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FOOTPRINTS

OCTOBER 2012



AND VMA LUVS YOU TOO, USAIN

FINAL BROWNE
SHIELD RESULTS

LONG BEFORE NEWS AND RESULTS
AND FOOTPRINTS WE HAD :





Pardon me for presuming that all of VMA loves Usain Bolt, but I find it hard to imagine why anyone wouldn't love him. Yes, he's brash and cocky, but with such a fun-loving edge to everything he does. Also getting in the spirit is his training partner, Yohan Blake a.k.a. "The Beast". Yohan is the second best sprinter going around.

Recently, I was doing laps on the track and there was a boy, about ten years old, practising crouch starts. I said "Go Usain" and he replied - "No, I'm Blake". How many kids would be racing each other saying - "I'm Usain". "No, I'm Usain. You're Blake". I think these two Jamaicans are so good for the sport, and their battles in coming years will be keenly watched by people who are not normally fans of Athletics. Aussies love a Champion, and there can be no doubt now that he is the greatest Olympic Sprint Champion of all time.

It's hard these days to set your heroes in stone. As a kid, my heroes were seemingly squeaky clean - Ken Rosewall, Peter Pianto and Polly Farmer, Neil Harvey, John Devitt, Bobby Morrow. Now in this era of media scrutiny and drug scandals, you need to hedge your bets. Think Tiger Woods (womanising) and Lance Armstrong (drugs). Lots of today's kids would be disappointed as their idols fall at one of those hurdles.

Please, please be drug free, Usain. I would love you to be an enduring, untainted hero.

I have been encouraged by the responses I have received to my article on membership numbers. A lot of the responses have been in conversations and notes but I do include on P25 a great letter from Don McLean which responds to my question and also to Ken Walters article on walking during endurance runs.

I wasn't aware of the "Veteran Athlete" which was the National newsletter produced in the 1980's by Mike and Penny Hall. It was a brilliant effort that they produced for 6 years and they are our AMA Legends.

Heather Carr suggested that she would like to write some articles on some VMA members, so I have started the "Introducing..." series. Heather is starting with Gwen Steed and I would invite any of our members to write about an other member that you feel is worthy of recognition.

Interesting story on a new documentary being made about Cliff Young where past member Mark Purvis is Cliff's running stand-in.

Yours defibrillatingly,

Russ Dickenson

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NAG FILE

Athletes Moving into a New Age Group

RAYMOND KEMP	Into M85
FRANK TUTCHENER	Into M85
TOM DAVISON	Into M80
COLIN SILCOCK-DELANEY	Into M80
NINO STANKOVIC	Into M80
RAYMOND O'CONNOR	Into M75
BARRY FRY	Into M70
NEIL RYAN	Into M70
ANNE BILSTON	Into W65
BRYAN KELLY	Into M65
RON LEDINGHAM	Into M65
GRANT WATSON	Into M65
KENNETH CARTER	Into M60
DENIS HOLDEN	Into M60
JAMES O'BRIEN	Into M60
JULIE CHALLEN	Into W55
PATRICIA GALVIN	Into W55
ALLAN COOK	Into M50
MATTHEW GIBNEY	Into M50
KAREN HAINS	Into W50
JAMES CHRISTMASS	Into M45
DAVID LENEHAN	Into M45
ANDREW MAY	Into M45
SEAN RIORDAN	Into M45
MARCO TONELLI	Into M40

Masterpieces

It is with much sadness that we heard of the sudden passing of Margaret Chambers, wife of VMA Committeeman Don Chambers. We pass on our sincere condolences to Don and his family

We would like to congratulate Andrew Edwards on his appointment to the VMA Committee. Andrew, who is a very fine runner, is also the manager of the Glen Eira Venue.

At the London Olympics, Constantina Dita, who won the previous Marathon in Beijing, was 42 years and 195 days old as she set out to run the 42.195km race.

WA walker Lyn Ventris, who is 55 years old, took bronze in the Australian Open Women 20km championship in Adelaide in a time of 1:40:41, bettering her own W55 World Record of 1:43:11 (done in July) by an extraordinary 2:32. *Her Masters Age Graded calculation comes out at 101.67%*

Along the way, Lyn powered through the 10km mark in 49:32, not far outside the W55 10km World Record she set the previous week.

STOP PRESS It has just been announced that Lyn Ventris of WA has won the World Masters Female Athlete of the Year for the second year in a row. This is a huge achievement, but justly deserved given the continued excellence of Lyn's performances. The Male Masters Athlete of the year is Bob Lida, M75 sprinter, of the US. Andrew Jamieson finished equal second.

What's On

2012

- | | |
|---------------|---|
| October 13-20 | Alice Springs Masters Games. |
| October 14 | Melbourne Marathon - www.melbournemarathon.com.au |
| November 3-12 | Pan Pac Masters Games - Gold Coast - www.mastersgames.com.au - online entry only |
| November 13 | Living Legends Night - Glen Eira Venue - 7.15 - Contact Andrew Edwards 9555 4226 |
| November 25th | Coburg Lake Classic - 10K Run & 5K Run/Walk - Harold Stevens Field - 9AM |

2013

- | | |
|------------------|--|
| Jan 26 -28, 2013 | Vic Country T&F Champs, Geelong |
| Feb 7 | VMA 4x800 Walk Relays - East Burwood Venue - 7.20pm |
| Feb 17 | VMA 5000m Walk - Venue to be advised. |
| March 3 | Track and Field Pentathlon - Duncan Mackinnon |
| March 16-17 | VMA Track and Field Championships - Venue to be advised. |
| March 24 | Throws Pentathlon - Duncan Mackinnon |
| Mar 29-Apr 1 | Australian Masters T&F Champs, Canberra, ACT |
| August 2-11 | World Masters Games Torino (Turin) - www.torino2013wmg.org |
| October 5-12 | Australian Masters Games, Geelong - www.australianmastersgames.com |
| October 15 - 27 | World Masters Athletics Championships - Porto Alegre, Brazil - www.wma2013.com |

2014

- | | |
|---------|---|
| Mar/Apr | World Masters Indoor Championships, Budapest, Hungary |
|---------|---|

Masterpieces



Croydon stalwart John Yeates (top left) turned 85 recently, and the Venue celebrated with a beautiful cake. Venue Treasurer Colin Thompson can be seen in the background “fuming” at this irresponsible use of club funds.

A few weeks later, we worked up the courage to splash out for a similar cake for “long term” Manager Ken Walters who turned 80. Colin and his wife Alison have just left for a trip to China with fellow Croydonians Mark and Julie Challen. They say it was planned, but I think Colin “spitting the dummy” over the cakes had a lot to do with it !



Also at Croydon, we now have a defib unit. Andrew Parker is seen unwrapping the pads while Demonstrator Mike applies CPR to the dummy. Andrew is clearly no dummy, given the number of events he has won since joining Croydon.

AMA History: "Age is No Barrier - A History of Masters/Veterans Athletics in Australia" is now available for viewing on the AMA website.

There is still a small supply of books for sale at the special price of \$15 per book plus \$5 postage. Please contact Hazel McDonnell, AMA Secretary, hazelmcd@bigpond.com , to make your purchase.

Masterpieces

Springvale/Noble Park Happenings

We have been on our resurfaced track for about 3 months now. While it is not up to Albert Park standard it is a good surface to run/walk on. The Council are also installing new lights. All the towers have been erected and we are expecting switch on in the next week, *just in time for daylight saving*. Still they will be good next year. There will be no taking short cuts down the back straight.

The 3rd running of the Ross Martin memorial 3km handicap has just been completed. Run over 3 heats and a final it is a keenly contested event. From the front mark, Tom Davison lead for most of the race, but inside the last lap Rob Clutterbuck stormed past to win quite convincingly. Tom held on for 2nd place just ahead of the fast finishing Chris Murphy. Congratulations to our Steven Barker for winning the men's individual award in the Browne Shield competition. Steven has been a stalwart in our inter venue teams over recent years and his victory is well deserved.

Pictured right are - Chris Murphy, Rob Clutterbuck and Tom Davison.



Apologies to Clyde Riddoch. We left him out of the results of the VMA 20k Walk Championships but acknowledged him winning the AMA Championship which was held concurrently.

The VMA result was - M55-59 1st. Clyde Riddoch Vic 2:07:48



**THE
LIVING
LEGENDS
NIGHT**

The Living Legends Night
To be held at Glen Eira Venue
Tuesday 13 November, 2012, 7:15 pm

A note to advise that due to renovations at Glen Eira Venue, we thought we may not have been able to go ahead with this event this year. However having further discussions and help from our members we find that we can manage and it will go ahead as per the details above. The details will be sent to Alan Bennie and Ashley Page shortly regarding a slight change as we are unable to use the outside track. We look forward to seeing you on the night.

Andrew Edwards
Glen Eira
Venue Manager

Masterpieces

Doncaster Venue - Winter Series prize puzzle

What is the winner of Doncaster Venue's feature event, the Winter Series, going to do with his prize?

The series, held over six weeks, was won by Graham Ford, whose tally of 30 points saw him win by a single point from Kevin Bates, who got second prize on a countback from Richard Trembath after both finished on 29. David McConnell was next on 28.

While the event carried valuable prize packs for the placegetters, the trick is that Graham donated part of the first prize.

Graham, 63, is musical director of the Diamond Valley Singers, who stage a Gilbert and Sullivan production each year, and donated a voucher for two tickets to their next show, The Pirates of Penzance, which is scheduled for next year.

Obviously he doesn't need tickets to the show so it was no surprise when the final placings were announced that he was mulling over what to do with them.

This year's Winter Series was held under a new format, with competitors being required to submit estimated times before each event. Points were awarded on a scale according to how close they ran to their estimates.

The first round was held over 100 metres and distances increased by 100 metres each week until round six was run over 600 metres. Some of the specialist sprinters had dropped out by the last couple of rounds but overall the series was well patronized and runners were willing to test themselves over trips which didn't always suit them.

Doncaster's next feature event will be The Sixty Minutes, a one-hour run event conducted on the last Monday in September each year, which in this case is the 24th.



Following the recent AMA AGM, a new board has been elected. The board is shown wearing the promotional shirt for the 2016 Perth World Championships.

Back row: L-R: Bob Schickert, George White, Tony Bradford, Peter Lyden, Peter Dunham
Front row: L-R: Hazel McDonnell, Lynne Schickert, Steve Lance, Judy Cooper, Wilma Perkins

We have the following Merchandise from the Championships for sale -

Zip Tops Pink	Sizes 8; 10; & 14
Zip Tops Blue	Sizes 8 & 14
Zip Tops Black	Sizes 10; 14 & 16
Polo Shirts Ladies	Sizes 8-10
Polo Shirts Men	Sizes L
Sleeveless Vests	Sizes L & XL

All items priced at \$12.50 plus approximately \$5.00 for Local Postage.

Contact Graham Philpott on 9568 0495





BROWNE SHIELD - FINAL RESULTS

Knox wins again - But just !!

This year's Browne Shield competition provided some very interesting results in the last 2 races with some surprises and a very close finish in the men's competition. Knox had a big lead going into the final event but with only 3 finishers they saw their margin nearly halved to just finish 22 pts clear of Aberfeldie, with Collingwood only 12 pts back in third place. With their gun runners competing in the half it was Coburg that was the highest scoring venue in the event and it shows what a good competition this would be if all venues could get their best runners to compete in all events.

In the Women's section Lavinia Petrie did not run which left Petrina Trowbridge a clear winner. Petrina put in another fine effort to score 81.38% giving her 4 races over 80% and her first win in this competition. Lavinia still took second place even though she only had 3 scoring races and Heather Gaunt of Collingwood had a very solid season to finish a clear third.

The Men's competition was a real thriller and even when calculating all of the points I didn't know who had won until near the very end. I believe Ernie Stewart had an injury and wasn't able to finish the half which left the door open for the others. Paul Twining was the leader after 4 rounds but did not run so could not improve on his score. Tony Dell always gives it everything he has got, and just managed to pass Paul, but Peter Black and Steven Barker outscored him in the half with Steven just pipping Peter by less than 3 pts. This is Steven's first win in this competition and well deserved as he always gives a strong effort in his races.

As in any cumulative competition it is important to compete in as many races as possible and there were a couple of others who would have been very near the top if they had run one or two more races. Overall the numbers for the season were fairly even in the women's section compared to 2008 but down from 109 to 81 in the men's division but I think they were better than last year. The most popular races were the 10k road race at Braeside and the half marathon even though this is the longest race and most expensive to enter.

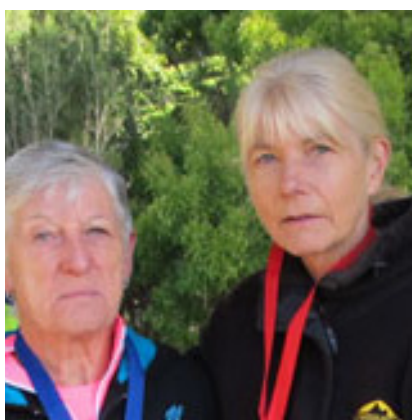
Alan Lucas

Venue	10k Track	10k CC	10k Road	10 Miles	Half M	Cumulative
Knox	79.06, 76.63, 101.94	90.45, 77.34, 73.13	98.93, 79.56, 74.33	79.89, 82.56, 75.03	84.31, 64.25, 62.06	1199.47
Aberfeldie	82.24, 78.52, 76.58	78.03, 75.16, 71.80	83.68, 79.35, 77.86	91.33, 77.59, 73.97	78.52, 77.93, 74.48	1177.04
Collingwood	82.42, 82.26, 73.6	77.31, 70.19, 69.71	84.34, 80.10, 77.90	83.07, 74.13, 72.59	81.38, 78.09, 77.49	1164.89
Glen Eira	80.49, 75.67, 71.14	71.29, 63.07	76.59, 71.70, 69.39	80.06, 74.82, 66.90	80.48, 75.58, 75.01	1032.19
Croydon	78.22, 71.04, 70.43	74.02, 67.87, 62.24	77.74, 67.20, 60.53	70.88, 75.82, 79.12	75.37, 62.97	993.45
Springvale	80.06, 74.06	76.02, 64.68	79.02, 78.03, 72.55	71.76	77.85, 65.96, 70.08	810.07
Mentone		76.01, 68.9	82.27, 71.65, 68.89	82.82	81.83, 66.18	598.55
East Burwood		66.6, 49.33	78.63, 68.66	63.82	71.02, 66.22, 76.29	540.57
Coburg		60.62	67.38, 66.08	64.5	93.39, 79.74, 77.32	509.03
Sth Peninsula			77.09, 67.44, 54.39			229.6
Geelong	57.07					57.07



BROWNE SHIELD - WOMEN'S FINAL RESULTS

Name	Venue	10k Track	10k CC	10k Road	10 Miles	Half M	Cumulative	Best 4
Petrina Trowbridge	Collingwood	82.26	77.31	84.34	83.07	81.38	408.36	331.05
Lavinia Petrie	Knox	101.94	90.45	98.93	-	-	291.32	291.32
Heather Gaunt	Collingwood	72.42	69.71	-	74.13	73.20	289.46	289.46
Helen Van Der Nagel	E. Burwood	-	66.60	68.66	63.82	66.22	265.3	265.3
Jenny Kisler	Aberfeldie	62.42	58.59	60.87	58.52	60.27	300.67	242.15
Jenny Alexander	Aberfeldie	-	-	79.35	77.59	77.93	234.87	234.87
Helen Stanley	Knox	-	77.34	-	79.89	-	157.23	157.23
Annette Pelgrim	E. Burwood	-	-	78.63	-	76.29	154.92	154.92
Judy Wines	Glen Eira	80.49	-	-	-	73.66	154.15	154.15
Merle Want	Glen Eira	66.53	-	-	-	75.01	141.54	141.54
Lyn Kisler	Aberfeldie	-	-	70.76	-	65.24	136.00	136.00
Helen Bryan	Mentone	-	-	68.89	-	66.18	135.07	135.07
Jane Sturzaker	Glen Eira	71.14	-	-	-	63.53	134.67	134.67
Liz Eastwood	Knox	-	-	65.85	-	62.06	127.91	127.91
Linda Black	Aberfeldie	-	59.18	-	-	60.69	119.87	119.87
Andrea Draper	Aberfeldie	50.59	48.01	-	-	-	98.60	98.60
Stacey Van Dueren	Coburg	-	-	-	-	93.39	93.39	93.39
Bronwen Cardy	Aberfeldie	-	-	-	91.33	-	91.33	91.33
Jeanne Bryan	Mentone	-	-	82.27	-	-	82.27	82.27
Judy Davison	Springvale	-	-	78.03	-	-	78.03	78.03
Lisa Ierardo	Aberfeldie	-	-	71.07	-	-	71.07	71.07
Pam Tindal	Croydon	-	-	-	70.88	-	70.88	70.88
Janet Robinson	Glen Eira	-	-	69.12	-	-	69.12	69.12
Connie Davy	No Venue	-	-	-	-	69.68	69.68	68.68
Fiona Ely	Coburg	-	-	67.38	-	-	67.38	67.38
Kylie Doyle	Collingwood	67.11	-	-	-	-	67.11	67.11
Janeen McKerran	Glen Eira	-	-	67.08	-	-	67.08	67.08
Celia Johnson	Springvale	-	-	67.00	-	-	67.00	67.00
Talitha Crawford	No Venue	-	-	-	-	65.68	65.68	65.68
Meghann Blakeman	Collingwood	-	56.83	-	-	-	56.83	56.83
Natalie King	Sth Peninsula	-	54.39	-	-	-	54.39	54.39



Individual Trophy winners
Steven Barker of Springvale
and Petrina Trowbridge
(right) with Lavinia Petrie



BROWNE SHIELD - MEN'S FINAL RESULTS

Name	Venue	10k Track	10k CC	10k Road	10 Miles	Half M	Cumulative	Best 4
Steven Barker	Springvale	80.06	76.02	79.02		77.85	312.95	312.95
Peter Black	Aberfeldie	78.52	75.16	77.86		78.52	310.06	310.06
Tony Dell	Croydon	78.22	74.02	77.74	75.82	75.37	381.17	307.15
Paul Twining	Knox	79.06	73.13	79.56	75.03		306.78	306.78
Shane Draper	Aberfeldie	76.58	71.8	76.49	73.97	72.04	370.88	299.08
Peter Gaunt	Collingwood	73.6	70.19	75.87	72.59	73.23	365.48	295.29
Greg Moore	Aberfeldie		70.16	75.33	73.35	74.48	293.32	293.32
Jim Hopkins	Collingwood	71.38	66.49	74.12		74.93	286.92	286.92
Mal Grimmett	Springvale	74.06	64.68	72.55	71.76		283.05	283.05
Phillip Urquhart	Glen Eira	64.1	63.07	69.24		68.11	264.52	264.52
Glenn Claiden	Knox	65.96	61.17	68.64	66.38		262.15	262.15
Andrew Tunne	Croydon	68.05	62.05	67.2		62.97	260.27	260.27
Ernie Stewart	Aberfeldie	82.24	78.03	83.68			243.95	243.95
Peter Thorne	Knox	61.3	56.43	64.23	61.84		243.8	243.8
Ralph Bennett	Mentone		76.01		82.82	81.83	240.66	240.66
Andrew Edwards	Glen Eira			61.58	80.06	80.48	222.12	222.12
Bill Page	Aberfeldie	74.41	69.67		72.66		216.74	216.74
Gabriel Carmona	Glen Eira	75.67	71.29			68.84	215.8	215.8
Chris Brown	Glen Eira			67.42	66.9	66.96	201.28	201.28
Ron Cracknell	Croydon	71.04	67.87	55.99			194.92	194.92
Robert Henderson	Knox		58.95	70.21		64.25	193.41	193.41
Michael Meaney	Coburg		60.62	66.08	64.5		191.2	191.2
Stephen Murphy	Aberfeldie	61.63		63.95		63.24	188.82	188.82
Barry Murley	Croydon	62.81	62.24	60.53			185.58	185.58
John Graham	Knox				82.56	84.31	166.87	166.87
Norman Franzi	Collingwood			80.1		77.49	157.5	157.5
Chris Grafen	Glen Eira			76.59		75.58	152.17	152.17
Graham Leticq	Knox	76.63		74.33			150.96	150.96
Joe Campisi	Glen Eira				74.82	72.59	147.41	147.41
Ron Scholes	Collingwood	73.18				71.1	144.28	144.28
Ian U'Ren	Knox	68.72	67.71				136.43	136.43
Shaun Kemp	Springvale			66.91		65.96	132.87	132.87
Len Hallett	Collingwood	64.48	56.36				120.84	120.84
John Howes	Aberfeldie		59.03	60.04			119.07	119.07
Peter Battrick	Glen Eira				51.46	44.77	96.23	96.23
Michael Bialczak	No Venue					88.24	88.24	88.24
Stephen Quirk	No Venue					82.75	82.75	82.75
Ted Paulin	Collingwood	82.42					82.42	82.42
Philip Van Dueren	Coburg					79.74	79.74	79.74
Colin Page	Croydon				79.12		79.12	79.12
John Zeleznikow	Glen Eira			40.5	38.24		78.74	78.74
Peter Moore	Collingwood					78.09	78.09	78.09



BROWNE SHIELD - MEN'S FINAL RESULTS - (continued)

Bernie Leddin	Collingwood			77.9			77.9	77.9
Jeremy Grey	Coburg					77.32	77.32	77.32
Greg Lovejoy	Sth Peninsula			77.09			77.09	77.09
Matthew Gibney	No Venue					76.9	76.9	76.9
Howard Rees	Springvale			71.93			71.93	71.93
Bruce Venables	No Venue					71.92	71.92	71.92
Fred Bichsel	Glen Eira			71.7			71.7	71.7
Ashley Page	Mentone			71.65			71.65	71.65
Peter Dodgshun	East Burwood					71.02	71.02	71.02
James Tennant	Croydon	70.43					70.43	70.43
Chris. Hayward	Collingwood	70.14					70.14	70.14
Chris Murphy	Springvale					70.08	70.08	70.08
Rod Bayley	Collingwood	69.78					69.78	69.78
Kevin Armstrong	Glen Eira			69.39			69.39	69.39
Mick Gray	Mentone		68.9				68.9	68.9
Jeff Sharam	Coburg					68.17	68.17	68.17
Mike Elder	Knox		67.59				67.59	67.59
Barry Jeffs	Sth Peninsula			67.44			67.44	67.44
Anthonio Guilan	No Venue			67.39			67.39	67.39
Westly Windsor	Collingwood		67.31				67.31	67.31
Douglas Stokes	Aberfeldie	67.29					67.29	67.29
Stephen Barker	Aberfeldie		66.89				66.89	66.89
Peter Field	Springvale			66.87			66.87	66.87
Alan Irwin	No Venue			66.7			66.7	66.7
Mick Carr	Knox		66.65				66.65	66.65
Rob Waters	Aberfeldie		66.48				66.48	66.48
Brian Lynch	Springvale			65.92			65.92	65.92
Shane Derby	Collingwood					65.89	65.89	65.89
John Kneen	Mentone					65.55	65.55	65.55
Clyde Riddoch	Collingwood					65.34	65.34	65.34
Doug Stokes	Aberfeldie			65.1			65.1	65.1
Lindsay Oxenham	Springvale			64.41			64.41	64.41
David Wear	Knox			64.38			64.38	64.38
Gerard Adrien	Collingwood	60.79					60.79	60.79
David Lenehan	No Venue					60.5	60.5	60.5
Andrew Crossley	Knox		59.08					59.08
Gary Bell	Collingwood	58.31						58.31
Col. Silcock-Delany	Geelong	57.07						57.07
Gerald Burke	East Burwood		49.33					49.33



A Browne Shield
Event



RESULTS - VMA Half Marathon Championship Burnley Sunday September 2nd 2012

W35	Jenny Kisler	Aberfeldie	38	1.51.38
W40	Heather Gaunt	Collingwood	44	1.35.39
	Talitha Crawford	N/A	40	1.43.34
	Helen Bryan	Mentone	42	1.44.09
	Liz Eastwood	Knox	43	1.51.55
W45	Lyn Kisler	Aberfeldie	48	1.51.38
W50	Stacey Van Dueren	Coburg	54	1.24.00
	Jenny Alexander	Aberfeldie	54	1.40.40
	Merle Want	Glen Eira	51	1.57.15
	Linda Black	N/A	50	2.02.52
W55	Annette Pelgrim	E. Burwood	58	1.48.28
	Helen Vandernagel	E. Burwood	55	2.00.01
	Connie Davy	N/A	59	2.00.24
	Jane Sturzaker	Glen Eira	59	2.12.03
W65	Petrina Trowbridge	Collingwood	65	1.52.28
W70	Judy Wines	Glen Eira	74	2.23.53
M35	Jeremy Grey	Coburg	38	1.18.33
	Shane Draper	Aberfeldie	39	1.24.55
M40	David Lenehan	N/A	44	1.45.17
M45	Matthew Gibney	N/A	49	1.26.20
	Chris Grafen	Glen Eira	48	1.27.06
	Tony Dell	Croydon	49	1.28.05
M50	Bruce Graham	ACT Inv	50	1.13.20
	Michael Bialczak	N/A	52	1.17.12
	Stephen Quirk	N/A	52	1.22.19
	Phil Van Dueren	Coburg	53	1.26.10
	Steven Barker	Springvale	53	1.28.16
	Peter Gaunt	Collingwood	53	1.33.50
	Bruce Venables	N/A	52	1.34.43
	Chris Murphy	Springvale	54	1.38.55
	Jeff Sharam	Coburg	53	1.40.48
	Shaun Kemp	Springvale	50	1.41.31
	Shane Derby	Collingwood	52	1.43.23
	Andrew Tunne	Croydon	54	1.50.05
M55	Andrew Edwards	Glen Eira	59	1.30.07
	Peter Black	Aberfeldie	57	1.30.41
	Joseph Campesi	N/A	55	1.36.21
	Ron Scholes	Collingwood	59	1.42.00
	Chris Brown	Glen Eira	56	1.45.23
	Stephen Murphy	Aberfeldie	50	1.45.53
	Clyde Riddoch	Collingwood	59	1.51.00
M60	John Graham	Knox	62	1.28.28
	Peter Moore	Collingwood	64	1.37.22
	Greg Moore	Aberfeldie	60	1.38.17
	Jim Hopkins	Collingwood	62	1.39.33
	Peter Dodgshun	E. Burwood	60	1.43.04
M65	Norm Franzi	Collingwood	68	1.42.05
	Gabrielle Carmona	Glen Eira	69	1.56.05
	Phil Urquart	Glen Eira	68	1.56.08
	Bob Henderson	Knox	65	1.59.31
	John Kneen	Mentone	69	2.01.55
	Pete Battrick	Glen Eira	69	2.58.29
M70	Ralph Bennett	Mentone	70	1.38.40

From top - June Petrie; Philip Van Dueren and Carmel Drennan and
Steve Quirk running with son Sam.

Photos from AV website

Photos from the VMA 10 Mile run.



Clockwise from top left - Bronwen Cardy and Paul Twining; Shane Draper; Ralph Bennett; Peter Gaunt; Joe Campisi and Heather Gaunt.

Photos courtesy of Stephen Barker

RESULTS -

VMA 10 mile Championship

at Princes Park

A Browne Shield
Event



Twenty nine runners representing 10 VMA Venues gathered to run in 2012 VMA 10 mile Championship at Princes Park. This event, hosted by Aberfeldie is the 4th in the 5 series Browne Shield competition.

Shane Draper in fine form, followed up his last years win leading the field for the duration of the race. Tony Dell, John Graham, Mal Grimett, Andrew Edwards and Colin Page kept Shane insight for the majority of the race while a solid group of runners formed the core of the event including Joe Campisi, Bronwen Cardy, Peter Gaunt, Heather Gaunt, Ralph Bennett and Greg Moore.

Bronwen Cardy led the women home, closely followed by Heather Gaunt, Helen Stanley and Jenny Alexander.

Shane Draper was the overall winner followed by Tony Dell and John Graham.

There were some outstanding age-grade performances on the day including Bronwen Cardy 91.33%, Petrina Trowbridge 83.07%, Ralph Bennett 82.82%, John Graham 82.56% and Andrew Edwards 80.06%.

Congratulations to all runners and thank you for making the day such a success.

A big thank you to the following people for their support in setting up and conducting the event - John Dean, Doug Stokes, Andrea Draper, Ernie Stewart, John Howes, Yvonne Webster and our ever reliable timer Les Clarke. And a thank you to our Club Captain Lavinia Petrie, and VMA/AV Team Manager David Sheehan for presenting medals.

Age Group	Place	Name	Venue	Age	Time	Age-Grade %
W35	1	KISLER Jenny	Aberfeldie	38	86.46	58.52
W40	1	GAUNT Heather	Collingwood	44	71.17	74.13
W40	2	EASTWOOD Liz	Knox	43	DNF	
W50	1	ALEXANDER Jenny	Aberfeldie	54	76.18	77.59
W50	2	TINDAL Pam	Croydon	52	81.25	70.88
W55	1	STANLEY Helen	Knox	56	76.05	79.89
W55	2	VANDERNAGEL Helen	Burwood	55	93.59	63.82
W60	1	CARDY Bronwen	Aberfeldie	60	70.18	91.33
W65	1	TROWBRIDGE Petrina	Collingwood	65	83.09	83.07
M35	1	DRAPER Shane	Aberfeldie	39	62.24	73.97
M45	1	DELL Tony	Croydon	49	65.55	75.82
	2	GRIMETT Mal	Springvale	46	67.58	71.76
M50	1	GAUNT Peter	Collingwood	53	71.13	72.59
M55	1	EDWARDS Andrew	Glen Eira	59	68.05	80.06
	2	PAGE Colin	Croydon	58	68.16	79.12
	3	CAMPISI Joe	Glen Eira	55	70.18	74.82
	4	BROWN Chris	Glen Eira	56	79.19	66.90
	5	CLAIDEN Glenn	Knox	58	81.22	66.38
	6	MEANEY Michael	Coburg	57	83.00	64.50
M60	1	GRAHAM John	Knox	61	67.14	82.56
	2	TWINING Paul	Knox	62	74.40	75.03
	3	MOORE Greg	Aberfeldie	60	74.59	73.35
	4	THORNE Peter	Knox	64	92.19	61.84
	5	ZELEZNIKOW John	Glen Eira	62	146.30	38.24
	6	STEWART Ernie	Aberfeldie	61	DNF	
M65	1	BATTRICK Peter	Caulfield	69	116.26	51.46
M70	1	BENNETT Ralph	Mentone	70	73.07	82.82
M80	1	PAGE Bill	Aberfeldie	81	101.16	72.66



10 KM ROAD CHAMPIONSHIP

The VMA 10 km road championship (Eric Greaves memorial) was held at Braeside Park on Sunday 29 July in conjunction with the VCCL. This year was the 14th year as the Eric Greaves memorial. As can be the case at this time of year the weather was somewhat inclement with overnight rain and showers in the morning leaving the track a bit wet and slippery and the temperature quite cool. Fortunately the rain held off during the race.

Despite the weather the entry numbers were the best for 5 years with 69 competing in the 10 km championship and a further 23 including a number of invitees taking part in the 5 km run or walk and 10 km fun run. Particularly pleasing was the number of female entrants, up significantly on last year. It was also good to see 10 venues represented.

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 parents Linda and Ted and sisters Marilyn and Bev and their husbands. Linda and Ted presented the VMA medals and Wendy the prize money to the VCCL runners.

The fastest time of the males was Shane Draper (36.52) followed by Noel Eastwood (38.58) and Tony Dell (39.10) not far away in third place. As they are in different age groups all took home gold. There were some close finishes in some age groups with the bronze medal being decided by a few metres.

Of the ladies the evergreen Lavinia Petrie was first home in 45.11 followed by Helen Bryan (45.37) and the consistent Jenny Alexander (46.00). Lavinia's performance gave her an age graded percentage of 98.93, making her a clear winner of the perpetual trophy. One wonders whether she would have bettered 100% had conditions been more favourable. Other good performances came from Petrina Trowbridge (84.34%) and Jeanne Bryan (82.27%). Of the men Ernie Stewart (83.68%) and Norman Franzi (80.10%) did best.

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.



ERIC GREAVES MEMORIAL VMA 10KM ROAD CHAMPIONSHIP

Sunday 29 July 2012 at Braeside Park in conjunction with VCCL

Age Group	Place	Name	Venue	Age	Time	AG%
F35	1	KISLER Jenny	Aberfeldie	37	50.46	60.87
	Inv	ABERL Claudia	none	35	57.53	52.95
F40	1	BRYAN Helen	Mentone	42	45.37	68.89
	2	ELY Fiona	Coburg	42	47.19	67.38
	3	EASTWOOD Liz	Knox	43	48.48	65.85
	Inv	POBLET Marta	Glen Eira	43	62.21	51.54
F45	1	IERARDO Lisa	Aberfeldie	46	46.33	71.07
	2	KISLER Lyn	Aberfeldie	47	47.15	70.76
F50	1	ALEXANDER Jenny	Aberfeldie	54	46.00	79.35
	2	ROBINSON Janet	Glen Eira	52	51.13	69.12
	3	McKERRAN Janeen	Glen Eira	54	54.25	67.08
F55	1	PELGRIM Annette	East Burwood	58	48.59	78.63
	2	VAN DER NAGEL Helen	East Burwood	55	53.52	68.66
F60	1	JOHNSON Celia	Springvale	64	62.41	67.00
F65	1	PETRIE Lavinia	Knox	68	45.11	98.93
	2	TROWBRIDGE Petrina	Collingwood	65	50.34	84.34
F70	1	BRYAN Jeanne	Mentone	70	56.08	82.27
	2	KING Natalie	Southern Pen	70	84.55	54.39
F75	1	DAVISON Judy	Springvale	75	64.33	78.03

Age Group	Place	Name	Venue	Age	Time	AG%
M35	1	DRAPER Shane	Aberfeldie	39	36.52	76.49
	Inv	SINCLAIR Lyle	none	38	56.34	49.50
M40	1	EASTWOOD Noel	Knox	41	38.58	73.44
	2	GUILAN Anthonio	none	40	42.10	67.39
M45	1	DELL Tony	Croydon	49	39.10	77.74
	2	GRAFEN Chris	Glen Eira	48	39.27	76.59
	3	GRIMMETT Mal	Springvale	46	40.59	72.55
M50	1	BARKER Steven	Springvale	53	39.48	79.02
	2	GAUNT Peter	Collingwood	53	41.27	75.87
	3	ARMSTRONY Kevin	Glen Eira	51	44.36	69.39
	4	KEMP Shaun	Springvale	50	45.53	66.91
	5	TUNNE Andrew	Croydon	54	47.12	67.20



ERIC GREAVES MEMORIAL

VMA 10KM ROAD CHAMPIONSHIP (continued)

M50 (continued)

6	FIELD Peter	Springvale	54	47.26	66.87
7	MURPHY Stephen	Aberfeldie	51	48.24	63.95

M55

1	BLACK Peter	Aberfeldie	57	41.47	77.86
Inv	BOOT Geoff	Glen Eira	56	41.58	76.85
2	LETICQ Graeme	Knox	57	43.26	74.33
3	CLAIDEN Glenn	Knox	58	47.47	68.64
4	BROWN Chris	Gen Eira	56	47.50	67.42
Inv	CLUTTERBUCK Rob	Springvale	59	48.15	68.60
5	MEANEY Michael	Coburg	57	49.14	66.08
Inv	RIGA Claudio	Springvale	57	50.29	64.23
Inv	BUCCIERI Lou	Springvale	57	50.30	64.42
6	EDWARDS Andrew	Glen Eira	59	53.45	61.58
Inv	McGLASS Ian	Coburg	57	56.57	57.13

M60

1	STEWART Ernie	Aberfeldie	61	41.05	83.68
2	TWINING Paul	Knox	62	42.43	79.56
3	MOORE Greg	Aberfeldie	60	44.19	75.33
4	LEDDIN Bernie	Collingwood	64	44.25	77.90
5	HOPKINS Jim	Collingwood	62	45.51	74.12
6	REES Howard	Springvale	64	48.06	71.93
7	JEFFS Barry	Southern Pen	63	50.50	67.44
8	STOKES Doug	Aberfeldie	60	51.17	65.10
9	OXENHAM Lindsay	Springvale	60	51.50	64.41
10	THORNE Peter	Knox	64	53.52	64.23
11	ZELEZNIKOW John	Glen Eira	62	83.54	40.50

M65

1	FRANZI Norman	Collingwood	68	44.49	80.10
Inv	FRY Barry	Southern Pen	69	46.48	77.49
2	HENDERSON Bob	Knox	66	50.11	70.21
3	URQUHART Phil	Glen Eira	67	51.22	69.24
4	WEAR David	Knox	65	54.14	64.38
Inv	MORRISON Ted	Springvale	68	57.29	62.45
5	CRACKNELL Ron	Croydon	65	62.22	55.99

M70

1	LOVEJOY Greg	Southern Pen	70	47.35	77.09
2	PAGE Ashley	Mentone	70	51.12	71.65
3	IRWIN Alan	none	70	55.00	66.70
4	MURLEY Barry	Croydon	73	63.05	60.53

M75

1	BICHSEL Fred	Glen Eira	75	55.00	71.70
2	LYNCH Brian	Springvale	77	62.06	65.92
3	HOWES John	Aberfeldie	76	67.12	60.04

Best age graded performance - Lavinia Petrie- 98.93%

Inv = not wearing Club uniform



AMA Legends

Mike and Penny Hall

I'm embarrassed to say that I didn't know of Mike and Penny Hall until it was suggested that I do this article. And I hadn't heard of "The Veteran Athlete", the wonderful journal that they produced for all Australian Veteran Athletes from 1986 to 1992. Needless to say, I was very impressed when I saw what amounted to more of a newspaper than a newsletter. Today, I can edit my newsletter on a computer screen in my study. Technology allows me to do things very easily. Mike and Penny had to write everything out in longhand. It must have been a mammoth task. On the 3rd page of this article I have reproduced the front page of the December 1987 issue.

From 1971 to 1979 the ACT "Guru" Jack Pennington edited and produced a national news magazine called "Veteran Athlete", however, sadly, it ceased production after it was handed over to the National Association to produce it's own version. Unfortunately, this did not eventuate. However, in 1986 AAVAC then had a generous offer from Victorian athletes Mike and Penny Hall to produce a monthly national newspaper (24 pages) similar to the USA National Masters News. Already successful competitors and enthusiastic members of the Victorian Veterans Athletics Club, Mike as a hurdler/sprinter and Penny as a racewalker, to say the least were more than qualified to instigate such a much needed National publication, once again. At the AAVAC General Meeting that year, Mike impressed delegates with his excellent presentation that included a thoroughly researched statement of anticipated costs etc. involved in editing, producing and distributing the venture. The Board of Directors enthusiastically agreed to support the publication that was to become "The Veteran Athlete".

In his editorial in the first edition (June 1986) Mike wrote

"Well, here at last is Issue No. 1 of our much needed and long awaited national publication "The Veteran Athlete", your own national newspaper which is designed entirely to provide comprehensive coverage of all activities within the Australian Association of Veteran Athletics and regular news from our counter parts overseas. Not since the late seventies and the valiant efforts of Jack Pennington's very informative magazine "Veteran Athlete" have we been able to keep in touch with what is happening on the national scene. It is my sincere hope that each individual State Association will recognise and fully support this latest attempt to provide a much needed communication medium to all our members and ensure it's success in our rapidly growing organisation".

The new publication complete with stories, photographs, news, results and forthcoming events proved to be a popular source of regular information for all members of the AAVAC, especially advantageous towards the forthcoming VII World Veteran Games in Melbourne the following year.

Between 1986 and 1992 no fewer than 60 editions of The Veteran Athlete were produced including a last ditch attempt at a more up-market publication when an offer came from a Queensland publisher to produce a 38 page bi-monthly magazine using quality paper, print and in colour.

However, despite Mike and Penny's exhaustive efforts to get the new venture off the ground, sadly it failed to materialise beyond the impressive first issue. The final issue (No. 60 June 1992), then reverted to it's original format in which Mike explained why he could no longer sustain and produce "The Veteran Athlete" due entirely to a lack of funding. In his final editorial, Mike wrote

"I feel a deep sense of responsibility to officially advise all of our subscribers, advertisers and especially our loyal supporters that due to unforeseen circumstances beyond our control, the publication will be formally discontinued. Needless to say, after six years of regularly producing a monthly edition of TVA we are both naturally extremely disappointed at having to make this regrettable decision".



Penny and Mike with Dot Browne and Neil Ryan

AMA Legends - Mike and Penny Hall (continued)

Needless to say, veteran athletes throughout Australia and overseas as well as others interested in sport for mature-aged persons were saddened by the demise of this excellent publication.

We therefore think it opportune to finally recognise Mike and Penny for their valuable contribution and continued efforts to promote our great organisation. As previously stated, after more than thirty years as active members of AMA both have acquitted themselves more than competitively at State, National and World Championships.



Mike Hall

Mike, after a professional soccer career in the UK and Australia began his athletic exploits in January 1981 with two memorable Melbourne Marathons (3:11:00 and 2:48:50) and has twice shown his extreme versatility by becoming National Champion in no fewer than five individual events. i.e. 300 and 400 metres hurdles, 400 metres Pole Vault and Steeplechase which included 3 National and 7 State records, 8 National, 24 State, 5 Oceania titles and 3 bronze medals in World Games. Mike at 74 is still an active member of both Frankston and Springvale Venues, the latter after more than 30 years, where he has established more than 150 records with 36 still intact dating back to 1985.

Penny Hall

Penny(72), who commenced racewalking in 1982 under the expert guidance of the late Betty Newman, not to be outdone, has also amassed a grand total of 3 National, 7 State records, 15 National, 26 State, 15 Oceania titles and has been a World Championship medallist on no fewer than 8 occasions.

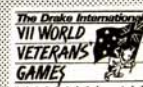


AMA Legends - Mike and Penny Hall (continued)



THE VETERAN ATHLETE

A NATIONAL PUBLICATION DEVOTED EXCLUSIVELY TO VETERAN ATHLETES



Vol. 2, No. 6

DECEMBER 1987

PRICE \$2

MELBOURNE HOSTS BEST EVER WORLD TRACK AND FIELD CHAMPIONSHIPS

THE 1987 DRAKE INTERNATIONAL V11 WORLD VETERANS' GAMES
A GREAT SUCCESS DESPITE
MELBOURNE'S FICKLE WEATHER

Despite torrential rain, oppressive heat and gale force winds threatening to completely disrupt the program, popular meet Director, Ray Callaghan and this vast 'army' of officials can be justifiably proud of the efficient manner in which a delicate situation was handled successfully.

Incessant rain overnight on the Monday, after only two days of competition, continued into Day 3, causing many headaches for organisers as they wrestled with the inclement weather.



78 year old 'Curly' McCartney, from Melbourne, tipsifies the camaraderie that prevailed in the 1987 World Veterans Games.

Regular bulletins were announced until a decision was made to postpone the hurdles - declared unsafe - and all field events on Gosch's Paddock - waterlogged - until the following day, Wednesday, which had been specifically designated to accommodate just such an eventuality.

Sprint Semi-finals and Women's Long Jump commenced on schedule, but conditions for those unfortunate competitors and officials were, to say the least, very miserable in the first hour due to rain and gusting winds.

However the rain did eventually stop even if the cold wind didn't and competition continued uninterrupted for the rest of the day.

Melbourne's renowned fickle weather had once

again showed its true colours, as the hurdles and Field events were conducted in near perfect, warm conditions the following day.

As thousands of athletes and visitors filed through the large reception areas in the two days prior to the Games, the wonderful camaraderie and friendliness the Vets are also renowned for, was clearly evident for all to see.

Clearly defined areas and information centres quickly had proceedings running smoothly for most, even despite any language difficulties.

The popular Host-a-Vet scheme was a resounding success and should be adopted by all countries in future World Games to promote goodwill and friendship among all nations.

Competition on Day 1 was conducted in beautiful warm conditions - ideal for Track and Field - and although a hot blustery wind hampered the large flags in the march past during the official opening ceremony, the colourful spectacle of nearly six thousand athletes and officials from all around the World, complete with brass bands and choirs, was most impressive.

Olympic swimmer John Konrads officially opened the Drake International V11 World Games and former track star, Raelene Boyle, carried the Games torch on a lap of the stadium, the scene of many of her past triumphs.

The Games proceeded with relatively few delays to the scheduled program times. Any minor disruptions were soon resolved with maximum efficiency and lost time quickly retrieved.

Some valid criticisms were expressed such as infrequency of public transport at certain times, to and from the Melbourne University, particularly for early events, and lack of information, in some events, by announcers, particularly the Marathon finish, which sadly lacked atmosphere for such a 'blue ribbon' event that had attracted an all time record number of entries.

Athletes were confused in some instances, when they were unable to ascertain in heats whether there would be semi-finals or not, by starting officials. And lastly wind readings were seemingly non-existent and were still not available to media at the conclusion of the Games!

Competition on Track and Field, was as expected of the highest quality and borne out by the establishment of over fifty new World marks, although some were possibly wind assisted.

Outside events, Marathon, Cross Country and Road Walks, under the direction of Race Organiser Murray Dickinson, gained wide acceptance and many plaudits for their imaginative choice of venues, efficient organisation and meticulous attention to detail and athletes needs.

All three events were



Kjell-Erik Stahl, 40 (Sweden), impressive outright winner of the IOOF Marathon at the V11 World Games.

highly successful and widely acclaimed by most competitors.

The age/graded handicap feature race, 'The Masters Mile' was a tremendous success, and attracted most of the middle distance champions from these Games.

Conducted in two separate divisions, Britain's Pat Gallagher (W40), careered away from the rest of the field to win the women's division in 5.04.50 and New Zealand's Dave Sirl (M45) once again showed his class by defeating the star studded opposition in 4.16.75.

The disappointing closing ceremony was somewhat of an anti-climax to an otherwise unforgettable experience, but as the Games flag was officially handed over to the organisers of the V11 World Veterans Track and Field Championships, to be held in Eugene, Oregon, in July 1989, it served to remind us that we must all start saving 'til we meet again soon.

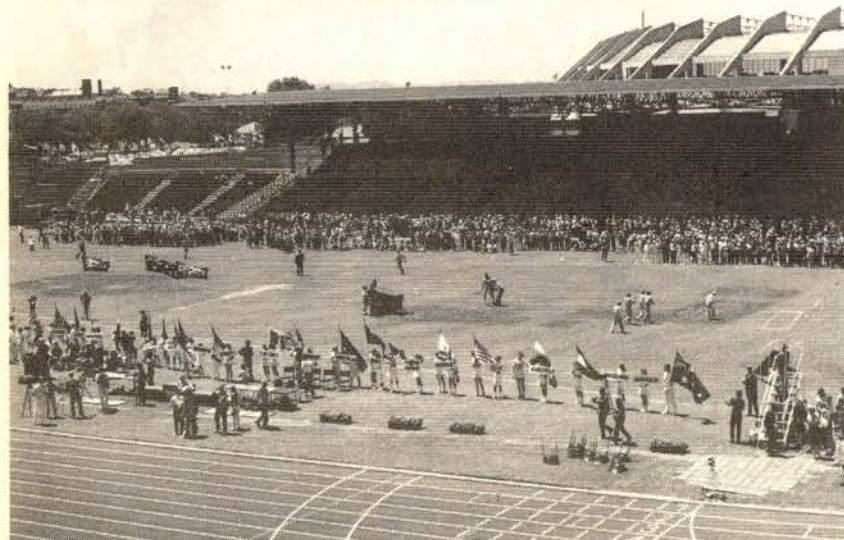
The grand 'finale' at the traditional style Aussie Bush Bash, held in the environs of the historic Melbourne University, gave us all a great farewell party. It didn't seem to matter very much that we had to queue for ages to get some 'tucker', or even the fact one 'watering hole' dried up after the

first hour, as the band played 'A pub with no beer'! We were all having such a whale of a time reminiscing over the past week's activities and saying our final goodbyes, we just didn't care anymore.

Once again a 'million' thanks to all those wonderful people who made the V11 World Veterans' Games, in Melbourne 1987, such an unforgettable experience.



Carol Lasseter (USA) seen above, finishing the W45 10000 metres in great shape.



Scene at the Opening Ceremony of the 1987 Drake International V11 World Veterans Games at Olympic Park, Melbourne, on Sunday 29 November.

VICTORIAN MASTERS ATHLETICS

2013 MEMBERSHIP FORM



NAME

ADDRESS

SUBURB POSTCODE DATE OF BIRTH

TELEPHONE MOBILE

EMAIL @ .

VMA VENUE ATTENDING WOULD YOU LIKE TO RECEIVE THE VMA NEWSLETTER BY EMAIL ?

OCCUPATION OR AREA OF EXPERTISE

APPLICANT'S SIGNATURE DATE

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

- () Renewing 2012 VMA member (country residents - 50k+ from GPO - \$20) \$35
- () Renewing 80+ yr 2012 VMA member (if immed. 5 consecutive years prev.) free
- () Renewing - two at the same address \$55
- () Associate member (under age) \$20
- () Venue Volunteer (non competing) free
- () New and Lapsed Member (circle category below)**
- a. joining before June 1; \$10 joining fee +\$35 \$45.
- Two at same address (\$20 joining fee + \$55) \$75
- b. joining June to September; \$10 joining fee +\$25 . (Two at same address \$60) \$35
- c. joining October to December 2013 - cost is the same as (a) but will cover 2014 as well.
- d. country residents (50k+ from GPO), \$10 joining fee + \$20 \$30
- e. AV member \$35

New members require VMA members to propose & second application.

Proposer's signature Second's signature

(please print names) (please print names)

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

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

Expiry Date Name on Card Signature

DISCLAIMER

I hereby declare that I am in good health and will be properly conditioned for the activities which I will enter with the Victorian Masters Athletics Inc. during the year 2013. I absolutely relieve Victorian Masters Athletics Inc. of any responsibility for any injury or damage to myself which I may sustain in the course of competing in events organised by the Association.

Signed

VMA PRIVACY STATEMENT

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

UNIFORMS & ASSOCIATED MERCHANDISE

For information on VMA uniforms contact Graham Philpott Ph. 9568 0495 Note: The regulation uniform must be worn for all championship events.

THE SIXTY MINUTES

Doncaster, September 24, 2012

Schwerkolt stars in distance run

For the second successive year, top middle distance runner Rob Schwerkolt was the star of Doncaster Masters' Athletics venue's feature one-hour run, The Sixty Minutes.

Last year Schwerkolt, 46, set a Victorian record of 17.621km when he dominated the event, completing the longest distance of the 16 starters.

He missed the Australian record by only 138 metres on that occasion and set out this year determined to better that mark.

He was similarly dominant this year but after being right on target early in the event he faded slightly in the closing stages to finish with what was still a most creditable 17.069km. - 42 laps plus 269 metres.

Schwerkolt's performance proved again what a remarkably versatile athlete he is, his other successes in recent times having included the Australian Championship at 800 metres, the 1500 metres at the World Championships in Sacramento, US, and a 1000 metres heat of the prestigious Landy Trophy at Doncaster earlier this year before finishing fifth in a top class field in the final over 400 metres.

This year's second-best performance so far as distance covered was by Aberfeldie runner Shane Draper, 39, who ran 15.621km, with Antonio Giuliani, 40, next on 14.751km.

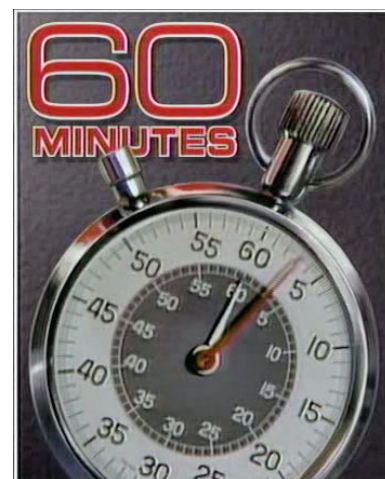
The best-performed woman in the overall field of 15 was Doncaster's Elizabeth Grover, 49, who covered 12.573km in her first appearance in the event.

'I was probably hoping for a little bit more,' she said later, 'but running on the track is very different to running on the road.'

One of the features of the event was that it drew entries from nine VMA venues, the strongest representation coming from Knox, which had five starters, the best of them being John Graham, 60, with 14.400km.

The oldest competitor, well-known veteran distance runner Ted Paulin, 74, also turned in a creditable performance to complete 12.416km.

This year's was the ninth edition of The Sixty Minutes, which now appears to have established itself as a permanent fixture on the Victorian Masters' Athletics calendar.



COMPLETED DISTANCES

Shane DRAPER	M35	15,621
Garry CREEK	M35	10,938
Antonio GIULIANI	M40	14,751
Ross McDONALD	M45	14,591
Andrew CROSSLEY	M40	13,023
Robert SCHWERKOLT	M45	17,069
Stewart BROCK	M45	7605
Steven BARKER	M50	DNF
Andrew EDWARDS	M55	14,557
Ian McLASS	M55	10,948
John GRAHAM	M60	14,400
Peter THORNE	M65	11,086
Ted PAULIN	M70	12,416

Elizabeth GROVER	W45	12,573
Rosemary FISHER	W50	11,441



Elizabeth Grover

“CLIFFY”

It began with a single line email from an old friend, received while in Byron Bay at Easter: “Mark, how tall are you?” The producers of an ABC TV telemovie were looking for a running “double” for their lead actor, Kevin Harrington, in “Cliffy”, the story of Cliff Young’s famous win in the Westfield Sydney to Melbourne race in 1983. Kevin, who is well known for his roles as Lewis Moran in “Underbelly”, Kevin from the caravan park in “Sea Change” and Mitch in “The Dish”, had lost eighteen kilograms to play the role.



My friend was Martin “Alby” Noonan of Old Xaverians AC. Alby was working for Westfield in 1983, and he both devised and directed the race. Because of his unique experience and expertise, he had been engaged as the “running consultant” to the movie, responsible for teaching Kevin to run like Cliff, as well as providing input into the script. He had also gained a small acting role as Siggy Bauer, one of the competitors in the event.

As luck would have it, I was precisely the same height as Kevin. Alby showed some photos from my Facebook page to the producers and, just like that, I was hired. Alby claims that one of the producers said: “He looks more like Cliff than Cliff”, but I don’t think I agree with that observation! When I mentioned to Alby that I wasn’t currently running because of recent Achilles surgery, he advised that it might be better not to mention that to anyone! As per instructions, I shaved off my beard, but left my sideburns intact. Alby and I got together after the Williamson race and, while everyone else was tucking in to afternoon tea, we went outside to practise the famous “Cliff Young shuffle”. It didn’t take long for me to master it sufficiently for Alby’s approval.



Less than a week later, after ruthlessly negotiating a colossal wage of \$21 per hour, I was flown to Albury for a night scene. It was Friday night and damn cold high on the lookout over the city. My film debut consisted of a twenty metre shuffle with the lights of Albury ahead of and below me. Actor Stephen Curry, as a news reporter, announced that Cliff was now just 25 kilometres from Melbourne! The shoot seemed to go well and the next morning, I flew back home.

I returned to Albury for three days of shooting from the following Monday to Wednesday. I had my own film crew and each morning, I visited the make up and costuming caravans before heading out on to the beautiful Kiewa Valley Highway for filming. I met a few of the actors over the catered breakfasts, including Roy Billing (“Aussie Bob” Trimbole in “Underbelly” plus numerous other film and TV roles) and Martin Sacks (“A Country Practice”, “Blue Heelers” and “Underbelly”). I was lucky enough to get a photo with my co-star Kevin just before breakfast on my last day.

My work consisted of numerous running shots at different locations, some fixed camera shots from afar and others with the camera on the back of a ute just ahead of or behind me, tracking me as I shuffled. Often I would be running ahead of Cliff’s support car, a beaten up light blue Falcon, and caravan. In one shot, I was required to overtake another staggering runner. They also filmed close ups of my hands and feet as I slumped on the side of the road and cast off Cliff’s running shoes to reveal bloodied feet. The best fun, however, came on the very last morning, as I donned the famous gumboots to chase cows up a farm gully about an hour outside Albury. I remember thinking: “If only my friends could see me now!”

It was a great experience to be part of “Cliffy”. It was fascinating to watch how a film is made. Cliff Young’s story is a marvellous one, with themes that will appeal to everyone, not just runners. The script remains true to events and the attention to detail, such as obtaining from New Balance in the USA the precise model of shoes that Cliff



wore in 1983, is stunning. Alby told me that, when they filmed the pre-race press conference, he felt like he had been taken back in time to the real thing. I cannot wait for the movie to air on the ABC (ad free!) next year. You won’t see me, just my shape from afar, plus close ups of my back, front, feet, legs, and hands, but hopefully, you’ll see my name in the credits!



Victorian Masters Team in AV summer competition ***-WE WANT YOU!!!***

The Athletics Victoria Summer competition commences 13 October 2012. This competition offers a comprehensive suite of track and field events for athletes of all ages and abilities. All you need is an interest in either running a distance, walking some laps, throwing an implement, or jumping either a bar or some sand, and we, the Victorian Masters VMA/AV Team, will grow your ability and desire. If you are interested in representing, the Navy Red and White of VMA and joining a highly motivated bunch of track and field members who are every bit as good socially in welcoming, embracing and encouraging new members, then this is your destiny!!

Athletics Victoria has competition occurring in 5 regions across Victoria. Victorian Masters competes in the South East region. The competition offers track events such as 100m, 200m, 400m, 800m, relays 100 & 400m, race walking 1500m & 3k, hurdles and steeples. In the field the following are on offer, shot putt, hammer, discus, javelin, long jump, high jump, and pole vault. This is a diverse competition spread over two programmes, offered on consecutive weekends.

And for those budding men and women hurdlers and throwers over 50, breaking news, the height of hurdles and the weight of throwing implements are now reduced to align with World Masters Standards

There is a registration fee of \$145 to join Athletics Victoria, of which Victorian Masters will subsidise \$45. By joining Masters in the AV competition, you will be proudly representing VMA at the regional level, mixing with a diverse range of other clubs, and an opportunity to compete with the best at the state level based on achievement at the regional level.

Our Masters Mens and Womens teams have achieved great success in a short period of time. Both Teams went through to the State Finals of the 2011/2012 summer competition, each winning a pennant flag for finishing on top of the ladder for the South East Region, an outstanding achievement.

VMA welcome and encourage new members to join a great team competing in an exciting and rewarding athletic arena.

For further details please contact the Team Manager

David Sheehan 9215 6176 or 9758 7512

or Peter Black 0411 950 718

Facelift for Landy Trophy night

The Landy Trophy 2013



Monday, February 18

Doncaster's feature event of the year, The Landy Trophy, is to undergo a 'facelift'.

After 13 years of competition the Doncaster Venue Committee has decided to streamline the event to make it more accessible to athletes, a better spectacle for onlookers and more cost effective for the venue.

There will be a major change to the way in which the second round of heats is conducted and the printed program, which has been a feature over the past decade, will be scrapped.

The Manningham Mile has also been cut from the program and will now be run as a Masters' event three weeks after The Landy.

The Landy Trophy, first held in 2000, is run from handicaps based on the Age-Graded Percentage Scale with competitors contesting heats over both 200 metres and 1000 metres before the top qualifiers go on to finals over 400 metres.

The event allows for eight heats over each distance with points awarded for all finishing positions, from first to last.

Under the new format, however, the distance heats will be combined into only four heats. The first two heats of the 1000 metres will be combined, as will heats 3 and 4 and so on. This will mean that potentially there will be a field of 16 in each race but qualifying points will be awarded as if the two heats had been run separately. In the case of there being only seven sprint heats, which sometimes happens, the last three of the long heats will be combined.

Doncaster officials believe the bigger fields will provide more interesting races and will not affect the allocation of qualifying points. Field sizes should not be a problem as the handicaps mean that generally athletes are stretched out over anything up to about 250 metres at the start.

There will be a few 'clumps' in the middle age-groups of course, but these will merely create more competitive racing. While The Manningham Mile has been rescheduled, The Doncaster Dash, for members of Doncaster Little Athletics, will still be one of the features of the evening.

Next year's Landy Trophy is scheduled for Monday, February 18 with The Manningham Mile on March 11, a week before the Victorian Championships and three weeks before the Australian Championships, to be held in Canberra.

Another change to the Mile is that, whereas in the past the event has been run from distance handicaps, in future it will be run from time handicaps based on the Age-Graded Percentage scale.

This means all contestants will have to run the full distance, with younger athletes giving older competitors a timed start. Female runners will also receive a concession from the males.

Landy night will still feature the magnificent array of trophies which has long been associated with it, the feature of which is the perpetual trophy, a framed action shot of John Landy, former Governor of Victoria and one of the icons of Australian athletics.

The trophy has been reframed this year as the original frame had only 12 'windows' for the names of the winners.

Queenslander Hugh Coogan's name now occupies the 13th window and there is room for another nine, which will take The Landy Trophy up to the year 2021.

Let's hope it's still going strong by then.

LETTERS/EMAILS

Hi Russ,

First of all I would like to commend you on your latest edition of Footprints. It is a good mix of news, comment and results.

I would also like to support Ken Walters - in principle. Ken comes from an exacting discipline. I take my hat off to all walkers. To require the same exactitude of runners does not quite fit. I agree that for our Track Championships athletes should be disqualified if they walk during running events. To allow any athlete to walk a little bit calls for a judgement of how much walk is allowed before disqualification follows. Better that it be a blanket rule.

I suggested as much to our competition director at the recent Nationals. It was agreed...but! It is the but that is the problem. We want participation and we lower our standards to get it. We gain one or two participants while lowering the standards perceived by the majority, including non-athlete spectators.

I do not have the same problem with out of stadia running events. It is more difficult to police any rules unless we just ran small circuits and had judges posted. It also becomes less relevant. I walked during my first two marathons but still finished under three hours. I would not have liked disqualification although it does happen in walking events. I have more of an issue with time. If an athlete takes an unreasonable amount of time to finish an event it throws out the timetable for the meeting or has officials standing around waiting for the last "competitor" to finish. (We have even had a slow competitor on the track when a faster event is started. This raises issues of safety in my opinion.) What is an unreasonable amount of time might be taken as a percentage of age graded, say 60%. I rather fancy that 70% is a better figure to be worthy of a gold medal. To give a gold medal for less devalues all gold medals. A gold medal won at 70%, let alone 60% or less as is now the case, cannot be equal to a gold medal won at 90%. The issue mostly arises in the older age categories. One must admire the older runners for being out there but they are few and even fewer who would not make at least 60%. How about a "Participation" medal for those not up to standard for a gold? If we made this ruling the few who walk may decide not to. At one time we gave a printed achievement award.

We look for participation. We should first look for participation within our own ranks. My figures date mostly from the period around 2001 to 2004 when only about one third of our membership competed at Track Championships. At winter events it can come down to 5%. It would also seem, anecdotally, that only about half, or less, compete regularly at venue level. The question might be why? If we knew that then we may better attract those from outside the club.

I am all for marketing. Marketing must be recognised for what it is. It must be accepted that marketing takes a great deal of time and money for a small return. With catalogues in business it could be as little as 2 - 5% of catalogues that brought in customers. Marketing needs to be consistent and persistent. Despite the low return we must market ourselves. If we hope to survive we must be known as widely as possible. The problem is, as you state, there are not enough members on committee to do what needs to be done.

Targeting "fun" runners is good thinking but many are just fun runners where our culture is more toward racing. Many fun runs have now been taken over by charities and many run to support the charity and are content with one or two runs a year. Should we include "fun" running in our culture? Should we place less emphasis on the stop watch? I am in the same age bracket as Ken. I started running cross country and track in 1950. They were two distinct seasons and two distinct disciplines. My enjoyment of running came about because we did not race every week during much of the year. We did not even call it training. We simply ran. Racing every week is stressful if one wishes to perform at an optimum level. We need to train to reach that optimal level. These days many of the mid-age people we would like to attract do not need the extra stress of racing or the time commitment that training requires. Nor do they need week-night meetings on top of full days at work. We managed because we were already devoted runners. Perhaps a regular Sunday morning run would appeal? We called them pack runs in my early days. We grouped together according to our ability and then stayed together for the run with the better runners in the group helping and encouraging the slower members. From that base the keener runners may then race. Of course it would need a couple of dedicated members to organise each Sunday.

We should have a natural target market in the AV clubs but targeting them would bring us into open competition with AV. When Vic Vets started there was no senior competition. To try and staunch their own loss of members AV have modified their interclub and cross country rules to accommodate older athletes. In my view they have lowered their standards, particularly in track interclub, to a point where it is as laughable as our aged "runners" walking most of their event. I hate to say it but "in my day" there were standards which needed to be met. In my first 400m hurdles race I was "rung off" before I finished. Oh, how it hurt, but it does spur one on and it never happened again.

One problem with new runners at venue level is the injury and dropout rate. No matter that they are advised to build up slowly almost inevitably the competitive urge overcomes common sense and the advice they have been given. There is a different mindset with track running compared to "fun" runs. Even at venues with off track runs the competitive nature of our racing brings many newcomers undone. Do we have a moral obligation to care for our members? For the sake of the club we must do more to nurture new members.

Cheers,
Don (McLean)



INTRODUCING GWEN STEED

AN ARTICLE BY HEATHER CARR

Gwen Steed, a racewalker of renown and repute epitomises everything that Masters Athletics stands for. Recently turned 70, Gwen lives in Seaford, has been married to Stuart for 44 years and has two adult children, John and Jenny, and is a beloved grandmother of three, Austin, Tyler and Millie.

Gwen was a relatively late starter in the sport of racewalking. During the first 50 years of her life, she held little interest in athletics, and her awareness of racewalking was minimal. Her first taste of walking began when encouraged by her neighbour, Wendy Seers, to walk with her at Frankston Veterans Athletic club. Gwen enjoyed this activity, and thus began her life long involvement with racewalking.

When Gwen started attending Frankston venue in February 1994, she met Grace Smith who supported and inspired Gwen. Gwen showed an affinity for walking, revealing a natural ability, proving a quick learner and thus began the great love affair with racing!! Following her surge of interest in racewalking at Frankston, Gwen also began attending Mentone venue in December 1994 and with encouragement from fellow athletes to compete, Gwen persevered, and in no time became very proficient at racewalking.

Gwen began racewalking competitively in February 1994, when she was 51, and has been an active, passionate, committed and competitive member since then.

From 1994 to today, a total of 19 years, Gwen has been immersed in her passion for the sport. Gwen continued regularly attending Frankston and Mentone. Gwen started at Glen Eira in August 1995. In those early days Gwen met up with Glenys McPherson, Maureen Seedsman, Penny Hall, Joan Clarke, Lee Pownall and others of a strong and competitive standard who regularly competed at Championships. Marge Colthup, a long time athlete and excellent racewalker, showed interest in Gwen's rising achievements, recommended that Gwen train on Betty Newman's programme a year before Gwen competed in her first Victorian Championships. Betty Newman was an influential mentor for females as long ago as 1957, and remained a very strong influence in the field of racewalking, competing herself as well as having a large contingent of devotees. Going onto a specific training schedule helped improve Gwen's times considerably, so much so, that she caught the eye of renowned sprint and hurdles coach, Frank Kealy. However, after a few months, Gwen discovered that her body could not cope with the rigours of Betty's programme and decided to be coached principally by Frank. With this decision taken, Gwen demonstrated potential and promise under Frank's tutelage.

Gwen was persuaded to compete in 1997 in her 1st Victorian Championships. Her times for the 1500mw of 8.14 - Gold - and the 5000mw 29.38 - Gold - were of an exceptionally high standard. In Gwen's words, "I was very nervous and excited to compete in my first Vic Champs at Glen Eira in 1997. Watching on the sidelines were family and friends. To my amazement I won gold in the 5k and 1500m in the 50 year age group."

Shortly after the Victorian Championships, Gwen competed in her first Australian National Championships, Easter 1977. In this carnival, Gwen, in a time of 28:58 won Gold, a considerable improvement from the Victorian Championships, and took home silver in her first 10km in a time of 59:59. Gwen was so new to this distance, she believed she had an extra lap to walk!!

Several obstacles have been stoically overcome with dedication to improving style. During the 5000m racewalk in the World Championships in Newcastle, 1999, Gwen was disqualified through 'lifting'. To alter her style for a more legal and legitimate style required a lot of hard work. Here Frank devised a method of walking with weights, to help Gwen lower her shoulders, to assist in keeping her feet 'on the ground'! Gwen recognised her shortcomings and focused to resolve these issues, asking friends and fellow competitors to drop her arms during races. Gwen firmly believes that style can be changed through perseverance and hard work. Whilst Gwen was coached by Frank Kealy, he brought Gwen to a level that was highly legal and therefore competitive, thus improving her self confidence, self esteem and ultimately ability. After Frank's passing in 2009, Gwen looked to Mark Donahoo for guidance and advice on training for 2 years. Gwen is still highly successful when competing at all levels of racewalking.

At times Gwen has been plagued with injury, but despite many setbacks exhibits astounding determination to overcome these liabilities



INTRODUCING GWEN STEED (CONTINUED)

and perseveres when faced with physical problems. Over the years Gwen has endured a fractured foot, a broken finger and a sprained ankle. Perhaps the most difficult time was before the World Games in Riccioni, Italy when she broke down and was unable to compete. Gwen was diagnosed with Graves disease, a thyroid condition, only 2 weeks before competition, and was advised by her specialist not to race. This was devastating for Gwen, as she had just entered the 65 year age group and was recording some of her best times. But despite this setback, and to demonstrate her 'metal', she still ended up travelling to Italy and supporting her friends and fellow competitors. This must have been an agonizing time for Gwen, but despite the heartbreak, she was still 'there' for her fellow countrywomen!

Gwen also works assiduously in the background for her home venue of Mentone. - setting up the weekly venue for competition, arranging the chairs, preparing for the evening supper, filling the urn, putting out the cups etc., but never looking for rewards in return. Another thing Gwen demonstrates is that she cares for her fellow competitors, showing care and compassion before, during and after competition. A quality that is not regularly demonstrated.

A very, very loyal member of the Victorian Race Walkers Club since April 1997, Gwen has recently won the 2012 Winter Masters Handicap Award, a highly competitive contest with many, many worthy opponents. Gwen attends VRWC regularly, and is a popular and exemplary member of the club.

Gwen has competed in many, many competitions, highlights including:

1. Club including a stint at Frankston, Glen Eira, but mainly Mentone, where a group of stalwarts are still active, competing on Wednesday nights and training on the weekends.

Mentone has a devoted group of racewalkers, which does help raise the bar for competitive racewalkers of Gwen's ilk. At the Mentone venue, Gwen currently holds W70 3000m, 2000m and 1500m walk records. I am convinced Gwen will break other club records as time goes along.

2. State Very competitive, winning events over the years, from 1500m, 5000m, and 10000 meters. Gwen has competed in all State titles except for 1998 and 2012.

3. National Again very competitive, holding National records for her events of 1500, 5000, & 10000. Gwen's first National competition was Easter 1997 at Melbourne's Olympic Park, where she raced brilliantly. In 1998, Gwen broke the W 55 Australian record held by Penny Hall in a time of 57:59

4. Oceania Gwen has competed successfully in several Oceania Games, those being Geelong, Cook Islands, Christchurch and Townsville.

5. World Gwen has competed in several World Championships; her first taste of 'Worlds' being in Newcastle, UK in 1999. An upset DQ in the 5000m was quickly overcome showing Gwen's determination and resilience to the vagaries of racewalking; that is, style and judging. Gwen fronted up for the 10,000m, and then with typical determination finished 4th in the 10km. In 2001 when the World Championships were conducted in Brisbane, Gwen finished 2nd in the 5000m, and 3rd in the 10,000m, and also contributed to a silver 10,000m teams medal. Gwen was walking outstanding times prior to the Brisbane Games, but one week before the Games, broke down at Walkers Club with a hamstring injury. To show her grit and toughness, Gwen persisted, enduring constant pain, still to finish in the top three. An amazing effort. In 2007 Gwen travelled to Italy, a very disappointed and frustrated athlete, being instructed by her specialist not to compete. However this setback did not deter Gwen, who has gone from strength to strength.

6. Competing at the MCG in the overage section prior to the XV111 Commonwealth Games in Melbourne in March 2006. A highly memorable occasion for Gwen.

Gwen has always recorded significantly high age graded performances, regularly in the high 80's - a fact of which she is very delighted and proud of.

Gwen's best times are as follows:

Gwen's training involves:

1500m	7:49	W55	2000m	10:40	W55	Tuesdays - speed work	Wednesdays - Club race
3000m	16:07	W58	4000m	22:08	W57	Saturdays -Racing	Sunday - Long Distance
5000m	27:22	W57	10000m	57:59	W56	Has Monday, Thursday and Friday free.	

Gwen's longest distance in competition is 10km. Although 20km is also a distance that Gwen could compete in, she never will, as there is always potential for injury.

Gwen's belief in Masters underlines her commitment to racewalking, and with the extra wonderful benefits such as keeping fit, the camaraderie and friendships developed is hugely important, and therefore reward enough for Gwen to reinforce the importance she holds for Masters Athletics. "When I joined Masters Athletics, Victorian Race Walkers Club and Athletics Victoria for Interclub competition, I came in touch with so many wonderful people who became close friends with me and are still involved in my life regularly today. I am immensely grateful I had the opportunity to join Masters Athletics and take up racewalking." A fitting comment from an amazing Master Athlete.



NEW RECORDS REPORT

Age	Event	Name	State	Performance	%Std	Date	Location
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Pending World Records:

W55	20k Road Walk	Lyn Ventris	WA	1:43:11	99.2%	29-7-12	Perth
M65	20k Road Walk	Andrew Jamieson	Vic	1:40:14	100.2%	29-7-12	Middle Park
M80	2k Steeple	David Carr	WA	9:38.1	98.9%	31-7-12	Perth
W55	10k Road Walk	Lyn Ventris	WA	49:15	99.2%	19-8-12	Perth
W55	20k Road Walk	Lyn Ventris	WA	1:40:42	101.7%	26-8-12	Adelaide

Australian Records:

W60	1500m	Jeanette Flynn	Qld	5:35.97	94.3%	29-7-12	Sippy Downs
M80	5k	David Carr	WA	23:40.9	86.8%	23-8-12	Perth
W40	50k Walk	Michelle Thompson	Vic	5:23:37	79.2%	9-9-12	Middle Park

Victorian Record:

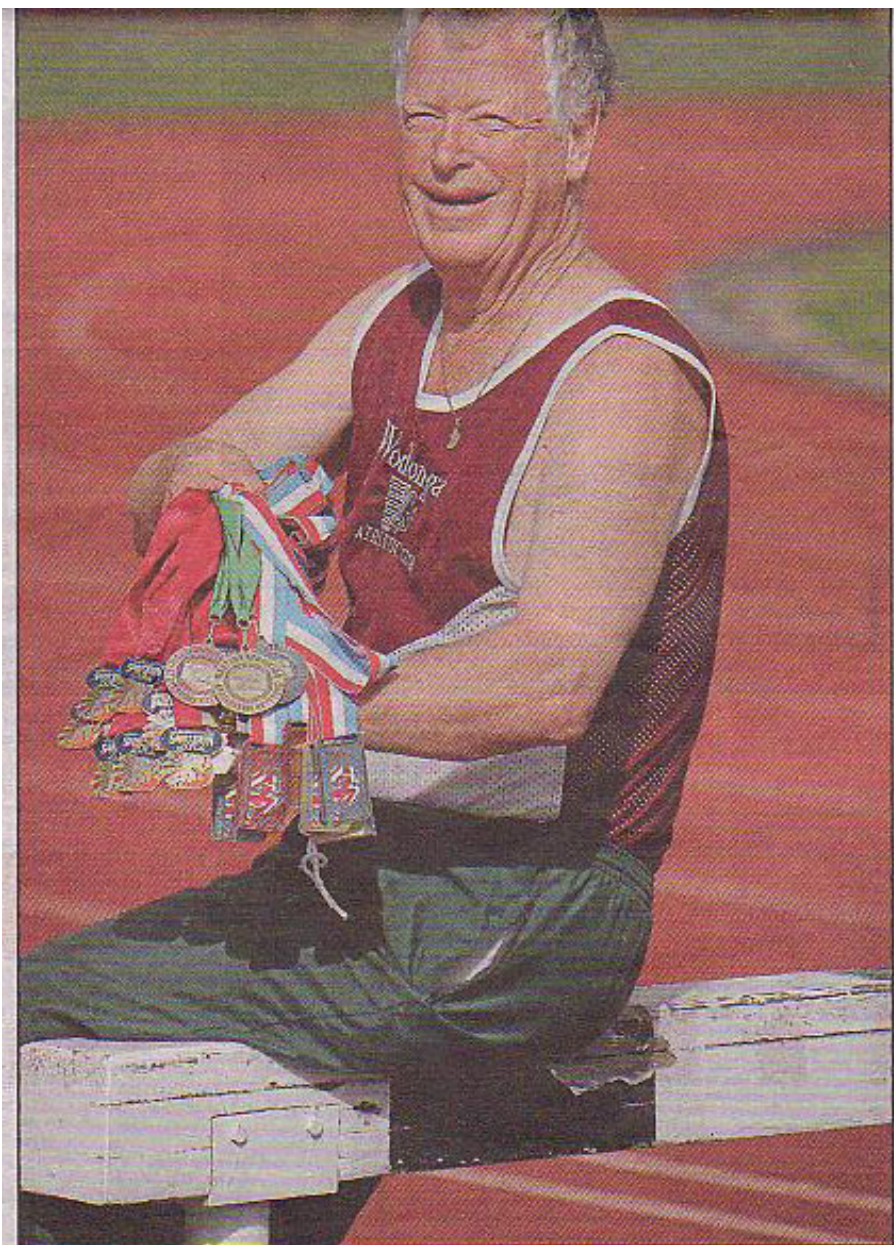
M70	Mile Run	George Rennie		5:53.6	86.0%	22-8-12	Collingwood
M40	Shot Put	Russell Short		14.73m	68.6%	3-9-12	London
W45	Hammer	Linda Buttigieg		40.37m	85.2%	9-9-12	Murrumbidgee

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



● Don Chambers and the swag of medals he brought home from England and Canada, where he competed in four international Masters championships. Picture: MATTHEW SMITHWICK

Medal haul a masterstroke

BY BEAU GREENWAY

MASTERS athlete Don Chambers has returned to Australia with a swag of medals after spending a month competing in England and Canada.

Over four weekends Chambers entered in the British Masters Championship, the South East Veterans Championship, the British Masters Decathlon Championship and the North American Masters Championship.

Chambers participated in the 75-79 men's age group winning gold medals in long jump, triple jump, pole vault, 80m and 300m hurdles, shot put, field pentathlon and weight pentathlon.

He also broke a number of age group and meeting records along the way.

Chambers is already beginning preparations for the Australian Masters Track and Field Championships in Canberra next year.

Following that event is the Oceania Masters Track and Field Championships at Bendigo in 2014, which leads into the 2016 World Masters Track and Field Championships in Perth.

Now is the time for him to start preparing his body and mind for these events in Australia by competing in decathlons over the next few months, Chambers said.

He is a member of the Wod-

onga Athletic Club and hopes his success on the track will prompt more people to join the club.

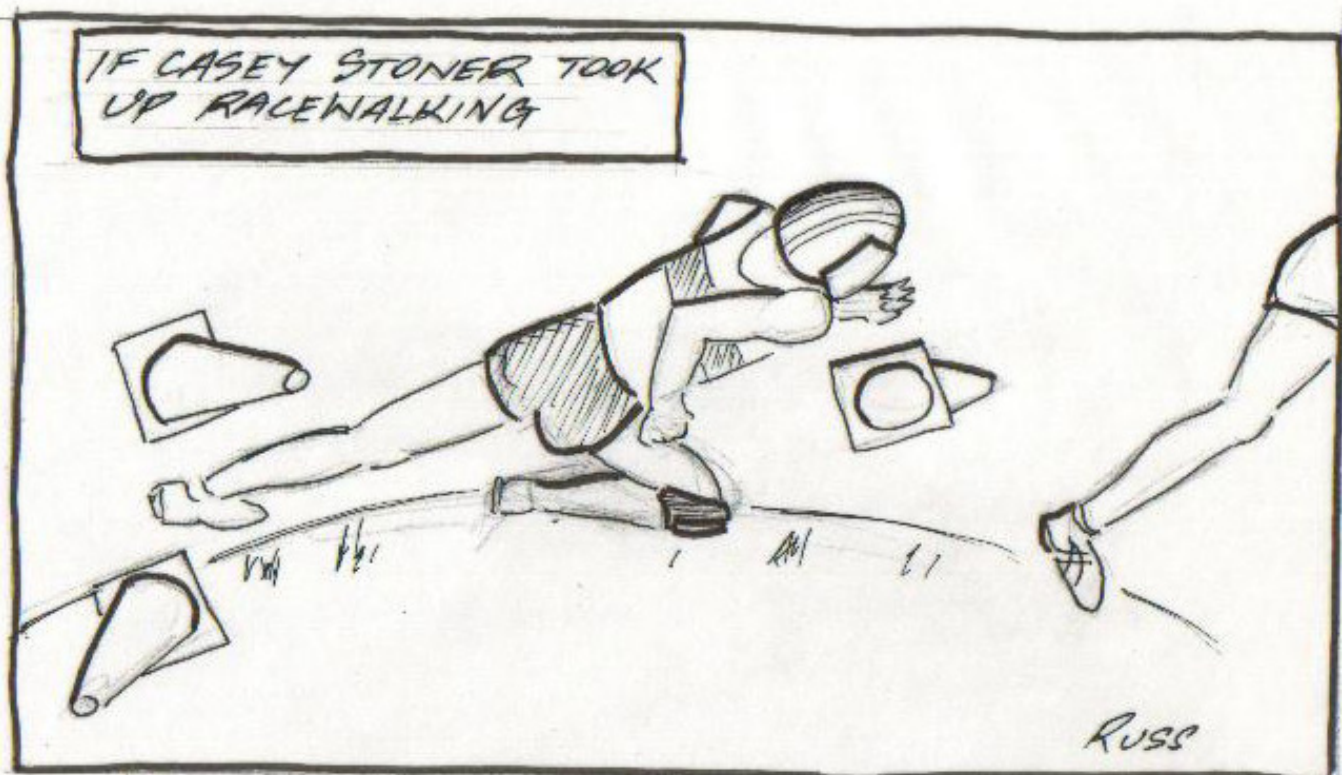
"It's a great way to exercise, establish social connections and keep physically and mentally fit," he said.

"At Wodonga we train twice a week, we have qualified coaches and there are competitions each week".

Chambers was also pleased with the Federation Hill event organised by the club last weekend which attracted a number of people of all ages and abilities.

"I came back to earth at the weekend watching and officiating for the super number of people competing in the event," he said.

Here's a couple of cartoons I did for the Victorian Racewalking Club newsletter a few years ago.



AUSTRALIAN MASTERS ATHLETICS HALF MARATHON CHAMPIONSHIP



(Incorporating the Tasmanian Masters Athletics Half Marathon Championship)

- Where:** Start/finish at the Cadbury Chocolate Factory, Claremont, Tasmania.
- When:** 7.30am, Sunday, 13 January 2013.
- Eligibility:** All financial members of a State Masters Athletics Club will be eligible.
All entries will be validated with the State Club prior to race day.
- Entries:** The entry fee is \$65.00. Please enter online at www.cadburymarathon.com.au
To be eligible for the R4YL magazine subscription (refer below), entry must be completed before 30 November 2012. **No championship entries will be accepted after midnight on Wednesday, 9th January 2013.**
- Acknowledgement of Entry:** Online entries will receive an automatic email acknowledgement.
- Awards:** Medals will be awarded to the first three placegetters in the usual 5 year age categories for both males and females commencing with the 30-34 age group. There is no upper age limit. In addition all finishers will receive a **certificate, medal, beach towel, 12 month subscription to R4YL magazine, a goodies bag and a chance to win some great spot prizes.**
The award ceremony will commence at 10.15am.
- Course:** There is a new flatter, faster and more scenic course in 2013, with runners crossing the Bowen Bridge for the first time. A course map can be viewed on the Cadbury Marathon website. There are no major hills and the course surface is road/bitumen for the entire distance. This is an officially measured Running Australia course.
- Weather** The conditions are generally very pleasant for distance running. Historically
- Conditions:** the temperature has been in the low 20's with the past few years providing generous sunshine throughout the event, without being scorching hot.
- Background:** The Masters Half Marathon Championships will be conducted in conjunction with the Cadbury Marathon and Half Marathon which are open events. These events have been held annually since 1984.
- Website:** www.tasmastersathletics.org.au
- Further** Further information can be obtained from Michael Walker, Secretary,
- Information:** Tasmanian Masters Athletics: (03) 62446229 / mikejoywalker@gmail.com

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Victorian Masters Athletics Inc. - Venue Managers

Venue	Manager	Address	Phone
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	Graham Walter		9736 4433
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	Alan Radford	radfordguns@sctelco.net.au	
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Springvale/ Noble Park	Alan Bennie	75 Bertrand Avenue, Mulgrave 3170 alanbennie@optushome.com.au	9547 2978
	Anthony Doran	anthonyjdoran@y7mail.com	9547 7320
Throwers	Graeme Rose	71 Union Road, Surrey Hills 3127 grarose@yahoo.com	9836 2350
	Ken Priestley	knjoy@bigpond.net.au	0417 134 601

Victorian Masters Athletics Inc.

Venues

ABERFELDIE Athletic Track	Aberfeldie Park, Corio Street, Moonee Ponds Wednesday nights, 7 - 9pm	Melway 28 D6
ALTONA Athletic Track	George Nevitt Reserve, Sugar Gum Drive, off Civic Parade Tuesday nights, 6.30 - 8.30pm in daylight saving, Sunday in winter - 2pm Every Second Sunday - Different venue	Melway 54 G9
COBURG Athletic Track	Harold Stevens Athletic Field, Outlook Road, Coburg Thursday nights, 7 - 9pm	Melway 18 A9
COLLINGWOOD Athletic Track	George Knott Reserve, Heidelberg Road, Clifton Hill Tuesday nights, 7 - 9pm	Melway 30 F12
CROYDON Athletic Track	Behind Arndale Shopping Centre, Mt.Dandenong Road, Croydon Tuesday nights, 7 - 9pm	Melway 50 K5
DONCASTER Athletic Track	Rieschieks Reserve, George Street, East Doncaster Monday nights, 7.30pm	Melway 33 J11
EAST BURWOOD Athletic Track	Burwood Road, opp. Mahoneys Road, behind basketball stadium Thursday nights, 7 - 9pm	Melway 62 C7
FRANKSTON Athletic Track	Ballam Park, Bananee Terrace, Frankston Thursday nights, 7 - 9pm	Melway 103 B4
GEE LONG 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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