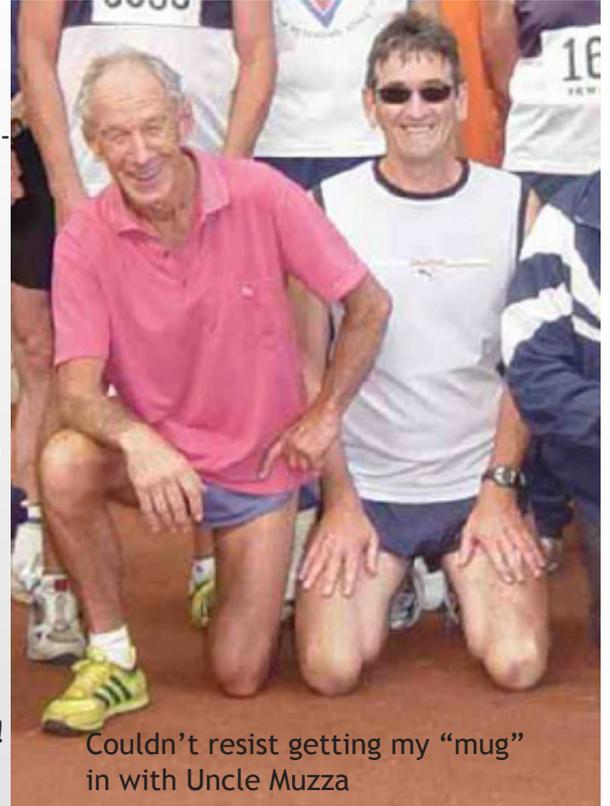


Murray passes Herman Strieder of Austria in the 5000m walk at the World Championships in 2001

INTRODUCING MURRAY DICKINSON

He began by building a runabout ski boat and camped with the family at Lake Eildon. Not content with 'regular' water skiing, Murray began barefoot skiing, as regular skiing was 'a bit tame'!! This time he managed to only break a few ribs. Wind-surfing was also on the cards, with Murray describing the experience as a 'real buzz'. Concurrent with all these pursuits Murray was running a lot, competing in 24 marathons including New York, Hawaii, Rome, Puerto Rico, and the very first Melbourne Marathon in 1978.

Amongst Murray's talents is his persuasiveness! He 'talked' Marlene into running and competing in the World Veterans Athletic Championships in Puerto Rico in 1983. Murray had already competed in the 20km walk, and the following day they ran the marathon together. It was exceptionally hot and humid, and at the 30km mark, Marlene decided she'd had enough!! Whilst sitting in the gutter, feeling completely miserable, Marlene was convinced by Murray that there would be a very high attrition rate for women, so Marlene 'got up', struggled onto the finish, had to do one lap of the track, refused, got going again, and came in 3rd in the 40 year age group! Marlene couldn't believe what had eventuated. Hopefully by now, she's forgiven Murray!! All I can say is congratulation Marlene, you must be a remarkable woman to manage Murray so well!



Couldn't resist getting my "mug" in with Uncle Muzza

Despite all Murray's amazing intentions, he was discovering that his body was not as invincible as he would like. Problems with his achilles occurred, so running was put on the backburner. The notion that racewalking would be a suitable alternative to running was suggested by a fellow Collingwood athlete. This advice proved advantageous, and resulted in a wonderful new career for Murray. This led to competition around the world in many of the Veteran / Masters World Championships, resulting in many wins and several World records. Much to Murray's disgust, (necessarily tongue in cheek, as Andrew is bigger), these records have fallen to a fellow Australian racewalker!

In 1987, the VII World Veterans' Athletic Championships were held in Melbourne, and Murray played a significant role. Firstly as a member of the Committee, and secondly becoming race director for the marathon, the cross country, and the road walks. The marathon course was from the city to Elwood and return; the cross country, beginning at Royal Park, consisting of hay bales, a bog and sand trap to provide variety and interest for competitors and finally the road walks; along Alexandra Avenue, down St Kilda Road, around the Shrine finishing with laps of Olympic park. Men competed in the 20km and women in the 10km. The start line for both the 20km and the 10km were at different points, which became a logistical nightmare for Murray and other organizers.

Murray's first international success was at Olympic Park in the M45 5km track walk at the VII World Veterans' Games. Willi Sawall, an iconic Australian racewalker, literally flew around the track, eventually being disqualified halfway through the event, leaving John Smith from Australia, Bob Dobson from Great Britain and Murray to contend the places. In Murray's ironic way, he stated the 'last 200m was very hectic'. Murray took Gold finishing in 22:59, Bob Dobson Silver in 23:02, and Smith Bronze in 23:11. A thrilling conclusion to a sensational event.

Following the frantic and hectic schedule of organizing the out of stadia events for the Melbourne World Championships, Murray, to repair and recuperate, took his family trekking in Nepal for 2 weeks, completing the Annapurna circuit and onto base camp at 18000 feet. Annapurna is a section of the Himalayas in North Central Nepal, a well known trekking region. The treks offer incredibly diverse scenery with both high

INTRODUCING MURRAY DICKINSON

mountains and lowland villages. The area also offers unique cultural exposure and experience; 'pure magic' exclaims Murray! The family continued their 'holiday', continuing onto India as the next port of call.

One of my more powerful memories of Murray is following the 5km track walk in Turku, Finland. Murray completed the walk, totally and utterly exhausted, flat, face up on the track, countenance very, very grey, whilst his son, Justin, stood above him videoing whilst his father lay prostrate, gasping like a fish out of water! Before Murray had time to recover, he was hauled away by a sturdy, Finnish female for a drug test. These and other memories contribute to athletics being so compelling - the human drama displayed for all to see.

Murray has many, many friends through racewalking. Dario Rameriez from Columbia, 'no English me, no Spanish' for Murray! Despite this huge gap in communication, both men had an incredible respect for one another over 25 years, with Dario habitually 'out in front like a rocket', with a 'try and catch me' attitude. Sadly Dario has passed away, and is missed tremendously by fellow athletes. Murray continues a friendship with an American athlete, Jim Fisher, and regularly travels to the USA to enjoy snow skiing with Jim in Colorado. The list grows; Jack Bray, the 'tree lover', is also a unique and distinctive personality favourite of Murray's.

Murray returned to the cycling circuit in 1982, joining the Northern and Eastern Veterans Cycling Clubs, competing in both criteriums and road races but with limited success. Murray discovered that when racing and training, hill exertion and endurance slog suited his body type, making cycling and racewalking appropriate for him. However with the march of time, Murray now rides recreationally with 'a few ex racing mates.....who look after old warriors'.

More recently, Murray, in 2008, visited France, with Marlene and his new bike. The highlight of his French escapade was the Pre Tour or the L'Etape du Tour (stage of the tour) of the 'Tour de France'. He and many other riders would set off early in the morning to ride the course that the professional riders were actively involved in. Riding up the mountains with the crowds lining the route was exhilarating and thrilling, producing a 'real buzz'. A very supportive Marlene was either at the start, the feed station or the finish. The experience was so memorable that Murray did it all over again in 2010! This ride is an organized mass participation 'cyclo sportive' event that allows amateur cyclists to race over the same route as a 'Tour de France' stage. It is usually held over mountain roads in the Pyrenees or the French Alps. Thousands of riders participate and the event takes place on roads closed by police to other traffic with feed stations and medical support provided along the route. The ride was undertaken the day before the professional riders rode, culminating on the summit of Col du Tourmalet, one of the highest peaks in the Central Pyrenees. This strenuous three mountain effort of 184 kilometers saw 10,000 riders involved, with 3000 riders unable to complete the course, it was so arduous, gruelling and hard.

A couple of years ago, Murray was involved with a bunch of cyclists who stopped suddenly (didn't want to compete with a car) whilst out on their training ride. Unfortunately, Murray came off the worst, breaking the top of his femur. Despite an operation repairing the break with a dynamic hip screw, the damage was done, leaving Murray with a loss of flexibility and lack of strength in his left quad. Despite this setback, Murray is working overtime to get back to pre accident strength. Of course, this catastrophe has left its 'scar', and Murray can be subjected to running foul of the race walking judges when competing, however, he refuses to ever 'give up'.

Murray loves racewalking, now moving into the M75 age group, and really enjoys his involvement with the Victorian Race Walking Club. He and Marlene have travelled extensively and met many interesting athletes and co-competitors, making friends around Australia as well as many countries around the globe. Murray's Motto 'DON'T EVER STOP' are golden words of wisdom. Having an attitude that is so positive is a tenet we could all do well to live by. We wish Murray success in his efforts to compete in the World Championships in Brazil in a few months time. Keep flying that flag for Australia, and continue with that amazing, optimistic attitude to everything you approach in life. I'm sure there will be many other areas as yet unexplored that you will eventually be involved in. *You've hardly scratched the surface yet!*

DAVID HEADING FOR THE TOP

Doncaster athlete David McConnell stamped himself as the venue's big improver with yet another sterling performance at the recent Australian Masters' Athletics Championships in Canberra.

McConnell, 60, was the venue's only winner in Canberra, taking the Men's 60-64 division of the 200 metres to add to the gold medal he won in the M55-59 400m hurdles in Melbourne a year earlier.

McConnell scored narrowly from versatile Canberra athlete John Lamb, who reversed the placings in the 400 metres, both races requiring the judges to consult the photo-finish.

While McConnell was beaten in the 400m, his performance saw him become only the fourth Victorian athlete to break 60 seconds for the distance at age 60. McConnell ran 59.73 to join Keith Howden (58.92), Richard Trembath (59.59) and John Lamb's twin brother, Peter Lamb (59.98).

Trembath was the first to break the barrier, running 59.8 at Doncaster in 2002, to better the record of 60.0, which had stood to the credit of Reg McRae since 1986. He later lowered the mark to 59.59 at the Nationals in Perth in 2003 then Howden bettered that time twice, setting the current Victorian record of 58.92 at the World Championships in Lahti, Finland, in 2009.

On McConnell's performance in Canberra there is little doubt he has the ability to further improve the record the first time he gets conditions to suit.

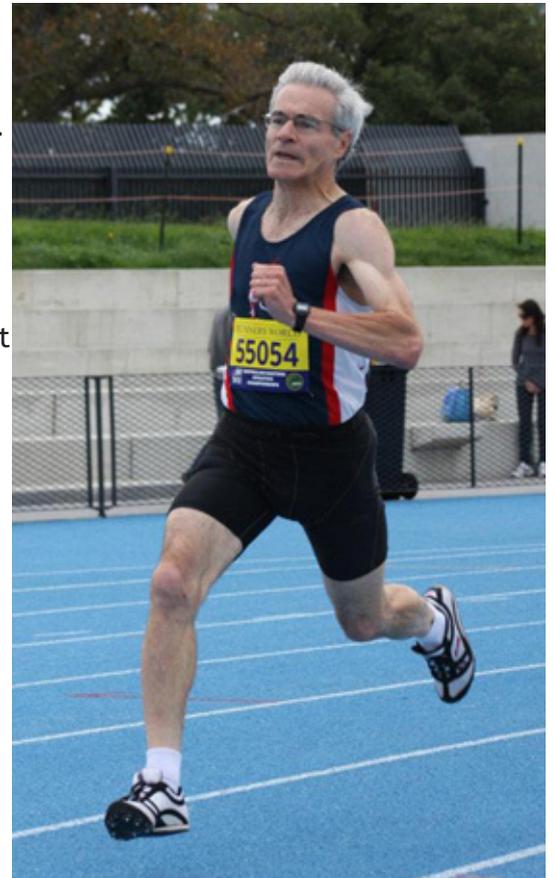
His winning time of 26.33 in the 200m in Canberra suggests he hasn't got quite the speed of Howden, who holds the Victorian record of 25.77, but there are plenty of areas in which he can improve between now and his next major meeting, the World Masters Athletics Championships in Porto Allegre, Brazil, in October.

For a start (excuse the pun) it's a safe bet that McConnell won't be doing a standing start in Brazil as he did in Canberra. 'I think it might have cost me,' he said later. 'I won't be doing that again.'

Whether or not McConnell will measure up to world class is something only time will tell but if Howden is used as a measuring stick, he won't be far away. In Brisbane in 2003 Howden broke down 30 metres from the line when he had the M60 400m final safely in his keeping, then in Lahti in 2011 he won the M65 100m.

Howden went to the Championships with considerably more experience than McConnell and that counts. But the chances are McConnell is going to improve between now and October and if he does, he'll be 'in the mix'.

Editor - As of writing, David has not entered for the World Masters Athletics Championships in Porto Allegre, Brazil



Bikram Yoga

Kathy Heagney has been in touch to tell me that she has had wonderful benefits from attending Bikram Yoga classes. She wanted other Masters Athletes to know about it. Kathy feels that compared to stretching, this is much more beneficial and has helped her with recovery from hard training sessions and from injury.

What is Bikram Yoga ?

Bikram Yoga is a system of yoga that Bikram Choudhury synthesized from traditional hatha yoga techniques and popularized beginning in the early 1970s. All Bikram Yoga classes run for 90 minutes and consist of the same series of 26 postures and 2 breathing exercises. *Bikram Yoga is ideally practiced in a room heated to 40.6 °C with a humidity of 40%.*

Although many individuals enjoy practicing hot yoga, there are certain health risks involved and the main reason for this is the extreme heat. Some sportsmen and professional dancers claim to prefer Bikram Yoga, because proponents argue it has injury-healing, emotion-strengthening, toxin-flushing, weight-managing, and career-extending effects. However, no concrete peer reviewed evidence has arisen to back up these claims. Excessive sweating can result in dehydration, but can be prevented by drinking water or sports drinks, particularly those that contain electrolytes. Some instructors encourage sipping water during the class; most recommend not eating heavy food 3 hours before doing hot yoga.

Also, there is a risk of hyperthermia, which is overheating of the body. Symptoms include nausea, dizziness, or fainting, which can lead to a heat stroke. People with heart problems and high blood pressure or those who can't bear high temperatures, should be especially careful with hot yoga. People who take medications for depression, nervousness, insomnia, or high blood pressure should always check with a doctor to make sure the heat is safe for them. Bikram Yoga is often used by dancers to increase flexibility, however this is a debated point because forcing hypermobility on the hyperextended joints can result in their instability. However, some have argued that hot yoga can also be used to increase their sense of limb placement in space, though again these claims have yet to be tested.



Bikram Yoga



Victorian Masters Athletics Inc. - Venue Managers

Venue	Manager	Address	Phone
Aberfeldie	John Dean	3 Pearl Street Essendon West 3040 jkdeano@hotmail.com	9337 7179
Casey	Paul Olsson	olssonpf@bigpond.net.au	0408 340 151
Coburg	Neville Wilson	11 Prospect Road, Rosanna 3084 nlw@melbpc.org.au	9459 7827
Collingwood	Peter Gaunt	38 King Street, Fitzroy North 3068 peter.gaunt@darebinlibraries.vic.gov.au	9486 8084 9481 9557 Wk.
	Heather Gaunt		0447 068084
Croydon	Ken Walters	7 Waters Avenue, Upper Ferntree Gully 3156 jandkwalters@bigpond.com	9753 5661
	Pam Tindal	9 Yallambee Way, Croydon martynti@bigpond.net.au	9723 3271 0416 006583
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Throwers	Graeme Rose	71 Union Road, Surrey Hills 3127 grarose@yahoo.com	9836 2350
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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	<div style="border: 2px solid red; background-color: #ffffcc; padding: 5px;"> <p>PLEASE NOTE Due to an upgrade of the Harold Stevens Athletic Track we are now operating on a WEDNESDAY night (changed from Thursday) at Jackson Reserve (Melways map 18 A 10), a sports oval alongside the Harold Stevens track. Starting time is still 7.10 pm and we still use our old club rooms.</p> </div>	
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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