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# FOOTPRINTS



DECEMBER 2012



## Lion Hearted Stacey

sets new *unofficial* W55 WR  
in Half Marathon.

It is an Australian Record.

But why doesn't the WMA  
recognise World Records  
in this popular event ?

It's a tough world.

A girl goes out and busts her gut, runs a World Record Half Marathon, not a prissy little 60 metre sprint, and she finds out that the WMA doesn't recognise Half Marathon records. I might say that this "girl" is 55 and her name is Stacey Van Dueren.



I reckon the Half Marathon is a very popular distance and while it's not an Olympic event, it is an event that we should keep records for even if they are called "World's Best". C'mon VMA and AMA, have a word to WMA and get some justice for SVD, FGS (for goodness sake).

Great news, in that we have launched a new Venue in the Cranbourne region. Paul Olsson has seen the need for a Venue at Casey Fields and with the massive growth in that area I'm sure we can make a success of it. Monday the 26th November was the first night of the new Venue and seeing Kath was going to Garden Club, I thought if I climbed out the bathroom window, I could be back before she got home and she would never know. No wait a minute, I need her to wash my stuff - I'd better tell her. Anyhow, there were over 30 people there. Well, everyone there was over 30, but there were more than 30 of them. All of our Venues started as a result of someone's vision and if you went down one Monday, you would be supporting Paul and your club.

You'll notice there are three Croydon stories and photos again this issue. These are just the everyday stories that I will happily report from other Venues as well. All you have to do is to send me information and I will use it. This right extends to anyone, not only Venue managers.

A few weeks ago I was faced with about 20 blank pages to fill, and I thought I'd do an article on the World Championships that were held in Gateshead UK in 1999. It was one of the Games that were remembered fondly by those who went and I hope you enjoy what I've dug up. Make sure you take a look at the record of South Australian sprinter Anne Cooper. Quite an amazing record over 20 years of competition.

Heather Carr has written another profile for the "Introducing" series and I thank her for that. This time it's about Max Brook, a natural athlete who has been active all of his life.

A Merry Christmas to all our readers

*Russ Dickenson*

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## NAG FILE

### Athletes Moving into a New Age Group

JIM SHAND	into M75
JUDITH WINES LM	into W75
JOHN HALLO	into M70
DENIS KEARNEY	into M70
JOHN POCOCK	into M70
KEVIN ESMORE	into M65
PATRICIA GRAHAM	into W65
NEIL GRAY	into M65
ARTHUR KAPOULITSA	into M65
ALAN LUCAS	into M65
NORMAN McLENNAN	into M60
WILLIAM RONALD	into M60
EWEN WILSON	into M60
PETER FIELD	into M55
JANE STURZAKER	into W50
STACEY VAN DUEREN	into W55
DAVID WILKINS	into M55
KAREN ARCHER	into W50
DEE BIRD	into W50
VICKI CHARLES	into W50
PAUL CONNOR	into M50
TONY DELL	into M50
MARK LINDSEY THOMAS	into M50
PETER NEALE	into M45
FABRIZIO ROMEO	into M45
JULIUS WEITZS	into M45
NINA FIELD	into W40

# Masterpieces

Last Monday night - November 26th - saw the opening night of a new venue we are trialling at Casey Fields.

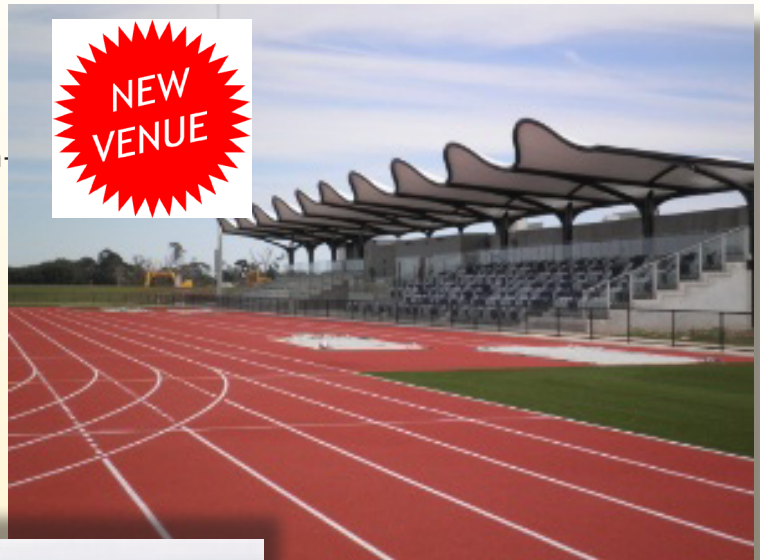
At right is photo of the excellent facilities there and below is the group who attended.

Casey Fields is at 160 Berwick - Cranbourne Rd, Cranbourne East (Melway Ref: 134 E8)

Start time is 7.00pm.

Contact Paul Olsson on 0408 340 151

or [olssonpf@bigpond.net.au](mailto:olssonpf@bigpond.net.au)



## What's On

### 2012

December 19th Doran Medal Springvale Venue - Ross Reserve, Memorial Drive, Noble Park

### 2013

- January 16th Lindsay Thomas Memorial 10k Run - 7pm - Braeside Park - Melway 88 D7
- January 20th Coburg 12k or 6k Fun Run. - 9am - Harold Stevens Athletic track, Melway18 A10
- February 6th Andy Salter Memorial Relay - 7pm - Ross Reserve, Memorial Drive, Noble Park
- February 20th The Landy Trophy - Rieschieks Reserve, George Street, East Doncaster, Melway 33 J11
- March 3 VMA Track and Field Pentathlon - Duncan Mackinnon
- March 10 Coburg 6 Hour Ultra Run/Walk - 8am Start. - Harold Stevens Athletic track
- March 11 Manningham Mile - Rieschieks Reserve, George Street, East Doncaster, Melway 33 J11
- March 16-17 Victorian Masters Track and Field Championships - **Note East Burwood Venue**
- March 24 Throws Pentathlon - Duncan Mackinnon
- April 13-14 Coburg 24 Hour Carnival - 24 Hour Run/Walk - Harold Stevens Athletic track
- August 2-11 World Masters Games Torino (Turin) - [www.torino2013wmg.org](http://www.torino2013wmg.org)
- October 5-12 Australian Masters Games, Geelong - [www.australianmastersgames.com](http://www.australianmastersgames.com)
- October 15 - 27 World Masters Athletics Championships - Porto Alegre, Brazil - [www.wma2013.com](http://www.wma2013.com)

## Masterpieces

The 2013 Victorian Masters Track and Field Championships have been confirmed for 16-17 March and will be held at the newly reconstructed East Burwood Venue.

Speaking of East Burwood, Alan Lucas advises that the work at the EB track will be completed in about 2 weeks time and that the EB venue will resume at EB on Thursday Jan 10th at 7pm. We would love to see as many visitors as possible to help us rebuild our numbers after 14 months away. We will have a special **“Back to East Burwood Night”** in February and will have more details for the February edition. Well done to all those stalwarts who have kept the Venue alive during this difficult time.

ACTVAC will be conducting the annual Australian Masters Athletics Track and Field Championships at Easter in 2013.

The year 2013 is the Centenary of Canberra, so this will be an excellent opportunity for you to be part of the festivities.

A special purpose website has been built for the championships.

The website is found at <https://sites.google.com/site/ama2013canberra>

This website provides links for event registration and results, contains information about timetables and venues, and has plenty of other helpful information.



We have had a request for information regarding the whereabouts of the Fred Lester Mile Trophy. If anybody has any information please contact Footprints.

Do you know about the Doran Medal ? It will be held on the 19th December at Springvale Venue. It's a really fun evening where Tony Doran is dressed in disgusting rags (barely distinguishable from his usual garb) and carried into the room with much fanfare. Visitors can't win the medal, but can go along for a good time.

AMA advises that all current World and Australian Records up to 25 November 2012 are now available on the AMA website. That address is [www.australianmastersathletics.org.au/](http://www.australianmastersathletics.org.au/)



You know you've made it when you've got a trophy named after you, or does it just mean you're getting old? Just kidding, Heather. Anyhow, the Victorian Racewalking Club has a trophy for Masters Women named after Heather Carr. It's predecessor, the Stella Murnane Trophy, was won by Heather so regularly that they decided to name the new one after her when the old trophy filled up. Here is Heather presenting it to Pam Tindal with placegetters Kylie Irshad and Donna Elms. Pam has now won the trophy 3 times in the last 5 years.

## Masterpieces



I've mentioned Canada's Ed Whitlock a few times in Footprints and he's given me reason to mention him again.

Ed, 81, added to his collection of world records in September by running 1:38:59 at a half marathon in his hometown of Milton, Ontario. Whitlock broke the old 80+ mark by 29 seconds, despite resuming regular running only in the weeks before the race.

Whitlock fell on ice last November and broke a rib, one month after lowering his 80+ marathon world record to 3:15:54. He missed months of training and didn't resume his famed routine of daily two- to three-hour runs in a nearby cemetery until mid-summer.

"I have had injury issues all this year and I am not in 100% shape," Whitlock wrote to Runner's World Newswire. "I was relieved to beat the half record as I thought it would be touch and go considering my less than optimum training. The course was flat and weather conditions were very good, little wind and low temperatures."

If you want to see this amazing athlete run go to this link - [www.youtube.com/watch?v=sPyMaDkKYjg&playnext=1&list=PLCEB76551FE0B4260&feature=results\\_main](http://www.youtube.com/watch?v=sPyMaDkKYjg&playnext=1&list=PLCEB76551FE0B4260&feature=results_main)

**Editor - This record is in the same category as Stacey Van Dueren's record. Not recognised by the WMA**



Alright, alright, I've got too much time on my hands, but I was a big Beatles fan and I thought why not have some real walkers doing the crossing in the Abbey Road album cover. Pictured are Heather Carr, myself, Stu Kollmorgen and Pam Tindal.

## Masterpieces



Another milestone at Croydon Venue with Frank Tutchener turning 85. Frank was quite a Marathoner in his day with wins in the Victorian Marathon in 1958 and 4 wins in 5 years in the VMC marathon. Frank also won back to back South Australian Marathons clocking 2.35.35 in 1958.

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Croydon Venue has been holding a parlour Relay competition for 5 years now, competing against Mt. Lilydale College, where Terry Dunn is a Sports Teacher. It's been getting harder to beat these guys as they are considerably younger than us. However, this year we called in the cavalry and enlisted the help of young guns Rhydian Cowley and Lachie Tindal (both at back in photo) to help what is a very good Masters team of Andrew Egginton, Sheila Fanning and Colin Page. A team consists of 5 runners, one of whom must be female, and each runner does 20 legs of 100m. It is a punishing event and with around a dozen teams on the track it can get very crowded and confusing. Anyhow, our No.1 team romped it in. Our two "ring ins" were not complete strangers to Croydon. Rhydian, who is a top racewalker as well as being a good runner, has trained at Croydon for years under Ken Walter's tutelage and Lachie is Pam Tindal's son.



## Springvale/Noble Park happenings

The feature event on our annual program, the Eric Greaves memorial 5km handicap has been run and won. Conducted over a series of three heats and a final, Geoff Dickson showed a clean pair of heels for a comfortable victory. We don't see a lot of Geoff over the winter as he plays Masters Aussie Rules. Obviously, he trained hard over the winter and came back to the track in good condition. Runner up was previous winner Chris Murphy with regular placegetter Lou Buccieri third. Maybe next year Lou.

In conjunction with this we conduct the Bert Warburton 3 km handicap walk and it was Geoff's sister Sue Buchan who took out the honours. This rather miffed Allison Devine, another sister who recruited both to the club. However she was awarded a special prize as she was the runner or walker who finished closest to the time they were handicapped run.

On Friday 9th November, Greater Dandenong council had the official opening of the upgraded track and new lights at Ross Reserve. Guests included MP's, Mayor and Councillors, AV CEO Nick Honey and Little Athletics CEO Dean Paulin. The council made it quite a major occasion. The opening was followed by a LA'S twilight meeting.

A couple of our long time annual events are coming up in the New Year. First is the Lindsay Thomas memorial on Wednesday 16th January at Braeside Park. We would love to see lots of runners and walkers competing in a fantastic environment. The event is open to all so bring along family and friends even if they are not of Masters age or non members. They could be future members.

The second event is the Andy Salter relay on Wednesday 6th February at Ross reserve. This has been a very popular event for many years so get your venue teams organised and come along and have a good night. Knox has been easy winners over recent years so hopefully in 2013 they will receive a real challenge to retain the trophy. While the main event is for runners, there is also an estimated time event for walkers and we would like to lots of you from that fraternity.

Detailed notices of both events are elsewhere in this issue.

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## Results - VMA Marathon Championship 14/10/12

W 40	Liz Eastwood	Knox	4.18.02
	Fiona Ely	Coburg	4.30.38
W45	Kim Wright	Collingwood	3.50.20
	Bronwyn Hanns	Mentone	3.56.36
W50	Merle Want	Glen Eira	4.16.39
M35	Shane Draper	Aberfeldie	3.03.18
M45	Trevor McCann	Mentone	2.53.40
	Chris Grafen	Glen Eira	3.06.39
	Mal Grimmett	N/A	3.41.26
M50	Bruce Venables	N/A	3.20.13
	Steven Barker	Springvale	3.28.30
	Peter Field	Springvale	4.22.49
M55	Peter Black	Aberfeldie	3.17.48
	Syd Bone	Glen Eira	3.24.25
	Ron Scholes	Collingwood	3.51.27
M60	Greg Moore	Aberfeldie	3.39.16
	Peter Dodgsun	E. Burwood	3.52.57
	Jim Hopkins	Collingwood	4.02.10
	John Zeleznikow	Glen Eira	7.14.53
M65	Norm Franzi	Collingwood	3.56.25
	Rod Bayley	Collingwood	4.05.04
	Phil Urquart	Glen Eira	4.57.15
	Neville Gardner	Croydon	5.58.20
	Pete Battrick	Glen Eira	7.02.27
M70	Ashley Page	Mentone	4.42.45
M75	Ron Boyne	Croydon	5.19.53

## LANDY TROPHY STARTS A BUSY YEAR

**The Landy Trophy 2013**



**Monday, February 18**

Next year will be a busy one for Victoria's Masters athletes and for many the first target will be Doncaster's feature event, The Landy Trophy, to be run on Monday, February 18.

It will be followed by The Manningham Mile, now to be run as an age-graded event for Masters, to be held at Doncaster on March 11, the Monday before the Victorian Championships, which are scheduled for March 16 and 17.

These are closely followed by the Australian Championships in Canberra over the Easter weekend, March 29 to 31. Later in the year the Australian Masters' in Geelong early in October are closely followed by the World Masters' Championships in Porto Alegre, Brazil, from October 15 to 27.

Entries for the 'new look' Landy Trophy will close on Monday, February 4 at the usual entry fee of \$10.

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 round 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.

Racing can be expected to be tighter in the middle age-groups of course, but this will merely create more competitive events which should provide a better viewing spectacle.

The absence of The Manningham Mile from Landy night will tighten the program, which will still feature The Doncaster Dash, a 100 metres event for members of Doncaster Little Athletics.

The rescheduling of the Mile, in fact, will provide Masters who specialize in middle distance events with the opportunity to contest both events, the Landy and the Mile, which, if nothing else, will provide them with an ideal lead-in to the State and National Championships.

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.

Entries for The Landy Trophy close on February 4.





## GLEN EIRA LIVING LEGENDS NIGHT 2012



Once again a very successful Living Legends night was conducted at the Glen Eira Venue on Tuesday 13 November. It was the tenth occasion for this event in which Club members from Springvale/Noble Park, Mentone and Glen Eira venues participate in the programme and then we meet the “Living Legend” nominated by each Venue. In the absence of a pavilion at Duncan MacKinnon Reserve, we hired a Marquee and Tent for the occasion where supper and formalities took place. Even though there was a cool southerly wind blowing, it did not prevent everyone enjoying the running events and the traditional good supper.

This year the Living Legends were:

Graeme Noden from Mentone, Peter Field from Springvale/Noble Park and Peter Battrick from Glen Eira

The contributions that each of the above have made to Athletics, to the Victorian (and Australian) Masters and to their respective venues, were presented by the Venue Managers, namely Ashley Page, Alan Bennie and Andrew Edwards. Each Living Legend was presented with a special medal to commemorate their award.

The winning venue for the events on the track was Mentone, who with 19 points just beat Glen Eira on 18 points and Springvale/Noble Park on 11. The event is a team effort with three groups of Open, Over 50 and Over 60 age groups.

Four members in each team (of whom at least one has to be female) cover a course of 1st Leg 3536 Metres, 2nd leg 3000 metres, 3rd leg 2000 metre Walk and 4th leg 1000 metres. This year the 1st leg was run in lanes 7 and 8 on the athletic track (instead of running on the outside track) and this brought the runners closer to the spectators, place judges and time-keepers. Six fun teams also enjoyed the event, meaning a total of 60 Club members participated on the night.

The full results of each team will be shown in the “Around the Grounds” monthly Magazine.

I would like to say many thanks to everyone who helped with the organisation of this event, especially Jim and Janet McLure. A big thank you to all those who came along and participated and helped out from Mentone, Springvale/Noble Park and Glen Eira.

**Andrew Edwards, Manager Glen Eira Venue**

# ANDY SALTER MEMORIAL RELAY

When – **Wednesday, 6th February 2013**

Where – **Ross Reserve, Memorial Drive, Noble Park**



ANDY SALTER

The **Andy Salter Relay** has been a highlight of the Springvale /Noble Park calendar for many years. Also held on the same night is the **Bert Warburton Memorial Walk Relay**.

The Andy Salter Relay is run over a 3.1km road course, with four runners in each team completing one lap of the course. There are two divisions, one for Challenge teams and the other for Fun Run teams.

**Challenge teams** must consist of three men and one woman and the total combined age of the team must be at least 175 years. The winning team will be presented with the “Andy Salter Perpetual Trophy” to hold for 12 months. Members of the first three teams receive trophies.

**Fun Run teams** consist of four runners but there are no age (other than runners being of Masters age) or sex restrictions.

The **Bert Warburton Walk Relay** is over a 2 km course with each walker completing one lap. Teams consist of three walkers of masters age and can be male, female or mixed.

To give everyone a chance at a trophy all run and walk teams will compete on an estimated time basis. Upon entry, teams nominate an estimated total team time. The teams (one run and one walk) that finishes closest to their estimated time will receive trophies. The first three Challenge teams will be excluded, having already received trophies.

Entry fee is \$12.00 per run team and \$9 per walk team, payable on registration between 6.30 pm and 7.00 pm on the night.



LINDSAY THOMAS  
MEMORIAL 10KM

***TWENTY - FIRST ANNUAL "TWILIGHT"***

**LINDSAY THOMAS  
MEMORIAL 10 KM RUN**

**WEDNESDAY 16 January 2013**

**BRAESIDE PARK – MELWAYS REF: 88 D7  
(ENTRANCE LOWER DANDENONG ROAD**

**– for parking follow park road around to Car Park No.9 – Rosella – last car park before exit)**

**3 EVENTS on the PROGRAM, all starting at 7 PM SHARP – 5KM WALK (One lap of the Park), 5 KM RUN (one lap of the Park) AND 10 KM RUN (Two laps of the Park). Note - Distances are actually a little longer than 5/10 km. Non Masters registered athletes are welcome to compete by invitation.**

**Entry fee is \$5 payable on the night and there are trophies for the first three males and females in each event, first 50+ and 60+ male and female in the 10km run (other than open placings), first non registered Master male and female in the 5km and 10kmrns, plus numerous spot prizes.**

***Conducted by Springvale/Noble Park venue. Enquiries to Alan Bennie tel 9547 2978***



**LETTERS/EMAILS**

Like Don McLean I would also commend you on the editions of "Footprints".

I would also like to support his comments on gold medals.

To just hand out a gold medal for the sake of it devalues all gold medals. I have for along time felt that a set level should be established, whether based on the national record for that event or on age graded percentage. Above that figure - a gold, silver or bronze where applicable. Below that, a participation medal or certificate - some sort of recognition.

I have no problem with any age getting in and having a go, but to go home wth a bag full of gold because of being the only one in that age group/event does lessen it a bit

I also have problems with the lowering and lessening the specs and standards of the hurdles and therefore the challenge. But that is another issue

I can also remember when competitors were "rung off", it did make you go harder!!!!

Best regards David Mather



## VMA Results

### 2012 Pan Pacific Masters Games

#### Southport, Queensland

3/11/2012 to 5/11/2012

A group of hardy Victorians decided to brave the beautiful Queensland weather and compete in the 2012 Pan Pac Masters Games at Southport last month.

A highlight of the games was the appearance in two hurdle events of 1984 Los Angeles Olympic Gold Medallist Glynis Nunn-Cearnes. Glynis was a Games Ambassador and now runs as a W50 and I must say it is fantastic to see someone who has stood on top of the mountain getting out and having fun again. From the photos, she looks in great shape and looked to be happy presenting medals and posing for photos with the mere mortals.

Another highlight was the World Record set in the M80 4 x 400 metre relay by East Burwood's Leo Coffee, David Carr (WA), Richard Hughes (NSW) and George Harrod (Qld). The team ran 5:32.29 which is an average of 83 seconds per runner. At over 80 years, that is fabulous running. Leo also won three gold medals and a silver and "sat out" the 200m in preparation for the relay.



Richard Trembath with Ray Lawrence (NSW), Glynis Nunn-Cearnes, Garry Maher (ACT), Don Chambers (VIC) and Tui Ashe (NZ)

## 2012 Pan Pacific Masters Games (continued)

### 60 Metre Sprint

**W45**  
1 Pollard, Sonya W45 Vic 9.05 83.87%

**W70**  
1 Kinsey, Jane W71 Vic 13.20 74.17%

**M60**  
2 Wearmouth, Richard M60 Vic 8.78 88.04%

**M65**  
2 Howden, Keith M67 Vic 8.49 95.29%

**M75**  
2 Chambers, Donald M75 Vic 9.85 86.80%

4 Wood, Allan M75 Vic 10.80 79.17%

**M80**  
2 Coffey, Leo M82 Vic 9.91P 93.14%

**M85**  
2 Sinclair, James M88 Vic 11.66 90.05%

### 100 Metre Sprint

**W45**  
1 Pollard, Sonya W45 Vic 14.38 80.88%

**W70**  
1 Kinsey, Jane W71 Vic 21.71 69.18%

**M60**  
2 Wearmouth, Richard M60 Vic 13.41 87.25%

**M65**  
2 Howden, Keith M67 Vic 13.61 89.64%

**M75**  
2 Chambers, Donald M75 Vic 15.53 85.00%

4 Wood, Allan M75 Vic 19.44 67.90%

**M80**  
1 Coffey, Leo M82 Vic 15.83 92.80%

5 Silcock-Delaney, Colin M80 Vic 25.26 56.22%

**M85**  
2 Sinclair, James M88 Vic 19.04 85.98%

### 200 Metre Sprint

**W45**  
1 Pollard, Sonya W45 Vic 30.66 78.41%

**W70**  
1 Kinsey, Jane W71 Vic 48.17 65.23%

**M40**  
2 Wilcox, Andrew M43 Vic 24.35 87.47%

**M60**  
2 Wearmouth, Richard M60 Vic 27.96 85.84%

**M70**  
2 Trembath, Richard M70 Vic 31.35 82.30%

**M75**  
2 Chambers, Donald M75 Vic 33.77 82.62%

4 Wood, Allan M75 Vic 40.79 68.40%

**M80**  
4 Silcock-Delaney, Colin M80 Vic 66.88 45.45%

**M85**  
1 Sinclair, James M88 Vic 41.12 92.12%

### 400 Metre Sprint

**M40**  
1 Wilcox, Andrew M43 Vic 52.91P 89.15%

**M50**  
1 Cook, Allan M50 Vic 55.66 88.99%



Two of the WR setting relay stars - Leo Coffey (above) and George Harrod



## 2012 Pan Pacific Masters Games (continued)

### 400 Metre Sprint (continued)

<b>M60</b>					
3	Wearmouth, Richard	M60	Vic	68.54	77.15%
<b>M65</b>					
1	Howden, Keith	M67	Vic	63.35	88.79%
<b>M70</b>					
1	Trembath, Richard	M70	Vic	71.44	82.59%
<b>M80</b>					
2	Silcock-Delaney, Colin	M80	Vic	2:38.27	44.86%
<b>M85</b>					
1	Sinclair, James	M88	Vic	1:46.17	86.10%

### 800 Metre Run

<b>W65</b>					
1	Petrie, Lavinia	W69	Vic	3:05.92	93.88%
<b>M35</b>					
8	Browell, Leigh	M38	Vic	2:22.73	73.10%
<b>M40</b>					
1	Dawes, Kynan	M42	Vic	2:06.54	85.59%
<b>M50</b>					
1	Cook, Allan	M50	Vic	2:05.65P	92.57%
<b>M60</b>					
2	Graham, John	M62	Vic	2:38.74	80.76%
<b>M70</b>					
2	Trembath, Richard	M70	Vic	2:42.45P	85.26%
3	Smith, Bob	M71	Vic	2:58.54	78.76%
<b>M80</b>					
3	Silcock-Delaney, Colin	M80	Vic	5:25.97	50.00%

### 1500 Metre Run

<b>W50</b>					
4	Holmes, Tamami	W52	Vic	6:25.55	73.62%
<b>W55</b>					
1	Stanley, Helen	W57	Vic	6:03.64	83.50%
<b>W65</b>					
1	Petrie, Lavinia	W69	Vic	6:02.88P	100.51%
<b>M40</b>					
1	Dawes, Kynan	M42	Vic	4:22.50P	85.20%
<b>M50</b>					
1	Cook, Allan	M50	Vic	4:26.77P	90.35%
<b>M60</b>					
1	Graham, John	M62	Vic	5:08.98	86.35%
<b>M80</b>					
2	Silcock-Delaney, Colin	M80	Vic	10:44.77	51.23%

### 5000 Metre Run

<b>W50</b>					
1	Holmes, Tamami	W52	Vic	23:32.66	72.85%
<b>W55</b>					
1	Stanley, Helen	W57	Vic	22:52.31	80.26%
<b>W65</b>					
1	Petrie, Lavinia	W69	Vic	22:05.17P	99.94%
<b>M35</b>					
2	Browell, Leigh	M38	Vic	18:28.80	71.18%
<b>M50</b>					
7	Evans, Simon	M52	Vic	19:59.76	73.32%
<b>M60</b>					
1	Graham, John	M62	Vic	19:13.66	83.04%
5	Holmes, Jonathan	M60	Vic	22:56.06	68.40%



Adam Patterson took exception to this insulting road sign

## 2012 Pan Pacific Masters Games (continued)

### 5000 Metre Run (continued)

#### M65

2 Solomon, Kevin M65 Vic 21:54.15 74.90%

#### M80

2 Silcock-Delaney, Colin M80 Vic 38:05.34P 53.97%

### 4000 Metre Cross Country Run

#### M60

3 Holmes, Jonathan M60 Vic 18:55.00 65.51%

#### W50

1 Holmes, Tamami W52 Vic 19:00.00 71.66%

### 8000 Metre Cross Country Run

#### M60

1 Graham, John M62 Vic 33:37.00P 79.82%

#### M65

2 Solomon, Kevin M65 Vic 41:46.00 66.00%

#### W55

2 Stanley, Helen W57 Vic 38:11.00P 79.00%

#### W65

1 Petrie, Lavinia W69 Vic 38:12.00 94.42%

### 3000 Metre Race Walk

#### M40

2 Patterson, Adam M40 Vic 15:43.42 70.64%

#### M50

1 Evans, Simon M52 Vic 14:41.45 83.42%

#### M60

1 Graham, John M62 Vic 20:38.67 65.19%

#### M80

2 Silcock-Delaney, Colin M80 Vic 23:17.41 72.45%

### 5000 Metre Race Walk

#### M40

2 Patterson, Adam M40 Vic 27:40.33 68.34%

#### M50

1 Evans, Simon M52 Vic 24:59.72P 83.44%

#### M80

2 Silcock-Delaney, Colin M80 Vic 38:41.34 74.34%

### 10k Race Walk

#### M40

2 Patterson, Adam M40 Vic 1:02:38.00 62.15%

#### M50

1 Evans, Simon M52 Vic 52:24.00P 81.82%

#### M80

1 Silcock-Delaney, Colin M80 Vic 1:19:55.00 74.28%

### 80 Short Hurdles

#### W50

1 Nunn-Cearns, Glynis W51 Qld 13.50P 86.96%

#### M75

1 Chambers, Donald M75 Vic 16.64P 82.21%

### 100 Short Hurdles

#### M60

-- Watt, Robert M63 Vic DNF

## 2012 Pan Pacific Masters Games (continued)

### 300 Long Hurdles

#### W50

1 Nunn-Cearns, Glynis W51 Qld 52.86P 87.04%

#### M70

1 Trembath, Richard M70 Vic 53.45P 88.01%

#### M75

1 Chambers, Donald M75 Vic 62.44 83.89%

### 2000 Metre Steeplechase

#### M60

1 Graham, John M62 Vic 8:40.16 78.50%

#### M80

3 Silcock-Delaney, Colin M80 Vic 15:48.22P 60.27%

### 3000 Metre Steeplechase

#### M35

1 Browell, Leigh M38 Vic 11:47.55P 71.75%

### Long Jump

#### W35

1 Purcell, Robyn W38 VIC 4.39m 62.80%

#### W70

2 Kinsey, Jane W71 VIC 2.11m 49.88%

#### M45

2 Hodgson, Nicholas M48 Vic 5.92mP 80.87%

#### M75

1 Chambers, Donald M75 Vic 3.71m 76.81%

2 Wood, Allan M75 Vic 3.15m 65.22%

### Triple Jump

#### W35

1 Purcell, Robyn W38 Vic 10.33mP 73.94%

#### M35

2 Browell, Leigh M38 Vic 7.07m 40.49%

#### M45

1 Hodgson, Nicholas M48 Vic 12.46mP 80.60%

#### M75

1 Chambers, Donald M75 Vic 7.28m 72.44%

#### M80

1 Coffey, Leo M82 Vic 7.02m 81.16%

### High Jump

#### W45

2 Baldwin, Jennifer W47 Vic 1.00m 57.14%

#### M75

2 Chambers, Donald M75 Vic 1.10m 75.34%

3 Wood, Allan M75 Vic 1.00m 68.49%

### Pole Vault

#### M75

1 Chambers, Donald M75 Vic 1.90m 61.29%

### Discus Throw

#### W45

3 Baldwin, Jennifer W47 VIC 24.34m 39.27%

#### W60

1 Schultz, Christine W61 VIC 26.47mP 56.09%

4 Mussett, Lorraine W63 VIC 14.36m 31.85%



## 2012 Pan Pacific Masters Games (continued)

**Discus Throw (continued)**
**W65**

2	Dundas, Rhondda	W67	VIC	21.11m	51.66%
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**W70**

2	Kinsey, Jane	W71	VIC	11.18m	30.52%
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**W75**

1	Worrell, Valerie	W77	VIC	18.37m	60.65%
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3	Hines, Yvonne	W75	VIC	12.67m	39.09%
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**M75**

2	Chambers, Donald	M75	Vic	19.46m	42.60%
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3	Wood, Allan	M75	Vic	19.27m	42.18%
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**Shot Put**
**W65**

1	Dundas, Rhondda	W67	VIC	8.56m	74.37%
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**W70**

2	Kinsey, Jane	W71	VIC	5.31m	51.16%
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**W75**

1	Worrell, Valerie	W77	VIC	6.76m	77.88%
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3	Hines, Yvonne	W75	VIC	6.43m	69.51%
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**M75**

2	Chambers, Donald	M75	Vic	8.73m	56.80%
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**M65**

3	Howden, Keith	M67	Vic	8.69m	59.08%
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**Javelin Throw**
**W45**

1	Baldwin, Jennifer	W47	Vic	23.75m	42.79%
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**W65**

2	Dundas, Rhondda	W67	Vic	18.43m	51.87%
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**W70**

3	Kinsey, Jane	W71	Vic	12.65m	39.61%
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**W75**

1	Worrell, Valerie	W77	Vic	16.02m	60.32%
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2	Hines, Yvonne	W75	Vic	13.62m	48.04%
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**M35**

7	Browell, Leigh	M38	Vic	23.10m	25.63%
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**M75**

2	Wood, Allan	M75	VIC	20.76m	42.37%
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3	Chambers, Donald	M75	VIC	18.66m	38.08%
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**Hammer Throw**
**W45**

2	Baldwin, Jennifer	W47	Vic	30.90m	65.19%
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**W60**

1	Schultz, Christine	W61	Vic	26.25m	53.18%
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3	Mussett, Lorraine	W63	Vic	18.54m	39.33%
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**W65**

1	Dundas, Rhondda	W67	Vic	31.37mP	73.47%
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**W70**

3	Kinsey, Jane	W71	Vic	15.05m	39.34%
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**W75**

1	Worrell, Valerie	W77	Vic	26.09mP	82.56%
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2	Hines, Yvonne	W75	Vic	20.61m	60.94%
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**M35**

3	Browell, Leigh	M38	Vic	16.97m	20.47%
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**M55**

3	Olsson, Paul	M55	Vic	37.87m	56.73%
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## 2012 Pan Pacific Masters Games (continued)

### Hammer Throw (continued)

#### M75

2	Chambers, Donald	M75	VIC	24.65m	53.29%
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### Weight Throw

#### W60

1	Schultz, Christine	W61	Vic	10.96m	60.49%
3	Mussett, Lorraine	W63	Vic	6.26m	36.16%

#### W65

1	Dundas, Rhondda	W67	Vic	11.40mP	72.70%
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#### W70

3	Kinsey, Jane	W71	Vic	6.51m	46.30%
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#### W75

1	Worrell, Valerie	W77	Vic	10.32mP	88.74%
2	Hines, Yvonne	W75	Vic	7.59m	61.01%

#### M75

1	Chambers, Donald	M75	Vic	11.75m	66.95%
4	Wood, Allan	M75	Vic	8.07m	45.98%

### Weight Pentathlon

#### W45

1	Baldwin, Jennifer	W47	Vic	2548
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#### W60

1	Schultz, Christine	W61	Vic	3371
3	Mussett, Lorraine	W63	Vic	1730

#### W65

1	Dundas, Rhondda	W67	Vic	3577
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#### W70 Weight Pentathlon

2	Kinsey, Jane	W71	Vic	2078
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#### W75

1	Worrell, Valerie	W77	Vic	3585
2	Hines, Yvonne	W75	Vic	2721

#### M55

3	Olsson, Paul	M55	Vic	2813
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#### M75

2	Chambers, Donald	M75	Vic	2620
3	Wood, Allan	M75	Vic	2102

### Beach Mile

#### W55

1.	Helen Stanley	0:08:52
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#### W65

1	Lavinia Petrie	0:09:46
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#### M60

1	John Graham	0:07:25
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#### M80

2	Colin Silcock-Delaney	0:13:16
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Colin Silcock-Delaney with Games Ambassadors Natalie Cook and Pat Carroll (on ends) and fellow M80 competitors Ralph Schubert and John Rigby (3rd & 4th from left)

# RETROSPECTIVE

## XIII World Veterans Athletics Championships Gateshead U.K. July 29 - August 8, 1999

In 1999, 6000 athletes from 74 countries attended Gateshead in the North-East of England for the 13th. World Veterans Athletics Championships.

As is always the case, a strong contingent of 208 Aussies made the trip and competed with the usual amount of success and good sportsmanship.

Looking back, this is a Championship I would have loved to attend, but seeing I didn't, I have relied on information from others for some background.

Many all time greats of Australian Masters Athletics were in the team. Sprinter Reg Austin, who at that stage had attended all World Veterans Championships and won a medal in all of them.

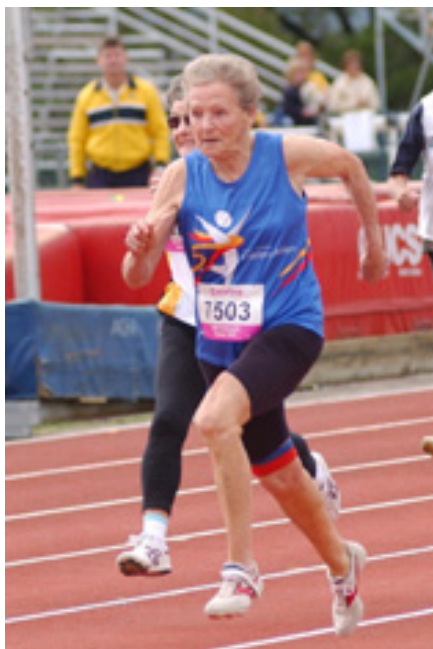
South Australian sprinter Ann Cooper was continuing her amazing run of Championship wins and 3 future IAAF World Masters Athletes of the year - Marie Kay, Andrew Jamieson and Lyn Ventris - were just finding their way in major competition.

A great rivalry was formed between Anne Stobaus (Vic) and Peggy MacLiver (WA). Anne won the 400m by 17/100 of a second from Peggy and Peggy won the 800m by 15/100 from Anne. They had earlier finished 3rd and 4th behind Kathy Jager in the 200m this time with Peggy ahead of Anne by a whopping 22/100 !

Bronwen Cardy, now a Victorian, was representing the UK at this event and had 3 resounding wins.

Some outstanding performances were :-

Ann Cooper	1st	W70	100m	15.78	Ruth Frith	1st	W85	Hammer	13.60
Ann Cooper	1st	W70	200m	32.83	Ruth Frith	1st	W85	Shot	5.41
Anne Stobaus	1st	W55	400m	65.35	Ruth Frith	1st	W85	Discus	12.39
Peggy MacLiver	1st	W55	800m	2.32.29	Ruth Frith	1st	W85	Javelin	9.90
Bronwen Cardy	1st	W45	5000m	17.57.50	Ruth Frith	1st	W85	Weight Pentathlon	
Bronwen Cardy	1st	W45	10000m	36.15.86	Christine Schultz	1st	W45	Shot	12.81
Bronwen Cardy	1st	W45	10k C/C	37.10.00	Christine Schultz	1st	W45	Weight Pentathlon	
Lavinia Petrie	1st	W55	5000m	19.45.60	Alan Bradford	1st	M60	800m	2.10.42
Lavinia Petrie	1st	W55	Marathon	3.14.48	Alan Bradford	1st	M60	1500m	4.35.18
Shirley Brasher	1st	W70	2000m S/C	12.19.45	Alan Bradford	1st	M60	2000m S/C	6.54.31
Jean Knox	1st	W70	10k walk	1.10.21	David Carr	1st	M65	800m	2.23.08
Helen Searle	1st	W60	Hammer	42.03					



Toowoomba's Alan Bradford was in brilliant form winning 3 gold medals and setting a new WR of 2:10.42 in the 800m.

The amazing Anne Cooper won a sprint double in Gateshead. Here is her brilliant record in World Championships -

- 1987 Melbourne W55 100m 3rd (after setting WR in heat)
  - 1989 Eugene W60 400m - 1st (WR), 800m - 1st
  - 1991 Turku W60 100,200,400 (WR) all 1st
  - 1993 Miyazaki W60 100m - 1st
  - 1995 Buffalo W65 100, 200 & 400 all 1st
  - 1997 Durban W65 100 - 1st, 200 - 1st
  - 2001 Brisbane W70 400 1st (qualified fastest in 100 didn't run final)
  - 2005 San Sebastian W75 100 - 1st & 200 - 1st
  - 2007 Riccione W75 100 - 1st & 200 - 1st
- I have not included any relay medals Anne may have won



## RETROSPECTIVE - GATESHEAD '99

### Australian Competitors in Gateshead

Barbara Atkinson	Bruce Campbell	Marie Kay	John Reynolds
James Anthony	Janice Davies	Jean Knox	Norm Richards
John Anderson	Peter Dunham	Ken Knox	Henry Rolfe
Reg Austin	Paul Davidson	Anne Lang	Tom Roberts
Leslie Allan	Jeffrey Dick	Lorna Laughlan	William Rogers
Lynne Andrews	Tony Doran	David Lloyd	William Ryan
Karen Adams	John Dwyer	Peter Le Get	Gerardo Rivello
Jacqueline Billington	John Dean	Richard Larkin	Graeme Rose
Margaret Beaumont	Karen Dean	Heather McDonald	Joy Sanger
Ian Beaumont	Edward Darby	Yvonne Mullins	Kate Smythe
Lynda Bateson	Murray Dickinson	Barry Mullins	Anne Stobaus
Jeff Battista	Terry Dunn	Hazel McDonnell	Ron Stobaus
Stephen Baird	Mark Donahoo	Heather Murfett	Bob Schickert
William Boyce	Cynthia Ellery	Graeme Muffett	Diana Southern
Alan Bradford	Heide Engel	Nyala Millar	Joan Stubbings
John Bell	Margaret Flanders	Pam Mews	Lynne Schickert
Lindsay Beaton	Ruth Frith	Coral Monk	Gwen Steed
Stanley Belcher	Roy Fearnall	John Monk	Christine Schultz
Stephen Barker	Brian Foley	Sheila Meyer	Helen Searle
Bob Banens	Royce Foley	Margaret Marion	Michael Stevenson
Kevin Browne	Nick Fletcher	Kevin Marion	Robert Solomon
Shirley Brasher	Victoria Gunn	Michael McAvoy	Kevin Solomon
Barbara Beaumont	Robert Gunn	Max McKay	Graham Stockdale
David Bryan	Neil Gray	John McPherson	Colin Silcock
Peter Berry	George Goode	Maurice McNamara	Bob Smith
Rosemary Clarke	Ray Green	David Murphy	Ronald Stuart
Patricia Carr	Kathy Heagney	James McGrath	George Simons
Bill Carr	Annette Horsfall	Lorraine Mussett	Jim Sinclair
David Carr	Mary Heppell	Graeme Noden	David Sheehan
Ann Cooper	Frances Harris	David Nobbs	John Stenhouse
Rosemary Cameron	Janet Holmes	Fred O'Connor	Trevor Scott
Diana Cooper	Jonathon Holmes	Jim O'Donnell	Melinda Thompson
Lynne Choate	Richard Harris	Michael O'Reilly	Janette Turner
Georgina Cullen	Mike Hall	Wilma Perkins	Fred Turner
Bronwen Cardy (GB)	Penny Hall	Noreen Parrish	Richard Trembath
Anne Callaghan	Jayne Hardy	Daphne Pirie	Mary Thomas
Ray Callaghan	Tom Hishon	June Petrie	Ian Upton
Georgina Cullen	Trevor Hawksworth	Bert Pelgrim	Susan Vetten
Peter Crombie	Robert Hayes	Lavinia Petrie	Lyn Ventris
Alan Coleman	Colin Hainsworth	Bob Petrie	Hans Van Bavel
Bridget Carse	Heather Ihnativ	Valerie Prescott	Glad and Bob Wishart
John Cooper	Lyn Jamieson	Joan Purcell	Judy Wines
Gerald Clarke	Andrew Jamieson	Malcolm Pirie	Dorothy Whittam
Donald Cox	Mike Johnston	Stuart Paterson	Geoff Whitehall
Kerry Calderbank	Elva Johnston	Colin Page	Alexander Walker
Gerald Clarke	Russell Johnson	Victor Plummer	John Wright
William Caulfield	Celia Johnson	Bob Power	Janis Wright
Bruce Campbell	Tony Johnson	Alexander Pittendich	Robert Waters
Robert Chapman	Heather Johnstone	Noel Peters	John Waite
Bert Carse	Peter Johnstone	June Reeves	Robin Whyte
Andrew Crook	Roy Jones	Carol Ryan	Ken Walters
Gary Clark	Trevor Jupp	Sharon Reynolds	Diane York
			Gary Zeuner

## RETROSPECTIVE - GATESHEAD '99

Lynne Schickert recalls -

One of my memories of Gateshead was the weather - for England it was very warm, and the poor "dinner ladies" at the University where we stayed really suffered when serving the meals. They were all sweaty and red faced. The cross country really taxed the runners, the course was along dry creek beds, like being in a canyon and it was a very warm day too. Several Aussie runners suffered badly and one even collapsed at the end of the run - just in front of me, hence the memory! They said it was dehydration, caused by jet lag as they had only just arrived in England the day before.

Being accommodated at the University "Castle Leazes" was an experience, with the men and the women in separate sections in single rooms. We caused a bit of a stir - "there's a man in our section" - when Bob used to walk me back to my room each night after dinner before heading off to his room.

It was our first overseas championships so it was all new and very exciting. Having to catch buses to the various stadiums, watching the marvellous performances of the other athletes, and of course being involved in the controversy about the UK athlete who was challenged as to her gender (by the Australians) and subsequently had her medals taken from her - it ignited our passion to keep going to World championships and we have been to every stadia one since then. It was also the first time Lyn Ventris had ventured onto the world walk stage, coming 3rd in the 5000m track walk. She has gone from strength to strength since then!



*The start of the M55 Cross Country - at left Bert Carse and Bob Schickert trail NZ Legend Ron Robertson (in Black), with Stanley Belcher (Aus) in the middle of picture. At right in all white is winner Emilio De La Camara*

Ron Stobauss recalls -

Our Team Manager Tony Bradford had quite a time of it during the controversy about Kathy Jager being asked by the press at one stage if he knew where Tony Bradford was he waved up into the stand and said - "I saw him up there not long ago".

As Gateshead was Anne's first introduction to world competition I know that our first reaction when we arrived about day 2 of the competitions was that we were not so old as there were many there much older than us, particularly when we saw a 90 plus Chinaman doing the pole vault with glasses a long beard and longer hair.

The friendliness of Anne's age group who we still see at competitions around the world and look forward to catching up with.

Anne says her main recollection was people we met who belong to a group we are involved with in Australia. We met them for tea and even though they had never been to an athletic meeting before they turned up to watch her run in the heat the next day and even came back later in the day to watch her run in the final. They have remained friends and still correspond with us.

## RETROSPECTIVE - GATESHEAD '99

Bronwen Cardy recalls -

I was living in the UK and competing for Britain. I was inadvertently placed in the wrong accommodation at Gateshead. I arrived at the accommodation late on the Friday night before the XC Champs on the Saturday morning. Found myself with the Aussies and not the Brits! (they were convinced I was a novice runner and kept giving me advice on how to run my race the next day!) Decided to stay overnight and join my British team after the cross country. However, after winning the gold your colleagues declared me as an adopted Aussie and went on to claim my 4 (British) gold's as part of their medal tally!

Hence, my introduction to the Aussie Masters and why I ended up visiting Australia for a two week holiday for the first time in 2000. I came to see if all Aussies were as mad as the Victorian Masters I had met in Gateshead!

So yes, I was thoroughly British and before Gateshead I had no idea where Melbourne or even Victoria was.

Incidentally, I met David (Sheehan) the morning after my first race and took an instant dislike to him after he called me a 'Gold Medal winning Pom' (Calling a Welsh person a Pom is the ultimate insult !)

I am Welsh and very proud of my Welsh heritage. I ran my first international for Wales at the age of 16 years (World XC Champs) and ran my last race for them at age 52 yrs. (3rd In Belfast International road 10km).

For over 30 years I ran for either Wales or the Great Britain/UK team - but never for England!

My family would never forgive me if I donned an English vest.

They could just about accept a British vest with a Union Jack and almost came to terms with me wearing the green & gold in later years but a vest with the English rose - never!

Go: CYMRU!      Editor : *Cymru is the Welsh word for Wales and is pronounced Kum-ri*



## GENDER FURORE

*The Guardian, Wednesday 4 August 1999*

A woman athlete accused of being a man yesterday expressed outrage at competitors who questioned her gender - and pointed out that she is the mother of two children.

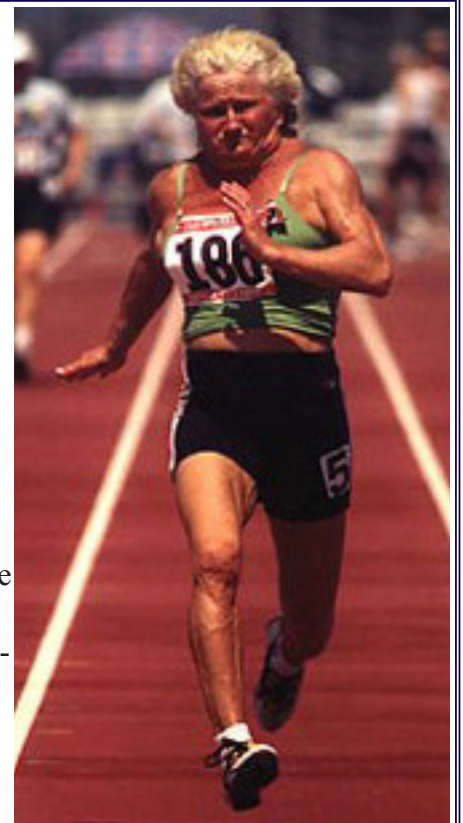
Australian and New Zealand athletes complained after Kathy Jager, 56, won the women's 200m at the World Veterans Athletics Championships in Gateshead, Tyne and Wear on Monday.

"The protest questioning the gender of one female athlete has been dealt with through medical examination that has proved her gender as female. The protest is consequently rejected," said Torsten Carlius, president of the World Association of Veteran Athletes.

Mrs Jager, from Phoenix, Arizona, who is also competing in the pole vault, said: "People are trying to make trouble. I am a mother of two."

Mrs Jager took up athletics when she was 50 and has won gold medals in state and national competitions in the United States.

**Footnote** - Ironically, Kathy tested positive to an anabolic steroid shortly after the Gateshead games and was banned from competition for two years. In 2011 she tested positive again, and has received another two year ban. She has vowed to return to competition again in the W70 group.



*Kathy Jager*

## RETROSPECTIVE - GATESHEAD '99



Anne Stobaus wins the W55 400m from Peggy MacLiver.

Bronwyn Cardy leads the Cross Country



The Australian Team marches in the opening ceremony. From left - Peter Le Get; Colin Silcock - Delany; Jayne Hardy; Ron Stobaus; Bob Schickert; Bob Banens; Barbara Humphries; Mike Stevenson and flagbearer Lynne Schickert.

## INTRODUCING MAX BROOK

AN ARTICLE BY HEATHER CARR

A current member of the Southern Peninsula Venue of Victorian Masters, Max resides in Red Hill, an appealing, tranquil area nestled in the centre of Victoria's Mornington Peninsula.

Max lives with his wife Sue, and they have three adult sons, Nicholas, Christopher and Timothy. Max was born in May 1936, and as he is now 76, he competes in the 75-79 age group.

Max's early years were spent in Caulfield, where he attended Caulfield Grammar.

His involvement in athletics began at a tender age where he represented his school in the Associated Grammar Schools sports. Max began competing in under 15, and competed through to the open age group in sprint events. He also enjoyed relays, where he specialized in the 100 yard relays. These events were held at Olympic Park on a grass track from 1951. This grass track was a precursor to the synthetic tracks that are now commonly available. At that time the competition was for boys only. Max was also a very elated 440 yard Open Champion at 17 years of age, as well a very proud member of the Caulfield Grammar School athletic team from form 1 through to form 6.

At this time, Olympic Park consisted of two turf ovals, with athletics being a regular feature. The Olympic Games transformation began in 1951 with a new sports arena being constructed. The purposely built track was used for track and field and pre Olympic training; the field inside the track was also used for the preliminary rounds of the Olympic soccer competition. Olympic Park also saw the building of a velodrome and a new 5500 seat world standard swimming pool. Olympic Park venues would also host Olympic hockey, cycling, soccer, athletics, diving, water polo and swimming competitions. Twilight athletic meetings held in 1954 drew 20,000 plus spectators, causing traffic jams! Athletics was immensely popular with much excitement now that the Olympic Games were to be conducted in Melbourne in 1956.

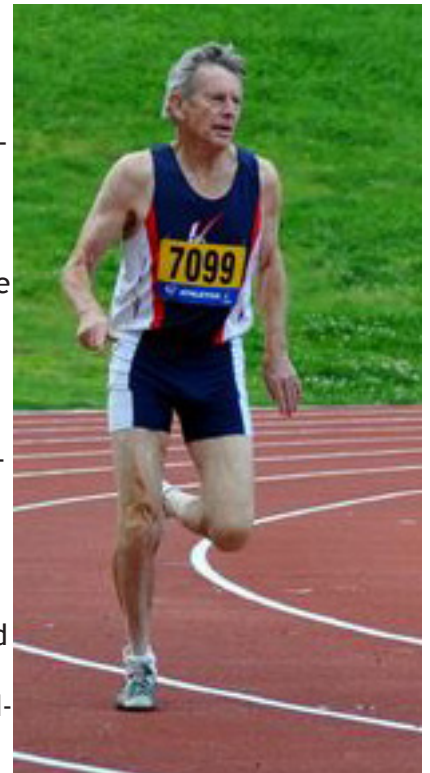
As the Games approached the venue became the scene for one of the most cherished sporting moments in Australian history. In the 1956 Australian Mile Championships (an Olympic qualifying event), John Landy famously went back to help a fallen young star in Ron Clarke before sprinting away with a lap and a half to go to win the race in a remarkable time.

Apart from athletics, Max played cricket passionately for Caulfield Grammar 1st eleven in 1952 when he was in year 11, and in 1953 when in year 12. He held the position of opening bowler, and middle order batsman. Max also recollects playing with Bill O'Halloran, a renowned Sheffield Shield Cricketer. Another recollection of Max's is watching Don Bradman make 2 centuries. In Bradman's testimonial match in December 1948, Bradman scored 117 runs which was his last century before retiring. Another notable occasion was watching Bradman play against India at the MCG. 'The Don' was an outstanding player with a batting average of 99.4. Bradman is an icon in Australian Crick-eting history.

To add to his versatility Max also played football for Caulfield Grammar, on the wing, in the 1st eighteen in year 10, his intermediate year; and in year 11 as a rover when undergoing his leaving certificate; and in year 12, his matriculation year, as a full forward, kicking approximately 50 goals for the season! What an amazing achievement.

After leaving school, Max moved to Caulfield Grammar Old Boys Athletic Club in 1954-5. He was involved for many years, demonstrating his skill in cricket, playing in the Victorian Cricket Club XI competition for over 10 years. He played with the District 1st's, 2nd's and 3rd's. This was a very high standard playing with and against Sheffield Shield and Test Cricketers.

Max also excelled in football, winning the best and fairest in the Victorian Junior Amateur Football Association in 1954. He was appointed captain of the Ormond junior football team, and then continued playing in the Victorian Amateur Football Association senior ranks. He played approximately 300 games over 15 years in 'A' grade as a rover for Ormond and in 1957 won the Best and Fairest for Ormond, and was a runner up in 'C' grade competition for Caulfield Grammarians. He also represented Victoria in 1957.





## INTRODUCING MAX BROOK

Following Max's marriage to Sue in 1965, and retirement from football and cricket, Max decided to keep fit by jogging along the foreshore at Black Rock. Due to fortuitous circumstances, Max bumped into a group of athletes from Sandringham training under Don Chugg. Don invited and encouraged Max to join in, which Max accepted enthusiastically and willingly. From recreational jogging, Max fell into systematic running with this group. This evolved into competitive running at the Sandringham track and eventually with the Victorian Veterans Athletic Club.

Max joined the Victorian Veterans Athletic Club in 1965, running at the Sandringham athletic ground, then later on at the Glenhuntly athletic track, running in club athletics until 2003, when he 'retired' after being a part of the winning the 'C' Grade Championships!! Max decided to withdraw from Athletics Victoria whilst on top! Max was indeed a pioneer, being one of the earliest members of the Mentone Veterans Athletic Club.

Within Masters Athletics, Max continues to be an all rounder and multi skilled, commenting that his favourite events include the 400 meters, 800 meters and 1500 meters. To add to these distances, Max competes in 60, 100, 200 metres, long jump, short (80/100) and long (300/400) hurdles, steeplechase and pentathlon. To be so versatile in his athletics is an incredible feature that characterises Max - the amount of skill, knowledge and ability to compete with confidence over multiple events astounds me.

Max competed in the World Veteran Games in Melbourne in 1987, and has competed in several Oceania Games including the Cook Islands, where he broke his collarbone as a result of a motorbike accident in Rarotonga. (He actually held a motorbike licence!!) He continued competing despite this serious injury, and did remarkably well, bringing home many medals. He has also participated in Townsville, Geelong and lastly Tauranga New Zealand, where he brought home 8 gold medals for 60m, 100, 800m, 80 hurdles, 300 hurdles, 2km steeple, LJ and Pentathlon. 3 silver medals for 200m, 400m, and 1500m. What a fantastic achievement! As well as competing on the World and Oceania stage, Max has competed successfully in many, many Australian and Victorian Masters Championships.

Max is extremely proud of his sons. Nicholas, Christopher and Timothy were competent athletes, also competing for AV at Sandringham and Mentone. Max and Sue encouraged their sons to compete in little Athletics, and all three boys performed extraordinarily well, winning gold medals in Victorian Relay Championships teams. He is also very proud that his niece, Carolyn Schuwalow represented Australia at 2 Olympic Games, and many World Cross Country events. She held the Australian 10,000 meter record of 31:54.95 set in 1991.

Max has been involved in the officiating side as well. He has been the handicapper for the Southern Peninsula Masters, and is on the Truemans Oval committee as a representative for Masters Athletics to the Mornington Peninsula Council. He currently serves as a member of the Independent Tribunal for the Victorian Amateur Football Association. His involvement as a tribunal member has been for the last 20 years. Max remembers meeting fellow competitor Don Chambers in 1954 whilst playing football. Small world!!

Other interests of Max's include doting on his grandchildren, Ruby and Rex; owning a small vineyard and producing wine, as well as enjoying the fruits of his labour from his extensive wine cellar. He also plays golf - 'I'm quite competent', and in his heyday played golf at Portsea for 15 years with a handicap in the high teens. He now plays socially at 'The Dunes' Golf Club located Browns Road Rye.

Max has proven to be a competent, capable, all round sportsperson his entire life. He continues to show passion and dedication to his chosen preferred sport of athletics, and does so with courage and fierce competitiveness. A magnificent performer who will continue to move with grace and speed and will continue to do so throughout the coming years.



### VMA MULTI CHAMPIONSHIPS 2013

The VMA Multi Championships will be held at Duncan Mackinnon Athletic Track on the following dates in 2013. Registered AV athletes over 30 are welcome to compete as well as any registered interstate or overseas Masters athlete and will be awarded any appropriate place medal but will not displace a VMA member from a place.

All VMA entrants must be registered for 2013 and wear their State uniform.

**T & F Pentathlon:** Sunday 3rd March. 11.30 am check-in; 12 noon start

**Throws Pentathlon:** Sunday 24th March. 10.00 am start for first group.  
Check with Graeme Rose. Ph. 9836 2350

**Closing dates: T & F Pentathlon:** Friday 16th February

**Throws Pent:** Friday 8th March

**Cost per Multi event:** \$10

**Late entry up to one week before:** \$20 for either multi event. **No entries on the Day**

**Events: Pentathlon: Women:** 100m, shot, LJ, javelin, 800m

**Men:** LJ, javelin, 200m, discus, 1500m

**Throws Pentathlon: All:** Hammer, Shot, Discus, Javelin, Weight

### 2013 MULTI ENTRY FORM

**SURNAME:** \_\_\_\_\_ **CALL NAME:** \_\_\_\_\_

**SEX:** M / F **DATE OF BIRTH:** \_\_\_\_\_ **AGE on Day:** \_\_\_\_\_

**PHONE:** \_\_\_\_\_ **E-MAIL:** \_\_\_\_\_

EVENT	ENTRY FEES
Throws Pent @ \$10	_____
T & F Pent @ \$10	_____
Late fee \$10 per event	_____
<b>Total Enclosed:</b>	_____

### Method of Payment

- Please make cheques or Money Order payable to Victorian Masters Athletic Club Inc.
- Credit Card payment (see below).

**Credit Card Payment**  Mastercard  Visa

Card Number: \_\_\_\_\_ Expiry Date: \_\_\_\_\_

Name on Card: \_\_\_\_\_ Signature: \_\_\_\_\_

**Send Entry to:** VMA Multi Championships 2013, PO Box 277, Surrey Hills, 3127  
(To arrive no later than closing date for the appropriate Multi-event.)

**Volunteers needed:** I am willing to be a volunteer official/helper on 4th March  and/or the 18th March  for the VMA Multi Championships (tick boxes)



**Masters Games and disallowed world records**

Every athlete who might possibly break a world record should be aware that Masters Games are a risky event from which to claim world records. This is because Masters Games are not championships run by State Masters clubs, or by AMA or WMA. They are profit motivated, and not particularly interested in Masters records, apart from their own Games records.

However, if you do break a world record at a Masters Games, you will need to complete a WMA record claim form, and forward it to your State Statistician. Depending on the event, this could mean obtaining: signatures from the starter, the chief timekeeper (and three watch times) or chief photo finish judge, and meet director; wind speed; signature from chief walk judge and names and addresses of at least three walk judges; throwing equipment verification of weight, and field judges signatures; signature from multi-event coordinator; copies of results, program, photo finish

print, lap scoring sheet, walk judges sheet; proof of age with a copy of birth certificate or passport (but not a driver's licence).

The only way to avoid doing any of the above is if a Masters State Statistician is involved with the Masters Games and available to assist at the time of your event.

If you don't alert officials to the possibility of a world record before the start, or you don't tell anyone after you break a record, you run the risk of WMA requirements not being satisfied, and the record disallowed.

Worse still, if you wait until after the Masters Games have wound up to claim a record, when organizers have finished their work, and officials have gone home (possibly interstate), it can be next to impossible to identify the relevant officials, obtain their signatures, and the required documentation.

This situation can also occur in non-Masters events, such as Athletics Victoria championships, where not all staff and officials may be interested in helping Masters prepare record claim forms. This has certainly been the case for several years with one key AV employee.

Given the number of times record claims have been disallowed by WMA, or claims were unable to be completed and forwarded to WMA, I strongly recommend you only attempt world records at championships run by State Masters clubs (such as Victorian Masters Athletics), or by AMA or WMA.

Age	Event	Name	State	Performance	%Std	Date	Location
<b>Pending World Records:</b>							
M65	3k Walk	Andrew Jamieson	Vic	14:13.6	98.7%	3-11-12	Doncaster
W85	5k Walk	Heather Lee	NSW	40:06.97	92.9%	3-11-12	Southport
W85	3k Walk	Heather Lee	NSW	23:24.89	90.3%	5-11-12	Southport
M80	4 x 400m Relay	David Carr	WA	5:32.29	-	5-11-12	Southport
		George Harrod	Qld				
		Leo Coffey	Vic				
		Richard Hughes	NSW				

**Australian Records:**

M75	2k Walk	Bob Gardiner	Vic	11:20.1	-	22-10-11	Box Hill
W60	3000m	Jeanette Flynn	Qld	11:50.53	94.9%	2-9-12	St Lucia
W40	30k Walk	Michelle Thompson	Vic	3:08:30	76.8%	9-9-12	Middle Park
W45	30k Walk	Sandra Howorth	Vic	4:07:15	62.2%	9-9-12	Middle Park
M80	3000m	David Carr	WA	13:25.3	89.0%	13-9-12	Perth
W60	Mile Run	Jeanette Flynn	Qld	5:56.00	96.2%	29-9-12	Townsville
W50	High Jump	Deann Mayfield	Qld	1.53m	91.1%	6-10-12	SAF Nathan
W50	High Jump	Deann Mayfield	Qld	1.54m	91.7%	13-10-12	SAF Nathan

## New Record Report - Australian Records (continued)

W70	2k Walk	Gwen Steed	Vic	12:34.4	-	13-10-12	Knox
W55	Half Marathon	Stacey van Dueren	Vic	82:21	99.4%	14-10-12	Melbourne
(Unofficial world best - WMA doesn't keep half marathon records/bests)							
M80	10k	David Carr	WA	49:05.1	87.4%	18-10-12	Perth
W50	High Jump	Deann Mayfield	Qld	1.55m	92.3%	20-10-12	SAF Nathan
W75	4 x 100m Relay	Cory Collins	ACT	82.77s	-	25-10-12	AIIS Canberra
		Gwen Gleeson	ACT				
		Jo Klemke	ACT				
		Consie Larmour	ACT				
M80	3000m	David Carr	WA	13:12.3	90.5%	25-10-12	Perth
M65	2k Walk	Andrew Jamieson	Vic	9:10.4	-	27-10-12	Box Hill
W70	2k Walk	Gwen Steed	Vic	12:33.2	-	27-10-12	Mentone
M70	2k Walk	Ralph Bennett	Vic	10:52.5	-	27-10-12	Mentone
W85	10k Road Walk	Heather Lee	NSW	81:17	99.5%	4-11-12	Southport
W65	2k Steeple	Irene Davey	Qld	10:26.48	85.4%	5-11-12	Southport
W50	High Jump	Deann Mayfield	Qld	1.56m	92.9%	5-11-12	Southport
W60	1500m	Jeanette Flynn	Qld	5:28.07	98.0%	8-11-12	St Lucia
M50	One Hour Run	Bruce Graham	ACT	17,067m	-	15-11-12	Canberra
M85	One Hour Run	Rad Leovic	ACT	9,137m	-	15-11-12	Canberra
W55	3000m	Stacey van Dueren	Vic	11:06.2	94.3%	17-11-12	Newport
W55	5000m	Stacey van Dueren	Vic	18:37.25	95.9%	22-11-12	Albert Park

### Victorian Record:

W55	80m Hurdles	Christine Bridle		18.19s	67.7%	6-10-12	Collingwood
W55	High Jump	Christine Bridle		1.30m	82.8%	6-10-12	Collingwood
W55	Heptathlon	Christine Bridle		3984pts	-	6-10-12	Collingwood
M70	300m Hurdles	Richard Trembath		53.45s	88.0%	4-11-12	Southport

### 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

## BROWNE SHIELD COMPETITION 2012

Knox Venue is sending out a challenge to all Venues for the Browne Shield competition 2013. Since it's inception in 2007 Knox Venue has been a proud winner of the Shield every year.

Most Venues have struggled with numbers this year mainly due to injuries.

For those who are not sure what it's all about, here is the concept.

The Browne Shield is contested throughout winter encompassing the following events.

10k Track, 10k Cross Country, 10k Road, 10 miles Road and Half Marathon.

All performances are given an age graded % as per Masters Age Grading Tables. The highest 3 percentages for each Venue are added together after each event and the Venue with the highest total over all events is the winner. An individual tally is also kept for Men and Women. The winner of the Individual section is the person with the highest total of 4 events.

This year in particular, the individual section has been very interesting with injuries playing a major part in deciding the winners.

A concerted effort from all participants is needed to ensure that YOUR Venue is in the running to win this coveted award.

Well done to the following members who participated for Knox Venue throughout the season.

Glenn Claiden, Peter Thorne, Paul Twining, Ian U'Ren Noel Eastwood, Bob Henderson, Graeme Leticq, John Graham, Mick Carr, David Wear, Mike Elder, Andrew Crossley, Liz Eastwood, Helen Stanley and Lavinia Petrie

## ENTRY FORM

# ***THE LANDY TROPHY***

- *Sponsored by:*
  - **Qualitops, Collingwood**
  - **Silverglo Australia**
- **Runners' World, East Kew**
  - **Melican Grainger Accountants**
  - **RHSports, Ringwood**

*Rieschiecks Reserve (Melway: 33, J11)*

## **DONCASTER, February 18, 2013**

(All entrants for THE LANDY TROPHY contest 200m AND 1000m heats. 'A', 'B' and Young Guns finals)

**Name (PRINT):** \_\_\_\_\_ **Age (on Feb.18)** \_\_\_\_\_

**T-Shirt size:    SMALL – MEDIUM – LARGE\***

\* Delete whichever is not applicable

**I understand and acknowledge that, for THE LANDY TROPHY:**

- The number of contestants will be limited to 64, plus 8 emergencies.
- Sixteen runners selected by the organisers will be seeded, with the remainder of the draw being done by random ballot.
- Entries, on a 'first in' basis, *must* be accompanied by the **entry fee of \$10.**
- **ENTRIES CLOSE** with the last mail delivery on **Monday, February 4, 2013.** On no account will late entries be accepted FOR ANY EVENT.
- Entries for ALL EVENTS may be posted to **Landy Entries, C/o P.O. Box 271, ROSANNA, 3084,** to arrive by **Monday, February 4** or may be lodged with **any VMA venue manager** no later than **Friday, February 1, 2013.**
- All runners *must* run in T-shirt/singlet tops supplied by the organisers.
- Please enclose career history/highlights (see reverse side) for form guide.

*I hereby declare that I am in good health and will be properly conditioned to actively participate in events at THE LANDY TROPHY meeting at the Doncaster venue of the Victorian Masters' Athletic Club Inc. on February 18, 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').

(Fees for eliminated entrants will be refunded.)

**SIGNED:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**e-mail:** \_\_\_\_\_

**VMA venue affiliation (if any):** \_\_\_\_\_

*OFFICE USE ONLY:*

<u>NUMBER</u>	<u>COLOUR</u>	<u>200 HEAT</u>	<u>1000 HEAT</u>
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# THE LANDY TROPHY

to be run in conjunction with

**THE LANDY SHIELD** (*Inter-venue event, no entry required*)  
and **THE DONCASTER DASH**

The Landy Trophy has been the premier Masters Athletics event in Australia since it was first run in 2000. It is named in honour of John Landy, an icon of Australian athletics who epitomised sportsmanship and athletics prowess.

The Landy Trophy has been designed to challenge the 64 competitors over both the 200m and the 1000m distances. Their overall places in both these heats are combined to establish finalists who compete over 400m. All competitors are handicapped for age and gender.

There are three 400m 'Finals' giving 24 of the 64 competitors an opportunity to showcase themselves in front of the crowd over this challenging distance.

The three finals are **The Landy Trophy** (top 8 competitors over 200m & 1000m heats) **The Landy Trophy consolation final** (9<sup>th</sup> to 16<sup>th</sup> over 200m & 1000m heats) and the **Under 55's "Young Guns" final** (top 8 competitors under 55 years over the 200m & 1000m heats who don't qualify for final or consolation)

## HANDICAPS

(Calculated according to the Age-Graded Percentage scale)

AGE	200 Run		1000 Run		400 Run	
	M	W	M	W	M	W
30		12		70		27
35	Scratch	19	Scratch	106	Scratch	41
40	7	26	35	142	13	55
45	14	33	70	178	26	68
50	21	40	106	216	40	82
55	27	46	144	254	54	97
60	33	53	183	295	69	112
65	40	60	225	337	85	128
70	48	69	271	383	102	146
75	57	77	321	433	121	165
80	66	87	376	487	142	186

### CAREER HIGHLIGHTS (*for inclusion in program form guide*)

*Please include athletics history, titles, records, PBs, performances of note and representation etc. at school, club, State and international levels:*

**NAME:** \_\_\_\_\_

**HISTORY:** \_\_\_\_\_

**TITLES:** \_\_\_\_\_

**RECORDS, PBs:** \_\_\_\_\_

**REPRESENTATION:** \_\_\_\_\_

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## 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](http://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 Conditions:** The conditions are generally very pleasant for distance running. Historically 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](http://www.tasmastersathletics.org.au)
- Further Information:** Further information can be obtained from Michael Walker, Secretary, Tasmanian Masters Athletics: (03) 62446229 / [mikejoywalker@gmail.com](mailto:mikejoywalker@gmail.com)

# 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)

- |  |       |
|--|-------|
| <input type="checkbox"/> Renewing 2012 VMA member ( country residents - 50k+ from GPO - \$20 ) | \$35  |
| <input type="checkbox"/> Renewing 80+ yr 2012 VMA member (if immed. 5 consecutive years prev.) | free  |
| <input type="checkbox"/> Renewing - two at the same address                                    | \$55  |
| <input type="checkbox"/> Associate member (under age)  | \$20  |
| <input type="checkbox"/> Venue Volunteer (non competing)                                       | free  |
| <input type="checkbox"/> <b>New and Lapsed Member (circle category below)</b>                  |       |
| 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  Seconders'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.



## Victorian Masters Athletics Inc. - Venue Managers

Venue	Manager	Address	Phone
<b>Aberfeldie</b>	Peter Black (Asst. Manager)	Contact - Tony Bradford	9749 2248
<b>Altona</b>	Peter Buissink	7 Sommers Drive, Altona Green 3028 peter.buissink@tollgroup.com	9360 7513 0419 357705
<b>Casey</b>	Paul Olsson	olssonpf@bigpond.net.au	0408 340 151
<b>Coburg</b>	Neville Wilson	11 Prospect Road, Rosanna 3084 nlw@melbpc.org.au	9459 7827
<b>Collingwood</b>	Peter Gaunt Heather Gaunt	38 King Street Fitzroy North 3068 peter.gaunt@darebinlibraries.vic.gov.au	94868084 9481 9557 Wk. 0447 068084
<b>Croydon</b>	Ken Walters Pam Tindal	7 Waters Avenue, Upper Ferntree Gully 3156 jandkwalters@bigpond.com 9 Yallambee Way, Croydon martynti@bigpond.net.au	9753 5661 9723 3271 0416006583
<b>Doncaster</b>	Richard Trembath Graham Walter	P.O. Box 294, Greensborough 3088 tenek@bigpond.net.au	9431 6963 9736 4433
<b>East Burwood</b>	Alan Lucas Peter Dodgshun	29 Mclver St, Ferntree Gully 3156 lucasar2004@yahoo.com.au peterdodgshun@optusnet.com.au	9758-9345 0424 012 344
<b>Frankston</b>	Peter Duggan John Hallo	8 Myna Court, Carrum Downs 3201 mduggan2@bigpond.net.au thehallos@optusnet.com.au	9786 9169 5975 6866
<b>Geelong</b>	Alan Jenkins	171 Hope Street, Geelong West ajenkins@dow.com	5221 7468 0419 314 568
<b>Glen Eira</b>	Andrew Edwards Judy Wines	33 Chapel Road Moorabbin Vic 3189 Leedsfan2@optusnet.com judywines@bigpond.com	95554226 98854904
<b>Knox</b>	Lavinia Petrie	12 Jeannette Maree Court, Kilsyth 3137 ljpetrie@alphalink.com.au	9728 3929
<b>Mentone</b>	Ted McCoy Ashley Page	24 Blackwood Avenue, Mentone 3194 3/40 Potter Street, Black Rock 3193 apa16161@bigpond.net.au	9583 3280 9521-6070
<b>Southern Peninsula</b>	Meredith Radford Alan Radford John Sutton	3 Gonyah Street, Rye 3941 radfordguns@sctelco.net.au 15 Roblyn Crescent, Tootgarook 3941 jsutton2@optusnet.com.au	59855989 5985 9017
<b>Springvale/ Noble Park</b>	Alan Bennie Anthony Doran	75 Bertrand Avenue, Mulgrave 3170 alanbennie@optushome.com.au anthonyjdoran@y7mail.com	9547 2978 9547 7320
<b>Throwers</b>	Graeme Rose Ken Priestley	71 Union Road, Surrey Hills 3127 grarose@yahoo.com knjoy@bigpond.net.au	9836 2350 0417 134 601

## Victorian Masters Athletics Inc.

### Venues

<b>ABERFELDIE</b> Athletic Track	Aberfeldie Park, Corio Street, Moonee Ponds <b>Wednesday nights, 7 - 9pm</b>	Melway 28 D6
<b>ALTONA</b> Athletic Track	George Nevitt Reserve, Sugar Gum Drive, off Civic Parade <b>Tuesday nights, 6.30 - 8.30pm in daylight saving, Sunday in winter - 2pm Every Second Sunday - Different venue</b>	Melway 54 G9
<b>CASEY</b>	<b>160 Berwick - Cranbourne Rd, Cranbourne East</b> <b>Monday nights, 7-9pm</b>	<b>Melway134 E8</b>
<b>COBURG</b> Athletic Track	Harold Stevens Athletic Field, Outlook Road, Coburg <b>Thursday nights, 7 - 9pm</b>	Melway 18 A9
<b>COLLINGWOOD</b> Athletic Track	George Knott Reserve, Heidelberg Road, Clifton Hill <b>Tuesday nights, 7 - 9pm</b>	Melway 30 F12
<b>CROYDON</b> Athletic Track	Behind Arndale Shopping Centre, Mt.Dandenong Road, Croydon <b>Tuesday nights, 7 - 9pm</b>	Melway 50 K5
<b>DONCASTER</b> Athletic Track	Rieschieks Reserve, George Street, East Doncaster <b>Monday nights, 7.30pm</b>	Melway 33 J11
<b>EAST BURWOOD</b> Athletic Track	Burwood Road, opp. Mahoneys Road, behind basketball stadium <b>Thursday nights, 7 - 9pm</b>	Melway 62 C7
<b>FRANKSTON</b> Athletic Track	Ballam Park, Bananee Terrace, Frankston <b>Thursday nights, 7 - 9pm</b>	Melway 103 B4
<b>GEELONG</b> Athletic Track	Landy Field, off Barwon Terrace, Geelong <b>Wednesday nights, 6 - 8pm</b>	Melway 228 C7
<b>GLEN EIRA</b> Athletic Track	Duncan McKinnon Reserve, cnr North Road & Murrumbeena Road <b>Tuesday nights, track events, 7 - 9pm. Sunday, field events</b>	Melway 68 K9
<b>KNOX</b> Athletic Track	Bunjil Way, off Ferntree Gully Road, Scoresby <b>Wednesday nights, 7 - 9pm</b>	Melway 73 D7
<b>MENTONE</b> Athletic Track	Dolamore Reserve, cnr First Street & Queen Street, Mentone <b>Wednesday nights, 7 - 9pm</b>	Melway 87 B6
<b>SPRINGVALE/NOBLE PARK</b>	Ross Reserve, Memorial Drive, off Corrigan Road, Springvale <b>Wednesday nights, 7 - 9pm</b>	Melway 80 E12
<b>SOUTHERN PENINSULA</b> Athletic Track	Truemans Road, Tootgarook (off Nepean Hwy), <b>Wednesday nights, from 6 pm in daylight saving, Sunday in winter - 9am</b>	Melway 169 E6

## Victorian Masters Athletics Inc.

<b>President</b>	Russ Oakley	9720 8835	12 Danielle Crescent, Heathmont 3135 oakanru@bigpond.com
<b>Vice President</b>	Tony Bradford	9749-2248	6 Merrett Ave., Hoppers Crossing 3029 anthonybradford@bigpond.com
<b>Secretary</b>	Phil Urquhart	9572-0805 0419357823	21 Holywood Grove, Carnegie runphil@bigpond.com
<b>Asst Secretary</b>	Alan Bennie	9547 2978	75 Bertrand Avenue, Mulgrave 3170 alanbennie@optushome.com.au
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