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# FOOTPRINTS



DECEMBER 2013



**AND ON  
THE  
ELEVENTH  
DAY.....**



**WE BROUGHT OUT THE BIG GUNS**



# Editorial

Winning a sprint or middle distance event at the World Masters Athletics Championships is no easy feat. So when the two boys on our cover, Allan Cook and Rob Mayston, beat star studded fields, the Aussies in the crowd had reason to go crazy.

Maybe it's because we are a comparatively wealthy Country and can afford to attend in larger numbers than many other Countries. Maybe it's because we are sport mad, but the Aussies distinguished themselves once again at the World Championships, this October, in Brazil finishing 4th on the medal table.

How do you evaluate and compare the excellence of performances. Some people won Gold medals with remarkable ease and some had a real "dogfight" to get theirs. For me, four performances stood out - Allan Cook winning the M50 1500m; Rob Mayston winning the M55 400m, Andrew Jamieson's 2nd and 3rd races and Gwen Steed's 5000m walk. I comment on all the Victorian Gold medal winners in "Best in Show". These are roughly in order of the number of medals won, I make no other judgement.

The above mentioned Rob Mayston kept a blog (that's like a diary) and emailed it home every day. He was kind enough to let me publish it, and while it's too big to fit in this newsletter, Ralph is going to put it all on the VMA website. I have included one page to whet your appetite. Good reading.

We also have the results of the Australian Masters Games, held in Geelong. Remarkably, two World Records were set at these Games - Lavinia Petrie in the W70 5000m and Kelly Ruddick in the W40 5000m Walk. Great work girls !!!

Again I stress, the Organisation we are affiliated to is World Masters Athletics not the World Masters Games. We like our members to make the distinction between the two. Our Organisation is solely involved in athletics, not Rowing or Rugby or Darts, and we would say a medal at our Championships is much more prestigious. Having said that, our Members compete in both camps and we publicise their events.

I should explain a few things in case you've missed them. The Nationals next year are in Tassy, but are not being held at Easter. The AMA is trialling holding them earlier in the year. They will be on the 8-10 March in Hobart, with the Pentathlons held the day before in Launceston. This means the Victorian Championships will be the week after the Nationals. We have the Oceanias coming up in Bendigo from January 4 - 12 and the AMA Decathlon and Heptathlon Championships which are being held at Bendigo on 4th & 5th January will also be the VMA events. No

need to enter these if you have entered the other ones. Entering the AMA events gives you automatic entry into the VMA event.

Springvale Venue's two early 2014 events are coming up, The Lindsay Thomas in January and the Andy Salter in February. Notices are in this edition. These are both great events. Make sure your Venue enters teams in the Andy Salter.

Clyde's New Record Report features four new World Records by Victorians, two each to those "speedy" ladies Lavinia Petrie and Kelly Ruddick. Both are in new age groups and are really slaughtering the old records.

Well, it's a big edition with so many results to format, it's been a lot of work.

If you are not included in the results of the Australian Masters Games, I apologise, but if I have missed you it may be because you are a new member and I haven't got you on my list.

For all our existing members, have you renewed your membership? You'd better get onto it.

*just do it,*

*Russ Dickenson*

## INDEX

P.3	Masterpieces
P.4-5	Best in Show - Brazil Gold Medallists
P.6	Snippets from Brazil
P.7-15	Australian Results from Brazil
P.16	Rob Mayston Blog (Sample)
P.17	Lindsay Thomas Memorial 10k Run
P.18	Andy Salter Memorial Relay
P.19	Notice - VMA Decathlon & Heptathlon Championships
P.19	Results - VMA Marathon Championships
P.20	What an Hour
P.20	No Landy Trophy in 2014
P.21-27	VMA Results in Aust Masters Games.
P.28-29	AMA Pentathlon Champs - Entry Forms
P.30	AMA Pentathlon Champs - Information
P.31	Report - Living Legends Night
P.32	Clyde's New Record Report
P.32	NAG File
P.33	2014 AMA Championships - Information
P.34-36	2014 AMA Championships - Entry Form
P.37	Oceania Masters - Bendigo
P.38	VMA Pentathlons 2014 - Entry Form
P.39	2014 Membership Fees
P.40	2014 Membership Form
P.41-43	Venues & Officials



## Masterpieces



**Charles Allie (USA) and Christa Bortignon (Canada) have been selected as World Masters Athletics Male and Female Athletes of the year.**

AMA is seeking expressions of interest from persons interested in being a Team Manager for the World Indoor Championships in Budapest in March 2014. Please forward your CV, and a letter, to the AMA Secretary **urgently**, outlining your experience in undertaking this role.

Hazel McDonnell

Secretary - Australian Masters Athletics Inc  
hazelmcd@bigpond.com

**"GIVE ME 4 MORE YEARS"**



**Australian Stan Perkins was re-elected WMA President at the General Assembly of WMA in Porto Alegre. As a result of the "landslide" vote, Stan will serve another 4 years**

**Online registration is now available for the 2014 AMA National T & F Championships at:**  
[www.amahobart2014.com.au](http://www.amahobart2014.com.au)

**A raft of information including accommodation options will be added to the site in the near future.**

## What's On

any queries on VMA running races can be directed to  
Club Captain Lavinia Petrie - 9728 3929 or [ljpetrie@alphalink.com.au](mailto:ljpetrie@alphalink.com.au)

### 2014

January 4-12	Oceania Masters Championships - Bendigo - <a href="http://www.omabendigo2014.com.au/">www.omabendigo2014.com.au/</a>
January 15	Lindsay Thomas Memorial 10k Run - Ross Reserve, Memorial Drive, Noble Park
February 5	Andy Salter Memorial Relay - Ross Reserve, Memorial Drive, Noble Park
March 7	AMA T&F Pentathlon - Launceston
March 7	AMA Throws Pentathlon - Launceston
March 8-10	AMA T&F Championships - Hobart
March 15-16	VMA Track & Field Championships - Nunawading (East Burwood Venue)
March 23	VMA T&F Pentathlon - Duncan McKinnon
March 30	VMA Throws Pentathlon - Duncan McKinnon
March 25-30	WMA Indoor Championships - Budapest. Hungary - <a href="http://www.budapest2014.hu">www.budapest2014.hu</a>

### 2015

August WMA T&F World Championships - Lyon, France - [www.lyon2015.com](http://www.lyon2015.com)

**Renew your membership online.** Go to VMA website and click on "On-line Registration" or use this link - <https://www.registernow.com.au/secure/Register.aspx?ID=9810>

# Best in Show

## -Victorian Gold Medallists in Brazil



**Ralph Bennett**  
Dominant display in all his 3 walks winning by huge margins. His second World Championships having won 2 Gold in Riccione. 3 individual Gold and 2 team Gold.

**Andrew Jamieson** - Put on a masterclass in courage and talent after being beaten in his first race. It was Andrew's first loss in 13 years and Ian Richards of G.B. had to set a new World Record to do it. Andrew bounced back to comprehensively win his 10k & 20k races. Still the outstanding male Masters walker in the world.

2 individual Gold; 1 Silver and 2 team Gold.



**XX World Masters Athletics**  
Championships Stadia  
Porto Alegre - Brazil - 2013



**Heather Carr** - Also, totally dominant. Her track walk was poetry in motion with the crowd giving her a standing ovation. She walked outstanding times in all her races despite big leads. Also 3rd in Steeple chase.

3 individual Gold; 1 Bronze and 1 team Gold.

**Gwen Steed** - Set the standard for the walk team, winning the first womens Gold medal with a courageous attack from the start of the race. Beat tough opposition in both her races.

2 individual Gold and 1 team Gold.







**Allan Cook** What a win ! Larger than life, the extroverted Cooky ran a great second in his 800m before “bringing the house down” with a thumping win in the M50 1500m.

1 Gold; 1 Silver and 1 Relay Silver



**Petrina Trowbridge** - Terrific win in the Half Marathon after a bronze in 10000m and leading her team to 2nd in the Cross Country run.

1 Gold, 1 Bronze and 1 Team Silver



## Best in Show- Victorian Gold Medallists in Brazil

### Rob Mayston

As big as Cooky's win. Beat 2 highly rated Americans comfortably in the M55 400m. Super hard to win sprints at this level in these age groups. Also Silver in the 200m. 1 Gold; 1 Silver and 1 Relay Silver



**Note :** Rob kept a really interesting blog of his experiences in Brazil. It's too big for me to include in Footprints, but I have included one page and Ralph will put it all up on the website.

[www.vicmastersathletics.org.au](http://www.vicmastersathletics.org.au)

**Justin Hanrahan** Won the M40 Decathlon. Not only are these tough events. They are tough to win. Justin won 5 of the 10 disciplines, got 2 seconds and a 3rd. Super strong in the sprints and jumps.

1 Gold

**Dawn Hartigan** - No-one even comes close to the “Pocket Rocket” in the Pole Vault. May have given her own World Record a shake if the wind and light had been better.

1 Gold ; 1 Relay Silver





## SNIPPETS FROM BRAZIL

Funny what you find out on a long plane flight ! Kathy Heagney who was injured and unable to run in the lead up to Brazil, took up natural body building. Within 5 months she had won the Victorian Championship. Considering a limited preparation she did well to get a silver in the 800m and two Golds in the relays.

An outstanding performer in Brazil and a previous World Champion was Kevin Solomon who finished 2nd in both the M65 800m and the 1500m



Pam Tindal now has six silver medals from the last two World Championships. Very unlucky not to have an individual gold.

The race numbers were very large and uncomfortable. Oh for cloth numbers !!!

The Walks Gold medal tally at Porto Alegre

Victoria	14	USA	8
Ukraine	8	Sth Africa	8
Russia	8	Spain	6
Mexico	8	<u>Pardon me for gloating</u>	
<u>(Victoria is a Country isn't it ?)</u>			

### TOTAL MEDAL COUNT

Team	Gold	Silver	Bronze	Total
U.S.A.	79	55	36	170
Brazil	56	52	38	146
Great Britain	46	36	20	102
Australia	42	56	35	133

## AUSTRALIAN RESULTS

### 2013 WMA Outdoor Championships

#### Porto Alegre, Brazil

### Mens Results

#### 100 Meter Dash

M40 100 Meter Dash				
38 Campbell, Mark	M40	13.91	NWI	
M45 100 Meter Dash				
6 Wardecki, Krzys	M45	11.97	+0.0	
M50 100 Meter Dash				
47 Smith, Colin	M50	23.00	NWI	
M55 100 Meter Dash				
14 Fienieg, John	M58	14.12	NWI	
M60 100 Meter Dash				
24 Baird, Stephen	M62	14.03	-1.4	
29 Carr, William	M64	14.20	-1.4	
43 Miletic, Nick	M62	16.20	-0.8	
M65 100 Meter Dash				
31 Howden, Keith	M68	31.32	-1.2	
M70 100 Meter Dash				
2 McIntyre, Neville	M71	13.39	0.5	
7 Fearnall, Roy	M70	14.54	0.5	
8 Kernaghan, Barrie	M73	14.66	0.5	
M75 100 Meter Dash				
5 Chambers, Donald	M76	15.57	-1.2	
14 Wood, Allan	M76	17.42	NWI	
M85 100 Meter Dash				
4 Sinclair, James	M89	19.22	0.5	
5 Leovic, Radovan	M86	20.62	0.5	

#### 200 Meter Dash

M45 200 Meter Dash				
7 Wardecki, Krzyszto	M45	24.41	-1.3	
M50 200 Meter Dash				
26 Smith, Colin	M50	26.81q	-0.1	
M55 200 Meter Dash				
2 Mayston, Rob	M56	24.98	-0.7	
17 Fienieg, John	M58	29.46	-2.1	
M60 200 Meter Dash				
26 Baird, Stephen	M62	30.02	-2.0	
34 Miletic, Nick	M62	34.62	-1.6	
M70 200 Meter Dash				
2 McIntyre, Neville	M71	27.51	-2.2	
5 Kernaghan, Barrie	M73	30.03	-2.2	
6 Fearnall, Roy	M70	30.55	-2.2	



M75 200 Meter Dash				
15 Wood, Allan	M76	37.62	-2.8	
M85 200 Meter Dash				
3 Sinclair, James	M89	40.68	-1.7	

#### 400 Meter Dash

M45 400 Meter Dash				
8 Wardecki, Krzyszto	M45	55.23		
M50 400 Meter Dash				
14 Smith, Colin	M50	58.47		
M55 400 Meter Dash				
1 Mayston, Rob	M56	55.88		
M60 400 Meter Dash				
31 Baird, Stephen	M62	1:08.58		
33 Carr, William	M64	1:10.25		
M70 400 Meter Dash				
1 McIntyre, Neville	M71	1:04.70		
3 Stevenson, Michael	M73	1:08.62		
4 Fearnall, Roy	M70	1:09.25		
8 Kernaghan, Barrie	M73	1:12.19		
M75 400 Meter Dash				
15 Chambers, Donald	M76	1:39.69		
M80 400 Meter Dash				
1 Carr, David	M81	1:14.10		
M85 400 Meter Dash				
4 Sinclair, James	M89	1:44.50		

#### 800 Meter Run

M50 800 Meter Run				
2 Cook, Allan	M50	2:03.01		
10 Stacey, Alan	M50	2:13.55		
12 Egginton, Andrew	M52	2:50.39		
M55 800 Meter Run				
18 Paterson, Stuart	M57	2:39.33		
M60 800 Meter Run				
14 Dybdahl, Bjorn	M60	2:33.72		
M65 800 Meter Run				
2 Solomon, Kevin	M66	2:26.22		
7 Ryan, Sean	M65	2:37.44		
14 Gray, Neil	M65	2:52.99		
M70 800 Meter Run				
3 Sandery, Peter	M72	2:44.67		

## AUSTRALIAN RESULTS - 2013 WMA Outdoor Championships Porto Alegre, Brazil

9 Egan, Elwyn M70 3:39.99

### M80 800 Meter Run

① Carr, David M81 2:53.74

5 Silcock-Delaney, C M81 5:43.15

### M85 800 Meter Run

5 Leovic, Radovan M86 4:45.22

### 1500 Meter Run

#### M50 1500 Meter Run

① Cook, Allan M50 4:26.52

13 Stacey, Alan M50 4:44.25

#### M55 1500 Meter Run

27 Paterson, Stuart M57 5:28.67

11 Purvis, Mark M56 4:46.63

#### M60 1500 Meter Run

8 Wilson, Ewen M60 4:53.80

10 Herridge, John M63 5:00.12

17 Dybdahl, Bjorn M60 5:22.40

21 Pearce, Robert M61 5:33.45

#### M65 1500 Meter Run

② Solomon, Kevin M66 4:56.74

13 Ryan, Sean M65 5:31.99

20 Gray, Neil M65 6:06.11

21 Jeffs, Barry M65 6:07.19

#### M70 1500 Meter Run

① Sandery, Peter M72 5:29.77

9 Schickert, Robert M71 6:45.35

#### M80 1500 Meter Run

① Carr, David M81 6:31.87

6 Silcock-Delaney, C M81 12:40.07

### 5000 Meter Run

#### M40 5000 Meter Run

25 Campbell, Mark M40 24:27.53

#### M55 5000 Meter Run

7 Purvis, Mark M56 17:49.20

#### M60 5000 Meter Run

11 Herridge, John M63 18:14.81

14 Wilson, Ewen M60 18:30.27

20 Dybdahl, Bjorn M60 19:24.96

22 Wilson, Raymond M60 19:28.82

24 Pearce, Robert M61 20:35.89

#### M65 5000 Meter Run

9 Mathewson, Donald M69 20:09.28

22 Jeffs, Barry M65 23:20.11

#### M70 5000 Meter Run

② Sandery, Peter M72 20:04.90

11 Schickert, Robert M71 24:48.72

#### M75 5000 Meter Run

4 McLeod, Colin M77 21:28.33

#### M85 5000 Meter Run

③ Leovic, Radovan M86 43:06.06

### 8k Run CC

#### M55 8k Run CC

39 Paterson, Stuart M57 36:15.00

#### M60 8k Run CC

8 Herridge, John M63 30:38.00

15 Wilson, Raymond M60 32:17.00

19 Dybdahl, Bjorn M60 32:36.00

24 Pearce, Robert M61 33:54.00

#### M65 8k Run CC

17 Ryan, Sean M65 36:27.00

#### M70 8k Run CC

4 Sandery, Peter M72 33:43.00

13 Schickert, Robert M71 41:18.00

16 Barker, Stephen M70 42:20.00

#### M75 8k Run CC

③ McLeod, Colin M77 37:39.00

#### M85 8k Run CC

18 Leovic, Radovan M86 1:10:44.00

### 10000 Meter Run

#### M55 10000 Meter Run

-- Purvis, Mark M56 DNF

#### M60 10000 Meter Run

13 Dybdahl, Bjorn M60 41:50.42

#### M65 10000 Meter Run

20 Jeffs, Barry M65 50:00.87

23 Walton, John M65 53:58.32

#### M70 10000 Meter Run

5 Sandery, Peter M72 43:17.26

10 Barker, Stephen M70 51:00.55

12 Schickert, Robert M71 51:21.07

#### M75 10000 Meter Run

③ McLeod, Colin M77 45:03.69

#### M80 10000 Meter Run

② Silcock-Delaney, C M81 1:17:35.32

#### M85 10000 Meter Run

③ Leovic, Radovan M86 1:17:35.28

### Half Marathon

#### M60 Half Marathon

6 Herridge, John M63 1:25:37.00

#### M65 Half Marathon

12 Jeffs, Barry M65 1:50:23.00

#### M70 Half Marathon

5 Schickert, Robert M71 2:13:13.00

#### M80 Half Marathon

① Janes, Bert M80 2:44:42.00

#### M70 Marathon

10 Barker, Stephen M70 5:01:07.01

### Short Hurdles

#### M70 80 Short Hurdles

③ Stevenson, Michael M73 14.20 2.1

#### M75 80 Short Hurdles

5 Chambers, Donald M76 18.45 -1.7



## AUSTRALIAN RESULTS - 2013 WMA Outdoor Championships

### Porto Alegre, Brazil

#### Long Hurdles

M85 200 Long Hurdles			
2 Leovic, Radovan	M86	1:46.51	NWI
M75 300 Long Hurdles			
5 Chambers, Donald	M76	1:02.37	
M55 400 Long Hurdles			
6 Fienieg, John	M58	1:15.44	

#### Steeplechase

M60 2000 Meter Steeplechase			
6 Dybdahl, Bjorn	M60	7:53.91	
M65 2000 Meter Steeplechase			
12 Walton, John	M65	11:11.36	
-- Gray, Neil	M65	DNF	
M70 2000 Meter Steeplechase			
2 Sandery, Peter	M72	8:45.50	
7 Egan, Elwyn	M70	12:11.66	
M80 2000 Meter Steeplechase			
1 Carr, David	M81	9:37.53	
M85 2000 Meter Steeplechase			
1 Leovic, Radovan	M86	14:13.85	

#### Relays

M50 4x100 Meter Relay			
4 Australia		50.09	
1) Fienieg, John 58	2) Cook, Allan 50		
3) Smith, Colin 50	4) Mayston, Rob 56		
M60 4x100 Meter Relay			
7 Australia		58.92	
1) Baird, Stephen 62	2) Carr, William 64		
3) Miletic, Nick 62	4) Jermacans, Vidvuds 65		
M70 4x100 Meter Relay			
1 Australia		55.98	
1) Fearnall, Roy 70	2) Stevenson, Michael 73		
3) McIntyre, Neville 71	4) Kernaghan, Barrie 73		
M75 4x100 Meter Relay			
5 Australia		1:07.75	
1) Wood, Allan 76	2) Chambers, Donald 76		
3) Carr, David 81	4) Sinclair, James 89		
M45 4x400 Meter Relay			
10 Australia		4:26.75	
1) Wardecki, Krzysztof 45	2) Fienieg, John 58		
3) Paterson, Stuart 57	4) Pearce, Robert 61		
M50 4x400 Meter Relay			
2 Australia		3:47.34	
1) Mayston, Rob 56	2) Smith, Colin 50		
3) Stacey, Alan 50	4) Cook, Allan 50		
M60 4x400 Meter Relay			
7 Australia		5:05.50	
1) Baird, Stephen 62	2) Carr, William 64		
3) Miletic, Nick 62	4) Ryan, Sean 65		
M70 4x400 Meter Relay			
1 Australia		4:41.30	
1) Fearnall, Roy 70	2) Kernaghan, Barrie 73		
3) Stevenson, Michael 73	4) McIntyre, Neville 71		

#### M75 4x400 Meter Relay

4 Australia	6:09.90
1) Wood, Allan 76	2) Carr, David 81
3) Sinclair, James 89	4) McLeod, Colin 77

#### High Jump

M85 High Jump			
3 Leovic, Radovan	M86	0.73m	

#### Pole Vault

M75 Pole Vault			
4 Chambers, Donald	M76	2.10m	
M85 Pole Vault			
2 Leovic, Radovan	M86	1.00m	

#### Long Jump

M85 Long Jump			
4 Leovic, Radovan	M86	2.07m	NWI

#### Triple Jump

M85 Triple Jump			
3 Leovic, Radovan	M86	4.53m	-0.9



Kevin Solomon

#### Shot Put

M35 Shot Put			
5 Urbanowicz, Greg	M35	12.91m	
M45 Shot Put			
3 Davey, Todd	M47	12.84m	

# **AUSTRALIAN RESULTS - 2013 WMA Outdoor Championships**

## **Porto Alegre, Brazil**

### **Weight Pentathlon**

M60 Shot Put			
11	Banens, Robert	M64	10.32m
M65 Shot Put			
7	Green, Ray	M69	10.76m

### **Discus Throw**

M45 Discus Throw			
2	Davey, Todd	M47	42.00m
M60 Discus Throw			
13	Banens, Robert	M64	36.73m
M65 Discus Throw			
6	Green, Ray	M69	39.97m

### **Hammer Throw**

M35 Hammer Throw			
2	Urbanowicz, Greg	M35	44.86m
M45 Hammer Throw			
12	Davey, Todd	M47	29.89m
M65 Hammer Throw			
12	Green, Ray	M69	32.04m
M85 Hammer Throw			
2	Tittel, Christian	M85	23.81m

### **Javelin Throw**

M50 Javelin Throw			
16	Kay, John	M54	33.56m
M60 Javelin Throw			
10	Banens, Robert	M64	35.01m
M65 Javelin Throw			
14	616 Green, Ray	M69	26.93m
M85 Javelin Throw			
6	Leovic, Radovan	M86	12.81m

### **Weight Throw**

M35 Weight Throw			
2	Urbanowicz, Greg	M35	14.08m
M45 Weight Throw			
4	Davey, Todd	M47	12.13m
M60 Weight Throw			
13	Banens, Robert	M64	12.74m
M65 Weight Throw			
11	Green, Ray	M69	11.89m
M85 Weight Throw			
2	Tittel, Christian	M85	10.22m
4	Leovic, Radovan	M86	6.40m

### **Decathlon**

M35 Decathlon			
2	Gibbons, Geoffrey	M37	6231
M40 Decathlon			
1	Hanrahan, Justin	M43	6160
M65 Decathlon			
11	Jermacans, Vidvuds	M65	2639
M75 Decathlon			
4	Chambers, Donald	M76	4748

M35 Weight Pentathlon			
2	Urbanowicz, Greg	M35	2998
M45 Weight Pentathlon			
1	Davey, Todd	M47	3266
M60 Weight Pentathlon			
9	Banens, Robert	M64	3212
M65 Weight Pentathlon			
8	Green, Ray	M69	3141
M85 Weight Pentathlon			
2	Tittel, Christian	M85	2867

### **5000 Meter Race Walk**

M45 5000 Meter Race Walk			
4	Christmass, James	M45	23:44.65
M50 5000 Meter Race Walk			
--	Hastie, Garry	M52	DNF
M60 5000 Meter Race Walk			
16	Doran, Anthony	M61	33:33.34
M65 5000 Meter Race Walk			
2	Jamieson, Andrew	M67	24:45.40
5	Dickenson, Russell	M67	29:19.30
M70 5000 Meter Race Walk			
1	Bennett, Ralph	M71	28:27.70
M75 5000 Meter Race Walk			
14	Beaumont, Ian	M77	43:21.89
M80 5000 Meter Race Walk			
2	Silcock-Delaney, C	M81	37:04.15
3	Janes, Bert	M80	37:10.82

### **10000 Meter Race Walk**

M45 10000 Meter Race Walk			
4	Christmass, James	M45	51:47.00
M50 10000 Meter Race Walk			
13	Hastie, Garry	M52	1:04:44.00
M60 10000 Meter Race Walk			
18	Doran, Anthony	M61	1:12:59.00
M65 10000 Meter Race Walk			
1	Jamieson, Andrew	M67	52:28.00
7	Dickenson, Russell	M67	1:02:32.00
M70 10000 Meter Race Walk			
1	Bennett, Ralph	M71	1:01:09.00
M75 10000 Meter Race Walk			
11	Beaumont, Ian	M77	1:32:26.00
M80 10000 Meter Race Walk			
2	Silcock-Delaney, C	M81	1:18:01.00
3	Janes, Bert	M80	1:18:25.00

### **Teams Results - 10000 Meter Race Walk**

M65			
1	Australia		
	Jamieson, Andrew; Bennett Ralph;		
	Dickenson Russell		



## AUSTRALIAN RESULTS - 2013 WMA Outdoor Championships Porto Alegre, Brazil

M75

### 1 Australia

Silcock-Delaney, C ; Janes, Bert  
Beaumont, Ian

### 20000 Meter Race Walk

M45 20000 Meter Race Walk

-- Christmass, James M45 DNF

M50 20000 Meter Race Walk

9 Hastie, Garry M52 2:06:35.00

M65 20000 Meter Race Walk

1 Jamieson, Andrew M67 1:48:30.00

5 Dickenson, Russell M67 2:08:29.00

M70 20000 Meter Race Walk

1 Bennett, Ralph M71 2:08:37.00

M75 20000 Meter Race Walk

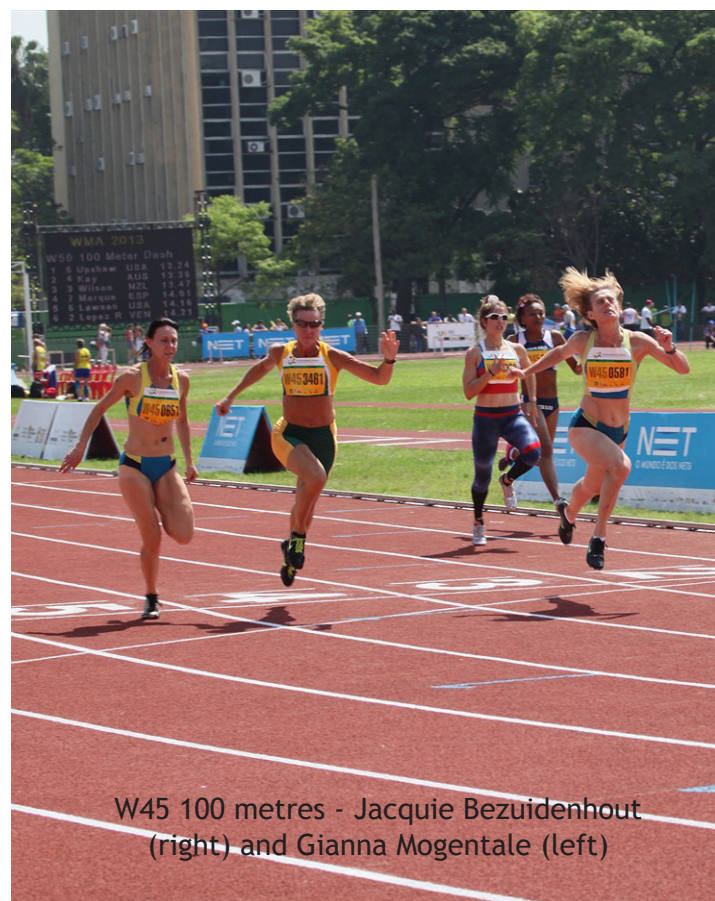
-- Beaumont, Ian M77 DQ

### Teams Results - 20000 Meter Race Walk

M65

### 1 Australia

Jamieson, Andrew; Dickenson, Russell;  
Bennett, Ralph



W45 100 metres - Jacquie Bezuidenhout  
(right) and Gianna Mogentale (left)

## Womens Results

### 100 Meter Dash

W35 100 Meter Dash

6 Long, Karen W38 13.22 0.5

7 Foster, Melissa W35 13.30 0.5

W45 100 Meter Dash

1 Bezuidenhout, Jacq W47 12.82 0.9

3 Mogentale, Gianna W49 12.93 0.9

W50 100 Meter Dash

2 Kay, Marie W53 13.36 -1.2

W55 100 Meter Dash

8 Monk, Leanne W57 15.33 -0.4

W60 100 Meter Dash

2 Choate, Lynne W60 15.02 -1.0

3 Peake, Evelyn W63 15.08 -1.0

11 Dean, Rosemary W61 16.60 NWI

W70 100 Meter Dash

2 Parrish, Noreen W71 16.77 0.1

8 Andrews, Lynne W71 18.70 0.1

W75 100 Meter Dash

2 Cudmore, Miriam W75 17.40 -0.7

### 200 Meter Dash

W35 200 Meter Dash

8 Long, Karen W38 27.06 1.3

W45 200 Meter Dash

1 Bezuidenhout, Jacq W47 26.49 1.2

3 Mogentale, Gianna W49 26.63 1.2

W50 200 Meter Dash

1 Kay, Marie W53 26.41 2.7

W55 200 Meter Dash

6 Monk, Leanne W57 31.07 -0.3

W60 200 Meter Dash

3 Peake, Evelyn W63 31.21 0.7

5 Choate, Lynne W60 32.33 0.7

W65 200 Meter Dash

6 Hampson, Jean W68 36.43 0.2

W70 200 Meter Dash

4 Parrish, Noreen W71 35.57 0.2

6 Lang, Anne W70 36.70 0.2

7 Andrews, Lynne W71 38.56 0.2

W75 200 Meter Dash

2 Cudmore, Miriam W75 37.02 0.1

### 400 Meter Dash

W35 400 Meter Dash

7 Long, Karen W38 1:03.81

W40 400 Meter Dash

10 Cobby, Vicki W42 1:05.54

W45 400 Meter Dash

1 Mogentale, Gianna W49 1:02.18

W55 400 Meter Dash

5 Saunders, Margaret W59 1:12.37

## AUSTRALIAN RESULTS - 2013 WMA Outdoor Championships Porto Alegre, Brazil

W60 400 Meter Dash			
4	Heagney, Kathryn	W63	1:10.78
6	Peake, Evelyn	W63	1:14.69
W65 400 Meter Dash			
6	Hampson, Jean	W68	1:25.15
8	Davey, Irene	W66	1:28.32
W70 400 Meter Dash			
10	Andrews, Lynne	W71	1:39.85
6	Lang, Anne	W70	1:25.62
8	Parrish, Noreen	W71	1:28.89

### 800 Meter Run

W40 800 Meter Run			
6	Cobby, Vicki	W42	2:36.80
W55 800 Meter Run			
5	Ryan, Anne	W58	2:42.04
6	Saunders, Margaret	W59	2:42.40
W60 800 Meter Run			
2	Heagney, Kathryn	W63	2:48.29
W65 800 Meter Run			
4	Hampson, Jean	W68	3:21.94
6	Davey, Irene	W66	3:26.43
W70 800 Meter Run			
2	Lang, Anne	W70	3:12.61

### 1500 Meter Run

W40 1500 Meter Run			
5	Suffolk, Cristine	W43	5:34.35
W65 1500 Meter Run			
4	Davey, Irene	W66	7:09.06
11	Halberg, Jacquelin	W67	8:00.97
W70 1500 Meter Run			
3	Lang, Anne	W70	7:13.62

### 5000 Meter Run

W50 5000 Meter Run			
--Higgins, Sharon	W54	DNF	
W55 5000 Meter Run			
2	Ryan, Anne	W58	20:37.65
W70 5000 Meter Run			
4	Campbell, Mary	W71	26:05.79

### 8k Run CC

W40 8k Run CC			
7	Suffolk, Cristine	W43	32:55.00
W50 8k Run CC			
50	Higgins, Sharon	W54	48:45.00
W55 8k Run CC			
3	Ryan, Anne	W58	34:18.00
W65 8k Run CC			
9	Trowbridge, Petrina	W66	42:20.00
17	Davey, Irene	W66	46:13.00
28	Halberg, Jacquelin	W67	52:57.00
W70 8k Run CC			
13	Campbell, Mary	W71	44:11.00

### Teams Results - 8k Run CC

2	Australia		
	Trowbridge, Petrina, Davey, Irene		
	Halberg, Jacquelin		

### 10000 Meter Run

W70 10000 Meter Run			
4	Campbell, Mary	W71	55:02.62

### Half Marathon

W55 Half Marathon			
1	Ryan, Anne	W58	1:36:23.00
W65 Half Marathon			
1	Trowbridge, Petrina	W66	1:53:57.00

### Marathon

W70 Marathon			
3	Campbell, Mary	W71	5:19:44.01

### Short Hurdles

W55 80 Short Hurdles			
7	Monk, Leanne	W57	17.77 0.4
W60 80 Short Hurdles			
2	Perkins, Wilma	W64	15.33 -1.4
W65 80 Short Hurdles			
-- Taylor, Margaret	W65	DNF	-0.1

### Long Hurdles

W50 300 Long Hurdles			
2	Kay, Marie	W53	49.48
W40 400 Long Hurdles			
6	Cobby, Vicki	W42	1:13.60

### Steeplechase

W55 2000 Meter Steeplechase			
1	Saunders, Margaret	W59	9:02.05
W60 2000 Meter Steeplechase			
3	Carr, Heather	W64	10:21.96
W65 2000 Meter Steeplechase			
1	Davey, Irene	W66	10:51.43
W70 2000 Meter Steeplechase			
1	Lang, Anne	W70	11:33.06
3	Schickert, Lynne	W71	16:04.76
4	Harris, Fran	W72	17:14.63

### Relays

W35 4x100 Meter Relay			
1	Australia	52.44	
1) Naylor, Janet	2) Bezuidenhout, Jacq.	47	
3) Long, Karen	38		
4) Mogentale, Gianna	49		
W55 4x100 Meter Relay			
4	Australia	1:03.37	
1) Hartigan, Dawn	56		
2) Dean, Rosemary	61		
3) Carr, Heather	64		
4) Monk, Leanne	57		
W60 4x100 Meter Relay			
1	Australia	58.92	
1) Perkins, Wilma	64		
2) Choate, Lynne	60		
3) Peake, Evelyn	63		
4) Heagney, Kathryn	63		



## AUSTRALIAN RESULTS - 2013 WMA Outdoor Championships Porto Alegre, Brazil

### W70 4x100 Meter Relay

<b>1</b> Australia	<b>1:09.95</b>
1) Parrish, Noreen 71	2) Cudmore, Miriam 75
3) Andrews, Lynne 71	4) Lang, Anne 70

### W35 4x400 Meter Relay

<b>3</b> Australia	<b>4:15.90</b>
1) Long, Karen 38	2) Bezuidenhout, Jacq 47
3) Cobby, Vicki 42	4) Mogentale, Gianna 49

### W55 4x400 Meter Relay

<b>2</b> Australia	<b>4:54.50</b>
1) Saunders, Marg. 59	2) Monk, Leanne 57
3) Hartigan, Dawn 56	4) Ryan, Anne 58

### W60 4x400 Meter Relay

<b>1</b> Australia	<b>5:09.70</b>
1) Perkins, Wilma 64	2) Peake, Evelyn 63
3) Choate, Lynne 60	4) Heagney, Kathryn 63

### W65 4x400 Meter Relay

<b>2</b> Australia	<b>5:49.60</b>
1) Parrish, Noreen 71	2) Davey, Irene 66
3) Hampson, Jean 68	4) Lang, Anne 70

### High Jump

W60 High Jump		
<b>2</b> Perkins, Wilma	W64	1.17m
W65 High Jump		
7 Taylor, Margaret	W65	0.91m

### Pole Vault

W55 Pole Vault		
<b>1</b> Hartigan, Dawn	W56	3.10m
W60 Pole Vault		
<b>2</b> Perkins, Wilma	W64	1.90m

### Long Jump

W35 Long Jump		
<b>1</b> Foster, Melissa	W35	5.33m 0.2
W45 Long Jump		
6 Naylor, Janet	W47	4.19m
NWI		
7 Bezuidenhout, Jacq	W47	4.09mNW
W50 Long Jump		
<b>1</b> Kay, Marie	W53	5.13mNW
W55 Long Jump		
7 Monk, Leanne	W57	3.87m -1.5
W60 Long Jump		
<b>2</b> Perkins, Wilma	W64	4.00mNW
6 Dean, Rosemary	W61	3.22m -0.2
W65 Long Jump		
4 Taylor, Margaret	W65	3.77mNW
7 Hampson, Jean	W68	3.38mNW
W75 Long Jump		
<b>2</b> Cudmore, Miriam	W75	3.21m -0.7

### Triple Jump

W35 Triple Jump		
<b>1</b> Foster, Melissa	W35	11.15m -0.9

### W55 Triple Jump

6 Monk, Leanne	W57	8.16m -0.8
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### W65 Triple Jump

<b>2</b> Taylor, Margaret	W65	8.50m -3.1
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### W75 Triple Jump

<b>2</b> Cudmore, Miriam	W75	7.26m 2.1
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### Shot Put

W45 Shot Put		
8 Whitehead, Glenys	W48	8.59m
W50 Shot Put		
7 Hardy, Jayne	W50	10.66m
18 Dawson, Lesley	W54	7.30m
W50 Shot Put		
6 Hardy, Jayne	W50	10.97m
W55 Shot Put		
7 Pronk, Joanne	W57	9.70m
9 Taylor, Jill	W58	9.06m
W60 Shot Put		
<b>2</b> Schultz, Christine	W62	10.56m
12 Van Bockel, Adrian	W61	5.79m
W65 Shot Put		
6 Hamilton, Beverley	W67	8.26m
8 Thomas, Mary	W69	8.08m
W70 Shot Put		
6 Banens, Janice	W71	6.83m



*Christine Schultz on her way to Silver in the W60 Shot.*

### Discus Throw

W45 Discus Throw		
14 Whitehead, Glenys	W48	22.09m

## AUSTRALIAN RESULTS - 2013 WMA Outdoor Championships

W50 Discus Throw			
4 Hardy, Jayne	W50	30.31m	
18 Dawson, Lesley	W54	18.06m	

W50 Discus Throw			
4 Hardy, Jayne	W50	32.28m	

W55 Discus Throw			
6 Gibbins, Sharon	W55	23.18m	
7 Taylor, Jill	W58	23.13m	

W55 Discus Throw			
3 Gibbins, Sharon	W55	28.83m	
9 Taylor, Jill	W58	22.18m	
11 Pronk, Joanne	W57	19.55m	

W60 Discus Throw			
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W60 Discus Throw			
● Schultz, Christine	W62	28.30m	
15 Van Bockel, Adrian	W61	14.31m	

W65 Discus Throw			
6 Thomas, Mary	W69	23.30m	
7 Hamilton, Beverley	W67	21.78m	

W70 Discus Throw			
12 Banens, Janice	W71	14.39m	

### Javelin Throw

W50 Javelin Throw			
● Hardy, Jayne	W50	36.19m	
12 Dawson, Lesley	W54	14.07m	

W60 Javelin Throw			
4 Perkins, Wilma	W64	24.97m	
15 Van Bockel, Adrian	W61	13.44m	

W65 Javelin Throw			
1 Thomas, Mary	W69	24.51m	
3 Hamilton, Beverley	W67	19.27m	
8 Woods, Claire	W65	11.92m	

W70 Javelin Throw			
13 Banens, Janice	W71	15.08m	
14 Harris, Fran	W72	13.58m	

W75 Javelin Throw			
● Cudmore, Miriam	W75	21.01m	

### Hammer Throw

W35 Hammer Throw			
● Glass, Byrony	W36	50.56m	

W40 Hammer Throw			
6 Mackie, Althea	W43	39.42m	

W45 Hammer Throw			
4 Whitehead, Glenys	W48	35.12m	

W50 Hammer Throw			
5 Hardy, Jayne	W50	42.02m	
21 Dawson, Lesley	W54	20.11m	

W55 Hammer Throw			
1 Gibbins, Sharon	W55	42.29m	
7 Taylor, Jill	W58	34.24m	
16 Pronk, Joanne	W57	23.09m	

W60 Hammer Throw			
4 Glass, Kathryn	W63	31.39m	

### Porto Alegre, Brazil

5 Schultz, Christine	W62	29.57m	
11 Van Bockel, Adrian	W61	21.27m	

W65 Hammer Throw			
2 Hamilton, Beverley	W67	28.28m	
4 Thomas, Mary	W69	26.56m	

W70 Hammer Throw			
2 Banens, Janice	W71	29.57m	

W75 Hammer Throw			
3 Worrell, Valerie	W78	27.43m	

W35 Weight Throw			
2 Glass, Byrony	W36	16.44m	

W40 Weight Throw			
4 Mackie, Althea	W43	12.80m	

W50 Weight Throw			
3 Hardy, Jayne	W50	14.46m	
14 Dawson, Lesley	W54	9.28m	

W55 Weight Throw			
4 Gibbins, Sharon	W55	12.14m	
11 Taylor, Jill	W58	10.68m	

W60 Weight Throw			
6 Schultz, Christine	W62	11.24m	
9 Glass, Kathryn	W63	9.91m	
13 Van Bockel, Adrian	W61	8.77m	
17 Mussett, Lorraine	W64	6.53m	

W65 Weight Throw			
3 Hamilton, Beverley	W67	11.20m	
6 Thomas, Mary	W69	10.76m	

W70 Weight Throw			
3 Banens, Janice	W71	11.79m	

W75 Weight Throw			
4 Worrell, Valerie	W78	9.56m	

### Heptathlon

W40 Heptathlon			
3 Cobby, Vicki	W42	3616	

W50 Heptathlon			
1 Kay, Marie	W53	5500	

W60 Heptathlon			
2 Perkins, Wilma	W64	4850	

W65 Heptathlon			
3 Hampson, Jean	W68	4206	

### Throws Pentathlon

W45 Throws Pentathlon			
6 Whitehead, Glenys	W48	3097	

W50 Throws Pentathlon			
2 Hardy, Jayne	W50	3923	
17 Dawson, Lesley	W54	2045	

W55 Throws Pentathlon			
4 Gibbins, Sharon	W55	3633	
7 Taylor, Jill	W58	3222	

W60 Throws Pentathlon			
4 Schultz, Christine	W62	3482	
6 Glass, Kathryn	W63	3354	



## AUSTRALIAN RESULTS - 2013 WMA Outdoor Championships

Porto Alegre, Brazil

### Teams Results - 20000 Meter Race Walk

W70

1

**Australia**

Purcell, Joan; Schickert, Lynne;  
Beaumont, Margaret

15	Van Bockel, Adrian	W61	2058
W65 Throws Pentathlon			
2	Hamilton, Beverley	W67	3673
3	Thomas, Mary	W69	3646
W70 Throws Pentathlon			
4	Banens, Janice	W71	3846
W75 Throws Pentathlon			
4	Worrell, Valerie	W78	3545

### 5000 Meter Race Walk

W50

2	Tindal, Pam	W53	27:26.54
W60 5000 Meter Race Walk			
1	Carr, Heather	W64	28:26.97
W65 5000 Meter Race Walk			
7	Johnson, Celia	W66	34:57.98
--	Feldman, Elizabeth	W65	DQ
W70 5000 Meter Race Walk			
1	Steed, Gwen	W71	32:38.05
5	Purcell, Joan	W72	35:58.78
9	Schickert, Lynne	W71	38:26.91
W75 5000 Meter Race Walk			
4	Beaumont, Margaret	W75	43:01.87

### 10000 Meter Race Walk

W50 10000 Meter Race Walk			
2	Tindal, Pam	W53	59:39.00
W60 10000 Meter Race Walk			
1	Carr, Heather	W64	1:00:19.00
W65 10000 Meter Race Walk			
2	Feldman, Elizabeth	W65	1:06:06.00
6	Johnson, Celia	W66	1:12:58.00
W70 10000 Meter Race Walk			
1	Steed, Gwen	W71	1:08:59.00
4	Purcell, Joan	W72	1:16:01.00
9	Schickert, Lynne	W71	1:19:41.00
W75 10000 Meter Race Walk			
20	Beaumont, Margaret	W75	1:31:12.00

### Teams Results - 10000 Meter Race Walk

W70

1

**Australia**

Steed, Gwen; Purcell, Joan;  
Schickert, Lynne

### 20000 Metre Race Walk

W50 20000 Meter Race Walk			
2	Tindal, Pam	W53	2:05:13.00
W60 20000 Meter Race Walk			
1	Carr, Heather	W64	2:08:01.00
W65 20000 Meter Race Walk			
3	Feldman, Elizabeth	W65	2:19:26.00
W70 20000 Meter Race Walk			
3	Purcell, Joan	W72	2:34:04.00
4	Schickert, Lynne	W71	2:55:35.00
W75 20000 Meter Race Walk			
2	Beaumont, Margaret	W75	3:09:35.00

### AFTER THE GAMES



*This great shot is of Dawn Hartigan at Machu Picchu after the Games*



*And this is Ralph Bennett and I proving that Walkers can run. On the strip at Copacabana Beach in Rio de Janeiro*



*This is an excerpt  
from Robs Blog.  
The full version  
will be on the VMA  
website*



## Rob Mayston's Brazilian Blog

..... But as an athlete you can't allow those thoughts to enter your mind, but just ask the golfer Greg Norman...and history tells us they do.

(OK, so now move right to the edge of your seats...because here we go for the Final...) Once again I go with the standing start, although having now tried this I think I'll be switching back to blocks. Val is actually in Lane 6 (my miscalculation on account perhaps of being "too Val focused" but the good thing is I can still see him. The others in the mix are Thomas Jones from Maryland USA and Dave Massiah from Trinidad & Tobago. I had eased past both of those guys in the 200 and Thomas again yesterday in 400 heat so I figured they'd need something special today to be in the running. The other four guys in lanes 1,2,7 & 8 based on their Semi Final times looked to be in the territory of longer odds.

And so we're ready to go, On Your Marks, Set, and it used to be Bang but now with the new "politically correct" electronic equipment it is more of a Squeak. Most people don't like it but I think there's a paranoia over people's hearing being affected by the loud bangs - hence the switch that's happening. And as just as an aside here...at the Cross Country event here there was a problem with starting equipment and they just got a soldier from the security unit to fire into the ground to start the race. Way to go.

...back to the race...as expected Val is away like a bolt of lightning. He is sensational out of the blocks (I should take lessons from him) and he powers away. My start is a bit too much "typical Rob" where my initial few strides are really not up to scratch (note to self; improvement opportunity here). But pretty soon I'm in full stride and heading into the back straight and am making solid inroads into all the field except Val who on the video is not even "in screen" ...he's ahead of that and motoring towards the bend. As I pass the 150 I'm thinking that's a pretty decent lead he has but this is where having a race plan and sticking to it comes in. In my "mind's eye" I'd more or less visualized this scenario and so wasn't surprised by what was unfolding. And so as I hit the 200 and the top bend I'm saying to myself this is it - it's all or nothing...I need to reel him in come the top of the straight. Jordan aka son/coach says this is where I do my best work, which comes from the 300 reps we grind through. There is no sign of either lane 3 or 5 and so the chase is on to "get Val". I get to work and I'm holding good speed and with the "stagger" of lanes 4 & 6 things helping, immediately start to turn my way. I'm reeling Val in and as we are about three quarters the way around we are neck and neck and so with a bit of bend left I press the advantage and build a handy lead. Into the home straight and I'm out in front with no one in my periphery. I have the lead and I know if I can hold on the race is mine. I "break with my own protocol" with 50m to go and glance sideways and all is clear. I have a lead of at least 5 metres, maybe more. When you're leading at this point it can seem like slow motion as you just want to hit the line but your speed is dropping and yes things are slowing down. This is where it's important to relax, hold your form (what's left of it) and don't try and "force it". For those of you who have seen me run, for me this is easier said than done. Not having grown up in athletics or been coached alas I've developed a style that is different but certainly not distinctive, and definitely not to be copied by anyone. It's still a work in progress to try and sort it out...if that's possible. With 50m to go I'm still grinding it out in this part of the 400m that is like some kind of "twilight zone". By this stage we are all spent but we still have to get to the line. And in this last 50m the War of Attrition reaches its climax with Val a "casualty" as he locks up and pays the price for his initial onslaught, the other 2 guys in Lanes 3 & 5 are still hanging in but as they would say later, just. So I'm just about home and hosed, or am I? With about 20m to go my legs lock up too and my stride pattern (what's left of it is shot). This is shades of Brisbane 2011 and a more "severe version" of what happened in the 200m Final the other day. When this happens there is what I'm going to call "minor panic" as the sensation experienced is one of "I mightn't make it to the line". But like much of the last part of the 400 you just fight on and manufacture forward momentum of another form and slowly but surely the finish line inches nearer. I keep fighting, a nervous glance or two reassures as the rest have their own problems, especially Val. And so finally I do hit the line, with Thomas Jones edging out Val for 2nd. Val holds on, just, for 3rd. final times for the top 4 are: Me (55.88), Thomas (57.11), Val (57.51) & Dave (57.84). As I cross the line the track marshal approaches me...whoops have I done something wrong....



## TWENTY - SECOND ANNUAL "TWILIGHT"

### LINDSAY THOMAS MEMORIAL - 10Km RUN

**WEDNESDAY 15 JANUARY 2014**



**BRAESIDE METROPOLITAN PARK - MELWAYS REF: 88 D7**

**(ENTRANCE - LOWER DANDENONG ROAD - best parking in Car Park No. 9 -Rosella -last Car Park before exit)**

**ENTRY FEE \$5.00 - PAYABLE ON THE NIGHT**

**OPEN TO BOTH REGISTERED MASTERS ATHLETES AND OTHERS OF ANY AGE**

#### PROGRAM

7.00pm	5km	Walk (One Lap of Park)
7.00pm	5km	Run (One Lap of Park)
7.00pm	10km	Run (Two Laps of Park)

#### AWARDS - MASTERS ATHLETES

##### 10km RUN

First Male & Female  
Second Male & Female  
Third Male & Female

##### 5km RUN

First Male & Female  
Second Male & Female  
Third Male & Female

##### 5km WALK

First Male & Female  
Second Male & Female  
Third Male & Female

First 50+ Male & Female 10km Run (other than open placings)

First 60+ Male & Female 10km Run (other than open placings)

#### AWARDS - NON MASTERS ATHLETES

##### 10km RUN

First Male & Female  
Second Male & Female  
Third Male & Female

##### 5km RUN

First Male & Female  
Second Male & Female  
Third Male & Female

**NUMEROUS SPOT PRIZES - SUPPER PROVIDED**

**ORGANISED BY THE SPRINGVALE - NOBLE PARK VENUE OF VICTORIAN MASTERS ATHLETICS INC.**

**ENQUIRIES - ALAN BENNIE - TEL. 95472978**

**PLEASE NOTE:** The distances of all events have not been "wheel measured" in fact they are .....a little bit longer ..... than the advertised distance.

# ANDY SALTER MEMORIAL RELAY



When – **Wednesday, 5th February 2014**

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

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.

The program for the night is;

7.10 pm      100 metre sprint

7.15 pm      Andy Salter relay/Bert Warburton Relay

There will be a 3km track run after the relay for the truly dedicated, followed by supper and presentations. Come along and have a great night. Enquiries to Alan Bennie on 9547 2978.




**2014**

## VMA DECATHLON AND HEPTATHLON CHAMPIONSHIPS

The Oceania Masters Athletics (OMA) and Australian Masters Athletics (AMA) Decathlon and Heptathlon Championships to be held in Bendigo on the 4<sup>th</sup>/5<sup>th</sup> January 2014 will also be the VMA Decathlon and Heptathlon Championships.

**No Entry will be required** as all VMA athletes entering either the OMA/AMA Decathlon or Heptathlon shall be deemed to have entered the VMA Decathlon and Heptathlon.

**There will be no entry fee charged.**

Results will be extracted from the OMA/AMA Decathlon and Heptathlon results and then appropriate VMA medals awarded.

### Further Information:

Graeme Rose: Ph. 03 9836 2350 E-mail: [grarose@yahoo.com](mailto:grarose@yahoo.com)

Don Chambers: Ph. 02 6032 9249 E-mail: [dmchambers@bigpond.com](mailto:dmchambers@bigpond.com) Mob. 0408 654 209

## Results - VMA Marathon Championship 2013

( in conjunction with Melbourne Marathon )

All times are " Gun " times

				M60	Greg Moore	Aberfeldie	3.36.56
					Ron Scholes	Collingwood	3.45.47
					Jonathon Holmes	Glen Eira	3.55.35
					Peter Dodgshun	E. Burwood	4.13.49
					Jim Hopkins	Collingwood	4.19.41
					John Zeleznikow	Glen Eira	6.58.55
				M65	Peter Moore	Collingwood	3.27.44
					Rod Bayley	Collingwood	4.18.35
					Phil Urquart	Glen Eira	4.56.29
					Neville Gardner	Croydon	5.47.30
				M70	Stephen Barker	Aberfeldie	4.21.51
					Ashley Page	Mentone	4.37.34
					Pete Battrick	Glen Eira	6.53.53
				M85	Tony Martin	E. Burwood	6.18.44
W45	Teri Crook	Aberfeldie	4.19.46				
W50	Merle Want	Glen Eira	4.33.25				
	Janine McKerron	Glen Eira	4.39.20				
W60	Jane Sturzaker	Glen Eira	4.29.54				
M35	Garry Creek	Knox	5.32.27				
M40	Shane Draper	Aberfeldie	3.04.19				
	Ashley McDowall	Aberfeldie	3.18.51				
M45	Trevor McCann	Mentone	3.02.30				
	Chris Grafen	Glen Eira	3.16.11				
	Mal Grimmett	N/A	3.48.19				
M50	Bruce Venables	N/A	3.24.08				
M55	Peter Black	Aberfeldie	3.15.59				
	Barry Rosenberg	Glen Eira	3.19.39				
	John Signorini	Knox	3.27.41				
	Syd Bone	Glen Eira	3.31.46				
	Peter Field	SVNP	3.55.40				
	Paul Ban	Collingwood	4.41.58				

## What an hour....!!

Lavinia Petrie, one of the true superstars of Australian Masters' Athletics, has set yet another world record for her age-group in the one-hour run.

Competing in the Doncaster Venue's feature event, The Sixty Minutes, Petrie, 70, ran 13,044 metres to break the previous mark by 1619 metres, or just over a mile.

Lavinia has regularly been the headline act in The Sixty Minutes, which has produced numerous world and Australian records over the past decade.

She also set a world mark for the Women's 65-69 age-group when contesting The SixtMinutes soon after winning the 10,000 metres at the most recent World Masters' Athletics Championships, in Sacramento in 2011.

The previous best in the W70-74 age-group was set by Berthilia De Preter of Belgium in 1999 when she ran 11,425 metres.

Doncaster athlete Rowena Barker got within 15 metres of that distance in setting the previous Australian record in the 2003 edition of The Sixty Minutes.

An interesting sidelight to Petrie's performance is that her times at the one mile, 3000m, 5000m and 10,000m marks were all better than the existing Victorian records for those distances although she was unable to claim them.

Her 10,000m split would also have broken both the Australian and world records.

'At least now I know I can break them in individual races when I get the chance,' she said.

Lavinia's next target will be the 2013 the Australian Masters at Geelong this week and then the Oceania Championships at Bendigo in January.



## No Landy Trophy next year

Doncaster venue's feature event, The Landy Trophy, will not be held next year.

The Doncaster track will be closed for renovation during February, which is when The Landy is usually run, and officials have decided it would be impractical to try to run the event at another time or another venue.

The event's principal organiser over the years, Richard Trembath, retired as venue manager earlier this year while Bryan Bottomley, who has shared the load in recent times, is not longer associated with Masters' Athletics.

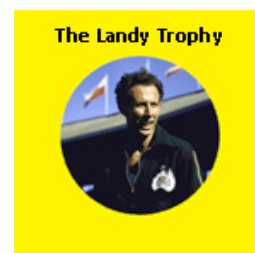
Doncaster's new venue manager Graham Walter said the committee had decided it would be impractical to try to run the event at another venue.

'It's complicated enough doing it at Doncaster - trying to do it somewhere else would be a nightmare,' he said.

The main problem faced by Doncaster is that, while the City of Manningham has advised the track is to be closed for several months, no-one seems to know exactly when that is likely to be although it seems certain that February will be involved.

The Manningham Mile has since been moved to a later date and is now an event for members of Masters' Athletics but The Doncaster Dash will be discontinued next year. Walter said he was not sure of the future of The Landy Trophy.

'It's been a great event but we've had problems in the past couple of years with getting enough support from other venues and I'd rather just see it finish than have it fizzle out due to lack of support,' he said. 'We'll have next year off and then work out what we're going to do with it.'





# VMA Results

## Australian Masters Games

5/10/2013 to 12/10/2013  
Landy Field, Geelong



### 60 Metres

**W35**  
2 Gillick, Melissa 10.4h NWI

**W60**  
4 Weitsz, Alida 9.25 -0.2

**W45**  
2 Buttigieg, Linda 9.22 0.2

**W55**  
1 Bridle, Christine 9.68 -0.6  
2 Jacimovic, Jill 11.85 -0.6

**W75**  
1 Coppock, Shirley 12.26 -0.2

**M45**  
5 Italia, Rob 8.44 -0.3  
6 White, John 8.76 -0.3  
8 Romeo, Fabrizio 9.15 -0.3

**M50**  
2 Schuijers, John 8.33 -0.4

**M55**  
1 Turner, Paul 8.33 -1.5

**M60**  
1 McConnell, David 8.48 -0.9  
2 Whitehall, Geoff 8.98 -0.9

**M65**  
1 Aspinall, Dennis 8.84 -0.6

**M70**  
1 Hall, Mike 9.7h 2.2

**M75**  
3 Boyle, Edward 14.0h 2.2

### 100 Metres

**W35**  
3 Gillick, Melissa 17.38 -0.9

**W45**  
1 Little, Rachel 13.79 0.5  
4 Buttigieg, Linda 15.05 0.5

**W55**  
1 Bridle, Christine 15.79 -0.1

**W70**  
1 Stobaus, Anne 17.15 -0.1

**W75 100 Meter Run**  
1 Coppock, Shirley 20.27 -0.1

**M45**  
4 Ritchie, Colin 12.50 -1.8  
7 White, John 13.32 -1.8  
11 Romeo, Fabrizio 13.54 -0.3

**M55**  
1 Turner, Paul 13.39 2.1

### M60

1 McConnell, David 13.25 -0.3  
2 Wearmouth, Richard 13.35 -0.3  
3 Ford, Graham 14.05 -0.3  
4 Whitehall, Geoff 14.21 -0.3

### M65

1 Howden, Keith 13.91 -1.7  
2 Aspinall, Dennis 14.09 -1.7

### M70

1 Hall, Mike 15.98 0.1

### M75

2 Chambers, Donald 15.85 0.1  
4 Boyle, Edward 17.22 0.1

### M80

2 Kakris, Lucas 17.03 0.3

### 200 Metres

#### W60

1 Heagney, Kathryn 33.17 -0.2

#### W70

1 Stobaus, Anne 35.36 -0.2

#### W75

1 Coppock, Shirley 43.94 -0.2

#### W45

1 Little, Rachel 27.47 0.2  
4 Buttigieg, Linda 31.51 0.2

#### M40

1 Wilcox, Andrew 25.34 -0.4

#### M45

4 Ritchie, Colin 25.60 -0.6  
8 White, John 26.30 -0.6  
9 Romeo, Fabrizio 27.60 -1.0

#### M50

1 Schuijers, John 27.27 -1.9

#### M55

1 Mayston, Rob 25.10 -0.4  
2 Turner, Paul 27.60 -0.4

#### M60

1 McConnell, David 27.36 -2.0  
2 Wearmouth, Richard 27.75 -2.0  
3 Whitehall, Geoff 29.21 -2.0

#### M65

1 Howden, Keith 27.96 -0.2  
2 Aspinall, Dennis 28.53 -0.2

## VMA Results - Australian Masters Games

### M70

1	Trembath, Richard	32.13	-0.2
3	Hall, Mike	33.02	-0.2

### M75

2	Chambers, Donald	33.99	-0.2
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### M80

1	Kakris, Lucas	39.74	-1.7
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### 400 Metres

#### W45

1	Little, Rachel	60.24	
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#### W50

1	Burgess, Donna	65.24	
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#### W55

1	Bridle, Christine	76.70	
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#### W60

1	Heagney, Kathryn	70.82	
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#### W75

1	Coppock, Shirley	1:48.55	
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#### M45

3	Hennig, Shawn	56.80	
5	White, John	62.83	

#### M50

1	Cook, Allan	53.95	
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#### M55

1	Mayston, Rob	55.35	
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#### M60

1	Mc Connell, David	61.10	
3	Whitehall, Geoff	66.13	

#### M65

1	Aspinall, Dennis	66.51	
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#### M70

1	Trembath, Richard	73.29	
4	Hall, Mike	1:21.10	

### 800 Metres

#### W35

1	Gillick, Melissa	3:30.10	
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#### W50

1	Burgess, Donna	2:33.10	
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#### W55

1	Galvin, Patricia	2:59.40	
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#### W60

1	Heagney, Kathryn	2:52.80	
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#### W70

1	Stobaus, Anne	3:16.60	
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#### W75

2	Mews, Pam	6:17.30	
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#### M40

1	McLennan, Campbell	2:06.10	
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#### M45

1	Skipper, Paul	2:15.10	
2	Romeo, Fabrizio	2:50.20	

#### M50

1	Cook, Allan	2:01.70	
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### M55

1	Hicks, Terry	2:17.30	
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### M60

2	Graham, John	2:34.60	
5	Moore, Gregory	2:38.60	
6	Prowse, Frank	2:48.00	

### M70

2	Trembath, Richard	2:55.20	
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### 1500 Metres

#### W55

1	Stanley, Helen	5:55.51	
2	Galvin, Patricia	6:08.01	
3	Jacimovic, Jill	8:02.80	

#### W70

1	Petrie, Lavinia	6:11.76	
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#### W75

2	Mews, Pam	12:37.03	
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#### M45

1	Romeo, Fabrizio	6:17.02	
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#### M50

1	Cook, Allan	4:20.57	
3	Lawrence, Scott	4:45.15	

#### M55

1	Purvis, Mark	4:50.88	
2	Hicks, Terry	4:51.41	

#### M60

2	Edwards, Andrew	5:11.03	
3	Graham, John	5:12.99	
4	Prowse, Frank	5:37.19	
7	Moore, Gregory	5:53.68	

### 5000 Metres

#### W50

1	Dowie, Jennifer	21:01.01	
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#### W55

1	Galvin, Patricia	20:59.04	
2	Stanley, Helen	21:46.29	

#### W70

1	Petrie, Lavinia	21:34.23	
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#### New World Record

#### M35

1	Camilleri, Michael	19:59.81	
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#### M50

2	Quirk, Steven	16:51.78	
3	Lawrence, Scott	17:56.18	

#### M60

1	Edwards, Andrew	19:12.91	
2	Moore, Gregory	21:16.53	

### 1500 Metre Race Walk

#### W50

1	Elms, Donna-Marie	8:52.09	
3	Molnar, Jo	10:48.58	



## VMA Results - Australian Masters Games

### W60

1 Carr, Heather 7:46.52

### W70

1 Hall, Penny 11:06.36

2 Hugo, Beverly 11:22.11

### W75

1 Mews, Pam 13:12.18

### M45

1 Christmass, James 6:15.79

### 3000 Metre Race Walk

### W50

1 Elms, Donna-Marie 18:23.05

2 Halton, Frances 20:00.93

3 Molnar, Jo 22:33.50

### W60

1 Carr, Heather 16:05.31

### W70

1 Hall, Penny 22:39.81

2 Hugo, Beverly 24:02.18

### W75

1 Mews, Pam 30:51.55

### M40

1 Smyth, David 16:56.86

### M45

1 Christmass, James 13:29.80

### 5000 Metre Race Walk

### W40

1 Ruddick, Kelly 21:57.40

**New World Record**

### W50

1 Elms, Donna-Marie 32:30.34

2 Halton, Frances 35:14.04

### W60

1 Carr, Heather 27:31.06

### W70

1 Hugo, Beverly 41:24.97

### W75

1 Mews, Pam 53:22.26

### M40

2 Smyth, David 29:26.57

### M45

1 Christmass, James 23:51.30

### Short Hurdles

#### W40 80 Short Hurdles

3 Weitsz, Alida 15.68 -0.6

#### M75 80 Short Hurdles

1 Chambers, Donald 19.22 -2.9

#### M45 110 Short Hurdles (99.1cm)

1 Hennig, Shawn 20.41 -5.7

#### M60 100 Short Hurdles (84.0cm)

2 Ford, Graham 21.22 -2.3

### Long Hurdles

#### M45 Long Hurdles (91.4cm)

1 Hennig, Shawn 65.07

2 Skipper, Paul 66.69

#### M60 300 Long Hurdles (76.2cm)

1 Ford, Graham 49.67

2 McConnell, David 50.94

#### M70 300 Long Hurdles

1 Trembath, Richard 56.35

#### M75 300 Long Hurdles

1 Chambers, Donald 68.59

### Steeplechase

#### M60 2000 Meter Steeplechase

1 Graham, John 8:54.60

2 Moore, Gregory 9:24.70

#### M70 2000 Meter Steeplechase

1 Phillpot, Graham 11:05.33

#### M45 3000 Meter Steeplechase

2 Romeo, Fabrizio 16:12.20

### Long Jump

#### W35

1 Purcell, Robyn 4.38m NWI

#### M60-

2 Ford, Graham 3.74m NWI

#### W55

1 Bridle, Christine 3.92m NWI

2 Jacimovic, Jill 2.37m NWI

#### M45

1 Hodgson, Nick 5.69m NWI

3 Hennig, Shawn 5.08m NWI

6 Italia, Rob 4.73m NWI

7 Romeo, Fabrizio 4.15m NWI

#### M70

3 Phillpot, Graham 3.38m NWI

#### M75

2 Boyle, Edward 3.60m NWI

### High Jump

#### W45

2 Baldwin, Jennifer 1.25m

#### W55

1 Bridle, Christine 1.25m

#### M45

2 Hennig, Shawn 1.65m

#### M60

2 Ford, Graham 1.25m

3 Neale, John 1.20m

### Pole Vault

#### M60

2 Neale, John 1.60m

#### M70

1 Poulter, Jim 2.40m

#### M75

1 Chambers, Donald 2.00m

## VMA Results - Australian Masters Games



Don Chambers

### Triple Jump

<b>W55</b>			
1	Bridle, Christine	8.29m	NWI
2	Jacimovic, Jill	6.02m	NWI
<b>W35</b>			
1	Purcell, Robyn	9.72m	NWI
<b>M75</b>			
1	Boyle, Edward	7.02m	NWI
<b>M60</b>			
3	Neale, John	6.87m	NWI
<b>M55</b>			
1	Olsson, Paul	9.80m	NWI
<b>M45</b>			
1	Hodgson, Nick	12.25m	NWI
4	Italia, Rob	9.97m	NWI

### Shot Put

<b>W45</b>		
3	Buttigieg, Linda	8.05m
<b>W65</b>		
1	Dundas, Rhondda	8.18m
<b>W70</b>		
1	Hugo, Beverly	5.22m
<b>W75</b>		
1	Hines, Yvonne	6.05m
<b>W80</b>		
1	Baarslag-Leb, Tina	5.81m
<b>M60</b>		
2	Neale, John	8.39m
<b>M75</b>		
1	Chambers, Donald	8.12m

### Hammer Throw

<b>W75</b>		
1	Hines, Yvonne	20.23m
<b>M50</b>		
1	Wrzuszczak, Peter	34.61m
<b>M55</b>		
3	Olsson, Paul	35.93m
5	Peska, Stan	27.78m

### Javelin Throw

<b>W45</b>		
1	Baldwin, Jennifer	24.65m
2	Buttigieg, Linda	20.27m
<b>W55</b>		
3	Bridle, Christine	21.12m
<b>W65</b>		
1	Dundas, Rhondda	15.24m
<b>W70</b>		
1	Hugo, Beverly	13.00m
<b>W75</b>		
2	Hines, Yvonne	10.97m
<b>W80</b>		
1	Baarslag-Leb, Tina	8.62m
<b>M45</b>		
5	Hennig, Shawn	36.38m
<b>M50</b>		
3	Coumaros, Pantelis	32.69m
<b>M55</b>		
1	Peska, Stan	35.21m
<b>M60</b>		
1	Farr, Andrew	39.79m
4	Neale, John	24.75m



Fab Romeo



## VMA Results - Australian Masters Games

### Discus Throw

#### W35

2 Zakazakaarcher, Tracey 29.34m

#### W45

3 Baldwin, Jennifer 27.53m

4 Buttigieg, Linda 25.23m

#### W50

6 Molnar, Jo 15.41m

#### W55

1 Jenkins, Dorn 27.87m

#### W65

1 Dundas, Rhondda 20.06m

#### W70

1 Hugo, Beverly 13.39m

#### W75

2 Hines, Yvonne 13.13m

#### W80

1 Baarslag-Leb, Tina 11.20m

#### M45

5 Hennig, Shawn 27.75m

8 Romeo, Fabrizio 19.73m

#### M50

2 Coumaros, Pantelis 31.66m

3 Wrzuszczak, Peter 30.58m

#### M55

2 Peska, Stan 32.68m

#### M60

1 Neale, John 31.94m

3 Ford, Graham 27.89m

#### M75

1 Chambers, Donald 19.29m

### Weight Throw

#### W45

2 Buttigieg, Linda 10.98m

#### W65

1 Dundas, Rhondda 11.19m

#### W75

1 Hines, Yvonne 7.12m

#### W80

1 Baarslag-Leb, Tina 7.75m

#### M45

3 Romeo, Fabrizio 7.91m

#### M50

1 Coumaros, Pantelis 12.76m

2 Wrzuszczak, Peter 12.46m

#### M55

3 Olsson, Paul 12.52m

5 Peska, Stan 11.69m

#### M60

1 Glass, Roger 10.68m

2 Neale, John 10.27m

#### M75

1 Chambers, Donald 11.18m

### Cross Country

#### W55

1 Patricia Galvin 36:26.6

2 Helen Stanley 39:11.8

#### W70

1 Lavinia Petrie 37:22.1

#### M35

1 Michael Camilleri 35:39.9

#### M60

2 Andrew Edwards 34:44.3

3 Gregory Moore 36:45.0

#### 10K

#### W55

4 Helen Stanley 1:23.35

#### W70

1 Lavinia Petrie 46.27

#### M60

1 John Graham 40.28

### 10K Road Walk

#### W35

1 Sarah Brennan 53.42

#### W40

1 Kelly Ruddick 45.36

#### W50

1 Donna-Marie Elms 67.47

3 Frances Halton 73.52

#### M40

1 Stuart Kollmorgen 50.12

2 David Smyth 61.48

#### M45

1 James Christmass 51.59

### Half Marathon

#### W55

1 Patricia Galvin 1:37.41

2 Helen Stanley 1:48.58.

## VMA Results - Australian Masters Games

### Weight Pentathlon

#### W35

Points	HT	SP	DT	JT	WT
1 Zakazakaarcher, Tracey	22.50m	9.77m	29.77m	17.43m	8.32m
Points: 2091	(377)	(537)	(479)	(261)	(437)

#### W45

Points	HT	SP	DT	JT	WT
1 Buttigieg, Linda	39.06m	7.67m	25.10m	23.64m	10.69m
Points: 3063	(925)	(475)	(467)	(467)	(729)

#### W50

Points	HT	SP	DT	JT	WT
1 Molnar, Jo	24.32m	6.55m	17.14m	13.53m	7.03m
Points: 1897	(520)	(416)	(323)	(248)	(390)

#### W55

Points	HT	SP	DT	JT	WT
1 Jenkins, Dorn	30.79m	8.24m	25.24m	21.90m	11.20m
Points: 3253	(778)	(614)	(509)	(768)	
3 Bridle, Christine	27.34m	7.21m	18.34m	18.54m	9.20m
Points: 2614	(672)	(522)	(395)	(417)	(608)

#### W65

Points	HT	SP	DT	JT	WT
1 Dundas, Rhondda	27.90m	8.32m	19.34m	15.66m	10.84m
Points: 3392	(877)	(781)	(551)	(421)	(762)

#### W70

Points	HT	SP	DT	JT	WT
1 Hugo, Beverly	14.20m	4.81m	13.66m	11.84m	6.85m
Points: 2163	(433)	(459)	(426)	(350)	(495)

#### W80

Points	HT	SP	DT	JT	WT
1 Baarslag-Leb, Tina	13.39m	5.78m	11.74m	8.46m	7.15m
Points: 2595	(511)	(660)	(455)	(344)	(625)

#### M45

Points	HT	SP	DT	JT	WT
4 Romeo, Fabrizio	20.93m	8.42m	20.29m	25.08m	8.34m
Points: 1863	(286)	(493)	(356)	(290)	(438)

#### M50

2 Wrzuszczak, Peter	28.66m	9.34m	30.12m	24.75m	12.35m
Points: 2360	(415)	(542)	(480)	(305)	(618)

#### M55

Points	HT	SP	DT	JT	WT
2 Peska, Stan	27.28m	12.48m	34.81m	33.14m	11.41m
Points: 3039	(445)	(842)	(637)	(505)	(610)
3 Olsson, Paul	35.26m	10.06m	29.79m	29.92m	12.13m
Team Points: 2894	(616)	(654)	(525)	(443)	(656)

#### M60

Points	HT	SP	DT	JT	WT
1 Neale, John	25.14m	8.24m	30.07m	22.77m	9.98m
Points: 2206	(397)	(502)	(503)	(330)	(474)



## VMA Results - Australian Masters Games

### Outdoor Pentathlon

Points	100	SP	LJ	JT	800
<b>W35</b>					
1 Purcell, Robyn	15.50	6.57m	3.98m	17.91m	4:15.44
Points:	1351 (410)	(323)	(347)	(271)	(0)
<b>W45</b>					
6 Masini, Dale	22.82	6.69m	2.56m	17.02m	4:12.80
Points:	860 (0)	(398)	(109)	(312)	(41)
<b>M40-49 Outdoor Pentathlon</b>					
Points	LJ	JT	200	DT	1500
<b>M45</b>					
1 Hennig, Shawn	5.26m	37.49m	26.31	26.69m	5:10.82
Points:	2932 (602)	(499)	(666)	(507)	(658)
2 Romeo, Fabrizio	4.00m	22.89m	28.16	18.13m	6:00.76
Points:	1800 (312)	(255)	(523)	(307)	(403)
<b>M60</b>					
1 McConnell, David	3.89m	20.31m	27.74	23.45m	5:55.31
Points:	2563 (475)	(281)	(774)	(366)	(667)
2 Ford, Graham	4.08m	23.66m	28.95	26.50m	6:56.83
Points:	2383 (531)	(348)	(681)	(428)	(395)

# AUSTRALIAN MASTERS ATHLETICS PENTATHLON CHAMPIONSHIPS



**FRIDAY 7th MARCH, 2014**  
**St Leonards Athletic Centre**  
**St Leonards Rd, LAUNCESTON**

**Conducted by Tasmanian Masters Athletics Northern Branch**



## OFFICIAL ENTRY FORM

### Your Details

To enter you must be a financial member of a registered Australian or overseas Masters club.

Please circle your association ACT NSW NT QLD SA TAS VIC WA OVERSEAS

Surname	<input type="text"/>			First Name	<input type="text"/>		
Age as at 7 March 2014	<input type="text"/>			Competition No.	<input type="text" value="TMA use only"/>		
Date of Birth	<input type="text" value="DD"/>	<input type="text" value="MM"/>	<input type="text" value="YYYY"/>	Gender	<input type="text" value="Male"/>	<input type="text" value="Female"/>	
Address	<input type="text"/>						
State	<input type="text"/>	Postcode	<input type="text"/>	Mobile Phone	<input type="text"/>		
Home Phone	<input type="text"/>		Email	<input type="text"/>			
Emergency Contact	<input type="text"/>			Phone	<input type="text"/>		
Relationship	<input type="text"/>						

**Waiver:** I hereby declare that I am in good health and will be properly conditioned for the events I have entered.

I absolutely relieve Tasmanian Masters Athletics Inc. (TMA), Australian Masters Athletics Inc. (AMA) of any responsibility for any injury, loss or damage to me or my property which I may sustain in the course of or in connection with these championships.

I authorise the use of my name, voice or picture and any information on this entry form to be used without payment to me in any broadcast, telecast, promotion or advertising or in any way related to this championship.

I have read all the attached conditions and information concerning the Australian Masters Athletics Championships. I understand these conditions and agree by the decisions of TMA, AMA and its officials.

**No entry will be accepted unless this waiver is signed and dated below.**

Signed  Date

### Entry Fees

AMA Sanctioning Fee				\$ 5.00
Track & Field Pentathlon	<input type="checkbox" value="X"/>	@ \$20.00	Total \$	<input type="text"/>
Throws Pentathlon	<input type="checkbox" value="X"/>	@ \$20.00	Total \$	<input type="text"/>
Transport-Launceston to Hobart	<input type="checkbox" value="X"/>	@ \$30.00	Total \$	<input type="text"/>
<b>TOTAL PAYABLE</b>				<b>\$ <input type="text"/></b>

Entry fees can be paid by Cheque or Money Order payable to **Tasmanian Masters Athletics Inc.** or by Credit Card (details on right). Mail this form with full payment to:  
**AMA Pentathlon 2014**  
**GPO BOX 890**  
**HOBART TAS 7001**

CREDIT CARD PAYMENT - MASTERCARD & VISA ONLY (Please Circle)

Card No.

Cardholder Name

Expiry date

**Entries close FRIDAY 7th FEBRUARY, 2014 (Late entries will not be accepted)**

## EVENTS

TRACK AND FIELD PENTATHLON		THROWS PENTATHLON
WOMEN	MEN	ALL COMPETITORS
100m	200m	Hammer
Shot Put	Javelin	Shot Put
Long Jump	Long Jump	Discus
Javelin	Discus	Javelin
800m	1500m	Weight Throw

## CONDITIONS

### Uniforms

State uniform is compulsory. Failure to wear the correct uniform may result in disqualification.

### Refunds

When cancellation is received prior to the stated closing date, entry fees are refundable but NOT the Administration Fee. After the closing date, no fees are refundable.

However should an event be rescheduled by TMA and the rescheduled time is unacceptable to the entrant, only the entry fee will be refunded. If due to circumstances beyond its control, TMA must cancel an event, then no fees are refundable. The LOC has the prerogative to make exceptions on compassionate grounds (not injury).

### Drug Testing

Athletes at AMA Championships may be subject to drug testing. Refer to the AMA Handbook for Therapeutic Use Exemptions (TUE) requirements.

### Privacy Statement

In this Privacy Statement, "Personal information" has the same meaning as the Privacy Act 1988.

Australian Masters Athletics Inc and Tasmanian Masters Athletics Inc are committed to protecting the security of the personal information we hold about you. Personal information provided in this entry form will be used to:

- > Process your competition registration.
- > Provide you with competition and results information.
- > Provide you with information regarding future Masters Athletics events.

## CONTACTS

Tasmanian Masters Athletics (Northern Branch)

Jim Claxton

Email: jim.bon@bigpond.com

Ph. 03 6344 1025

Barbara Clayton

Email: elzyian@gmail.com

## VOLUNTEERS REQUIRED

Are you willing to be a volunteer official / helper on the day?

Y / N

Would your companion be willing to be a volunteer official / helper on the day?

Y / N

Name of Volunteer



# **AUSTRALIAN MASTERS ATHLETICS PENTATHLON CHAMPIONSHIPS TRAVEL & ACCOMMODATION INFORMATION**

## **Accommodation**

*The Launceston Travel and Information Centre is set up to assist travellers to Launceston, Tasmania.*

*Email: [travelcentre@launceston.tas.gov.au](mailto:travelcentre@launceston.tas.gov.au)*

*Free Call: 1800 651 827*

*March in Tasmania is a peak tourism period so early reservations are recommended.*

*Some options:*

Aberdeen Court,	(motel),	35 Punchbowl Road,	\$85 - \$92 est.,	ph: 1800 006 042
Adina Place,	(studio),	50 York Street,	\$125 est.,	ph: 1800 030 181
Balmoral,	(hotel),	19 York Street,	\$130 - \$170 est.,	ph: 03 63318000
Colonial,	(hotel),	31 Elizabeth Street,	\$135 - 220 est.,	ph: 03 63316588
Commodore,	(motel),	13 Brisbane Street,	\$129 est.,	ph: 03 63324666
Elphin Villas,	(motel),	28A Elphin Road,	\$135 - \$140 est.,	ph: 1800 221 862
Fiona's	B & B,	141A George Street,	\$140 - \$165 est.,	ph: 03 63345965
Hi George,	(B&B),	64 York Street,	\$120 est.,	ph: 03 63312144
Hotel Launceston,		3 Brisbane Street,	\$90 - \$110 est.,	ph: 03 63312055
Hotel Tasmania,		191 Charles Street,	\$85 est.,	ph: 03 63317355
Kilmarnock House,	(studio),	66 Elphin Road,	\$130 est.,	ph: 03 63341514
Mercure,	(hotel),	3 Earl Street,	\$125 est.,	ph: 1800 030 567
North Lodge,		7 Brisbane Street,	\$90 - \$180 est.,	ph: 03 63319966
Parklane,	(motel),	9 Brisbane Street,	\$130 est.,	ph: 03 63314233
Star Bar,	(hotel),	113 Charles Street,	\$100 est.,	ph: 03 63316111
Windmill Hill Lodge,	(B&B),	22 High Street,	\$100 - \$110 est.,	ph: 03 63319337

*\*prices are indicative only*

*Other accommodation options can be found at: [www.wotif.com.au](http://www.wotif.com.au); [www.airbnb.com.au](http://www.airbnb.com.au);  
[www.visitlauncestontamar.com.au](http://www.visitlauncestontamar.com.au)*

## **Taxi Fares**

*Approximate taxi fares are:*

*Launceston Airport to St Leonards Athletic Centre: \$30*

*Launceston Accommodation to St Leonards Athletic Centre: \$20*

## **Transport to Hobart**

*The Local Organising Committee has engaged a local bus operator to provide transport to Hobart from the St Leonards Athletic Centre at the end of competition. The fare is \$30 each for both participants and accompanying persons and payment should be included with the official entry form.*

## **Organisation**

*The Australian Masters Athletics Pentathlon Championships are being conducted by the Tasmanian Masters Athletics Northern Branch.*

## **Contacts:**

**Jim Claxton**

**Email: [jim.bon@bigpond.com](mailto:jim.bon@bigpond.com)**

**Phone: 03 63441025**

**Barbara Clayton**

**Email: [elzyian@gmail.com](mailto:elzyian@gmail.com)**

# GLEN EIRA LIVING LEGENDS NIGHT

12 NOVEMBER 2013

## GLEN EIRA - SPRINGVALE/NOBLE PARK - MENTONE

*It was a dark and stormy night ... the rain kept falling, the wind kept blowing, the temperature was low, and parts of the track were in flood. However at the Glen Eira venue on Tuesday 12th November the 11th running of the Living Legends event between Glen Eira, Springvale/NoblePark and Mentone venues went ahead. We do thank you all most sincerely for allowing this to go ahead.*

*All members (and supporters) who took part in this "Team" event got through the evening. We then finished off the night with supper held at the Packer Hall Pavilion which is located some 600 metres from the Duncan MacKinnon Athletic track and loaned to us by Glen Eira Council for the night.*

*This year the Living Legends were; Celia Johnson from Springvale/Noble Park, Kevin Browne from Glen Eira and Gwen Steed from Mentone venues. They were introduced by the respective Venue Managers namely, Alan Bennie, Andrew Edwards and Ashley Page. A brief history of each person and the benefits they have brought to the Club and Venues was provided, with each one having a most interesting history.*

*In the Overall Team event, the winner this year was Glen Eira with 21 points, narrowly in front of Springvale/NoblePark on 18 points and Mentone with 9 points. Due to the wet conditions, individual times of competitors are not available so the results are based on the finishing place of each team.*

*Each venue provides runners and walkers in the Open, Over 50 and Over 60 age groups. There are four members to a team wherein the first person runs 3.6km, next person runs 3km, then a walker does 2km and the final person runs 1000 metres.*

*Many thanks to Paul Lynch, Bob Wishart, Peter Battrick and Ray O'Connor who assisted during the night under adverse conditions. Also thanks to Janet McLure and her young assistant, Judy Wines who had a great supper ready when the event finished. Our apologies that you all had to travel from the track across to the Packer Hall after the run, but at least it was warm and welcoming!*

*A very special acknowledgement to every person who came along and helped make the night a success, especially Jim and Janet McLure and Judy for the pre-planning they give to this event to make sure it went ahead as smoothly as possible.*

**Andrew Edwards, Venue Manager**



**Legends** - Celia Johnson; Kevin Browne and Gwen Steed.

The winning Glen Eira team -

**Back:** Chris Grafen, Mark Cant, Gerry O'Donnell, Syd Bone  
**Middle:** Peter Bence, Andrew Edwards  
**Front:** Janet Holmes, Janine McKerron, Sandra Middleton.



## NEW RECORDS REPORT

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



## Pending World Records:

W70	One Hour Run	Lavinia Petrie	Vic	13,044m	-	13-9-13	Doncaster
W40	5k Walk	Kelly Ruddick	Vic	21:57.40	93.6%	7-10-13	Geelong
W70	5k	Lavinia Petrie	Vic	21:34.23	104.1%	8-10-13	Geelong
W40	3k Walk	Kelly Ruddick	Vic	13:07.25	91.7%	2-11-13	Ballarat

## Australian Records:

W40	20k Road Walk	Kelly Ruddick	Vic	1:33:15	94.6%	1-9-13	Hobart
W80	Shot Put	Heather Doherty	Qld	7.12m	90.9%	21-9-13	SAF Nathan
W80	Discus	Heather Doherty	Qld	20.74m	65.0%	21-9-13	SAF Nathan
W80	Javelin	Heather Doherty	Qld	15.92m	66.7%	21-9-13	SAF Nathan
W80	Weight Throw	Heather Doherty	Qld	9.33m	89.6%	21-9-13	SAF Nathan
W80	Throws Pent	Heather Doherty	Qld	4202pts	-	21-9-13	SAF Nathan
M85	2k Walk	Russell Grigg	Qld	18:40	-	5-10-13	SAF Nathan
W70	1500m	Lavinia Petrie	Vic	6:11.76	99.8%	6-10-13	Geelong
M30	5k	Stephen Dinneen	Vic	14:41.02	86.9%	8-10-13	Geelong
W80	Shot Put	Heather Doherty	Qld	7.20m	91.8%	19-10-13	SAF Nathan
M50	One Hour Run	Bruce Graham	ACT	17,357m	-	24-10-13	AIS Canberra
M80	Javelin	Erkki Saarinen	Qld	32.99m	69.1%	2-11-13	SAF Nathan

## Victorian Records:

W45	Hammer	Linda Buttigieg		41.70m	91.2%	5-10-13	Geelong
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## NAG FILE

Athletes Moving into a New Age Group

JOHN ANDERSON	Into M75	PETER LE GET	Into M80
NEIL ASHWORTH	Into M65	DON McLEAN	Into M80
LYN BATCHELOR	Into M65	DOMENICO MORINA	Into M75
RAYMOND BEALE	Into M70	BARRY MURLEY	Into M75
AUSTIN BEAMISH	Into M65	LORRAINE MUSSETT	Into W65
GARY BELL	Into M60	COLIN PAGE	Into M60
STEWART BROCK	Into M50	IAN POULTON	Into M50
CHARLES CHAMBERS	Into M60	ROBYN PURCELL	Into W40
KELLY DAVIDSON	Into W35	GERRY ROBINSON	Into M75
NICOLE DIAMOND	Into W50	CATHERINE SANGSTER	Into W40
DAVID DODSON	Into M55	RON SMITH	Into M65
NORMAN FRANZI	Into M70	DARREN TEMPLETON	Into M45
JOHN FREDRICKSON	Into M75	ANDREW WILCOX	Into M45
CHRIS GRAFEN	Into M50	GLADYS WISHART	Into W70
ANNA HUNT	Into M75	DAVID WOOKEY	Into M70
WAYNE JAMES	Into M50	GEOFFREY JORDON	Into M45





# AUSTRALIAN MASTERS ATHLETICS CHAMPIONSHIPS

## HOBART



### 2014 Australian Masters Championships

Saturday 8th – Monday 10th March 2014

(New dates now avoid Easter)

Queens Domain Athletic Centre

Hobart Tasmania

[www.tasmastersathletics.org.au](http://www.tasmastersathletics.org.au)

### Events Schedule

#### Saturday 8th March 2014

##### Session 1 (8am-1pm)

10 000m	Weight throw (Men),
100m heats	Long Jump (Women),
Long Hurdles	Shot Put (Women)

##### Session 2 (2.30-5.30pm)

400m heats	Javelin (Men)
1500 walk	Discus (Women)
1500m	Long Jump (Men)
100m finals	

#### Sunday 9th March 2014

##### Session 1 (8am-12.30pm)

5000m	Hammer (Men)
200m heats	Javelin (Women)
5000m Walk	Triple Jump
200m finals	

##### Session 2 (1.30pm-4.30pm)

400m finals	Discus (Men)
Steeple	Hammer (Women)
4 x 100 Relays	High Jump

#### Monday 10th March 2014

##### Session 1 (7am)

Cross Country/Road Walks

##### Session 2 (8am-12noon)

60m heats	Weight Throw (Women)
800m	Shot Put (Men)
60m finals	Pole Vault
Sprint Hurdles	4 x 400 Relays

*A crèche will be available during competition.*

### Hobart, Tasmania

Australia's most distinctive city, and Tasmania's capital combines heritage charm and cultural diversity in a setting of exceptional beauty in Southern Tasmania.

Lonely Planet recently awarded Hobart as one of the top ten spots (the only Australian location) in its Best in Travel 2013 guide.

Arts, sports, theatre, history and most importantly – food are what make Hobart the perfect city to explore and its surroundings too.

In a 90 minute drive from Hobart there is a feast of things to see and do – whether you are driving or choose to join a tour – from the pristine waters of Bruny Island, the mesmerising history of Port Arthur, or the attitude challenging MONA.

**Awards Dinner  
& Presentations  
Sunday 9th March 2014**

# AUSTRALIAN MASTERS ATHLETICS CHAMPIONSHIPS



8th - 10th MARCH, 2014

Domain Athletic Centre  
Queen's Domain, Hobart



## OFFICIAL ENTRY FORM

Online entries will be available at [www.australianmastersathletics.org.au](http://www.australianmastersathletics.org.au)

### Your Details

To enter you must be a financial member of a registered Australian or overseas Masters club.

Please circle your association ACT NSW NT QLD SA TAS VIC WA OVERSEAS

Surname				First Name			
Age as at 8 March 2014				Competition No.	TMA use only		
Date of Birth	DD	MM	YYYY	Gender	Male	Female	
Address							
State		Postcode		Mobile Phone			
Home Phone			Email				
Emergency Contact				Phone			
Relationship							

**Waiver:** I hereby declare that I am in good health and will be properly conditioned for the events I have entered.

I absolutely relieve Tasmanian Masters Athletics Inc. (TMA), Australian Masters Athletics Inc. (AMA) of any responsibility for any injury, loss or damage to me or my property which I may sustain in the course of or in connection with these championships.

I authorise the use of my name, voice or picture and any information on this entry form to be used without payment to me in any broadcast, telecast, promotion or advertising or in any way related to this championship.

I have read all the attached conditions and information concerning the Australian Masters Athletics Championships. I understand these conditions and agree by the decisions of TMA, AMA and its officials.

**No entry will be accepted unless this waiver is signed and dated below.**

Signed  Date

### Entry Fees

AMA and TMA Administration Fee				\$	50.00
Event Fees	No. of Events Entered	<input type="text"/>	@ \$10 Per event	Total \$	<input type="text"/>
Awards Dinner	No. of Guests Attending	<input type="text"/>	@ \$55 Per head	Total \$	<input type="text"/>
Results Booklet	No. of copies	<input type="text"/>	@ \$10 Per book	Total \$	<input type="text"/>
<b>TOTAL PAYABLE</b>				\$	<input type="text"/>

Entry fees can be paid by Cheque or Money Order payable to  
**Tasmanian Masters Athletics Inc.**  
or by Credit Card (details on right).  
Mail this form with full payment to:  
**AMA Championships 2014**  
GPO BOX 890  
HOBART TAS 7001

CREDIT CARD PAYMENT - MASTERCARD & VISA ONLY (Please Circle)

Card No.  /  /

Cardholder Name

Expiry date  /

**Entries close FRIDAY 7th FEBRUARY, 2014 (Late entries will not be accepted)**

## EVENT ENTRIES

Event	Yes X	Best Recent Performance	Event	Yes X	Best Recent Performance
<b>SATURDAY</b>			<b>SUNDAY</b>		
100m	<input type="checkbox"/>	<input type="text"/>	200m	<input type="checkbox"/>	<input type="text"/>
400m Heats	<input type="checkbox"/>	<input type="text"/>	400m Finals	<input type="checkbox"/>	
1500m	<input type="checkbox"/>		5000m Run	<input type="checkbox"/>	
1500m Walk	<input type="checkbox"/>		5000m Walk	<input type="checkbox"/>	
10,000m Run	<input type="checkbox"/>		Steeplechase	<input type="checkbox"/>	
Long Hurdles	<input type="checkbox"/>		4 x 100m Relays	<input type="checkbox"/>	
Discus (Women)	<input type="checkbox"/>		Discus (Men)	<input type="checkbox"/>	
Javelin (Men)	<input type="checkbox"/>		Javelin (Women)	<input type="checkbox"/>	
Long Jump	<input type="checkbox"/>		High Jump	<input type="checkbox"/>	<input type="text"/>
Shot Put (Women)	<input type="checkbox"/>		Triple Jump	<input type="checkbox"/>	
Weight Throw (Men)	<input type="checkbox"/>		Hammer	<input type="checkbox"/>	
			<b>Dinner / Awards Night</b>	<input type="checkbox"/>	No. Attending
<b>MONDAY</b>					
60m	<input type="checkbox"/>	<input type="text"/>	<p><b>All events are open to both men and women of all age groups.</b></p> <p><b>Best recent performances are required only for events where shown.</b></p> <p><b>For Dinner / Awards Night please indicate number attending and please include in the Dinner Number in the Entry Fees section on page one.</b></p>		
800m	<input type="checkbox"/>	<input type="text"/>			
Sprint Hurdles	<input type="checkbox"/>				
4 x 400m Relays	<input type="checkbox"/>				
Cross Country Run	<input type="checkbox"/>				
Road Walk	<input type="checkbox"/>				
Shot Put (Men)	<input type="checkbox"/>				
Weight Throw (Women)	<input type="checkbox"/>				
Pole Vault	<input type="checkbox"/>	<input type="text"/>			

## Conditions

### Uniforms

State uniform is compulsory. Failure to wear the correct uniform may result in disqualification.

### Refunds

When cancellation is received prior to the stated closing date, entry fees are refundable but NOT the Administration Fee. After the closing date, no fees are refundable.

However should an event be rescheduled by TMA and the rescheduled time is unacceptable to the entrant, only the entry fee will be refunded. If due to circumstances beyond its control, TMA must cancel an event, then no fees are refundable. The LOC has the prerogative to make exceptions on compassionate grounds (not injury).

### Drug Testing

Athletes at AMA Championships may be subject to drug testing. Refer to the AMA Handbook for Therapeutic Use Exemptions (TUE) requirements.

### Privacy Statement

In this Privacy Statement, "Personal information" has the same meaning as the Privacy Act 1988.

Australian Masters Athletics Inc and Tasmanian Masters Athletics Inc are committed to protecting the security of the personal information we hold about you. Personal information provided in this entry form will be used to:

- > Process your competition registration.
- > Provide you with competition and results information.
- > Provide you with information regarding future Masters Athletics events.



## Events Cross Reference and Check list

Please list the names of all the events you have entered to allow us to cross check.

1. _____	6. _____	11. _____
2. _____	7. _____	12. _____
3. _____	8. _____	13. _____
4. _____	9. _____	14. _____
5. _____	10. _____	15. _____

Please check that you have completed all the following before returning this form:

- ✓ All personal details are entered - proof of age for non-Australian athletes.
- ✓ All events you wish to enter are listed above and on page 2.
- ✓ Best performances are included where required.
- ✓ Payment of fees and Awards Dinner included.
- ✓ Declaration / Waiver signed.

Would you like to officiate at the 2014 Nationals?

Area of experience or qualifications:

Would your companion like to officiate at the 2014 Nationals?

Name of Volunteer

Area of experience or qualifications:

## Helpful Information

### Confirmation of Entries

Confirmation of accepted entries and the events entered will be provided to all entrants.

A program of events will be supplied to all entrants.

Competition packs will be available at Registration in the Domain Athletic Centre from 12 Noon Friday 7 March.

### Event Location

Track and field events will be held conducted at the Domain Athletic Centre, Queen's Domain, Hobart.

Road walks and cross country events will be conducted within the Queen's Domain precinct adjacent to the Domain Athletic Centre.

### Registration

All athletes are required to register their arrival and collect a competition pack in the registration area, Domain Athletic Centre from 12 Noon Friday 7 March.

### Merchandise

A Championship polo shirt will be available for purchase at the championships. No prior orders are necessary.

### Athletes and Coaches Forum

Will be held on Saturday 8th March at the Domain Athletic Centre.

### Championship Dinner and Awards Night

The Championship Dinner and Awards Night will be held on Sunday 9th March at the Hobart Function Centre, Elizabeth Pier, Hobart.



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



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

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

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

#### BENEFITS TO THE REGION

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

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

Regards Terry Hicks  
Secretary Athletics Bendigo  
O.M.A Championships Event Manager  
PH. 0417881442  
[www.omabendigo2014.com.au/](http://www.omabendigo2014.com.au/)





## VMA MULTI CHAMPIONSHIPS 2014

The VMA Multi Championships will be held at Duncan Mackinnon Athletic Track on the following dates in 2014. 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 2014 and wear their State uniform.

**T & F Pentathlon:** Sunday 23rd March. 11.30 am check-in; 12 noon start

**Throws Pentathlon:** Sunday 30th March. 10.00 am start for first group.  
Check with Graeme Rose. Ph. 9836 2350

**Closing dates:** **T & F Pentathlon:** Friday 7th March  
**Throws Pent:** Friday 14th 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

### 2014 MULTI ENTRY FORM

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

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

**ADDRESS:** \_\_\_\_\_  
\_\_\_\_\_

**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 23rd March ☐ and/or the 30th March ☐ for the VMA Multi Championships (tick boxes)



# ONLINE REGISTRATION

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

## VMA Registration Fees (from 1/10/2013)

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

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

### Renewing:

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

### New (and Lapsed) Members:

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



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

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

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

# VICTORIAN MASTERS ATHLETICS

## 2014 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)

Renewals -	Joining	Subscription	Total
( ) Member's subscription	-	\$35	\$35
( ) Two members residing at the same address	-	\$55	\$55
( ) Life Members			free
( ) Renewing 80+ (if immed. 5 consecutive years prev.)			free
( ) Venue Volunteer (non competing)			free
Lapsed Members -			
( ) Individual fees	\$10	\$35	\$45.
( ) Two members residing at the same address	\$20	\$55	\$75
Associate Members			
( ) Subscription	-	\$20	\$20
New Members			
( ) Individuals	\$10	\$35	\$45
( ) Two members residing at the same address	\$20	\$55	\$75
( ) AV Members	-	\$35	\$35

**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 2014. 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

## Victorian Masters Athletics Inc. - Venue Managers

Venue	Manager	Address	Phone
<b>Aberfeldie</b>	John Dean	3 Pearl Street Essendon West 3040 jkdeano@hotmail.com	9337 7179
<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	38 King Street, Fitzroy North 3068 peter.gaunt@darebinlibraries.vic.gov.au	9486 8084 9481 9557 Wk. 0447 068084
	Heather Gaunt		
<b>Croydon</b>	Ken Walters	7 Waters Avenue, Upper Ferntree Gully 3156 jandkwalters@bigpond.com	9753 5661
	Pam Tindal	9 Yallambee Way, Croydon martynti@bigpond.net.au	9723 3271 0416 006583
<b>Doncaster</b>	Graham Walter	99 Birmingham Road, Mt. Evelyn 3796 nicolerwalter@bigpond.com	9736 4433
<b>East Burwood</b>	Peter Dodgshun	18 Cresswell Cres, Mitcham 3132 peterdodgshun@optusnet.com.au	0419 872130
	Gerald Burke	1 Sartre Ct, Glen Waverley 3150 geraldburke@optushome.com.au	0408 315471
	Jack Fredrickson	38 Romoly Drive Forest Hill 3131	9802 6926
<b>Frankston</b>	John Hallo	thehallos@optusnet.com.au	5975 6866
	Graham Kilfoyle		0421 707788
<b>Geelong</b>	Alan Jenkins	171 Hope Street, Geelong West ajenkins@dow.com	5221 7468 0419 314 568
<b>Glen Eira</b>	Andrew Edwards	33 Chapel Road Moorabbin Vic 3189 Leedsfan2@optusnet.com	9555 4226
	Judy Wines	judywines@bigpond.com	9885 4904
<b>Knox</b>	Lavinia Petrie	12 Jeannette Maree Court, Kilsyth 3137 ljpetrie@alphalink.com.au	9728 3929
<b>Mentone</b>	Ted McCoy	24 Blackwood Avenue, Mentone 3194	9583 3280
	Ashley Page	14/102B Country Club Drive, Safety Beach Vic 3936 apa16161@bigpond.net.au	0448 866025
<b>Southern Peninsula</b>	Meredith Radford	31 Muirfield Avenue Fingal 3939	5988 6221
	Alan Radford	radfordguns@sctelco.net.au	
	John Sutton	15 Roblyn Crescent, Tootgarook 3941 jsutton2@optusnet.com.au	5985 9017
	Greg Lovejoy		5982 0449
<b>Springvale/ Noble Park</b>	Alan Bennie	75 Bertrand Avenue, Mulgrave 3170 alanbennie@optushome.com.au	9547 2978
	Anthony Doran	anthonyjdoran@y7mail.com	9547 7320
<b>Throwers</b>	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

<b>ABERFELDIE Athletic Track</b>	Aberfeldie Park, Corio Street, Moonee Ponds <b>Wednesday nights, 7 - 9pm</b>	Melway 28 D6
<b>CASEY</b>	<b>160 Berwick - Cranbourne Rd, Cranbourne East</b> <b>Monday nights, 7-9pm</b>	<b>Melway134 E8</b>

**COBURG Athletic Track**

#### **PLEASE NOTE**

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

<b>COLLINGWOOD Athletic Track</b>	George Knott Reserve, Heidelberg Road, Clifton Hill <b>Tuesday nights, 7 - 9pm</b>	Melway 30 F12
<b>CROYDON Athletic Track</b>	Behind Arndale Shopping Centre, Mt.Dandenong Road, Croydon <b>Tuesday nights, 7 - 9pm</b>	Melway 50 K5
<b>DONCASTER Athletic Track</b>	Rieschieks Reserve, George Street, East Doncaster <b>Monday nights, 7.30pm</b>	Melway 33 J11
<b>EAST BURWOOD Athletic Track</b>	Burwood Road, opp. Mahoneys Road, behind basketball stadium <b>Thursday nights, 7 - 9pm</b>	Melway 62 C7
<b>FRANKSTON Athletic Track</b>	Ballam Park, Bananee Terrace, Frankston <b>Thursday nights, 7 - 9pm</b>	Melway 103 B4
<b>GEELONG Athletic Track</b>	Landy Field, off Barwon Terrace, Geelong <b>Wednesday nights, 6 - 8pm</b>	Melway 228 C7
<b>GLEN EIRA Athletic Track</b>	Duncan McKinnon Reserve, cnr North Road & Murrumbeena Road <b>Tuesday nights, track events, 7 - 9pm.</b> <b>Sunday, field events</b>	Melway 68 K9
<b>KNOX Athletic Track</b>	Bunjil Way, off Ferntree Gully Road, Scoresby <b>Wednesday nights, 7 - 9pm</b>	Melway 73 D7
<b>MENTONE Athletic Track</b>	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 Athletic Track</b>	Truemans Road, Tootgarook (off Nepean Hwy), <b>Wednesday nights, from 6 pm in daylight saving,</b> <b>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>	Chris Murphy	9547 6324	32 Hilton Avenue, Springvale 3171 czm@stbedes.catholic.edu.au
<b>Treasurer</b>	Al Willey	9870 7616	42 Sonia Street, Ringwood 3134 alpen.willey@bigpond.com
<b>Club Captain</b>	Lavinia Petrie	9728 3929	12 Jeanette Marie Court Kilsyth 3137 ljpetrie@alphalink.com.au
<b>Committee</b>	Graeme Rose	9836 2350	71 Union Road, Surrey Hills 3127 grarose@yahoo.com
	Don Chambers	0408 654209	19 High St., Rutherglen 3685 dmchambers@bigpond.com
	David Sheehan	97587512	3/39 Mountview Road, U. F. Gully 3156 david.sheehan@parmalat.com.au
	Andrew Edwards	95554226	33 Chapel Road Moorabbin Vic 3189 Leedsfan2@optusnet.com
	Shane Draper		c/o Aberfeldie Venue
<b>Past President</b>	Rob Waters	9318 3802	5 Bellevue Court, Maribyrnong 3032
<b>Hon. Auditor</b>	Peter Le Get has resigned. Position Vacant		
<b>Webmaster</b>	Ralph Bennett		vicvets@yahoo.com.au
<b>Uniforms</b>	Graham Philpott	9568 0495	4/8 Hyslop Parade, East Malvern 3145
<b>Subscriptions</b>	Astrid Rose	9836-2350	grarose@yahoo.com
<b>Records Officer</b>	Clyde Riddoch	9363 2515	14 Joan Street, Sunshine West 3020 clyderiddoch@msn.com
<b>Footprints Editor</b>	Russ Dickenson	9870-8103 0418333569	4 Braewood Ave., Ringwood East 3135 <b>dicko@inet.net.au</b>
<b>Around The Grounds</b>	Judy & Ken Walters	9753 5661	7 Waters Ave. U. F. Gully 3156 jandkwalters@bigpond.com
<b>Throwers' Group</b>	Graeme Rose	9836-2350	grarose@yahoo.com
<b>Mailing Officer</b>	Phil Urquhart	9572-0805 0419357823	21 Holywood Grove, Carnegie runphil@bigpond.com

**Vic Masters Athletics Inc**  
**Footprints**

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