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FOOTPRINTS



APRIL 2014



- TWO MORE WORLD RECORDS TO LAVINIA PETRIE IN HOBART**
- ALL THE RESULTS FROM NATIONAL AND VICTORIAN T & F CHAMPIONSHIPS**
- NEWS FLASH - HEATHER CARR AND MARK DONAHOO BOTH WIN THEIR 3K WALKS AT WORLD INDOORS IN BUDAPEST**

Editorial

It will probably be another 7 years before the AMA Championships are held in Tasmania again, so those of you who didn't go this year missed out big time. Hobart is a beautiful destination and the TMA puts on a brilliant event.

They are blessed to have a lovely Venue, so central and picturesque. But more than that, they do it so well. Events on time, prompt medal presentations, very attractive medals, good food, a coffee van, free engraving, friendly people...the list goes on. So congratulations to all those involved. **Well done.**

We have also just had the Victorian Championships and although it seemed a little anti-climactic to have them the week after the Nationals, it was also an excellent event. Thanks to AV and our own members for their efforts in staging these.

Back to Tassie, and the star of the show again was Lavinia Petrie with two World Records. Both were previously her own, but she tells me she feels there may be *more in the tank* and she could lower them even more. But not right now. A rest is needed. Although....she is running at the 3k. *Read on.*

The next important thing on the calendar is the VMA 3k Championship held on 13 April and followed by the AGM. You really should be attending this. How about going in the 3k run - doesn't matter where you finish - and then have a nice lunch and attend the meeting. And how about a few new candidates for the Committee. What about a few Women ? There's no glass ceiling in this club !

Now, listen to me !! If you attend the Nationals, you can have a say on whether they are held at Easter, as they have been traditionally, or on an alternate weekend as they were this year. This year was an trial to see if holding them at another time would work. Next year reverts back to Easter, (in Sydney) but the AMA needs feedback as to what you want, long term. There is a form on P.23 to be returned to George White and an explanatory page from Russell Oakley on P22. Me, I prefer Easter, but who cares what I think ?

I'm preparing a 12 page supplement to go with this edition describing how I beat Andrew Jamieson in Tassie but I'm having trouble getting the life size photo printed.

A big thank you to Anita Welsh for letting me use some of her wonderful photos from Hobart. You can order your shots from her website.(see P.21)

You will see on P.12 that Mentone is holding the Peter Colthup 5 Mile Handicap on April 30. Why not fill a car or two with some mates from your

Venue and get down there and have a good night.

Now, someone doing something really wonderful. Elizabeth Grover is volunteering in Bhutan. *No, it's not a suburb near Broadmeadows.* As I say below, it's a must read. Thanks, so much Elizabeth.

see you at the 3k run & AGM,

Russ Dickenson

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NAG FILE

Athletes Moving into a New Age Group

JIM DAVY	into M85
COLIN BURNETT	into M75
RAY HARBERT LM	into M75
ANNE NICHOLLS	into W75
RONALD STOBAS	into M75
HEATHER JOHNSTONE	into W70
KEITH MOODY	into M70
CYNTHIA ELLERY	into W65
GRAHAM FORD	into M65
GARNET RODDA	into M65
GERALD SOFIANOS	into M65
ROBERT WATT	into M65
COLIN WILLIAMS	into M65
GERARD O'DONNELL	into M60
ANNETTE PELGRIM	into W60
CARMEL DRENNAN	into W55
PETER GAUNT	into M55
WOLF HEIDEN	into M55
JAY WRIGHT	into M55
PHILIP VAN DUEREN	into M55
STUART KOLLMORGEN	into M45
MARC VELLIN	into M40

Masterpieces

Collingwood Venue Managers Peter Gaunt and Carmel Pardy have stepped down from their roles as joint managers. They have done the job for two years and their efforts have been much appreciated

A Committee of Management has been elected which comprises of Rod Bayley, Helen Brown, Malcolm Brown, Heather Johnstone, Bernie Leddin, Keith Lodge and John Pocock.

The nominated VMA representatives are Helen Brown, Heather Johnstone and John Pocock. The new Committee are slowly learning the ropes and gaining increasing admiration for all the past managers of Collingwood and our VMA committee for the amount of care, time and dedication they clearly have put in to maintain the smooth running of the club.

At Knox, Tracey Carpenter has been appointed Assistant Venue Manager to Lavinia Petrie.

Karen Archer has returned as Joint Manager at Croydon Venue with Pam Tindal while Ken Walters stands down temporarily.

VALE - RUTH FRITH

The oldest member of an AMA club and mother of Helen Searle passed away recently aged 104. In the twelve months to September 2009 Ruth set six W100 World Records as shown on page 54 of the 2009-2010 AMA Handbook. In the twelve months to July 2010 Ruth set five W100 World Records as shown on page 54 of the 2010 -11 AMA Handbook. Ruth holds 9 World Records, 17 Oceania Championship Records and 28 Australian Records.



What's On

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

2014

- | | |
|-------------|--|
| April 4-7 | Naracoorte Masters Games - www.naracoortemastersgames2014.com.au |
| April 13 | VMA 3k Championship 11.30 Followed by Lunch and AGM - Duncan McKinnon |
| April 30 | Peter Colthup 5 Miles Self Handicap - Dolamore Reserve, Mentone (Melway 87 B6). |
| May 13 | *VMA 10k Track Championship - George Knott Reserve - Melways Ref 30 F12 - 7.00 pm |
| May 18 | Coburg King and Queen of the North 12km run or 6km run/walk, 9am Harold Stevens Athletic Track, www.coburgharriers.org.au |
| June 15 | Harold Stevens Bluestone Classic 15k 9am Harold Stevens Athletic Track |
| June 19 | John Gosbell Memorial 5km Inter-venue Teams Race - East Burwood |
| June 29 | *VMA 8k Cross Country Championship - Collingwood Venue meet at George Knott Res. |
| July 20 | *VMA 10k Road Championship (Eric Greaves Memorial) Braeside Park |
| August 10 | *VMA 10 Mile Championship - Princes Park - Note : Date to be confirmed |
| September 7 | *VMA Half Marathon Championship - Burnley |

2015

- | | |
|--------|---|
| August | WMA T&F World Championships - Lyon, France - www.lyon2015.com |
|--------|---|

** All Browne Shield Events*

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>

Masterpieces

AMA WEBSITE

AMA is seeking a person to make adjustments to this site under the direction of an AMA Board member. The role does not require a large commitment of time, probably an hour or two a week most of the year.

The main requirement is the expertise to change a website. When Ernie Leseberg and I were handling the two roles the system worked well through his knowledge of websites and mine of AMA matters.

Who would like to take on this interesting role? Please let me know.

Bob Schickert - AMA Director rschicke@bigpond.net.au

Wanted

AV Qualified Officials
VMA MEMBERS AND Non Members
For

Easter 2014 - Australasian Police and Emergency Services Games
@ Lakeside Stadium Albert Park

Saturday 19th April and Sunday 20th April 2014

Rosters available for either or both days

Please contact Tony Bradford - 97492248
or anthonybradford@bigpond.com

Officials will be well catered for and Remunerated for their Services

There is also a Cross Country during the Games. It will be conducted on Tuesday, April 22nd in Yarra Bend Park commencing at 10:00am. The Collingwood Harriers Clubrooms are to be used as the event headquarters. Graeme Paul has been assisting the Games organisers with the layout of the course and will be marking the route prior to the event. The Games organisers have access to Athletics Victoria equipment and are in desperate need of volunteers to assist with the setup, marshalling and pack-up of the course. Volunteers will be supplied with a barbeque brunch after the event. Anyone interested in volunteering or seeking more information can contact Graeme on 9439 9667 or elthampauls@bigpond.com.au and he can then forward their details on.

Hopefully, VMA Members can support our Essential Services personnel in their athletic endeavours.

2013 AMA MARATHON - Held in conjunction with the Gold Coast Marathon Victorian Results :

M40-44

1	Darren Templeton	2:37:40
6	Shane Draper	3:10:18

M55-59

1	Peter Black	3:21:20
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M60-64

3	John Zeleznikow	6:15:21
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VMA 3 km Championship 2014

Duncan Mackinnon Athletic Track

Sunday 13th April

The VMA 3 km Championship for Men and Women will be held on Sunday 13th April prior to the VMA Annual General Meeting.

The number of divisions will depend on how many enter.



Please Advise by Monday 7th April if you intend to compete

Entry fee: \$10

Entries and enquiries - Lavinia Petrie

12 Jeanette Maree Court

Kilsyth 3137 - Ph. 9728 3929

ljpetrie@alphalink.com.au.

Program

- | | |
|------------------|--|
| 11.30 am | 3 km Victorian Championship (M and W) – if numbers are large separate divisions will be run. |
| 12 .30 pm | Lunch (Packer Park) Packer Park Pavilion, 120 Leila Road, Carnegie. |
| 1.00 pm | AGM |

Entry Form: 3 km Track Championship

Name: _____

Gender: ☐ female ☐ male

DOB. _____ Age on Day: _____

Are you registered for 2014? If not contact Astrid Rose

Bring this entry form with you or E-mail or post your entry to Lavinia Petrie



VICTORIAN MASTERS ATHLETICS INC.

ANNUAL GENERAL MEETING

SUNDAY 13 APRIL 2014

Notice is hereby given that the 42nd Annual General Meeting of Victorian Masters Athletics Inc. will be held at the Packer Park Pavilion, 120 Leila Road, Carnegie, on Sunday 13 April 2014 commencing at 1:00 pm. (6.1)

Note: Venue is same as last year.

AGENDA

- 1 Confirm minutes of last preceding AGM and of any general meeting held since that meeting. (6.4(a))
- 2 Presentation and receipt of the Annual Report and audited financial statement. (6.4(b))
- 3 Ballot for the election of officers of the Association and the ordinary members of the Committee. (6.4(c))
- 4 Receive and consider the statement by the Association in accordance with S30(3) of the act. (6.4(d))
- 5 Election of auditor(s) (6.4(e))
- 6 Declaration of the result of the election ballot of (named) Executive positions of the Committee.
- 7 Declaration of the result of the election ballot of members of the General Committee
- 8 Declaration of the result of the election of other Executive positions of the Committee.
- 9 Election of Life Members.
- 10 Presentations of special awards, trophies etc.
- 11 Other general business of which notice has been duly given.

Note: references in brackets above indicate the relevant clauses of the Constitution.

NOMINATION OF CANDIDATES

VICTORIAN MASTERS ATHLETICS INC.

Clause 21 of the Constitution states that nominations of candidates for election as officers of the Association or as ordinary members of the Committee shall be made in writing, signed by two members of the Association and accompanied by the written consent of the candidate and shall be delivered to the Secretary of the Association not less than 7 days before the date fixed for the holding of the annual general meeting.

To nominate a candidate please complete the details below and forward to the Secretary by post to:
Phil Urquhart 21 Holywood Grove Carnegie 3163
or by email to runphil@bigpond.com before 6 April 2014.

Candidate Name.....

Office (please indicate)

- President
- Vice President
- Treasurer
- Secretary
- Assistant Secretary
- Club Captain
- Club Vice Captain
- Ordinary member of Committee
- Any of the above

Proposer: Name.....

Signature.....Date.....

Seconder: Name.....

Signature.....Date.....

Consent of Candidate :.....I consent to the above nomination

Name.....

Signature.....Date.....

RESULTS - ANDY SALTER 2014

Wednesday 5th February saw the 31st running of the Andy Salter relay at Springvale/Noble Park. A fairly warm evening greeted the runners and walkers, but it could have been a lot hotter given what had occurred in the middle of January. We had a total 14 run teams and 5 walk teams - 69 competitors. Unfortunately the number of competitors continues a slow decline each year but nevertheless those who turned up enjoyed the competition and comradeship.

It was clear from the outset that Knox meant business and intended to retain the trophy. To say they did it easily is an understatement - they trounced the opposition. They now have the honour of joining Springvale in having won the trophy the most number of times - 10 each.

What will 2015 bring ?

Results were :

1st	Knox	(Julie Norney, Paul Wilson, Paul Connor and Mike Bieleny)	43.06
2nd	Croydon	(Andrew Eggington, Grant Murfett, Pam Tindal, Colin Page)	49.28
3rd	Knox No.2	(Helen Stanley, Graeme Leticq, Gary Stewart, John Graham)	50.15
Fastest female -		Julie Norney - 11.19	Fastest male - Paul Wilson - 9.56

In the estimated time category a Knox team of Mick Carr, Chris Crennan, Jock Gravana and Evelyn Keys were only 8 seconds out. The walkers did even better with a Springvale/Knox team of Jemma Eastwood, Frank Allen and Tony Doran being only 2 seconds out.

After the event supper was enjoyed and the usual convivial conversation took place. Many thanks to the Springvale crew for organising the supper and the officials for recording etc.



The start of the 2014
Andy Salter



The winning Knox team, Paul
Wilson and Mike Bieleny, at
the changeover.

RESULTS - LINDSAY THOMAS MEMORIAL 2014

Springvale/Noble Park venue

The 22nd running of the Lindsay Thomas memorial at Braeside Park was scheduled for Wednesday 15th January 2014. However, with the temperature forecast at 40 degrees plus on the day, it was decided to defer the event for 2 weeks to the 29th January. What a good decision as the temperature only reached the low twenties and it was a perfect evening for both competing and the post race socialising. The event remains very popular and there were many familiar faces among the very good crowd of competitors, supporters and officials. I suspect the crowd would have been a lot smaller if we had stuck to the original date. As always it was great to see Pam Thomas, widow of Lindsay and his sons Andrew and Michael as well as a number of other members of the extended family.

There were a total of 98 entries with 34 in the two lap run, 39 in the one lap run and 25 in the one lap walk. Although the event is advertised as 10 km and 5 km, each lap is approx 5.2 km so clearly you are not short changed in relation to distance. We had representatives from Mentone, Southern Peninsula who make the trip a lot quicker now with Peninsula link, Glen Eira, Knox, Croydon, East Burwood and Frankston. In all there were 55 Masters plus 43 invitees being Thomas family and friends as well as friends and children/grandchildren of Masters. It makes a good mix with the young and the old running/walking together in a friendly environment.

In the main event (2 laps) Andrew Edwards repeated his performance of last year to record a narrow win over Andrew Eggington and Gary Stewart. However they were all well beaten home by a somewhat younger Peter Munyan (a mere 38 years old). I am pleased to report that Peter enjoyed the event so much he registered with VMA the following week.

Only a small number of females contested the event with Kuni Bowden posting an impressive time to win from Helen Stanley and Pam Tindal who is better known for her walking exploits but obviously is a capable runner.

In the 1 lap event Marc Vellin was first home but had to work hard to fight off young Declan Murphy. Helen Bryan was a comfortable winner in the female event. Among the walkers Heather Carr was, as usual, the standout showing a clean pair of heels to all walkers and quite a few runners. Des Middleton was the first male home.

Results on the night were :

	Male Masters		Female Masters	
10+km run (2 laps)	1. Andrew Edwards	43.45	1. Kuni Bowden	45.32
	2. Andrew Eggington	44.02	2. Helen Stanley	48.30
	3. Gary Stewart	44.05	3. Pam Tindal	50.05
5+km run (1 lap)	1. Marc Vellin	18.03	1. Helen Bryan	21.50
	2. Chris Grafen	20.05	2. Jay Wright	26.46
	3. John Graham	20.51	3. Shelley Vellin	28.17
5+km walk (1 lap)	1. Des Middleton	33.21	1. Heather Carr	30.58
	2. Tony Doran	35.18	2. Jenny Field	40.17
	3. Peter Field	35.23	3. Penny Hall	41.51
10+km run	1st 50+ male (unplaced) - Gerry O'Donnell		44.32	
	1st 60+ male (unplaced) - Howard Rees		48.37	
10+km run (non master)	1. Peter Munyan	38.00	1. Debbie Prowt	54.50
5+km run (non master)	1. Declan Murphy	18.15	1. Roslyn Crosswell	24.08

Overall another very successful event made possible by the crowd turning up but particularly the officials from the Springvale venue who showed their usual efficient style. Thanks also to those who brought supper and to those who donated spot prizes. We also thank the Parks Victoria rangers, especially Glen Oliphant, for their assistance. As race manager it was gratifying to see a very good crowd turn up and have a number of the venue members pitch in and help run the event. See you all plus maybe some more same time (3rd Wednesday of January) next year. Hopefully we won't get another week of 40 degree temperatures.



The Gwen Davidson 100 metres handicap - 2014

Fiercely fought, the annual Gwen Davidson 100 metre series final at East Burwood on 20 March was won by Donna Clarke, 60. Donna, who won three golds at the Victorian Masters championships the previous weekend, attributes her form to her training and the great advice of Alan Sinclair.

Second again this year was Tracey Carpenter, 47, also a gold winner at the Vic Masters Championships, and leader on points after the fourth heat of this series. Sean Riordan, 46, and Paul Durrant, 52, last year's winner, were third and fourth respectively, both running from scratch. Paul is pictured presenting the trophy he cared for so carefully over the last year, to Donna.



The trophy honours one of the greats of Masters Athletics. At 91 and no longer competing Gwen still holds 26 Victorian and 12 Australian records: sprints, all types of throws and jumps. Just look at the clearance in her long jump at the age of 76 in the 1999 championships in Adelaide!

Some years back Gwen joined a few of us at training at the East Burwood track, saying she had just come from looking after her great grand children. Gwen continued to compete into her mid-eighties.

From Our Club Captain

I would like to sincerely thank the 60 VMA members who gave up some or all of their weekend to help officiate at the VMA Championships at the Bill Sewart Athletic Track, Nunawading on March 15th and 16th.

These sort of meetings cannot happen without a dedicated band of helpers from all the Venues. Athletics Victoria supplied the Chief Officials and we are also grateful to them. The meeting was a huge success and your presence was greatly appreciated.

Our 3k Track Championship will be held prior to the AGM on Sunday 13 April and I would welcome assistance from members who could come along at 10.30am. We need a Starter, Marshall, Recorders and Time keepers.

Contact - Lavinia Petrie ljpetrie@alphalink.com.au ph. 9728 3929

On a lesser note, I would like to urge competitors to read and digest information on rules and procedures provided at future Championships. Rules are there for a reason. it makes the programme run a lot smoother if everyone obeys the rules. Remember all officials are volunteers trying to do a job to the best of their ability. They don't need to be abused because competitors have not read their race instructions.

Unfortunately, officials were abused at both Championships.

It's a bit late after the event but we all have to respect each other and do the right thing.

Lavinia

2014

Victorian Masters

10km Track Championship

Tuesday 13th May 2014

George Knott Reserve - Heidelberg Road, Clifton Hill

Melways Ref 30 F12

Start Time 7.00 pm



**This is a Browne
Shield Event**

Complete & Return this entry form to Lavinia Petrie - Pay on the night

Post - 12 Jeanette Marie Court Kilsyth 3137 Email - ljpetrie@alphalink.com.au

Family Name

Given Name

Email Address

Contact Phone

Gender

Date of Birth

Age at 13/5/14

VMA Venue

Anticipated Performance Time
for seeding purposes

If sufficient entries are received divisions will be allocated

Start Time 7.00 pm

ENTRY FEE \$10 PAYABLE BY CASH OR CHEQUE

ALL ENTRIES CLOSE 7th May 2013

No late entries will be accepted

PETER COLTHUP 5 MILES SELF HANDICAP

An invitation is extended by the Mentone Venue to all Masters to take part in the 20th Annual PETER COLTHUP 5 Miles (8.045km) Road Self Handicap to be held on **Wednesday April 30th 2014** at Dolamore Reserve, Mentone (Melway 87 B6).

You will have the opportunity to add your name to the illustrious past winners of the most handsome trophy in Masters Athletics – a magnificently crafted perpetual trophy carved by Louis Waser.

Medals will also be awarded to placegetters and there will also be fastest time medals for M40+ and W35+.

You will also be helping to remember Peter Colthup and the tremendous contribution that he made to Victorian Masters.

The 5 Miles Self Handicap will be held as part of the regular Mentone Wednesday night competition. The program will be as follows :-

- 6.40 200m E.T.
- 6.45 800m Self Handicap
- 7.15 **Road Peter Colthup 5 Miles Self Handicap**
- 7.30 5 Lap Spiral E.T. Walk on track
- 1.30 Supper and Presentations

Entry fee of \$3.00 to be paid on the night.

To facilitate handicapping the event will be conducted on a Self Handicap basis whereby you provide the starter with your estimated time for 5 miles and you will be started on the basis of your estimate but to deter an athlete seeking an advantage by submitting a slow time placegetters must not run more than 40 seconds faster than their estimate otherwise they will not be eligible for prizes.

Marge Colthup, Luke (Peter's grandson) and the Mentone members look forward to your participation in this special Masters event.



2014 AUSTRALIAN MASTERS TRACK & FIELD CHAMPIONSHIPS - VICTORIAN RESULTS Hobart 8 - 10 March

60 Meter Dash

W35-39

5 Gillick, Melissa W39 10.76 NWI 65.89%

W40-44

2 Lehmann, Narelle W43 8.11 NWI 91.49%

W45-49

2 Burns, Jacinta W45 8.94 NWI 84.90%

W50-54

8 Charles, Vicki W51 10.13 NWI 79.76%

W60-64

4 Clarke, Donna W60 10.19 NWI 86.65%

M40-44

1 Lehmann, Rob M42 7.37 NWI 92.40%

M45-49

2 Wilcox, Andrew M45 7.58 NWI 91.95%

6 Neofitou, Spiro M47 8.51 NWI 83.08%

M50-54

6 De Biasi, Luke M50 8.20 NWI 88.05%

M60-64

4 Carr, William M64 9.09 NWI 87.35%

5 McConnell, David M61 9.18 NWI 84.75%

M65-69

2 Howden, Keith M68 9.02 NWI 90.24%

3 Vorchheimer, Myer M69 9.79 NWI 83.66%

M75-79

3 Wood, Allan M76 10.31 NWI 83.80%

M85-89

1 Sinclair, Jim M89 12.05 NWI 89.96%

100 Meter Dash

W35-39

7 Gillick, Melissa W39 17.01 -0.2 63.84%

W40-44

1 Lehmann, Narelle W43 12.88 0.5 88.28%

W55-59

1 Monk, Leanne W57 15.32 -0.2 85.90%

W60-64

3 Clarke, Donna W60 16.39 -0.6 82.67%

M40-44

1 Lehmann, Rob M42 11.51 -1.2 90.36%

M45-49

1 Wilcox, Andrew M45 11.91 -0.8 89.17%

6 Romeo, Fabrizio M46 14.11Q -0.5 75.76%

9 O'Neill, Paul M48 13.26 1.2 81.67%

M50-54

13 Hennessy, Gary M51 13.40 -0.4 82.46%

M55-59

1 Mayston, Rob M56 12.33 -1.5 92.54%

3 Sargent, Jeff M55 13.15 -1.5 86.24%

M60-64

1 McConnell, David M61 13.12 1.5 89.71%

5 Carr, William M64 14.30 1.5 83.85%

M65-69

2 Howden, Keith M68 14.17 -1.8 86.66%

3 Vorchheimer, Myer M69 15.28 -1.8 80.82%

M70-74

5 Oakley, Russell M74 16.05 -1.5 81.25%

7 Jacotine, Julian M73 16.28 -1.5 79.12%

M75-79

2 Chambers, Don M76 15.53 -1.7 86.22%

4 Wood, Allan M76 17.88 -1.7 74.89%

M85-89

1 Sinclair, Jim M89 19.85 -1.7 84.03%



Leanne Monk

2014 AUSTRALIAN MASTERS TRACK & FIELD CHAMPIONSHIPS

Men 100 Meter Dash Champion of Champions

1	Mayston, Rob	M56	10.73	-0.8	106.34%
4	Lehmann, Rob	M42	10.90	-0.8	95.41%
5	McConnell, David	M61	11.31	-0.8	104.07%



200 Meter Dash

W30-34					
5	Ryan, Lisa	W34	31.27	1.0	68.24%
W35-39					
9	Gillick, Melissa	W39	36.72	0.7	60.78%
W40-44					
1	Lehmann, Narelle	W43	26.95	0.9	87.01%
W45-49					
4	Burns, Jacinta	W45	29.67	-2.2	81.02%
W55-59					
1	Monk, Leanne	W57	31.69	NWI	86.56%
W60-64					
3	Clarke, Donna	W60	34.24	NWI	82.65%
M35-39					
1	Maurer, Brett	M38	23.42	NWI	87.57%
M40-44					
1	Lehmann, Rob	M42	23.19	0.2	91.16%
M45-49					
7	Neofitou, Spiro	M47	27.64	-0.1	79.34%
8	Romeo, Fabrizio	M46	30.25	-0.1	72.00%

M55-59

1	Mayston, Rob	M56	25.42	NWI	91.90%
--	Sargent, Jeff	M55	DNF		

M60-64

1	McConnell, David	M61	27.19	-0.9	88.82%
5	Carr, William	M64	29.82	-0.9	82.60%

M65-69

2	Howden, Keith	M68	28.72	+0.0	88.41%
4	Vorchheimer, Myer	M69	34.14	+0.0	74.96%

M85-89

2	Sinclair, Jim	M89	43.14	NWI	91.28%
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M70-74

3	Trembath, Richard	M72	33.21	-1.9	80.10%
4	Oakley, Russell	M74	33.70	-1.9	81.45%
5	Newton, Robert	M71	34.37	-1.9	76.23%

M75-79

3	Chambers, Don	M76	34.45	NWI	82.35%
4	Wood, Allan	M76	36.77	NWI	77.16%

400 Meter Run

W30-34

3	Ryan, Lisa	W34	1:08.19	71.99%
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W35-39

6	Gillick, Melissa	W39	1:21.52	63.69%
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W45-49

1	Little, Rachel	W45	1:01.74	89.63%
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W50-54

4	Burgess, Donna	W51	1:06.84	87.84%
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M35-39

1	Maurer, Brett	M38	52.45	86.75%
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M45-49

1	Wilcox, Andrew	M45	51.92	92.18%
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4	Hennig, Shawn	M46	57.50	83.79%
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6	O'Neill, Paul	M48	59.48	82.13%
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8	Neofitou, Spiro	M47	1:04.26	75.49%
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9	Romeo, Fabrizio	M46	1:04.80	74.35%
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M50-54

1	Cook, Allan	M51	54.40	91.65%
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M55-59

1	Mayston, Rob	M56	57.12	90.21%
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M60-64

2	McConnell, David	M61	1:01.71	86.21%
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M75-79

3	Brook, Max	M77	1:21.24	82.80%
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M70-74

3	Trembath, Richard	M72	1:15.39	81.26%
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4	Oakley, Russell	M74	1:16.02	83.81%
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6	Smith, Bob	M72	1:26.94	70.46%
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800 Meter Run

W30-34

4	Ryan, Lisa	W34	2:48.27	67.32%
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W35-39

4	Gillick, Melissa	W39	3:28.37	55.40%
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2014 AUSTRALIAN MASTERS TRACK & FIELD CHAMPIONSHIPS



Allan Cook

W50-54				
2	Burgess, Donna	W51	2:41.98	79.42%
M75-79				
4	Brook, Max	M77	3:21.84	76.66%
M40-44				
1	Dawes, Kynan	M43	2:04.25	87.97%
M45-49				
1	Schwerkolt, Robert	M48	2:06.48	90.35%
6	O'Neill, Paul	M48	2:23.07	79.87%
8	Romeo, Fabrizio	M46	2:49.61	66.22%
M50-54				
1	Cook, Allan	M51	2:02.75	95.54%
4	Lawrence, Scott	M52	2:18.51	85.38%
M55-59				
4	Thomas, Paul	M56	2:23.12	85.42%
M65-69				
1	Solomon, Kevin	M66	2:29.36	88.79%
6	Jeffs, Barry	M65	2:53.50	75.64%
M70-74				
2	Trembath, Richard	M72	2:58.03	80.19%
3	Oakley, Russell	M74	3:05.94	79.24%

1500 Meter Run

W35-39				
4	Gillick, Melissa	W39	6:52.35	59.05%
W50-54				
3	Higham, Janine	W53	5:33.40	86.26%

W60-64

2	Carr, Heather	W64	6:42.99	83.51%
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M40-44

1	Dawes, Kynan	M43	4:15.07	88.52%
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M45-49

1	Schwerkolt, Robert	M48	4:14.13	93.10%
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11	Romeo, Fabrizio	M46	5:53.00	65.81%
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M50-54

1	Cook, Allan	M51	4:21.83	92.85%
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3	Lawrence, Scott	M52	4:36.54	88.67%
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M55-59

5	Thomas, Paul	M56	5:03.91	83.54%
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M60-64

3	Chambers, Charles	M60	5:10.41	84.59%
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M65-69

1	Solomon, Kevin	M66	4:58.46	92.34%
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8	Jeffs, Barry	M65	6:00.43	75.84%
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M75-79

3	Brook, Max	M77	6:35.71	80.02%
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M80-84

3	Silcock-Delaney, Col	M81	10:22.04	54.42%
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Kevin Solomon

5000 Meter Run

W70-74

1	Petrie, Lavinia	W70	21:34.08	104.09%
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2014 AUSTRALIAN MASTERS TRACK & FIELD CHAMPIONSHIPS

M45-49

1 Schwerkolt, Robert M48 16:18.87 87.01%

M50-54

2 Quirk, Steven M54 16:39.93 89.43%

M60-64

2 Chambers, Charles M60 18:18.70 85.66%

M65-69

4 Jeffs, Barry M65 22:15.45 73.70%

M75-79

3 Brook, Max M77 27:29.95 69.95%



Lavinia Petrie

10000 Meter Run

W65-69

2 Trowbridge, Petrina W67 53:52.65 81.75%

W70-74

1 Petrie, Lavinia W70 44:43.27 103.75%

M60-64

1 Chambers, Charles M60 38:02.10 86.08%

110 Short Hurdles

M45-49

2 Hennig, Shawn M46 19.98 1.7 71.02%

100 Short Hurdles

M 50-54

2 De Biasi, Luke M50 16.43 1.7 80.65%

80 Short Hurdles

M75-79

1 Chambers, Don M76 19.09 2.3 73.23%

2 Brook, Max M77 22.74 2.3 62.84%



Charles Chambers

400 Long Hurdles

M45-49

1 Hennig, Shawn M46 1:05.92 82.15%

W30-34

2 Ryan, Lisa W34 1:18.61 66.58%

300 Long Hurdles

M60-64

1 McConnell, David M61 48.86 87.21%

M70-74

2 Trembath, Richard M72 58.35 84.28%

M75-79

1 Chambers, Don M76 1:03.57 84.08%

2 Brook, Max M77 1:08.17 79.98%

3000 Meter Steeplechase

M40-44

1 Simpson, Grant M44 10:48.40 82.79%

M45-49

3 Romeo, Fabrizio M46 15:54.16 57.28%

2000 Meter Steeplechase

W30-34

1 Ryan, Lisa W34 9:08.68 70.55%

W35-39

1 Gillick, Melissa W39 11:31.58 58.30%

2014 AUSTRALIAN MASTERS TRACK & FIELD CHAMPIONSHIPS

W60-64

-- Carr, Heather W64 DQ

M70-74

3 Egan, Elwyn M71 11:50.78 68.92%

M75-79

2 Brook, Max M77 11:42.00 77.53%

M80-84

-- Silcock-Delaney, Colin M81 DQ

Long Jump

W55-59

1 Monk, Leanne W57 4.03m +0.0 74.63%

M40-44

1 Lehmann, Rob M42 6.27m -0.5 79.67%

M45-49

2 Hennig, Shawn M46 4.95m 0.3 66.00%

3 Romeo, Fabrizio M46 3.98m -0.1 53.07%

M50-54

1 De Biasi, Luke M50 5.66m 1.3 79.38%

M55-59

3 White, Nicholas M59 4.32m -0.2 68.57%

M65-69

6 Vorchheimer, Myer M69 3.55m -0.3 65.99%

M70-74

2 Boyle, Peter M74 3.09m -1.8 62.80%

M75-79

2 Chambers, Don M76 3.46m -1.5 73.15%

3 Wood, Allan M76 3.22m -0.9 68.08%

5 Boyle, Edward M75 2.97m -2.0 61.49%

Triple Jump

W55-59

1 Monk, Leanne W57 8.38m 0.1 77.38%

M40-44

1 Lehmann, Rob M42 11.68m 0.3 70.11%

M50-54

1 Hodgson, Nick M50 12.40m +0.0 82.34%

2 De Biasi, Luke M50 11.81m +0.0 78.42%

M55-59

1 Olsson, Paul M57 10.03m -0.4 73.43%

M65-69

4 Vorchheimer, Myer M69 7.48m +0.0 66.49%

M75-79

2 Chambers, Don M76 7.66m +0.0 77.77%

High Jump

W55-59

1 Monk, Leanne W57 1.14m 74.51%

M40-44

2 Simpson, Grant M44 1.51m 70.89%

M45-49

1 Hennig, Shawn M46 1.54m 73.68%

M50-54

1 De Biasi, Luke M50 1.65m 82.50%

M75-79

1 Chambers, Don M76 1.11m 77.08%

3 Wood, Allan M76 0.99m 68.75%

Weight Throw

W35-39

3 Gillick, Melissa W39 5.35m 31.16%

W60-64

1 Schultz, Christine W63 10.72m 61.93%

W65-69

1 Dundas, Rhondda W69 10.73m 72.16%

M45-49

4 Romeo, Fabrizio M46 8.51m 39.18%

M50-54

2 Wrzuszczak, Peter M53 12.29m 55.56%

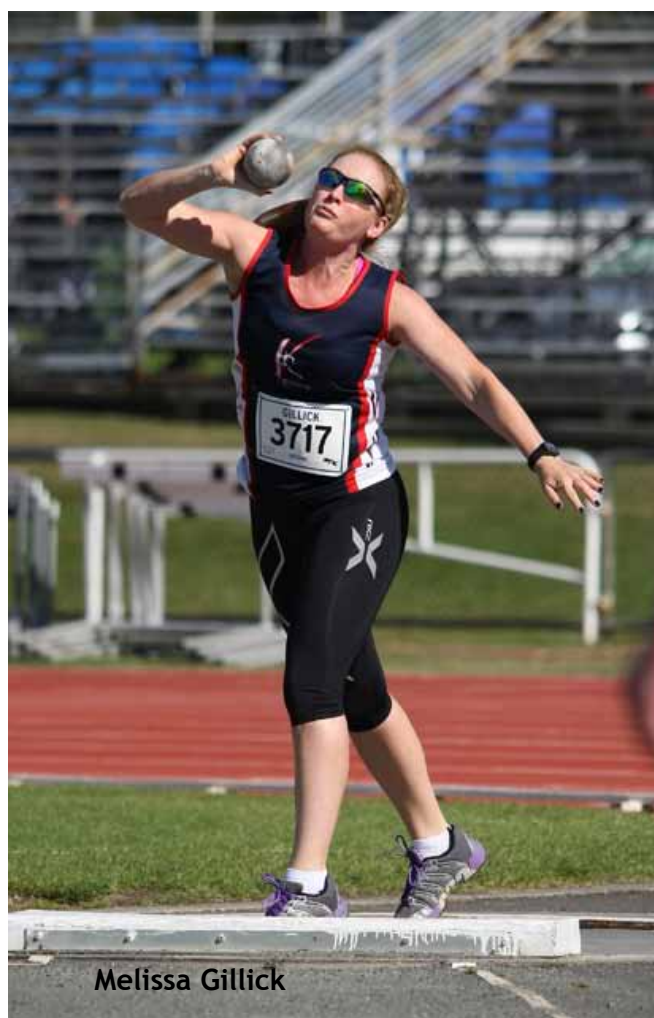
M55-59

1 Olsson, Paul M57 13.35m 64.77%

5 Peska, Stan M57 11.45m 55.56%

M75-79

1 Chambers, Don M76 11.14m 65.30%



Melissa Gillick

Shot Put

W35-39

3 Gillick, Melissa W39 6.41m 32.49%

4 Benbow, Kylie W39 5.86m 29.70%

W50-54

4 Charles, Vicki W51 6.49m 40.49%

W55-59

5 Monk, Leanne W57 6.28m 43.82%

2014 AUSTRALIAN MASTERS TRACK & FIELD CHAMPIONSHIPS

W60-64

1	Schultz, Christine	W63	9.86m	78.01%
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W65-69

1	Dundas, Rhondda	W69	7.92m	72.39%
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M45-49

6	Romeo, Fabrizio	M46	8.21m	40.34%
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M50-54

3	Wrzuszczak, Peter	M53	10.12m	53.40%
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M55-59

1	Peska, Stan	M57	12.56m	72.39%
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M65-69

4	Vorchheimer, Myer	M69	7.07m	51.57%
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M70-74

3	Tonelli, Didimo	M70	9.39m	52.87%
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5	Amerasekera, Errol	M70	8.23m	46.34%
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6	Jupp, Trevor	M73	7.49m	45.87%
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Javelin Throw

W35-39

4	Gillick, Melissa	W39	14.74m	21.58%
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5	Benbow, Kylie	W39	9.71m	14.22%
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W60-64

2	Schultz, Christine	W63	19.73m	50.43%
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W65-69

2	Dundas, Rhondda	W69	14.81m	43.91%
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M45-49

2	Hennig, Shawn	M46	39.55m	50.22%
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4	Romeo, Fabrizio	M46	28.52m	36.22%
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M55-59

5	Peska, Stan	M57	36.68m	54.53%
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M70-74

1	Tonelli, Didimo	M70	26.16m	46.38%
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2	Amerasekera, Errol	M70	21.54m	38.19%
---	--------------------	-----	--------	--------

4	Boyle, Peter	M74	20.36m	40.33%
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5	Jupp, Trevor	M73	16.73m	32.20%
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M75-79

2	Wood, Allan	M76	21.18m	44.57%
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3	Boyle, Edward	M75	19.55m	39.90%
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Hammer Throw

W35-39

1	Benbow, Kylie	W39	21.92m	36.01%
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M75-79

1	Chambers, Don	M76	23.41m	52.31%
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M65-69

5	Vorchheimer, Myer	M69	18.58m	37.82%
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M45-49

5	Romeo, Fabrizio	M46	19.65m	27.37%
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M50-54

2	Wrzuszczak, Peter	M53	34.26m	49.06%
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M55-59

3	Olsson, Paul	M57	34.19m	53.67%
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4	Peska, Stan	M57	27.28m	42.83%
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Discus Throw

W35-39

3	Benbow, Kylie	W39	17.02m	24.17%
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W50-54

1	Charles, Vicki	W51	16.51m	28.59%
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W60-64

1	Schultz, Christine	W63	26.81m	59.47%
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W65-69

2	Dundas, Rhondda	W69	20.18m	52.09%
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M45-49

6	Hennig, Shawn	M46	26.73m	38.61%
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7	Romeo, Fabrizio	M46	18.49m	26.71%
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M50-54

3	Wrzuszczak, Peter	M53	30.69m	43.78%
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M55-59

4	Peska, Stan	M57	35.45m	55.27%
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M70-74

3	Amerasekera, Errol	M70	26.86m	51.22%
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4	Tonelli, Didimo	M70	25.98m	49.54%
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5	Jupp, Trevor	M73	22.21m	45.90%
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Pole Vault

W45-49

1	Burns, Jacinta	W45	2.30m	57.64%
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M75-79

1	Chambers, Don	M76	1.80m	59.41%
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1500 Meter Race Walk

W60-64

1	Carr, Heather	W64	7:47.82	92.72%
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W65-69

1	Feldman, Elizabeth	W65	9:14.88	79.06%
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W75-79

--	Case, Val	W77	DQ	
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M45-49

1	Christmass, James	M46	6:27.58	88.46%
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M50-54

2	Evans, Simon	M53	7:04.75	85.65%
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M60-64

2	Riddoch, Clyde	M60	8:20.22	77.60%
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M65-69

1	Dickenson, Russell	M68	7:54.52	89.13%
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2	Jamieson, Andrew	M67	7:54.56	88.11%
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M75-79

1	Ilgoutz, Gunther	M75	8:53.43	86.55%
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M80-84

1	Silcock-Delaney, Col	M81	10:55.25	76.82%
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5000 Meter Race Walk

W60-64

1	Carr, Heather	W64	28:34.51	90.79%
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W65-69

--	Feldman, Elizabeth	W65	DQ	
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W75-79

--	Case, Val	W77	DQ	
----	-----------	-----	----	--

2014 AUSTRALIAN MASTERS TRACK & FIELD CHAMPIONSHIPS

M45-49

1 Christmass, James M46 23:45.98 83.46%

M50-54

2 Evans, Simon M53 25:44.75 81.70%

M60-64

2 Riddoch, Clyde M60 30:53.56 72.62%

M65-69

1 Jamieson, Andrew M67 26:25.73 91.45%

-- Dickenson, Russell M68 DNF

M75-79

2 Ilgoutz, Gunther M75 29:11.87 91 91.56%

M80-84

1 Silcock-Delaney, Colin M81 39:24.47

74.15%

10000 Meter Race Walk

M50-54

2 Evans, Simon M53 55:07.00 78.45%

M60-64

1 Riddoch, Clyde M6 1:09:46.00 66.03%

M65-69

1 Jamieson, Andrew M67 53:44.00 92.38%

2 Dickenson, Russell M68 59:37.00 84.25%

M75-79

2 Ilgoutz, Gunther M75 1:11:30.00 76.95%

M80-84

-- Silcock-Delaney, Col M81 DQ

W60-64

1 Carr, Heather W64 1:00:23.00 90.37%

W65-69

1 Feldman, Elizabeth W65 1:10:00.00 79.05%

8k Run CC

M60-64

2 Chambers, Charles M60 31:37.00 83.39%

W30-34

2 Ryan, Lisa W34 39:00.00 62.18%

W65-69

1 Trowbridge, Petrina W67 50:42.00

68.90%

W70-74

1 Petrie, Lavinia W70 38:48.00 94.50%

4x100 Meter Relay - MEN

2 Victoria 'A' 46.66

1) Maurer, Brett 38 2) Cook, Allan 51

3) Mayston, Rob 56 4) Lehmann, Rob 42

8 Victoria 'B' 52.28

1) Hennig, Shawn 46 2) Neofitou, Spiro 47

3) Romeo, Fabrizio 46 4) McConnell, David 61

11 Victoria 'C' 58.78

1) Vorchheimer, Myer 69 2) Chambers, Don 76

3) Carr, William 64 4) Howden, Keith 68



Andrew Jamieson & Russ Dickenson

4x100 Meter Relay - WOMEN

2 Victoria 'B' 53.87

1) Burns, Jacinta 45 2) Little, Rachel 45

3) Burgess, Donna 51 4) Lehmann, Narelle 43

11 Victoria 'C' 1:06.94

1) Charles, Vicki 51 2) Clarke, Donna 60

3) Carr, Heather 64 4) Monk, Leanne 57

4x400 Meter Relay - MEN

1 Victoria 'A' 3:38.00

1) Dawes, Kynan 43 2) Lehmann, Rob 42

3) Schwerkolt, Robert 48 4) Cook, Allan 51

3 Victoria 'B' 3:50.54

1) Mayston, Rob 56 2) Lawrence, Scott 52

3) O'Neill, Paul 48 4) Wilcox, Andrew 45

10 Victoria 'C' 4:41.10

1) Howden, Keith 68 2) Neofitou, Spiro 47

3) Trembath, Richard 72 4) Carr, William 64

4x400 Meter Relay - WOMEN

1 Victoria 'B' 4:19.13

1) Little, Rachel 45 2) Burns, Jacinta 45

3) Burgess, Donna 51 4) Lehmann, Narelle 43

2014 AUSTRALIAN MASTERS TRACK & FIELD CHAMPIONSHIPS

The AMA Pentathlon Championships - Held in Launceston 7/03/2014

Men Outdoor Pentathlon

M40-44

	Points	LJ	JT	200	DT	1500
2 Scholes, Matthew		4.38m	28.00m	28.95	17.02m	5:00.49
Age-Graded Mark:		4.77m	30.41m	27.61	18.74m	4:46.04
Age-Graded Percent:		53.35%	30.88%	69.98%	25.3%	72.02%
	1940	(339)	(305)	(404)	(249)	(643)

M50-54

	Points	LJ	JT	200	DT	1500
3 Egginton, Andrew		3.93m	30.97m	28.95	23.95m	4:51.80
Age-Graded Mark:		4.82m	38.02m	25.87	24.47m	4:14.78
Age-Graded Percent:		53.98%	38.61%	74.72%	33.03%	80.86%
	2502	(348)	(414)	(535)	(357)	(848)

M45-49

	Points	LJ	JT	200	DT	1500
1 Hennig, Shawn		5.12m	37.36m	26.50	27.57m	5:14.19
Age-Graded Mark:		5.91m	43.77m	24.48	33.21m	4:46.70
Age-Graded Percent:		66.06%	44.44%	78.94%	44.84%	71.85%
	2882	(567)	(497)	(651)	(528)	(639)

M75-79

	Points	LJ	JT	200	DT	1500
1 Brook, Max		3.15m	13.90m	34.93	17.32m	6:46.96
Age-Graded Mark:		5.67m	26.31m	25.21	24.82m	4:26.81
Age-Graded Percent:		63.38%	26.72%	76.67%	33.51%	77.21%
	2482	(516)	(248)	(588)	(364)	(766)

2 Wood, Allan		2.85m	20.38m	34.99	15.89m	8:35.61
Age-Graded Mark:		5.13m	38.58m	25.25	22.77m	5:38.04
Age-Graded Percent:		57.34%	39.18%	76.54%	30.74%	60.94%
	2099	(407)	(422)	(585)	(324)	(361)

Men Weight Pentathlon

M50-54

	Points	HT	SP	DT	JT	WT
2 Wrzuszczak, Peter		33.36m	9.47m	29.57m	24.80m	10.64m
Age-Graded Mark:		39.57m	11.09m	30.21m	30.44m	11.15m
Age-Graded Percent:		45.63%	48.00%	40.79%	30.92%	43.15%
	2346	(505)	(551)	(469)	(305)	(516)

M55-59

	Points	HT	SP	DT	JT	WT
3 Peska, Stan		28.00m	12.00m	32.24m	27.00m	11.93m
Age-Graded Mark:		36.80m	15.24m	35.79m	36.12m	13.39m
Age-Graded Percent:		42.43%	65.93%	48.32%	36.68%	51.78%
	2873	(460)	(804)	(580)	(386)	(643)

2014 AUSTRALIAN MASTERS TRACK & FIELD CHAMPIONSHIPS

Women Weight Pentathlon W35-39

	Points	HT	SP	DT	JT	WT
2 Benbow, Kylie		20.19m	5.91m	15.75m	9.83m	5.68m
Age-Graded Mark:		22.09m	6.12m	16.32m	10.44m	6.20m
Age-Graded Percent:		28.69%	27.07%	21.26%	14.3%	26.28%
	1193	(324)	(279)	(212)	(114)	(264)

W65-69

	Points	HT	SP	DT	JT	WT
2 Dundas, Rhondra		29.16m	8.18m	19.43m	14.25m	9.10m
Age-Graded Mark:		49.68m	13.57m	34.83m	24.61m	12.06m
Age-Graded Percent:		64.53%	60.01%	45.35%	33.72%	51.12%
	3238	(925)	(765)	(554)	(375)	(619)

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AN IMPORTANT REQUEST

The AMA Board wishes to establish the views of its membership in regard to the timing of the Championship and the contents of the program from 2016 onwards.

Please fill in and return the Survey in Footprints to the given address, and most importantly giving the reasons for your choices.

It is important that the AMA Board receives as many responses as possible so that they are **not making recommendations based on a small number of returns and opinions.**

Remember these **are your Championships** and should be held **when you want them held.**

Russell Oakley

President VMA & AMA Council Delegate

WHY IS IT SO?

At the recent AMA Championships in Hobart, our total number of competitors were down by approximately 25% compared to Brisbane and Canberra- 77 compared to 100.

In both the Track and Field and Throws pentathlons there was an alarming lack of competitors. The Womens Track and Field pentathlon had no entries while the Throws only attracted three competitors. The Mens Throws had two competitors while the Track and Field had five!!

Five possibilities come to mind:

1. The change of date from Easter to the long week-end.
2. The shortened program from three days to two and half.
3. The Pentathlons were not held a part of the Championship program, but as separate standalone events.
4. Both Pentathlons were held on the same day.
5. The Pentathlons were held in Launceston on the day before the Track and Field Championships in Hobart.

To give your Committee feedback on the decrease in numbers or other reasons not outlined above, could you please send me your thoughts by either writing to me at 12 Danielle Crescent Heathmont 3135 or email on oakanru@bigpond.com

AMA CHAMPIONSHIPS EVALUATION

The Championships this year in Hobart are a trial in response to the AMA survey which indicated a majority preference for a non-Easter and a shorter Championships. There has been renewed interest in the subject since that survey and the concept is to be evaluated again. Obviously the major measure of success has to be member satisfaction largely indicated by attendance at these Championships. However we are taking the opportunity to canvass all members on the subject once more.

AMA intends to make a full analysis of numbers attending, State/Territory numbers, age grouping and event type. While a direct comparison with Canberra or Melbourne cannot be made there will be some analysis. The main comparison will be with the numbers from the last Championships in Hobart. Results of the analysis will be circulated to all States/Territories and a decision made by AMA Council (not the Board) on the future timing and format of our Championships. As lead time is important any decision will only affect the Championships from 2016 (Adelaide) onwards with Sydney in 2015 being the normal 4 day program at Easter.

As part of the AMA analysis we would welcome comments from members:

Name

Age Group.....

State/Territory.....

Predominantly:

Sprinter....Hurdler....Mid Distance....DistanceWalker....Thrower....Jumper....Multi-eventer....

Did you attend the Hobart Championships? Yes..... No.....

Please nominate your preference (from the list of 10 below) for future Championships. If you wish you can nominate a 2nd preference.

4 day program similar to the past

1. Easter
2. March/April away from Easter
3. Some other time – Nominate when

4 day program with Throws and T&F Pentathlons only on the last (or first) day.

4. Easter
5. March/April away from Easter
6. Some other time – Nominate when.

3 day program without either pentathlons

7. Easter
8. March/April away from Easter
9. Some other time – Nominate when

3 day program with Pentathlons held some other time

10. Nominate when for main T&F
11. Nominate when for pentathlons

We would welcome any other comments.

Please email by Easter 2014 (April 18th) to gwhite@adam.com.au

or post George White, 12A Gulfview Rd, Blackwood, SA 5051



Kuzuzangpo la!

(Greetings! in Dzongkha)

Bhutan is certainly a long way away from the running tracks in Melbourne and my wonderful Doncaster Masters Athletics group.

I am currently 8 months into a 12 month assignment as an international volunteer with *Australian Volunteers for International Development (AVID)* where I work at the Deaf Education Unit at Drukgyel Lower Secondary School in Paro, Bhutan.

Bhutan has fewer cars than cattle, no traffic lights and no fast food restaurants. Social progress is measured not in terms of economic development or GDP, but in terms of Gross National Happiness.

It is one of the most recent nations to accept TV and Internet (1999), and to install a democratic government. It is also home to the highest unclimbed mountain on the planet, Gangkhar Puensum (24,840 ft.).

On my arrival in Bhutan at the end of June 2013, I wondered what was in store for me. I surveyed the streets and rarely saw a

Running the Inaugural International Bhutan Half Marathon

runner, so I wasn't sure if it was a culturally appropriate sport. I did however spot an athletics track in the capital city so figured that some running must take place. I asked around and was told that running is fine, but not many people do it. My first run in the capital city Thimphu was only 2 weeks after landing. At an elevation of 2350metres, I felt like an elephant and wondered how I would ever run.



Figure 1: Early in the race. I'm in black. Photo from BOC website

Just as I was starting to jog more than a few hundred metres without puffing like a steam train, my running was put on hold for the next 2 ½ months. Just 19 days after arriving, and the day before I was to start work, I was attacked by two vicious dogs that came at me from behind. I sustained 3 leg wounds, one serious. My initial thought was, "I'm going to die of rabies!" and then it was, "Will I be able to run?" I was unsure what damage the dogs had done and whether any muscles were affected. After spending 10 days with my leg up at one of the other volunteer's homes, I was medevacked back to Australia for surgery.



but it felt like 10. Gradually I got accustomed to the 2700metre altitude in the Himalayan Range where I live.

Four weeks later I returned to Bhutan, ready to start over again. I got back into venturing around my village and then slowly started jogging again. Armed with a handful of stones, my first run was only about 1 km,

I then heard about the Inaugural Bhutan International Marathon organized by the Bhutan Olympic Committee (BOC) and decided to enter the Half Marathon event.



Figure 3: Local village children. Photo from BOC website

The event was held on Sunday 23rd February starting outside the village of Punakha and finishing at the beautiful Punakha Dzong, A formal Buddhist ceremony was held prior to the race start, along with traditional suja (butter tea) and sweet rice. 136 people competed in the Half Marathon and 78 in the full, with participants from about 20 different countries.

The route was spectacular and took us along dusty uneven roads, through villages and across Bhutan's longest suspension bridge. Thankfully the final 5 km was on the bitumen, although there was a gradual incline the entire way.

As I had been training at over 2500 metres altitude and the race was at about

1350metres, I'm sure that helped me. It would certainly have been an advantage over fellow participants who travelled from other countries. Although the course was tough and I ran my slowest Half Marathon, none of that mattered. As it turned out I came second, but that was just a bonus.

It was the experience that counted, including being spurred on at the end by Bhutan's, Prince Jigyel on his bicycle shouting out, "Great run!" It was such a unique place to run and a wonderful atmosphere. How lucky I am to be in Bhutan!

I'm looking forward to returning to the athletics track at Doncaster and just maybe, with 'altitude training', I'll stay in front of all those men!

Elizabeth Grover
(Doncaster Masters Athletics)
AVID Volunteer, Bhutan



Figure 2: Punakha Dzong, the Finish



Figure 4: receiving my second place trophy

Half Marathon Results: Taken from the BOC website
Men

Place	Name		Time
1st	Tshewang Dorji	Royal Bhutan Guard	1:18:47
2nd	Sonam Wangdi	Royal Bhutan Army	1:18:53
3rd	Tshering Wangchuk	Royal Bhutan Guard	1:20:58
4th	Dechen Dorji	Royal Bhutan Army	1:21:23
5th	Phurpa Wangdi	Royal Bhutan Army	1:21:49

Women

Place	Name		Time
1st	Nima Lhazin	Royal Bhutan Police	1:41:26
2nd	Elizabeth Grover	Australia	1:51:26
3rd	Phub Dem	Bhutan	1:56:02
4th	Yeshi Lhamo	Royal Bhutan Police	1:59:23
5th	Sarah Paulin	Germany	2:02:14



RESULTS - VICTORIAN MASTERS TRACK & FIELD CHAMPIONSHIPS



Wal Shephard Trophy for winning M60-64 800m - **Colin Page**
Michael O'Neil Trophy - Best A/G 1500m **Alan Cook** 91.4% M50-54

WOMENS RESULTS

60 Meter Dash

W35-39

1	Sophie Todorov	W39	YRA	9.20	0.2	77.07%
2	Nicole Gunn	W35	KSB	9.70	0.2	71.34%
3	Melissa Gillick	W39	VMA	10.54	0.2	67.27%

W45-49

1	Sonya Pollard	W47	VMA	8.71	0.4	88.98%
2	Karen Carah	W45	BOH	8.88	0.4	85.47%
3	Tracey Carpenter	W47	VMA	9.40	0.4	82.45%
4	Linda Buttigieg	W49	WAV	9.42	0.4	84.08%
5	Tracey Howse	W48	VMA	10.96	0.4	71.44%

W50-54

1	Vicki Charles	W51	GHY	10.18	NWI	79.37%
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W55-59

1	Leanne Monk	W57	VMA	9.53	NWI	90.03%
2	Christine Bridle	W56	WAV	9.60	NWI	88.54%

W60-64

1	Donna Clarke	W60	VMA	10.21	NWI	86.48%
2	Kay Burnie	W61	VMA	10.58	NWI	84.22%

W70-74

1	Jan Morrey	W74	VMA	10.72	NWI	94.87%
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W75-79

--	Anna Hunt	W75	VMA	DNF		
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100 Meter Dash

W35-39

1	Sophie Todorov	W39	YRA	14.51	2.2	74.84%
2	Melissa Gillick	W39	VMA	16.79	2.2	64.68%

W40-44

1	Sherry Gathercole	W43	CORIO	13.88	2.2	81.92%
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W45-49

1	Linda Buttigieg	W49	WAV	14.97	2.2	81.03%
2	Tracey Carpenter	W47	VMA	15.03	2.2	79.04%
3	Tracey Howse	W48	VMA	17.33	2.2	69.24%

W50-54

1	Cathy Orelli	W52	CHIL	15.87	2.4	78.89%
2	Vicki Charles	W51	GHY	16.06	2.4	77.15%

W55-59

1	Leanne Monk	W57	VMA	14.71	2.4	89.46%
2	Christine Bridle	W56	WAV	15.21	2.4	85.67%
3	Gillian Hayden	W57	VMA	19.33	2.4	68.08%

RESULTS - VICTORIAN MASTERS TRACK & FIELD CHAMPIONSHIPS

W60-64

1	Donna Clarke	W60	VMA	16.11	1.8	84.11%
2	Kay Burnie	W61	VMA	17.17	1.8	79.62%

W65-69

1	Beverley Learmont	W65	VMA	17.90	1.8	79.27%
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W70-74

1	Jan Morrey	W74	VMA	16.89	1.8	92.66%
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W75-79

1	Shirley Coppock	W77	VMA	25.88	1.8	62.71%
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200 Meter Dash

W35-39

1	Sophie Todorov	W39	YRA	32.19	2.3	69.34%
2	Nicole Gunn	W35	KSB	34.33	2.3	62.16%
3	Melissa Gillick	W39	VMA	37.05	2.3	60.24%

W45-49

1	Karen Carah	W45	BOH	29.92	2.3	80.35%
2	Tracey Carpenter	W47	VMA	32.52	2.3	75.62%
3	Tracey Howse	W48	VMA	40.30	2.3	61.71%

W55-59

1	Leanne Monk	W57	VMA	31.81	-0.2	86.23%
2	Christine Bridle	W56	WAV	32.94	-0.2	82.42%

W60-64

1	Donna Clarke	W60	VMA	33.84	-0.2	83.63%
2	Kay Burnie	W61	VMA	38.64	-0.2	73.96%

400 Meter Run

W35-39

1	Melissa Gillick	W39	VMA	1:27.79	59.14%
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W40-44

1	Talitha Crawford	W42	BOH	62.81	85.34%
2	Sharon Pedersen	W41	CHIL	65.47	81.03%
3	Sue Rebesco	W42	WEST	76.72	69.86%

W45-49

1	Tracey Carpenter	W47	VMA	70.04	80.57%
2	Jodi Chandler	W45	VMA	71.11	77.82%
3	Michelle King	W49	DIV	72.24	79.69%
4	Carolyn Huell	W47	WEST	73.59	76.68%

W50-54

1	Jay Wright	W54	MAL	77.05	78.39%
2	Cathy Orelli	W52	CHIL	77.70	76.27%

W55-59

1	Christine Bridle	W56	WAV	76.05	80.91%
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W60-64

1	Janet Holmes	W60	VMA	1:26.75	73.56%
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W65-69

1	Rhonda Trengrove	W66	VMA	2:03.96	54.57%
2	Vicki Thompson	W68	VMA	2:25.36	47.98%

800 Meter Run

W35-39

1	Anna Kasapis	W36	APS	2:19.39	81.27%
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W45-49

1	Carolyn Huell	W47	WEST	2:45.21	74.95%
2	Jodi Chandler	W45	VMA	2:47.82	72.56%

RESULTS - VICTORIAN MASTERS TRACK & FIELD CHAMPIONSHIPS

W50-54

1	Janine Higham	W53	ESS	2:45.98	79.53%
2	Heather Kennedy	W51	WEST	2:54.95	73.53%
3	Pam Tindal	W54	VMA	3:01.15	73.84%
4	Jay Wright	W54	MAL	3:13.09	69.28%

W60-64

1	Janet Holmes	W60	VMA	3:20.59	72.69%
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W70-74

1	Jeanne Bryan	W71	VMA	3:42.81	81.94%
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W75-79

1	Pam Mews	W79	VMA	6:36.64	56.34%
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1500 Meter Run

W35-39

1	Anna Kasapis	W36	APS	4:49.12	82.34%
2	Melissa Gillick	W39	VMA	6:44.70	60.17%

W40-44

1	Talitha Crawford	W42	BOH	5:08.74	81.33%
2	Helen Bryan	W43	MEN	5:30.28	76.92%
3	Carolyn Tonelli	W41	KSB	5:31.37	74.93%
4	Sharon Rankin	W42	WEST	5:42.04	73.41%
5	Francesca Reid	W44	GHY	6:13.78	68.77%

W45-49

1	Carolyn Huell	W47	WEST	5:25.52	81.86%
2	Pia Hunter	W47	BOH	5:34.85	79.58%
3	Jodi Chandler	W45	VMA	5:54.67	73.34%

W50-54

1	Janine Higham	W53	ESS	5:47.98	82.65%
2	Heather Kennedy	W51	WEST	6:05.36	76.69%
3	Lesley Grimes	W53	VMA	6:09.64	77.81%
4	Tamami Holmes	W53	OSC	6:32.36	73.30%

W55-59

1	Helen Stanley	W58	VMA	5:56.07	86.49%
2	Julie Hertz	W56	VMA	7:41.87	64.84%

W60-64

1	Marlene Gourlay	W62	VMA	6:31.44	83.39%
2	Heather Carr	W64	EAG	7:09.02	78.44%

W65-69

1	Rhonda Trengrove	W66	VMA	8:48.52	65.70%
2	Vicki Thompson	W68	VMA	10:27.87	57.13%

W70-74

1	Jeanne Bryan	W71	VMA	7:13.87	86.97%
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W75-79

1	Pam Mews	W79	VMA	14:02.25	52.02%
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5000 Meter Run

W40-44

1	Kirsten Jackson	W44	WAV	19:07.24	81.30%
2	Carolyn Tonelli	W41	KSB	20:38.05	73.26%
3	Sharon Rankin	W42	WEST	20:57.26	72.76%

W45-49

1	Carolyn Huell	W47	WEST A	19:59.58	80.51%
2	Kuniko Bowden	W48	MEN	20:34.46	79.21%
3	Pia Hunter	W47	BOH	20:55.28	76.94%

RESULTS - VICTORIAN MASTERS TRACK & FIELD CHAMPIONSHIPS

W50-54

1	Pam Tindal	W54	VMA	22:32.48	78.14%
2	Carolyn Rosenbrock	W52	ANW	23:18.36	73.60%

W55-59

1	Helen Stanley	W58	VMA	21:58.28	84.73%
2	Helen Van Der Nagel	W57	VMA	25:55.33	70.81%
3	Julie Hertz	W56	VMA	27:15.66	66.40%

W60-64

1	Connie Davy	W61	VMA	26:35.37	73.14%
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W65-69

1	Rhonda Trengrove	W66	VMA	32:39.05	64.35%
2	Vicki Thompson	W68	VMA	36:59.53	58.68%

W70-74

1	Lavinia Petrie	W70	RING	21:48.17	102.97%
2	Jeanne Bryan	W71	VMA	26:19.28	86.80%

W75-79

1	Judy Wines	W76	VMA	34:19.78	72.92%
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80 Short Hurdles 76.2cm

W40-44

1	Miachelle Deverell	W43	COL	17.10	4.3	67.31%
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300 Long Hurdles 76.2cm

W55-59

1	Christine Bridle	W56	WAV	67.40	77.66%
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2000 Meter Steeplechase 76.2cm

W35-39

1	Melissa Gillick	W39	VMA	11:05.94	60.55%
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W40-44

1	Sharon Pedersen	W41	CHIL	7:24.87	92.08%
2	Sue Rebesco	W42	WEST	9:48.79	70.13%

W45-49

1	Carolyn Huell	W47	WEST	8:56.72	79.93%
2	Jodi Chandler	W45	VMA	9:44.40	72.31%

W50-54

--	Vicki Charles	W51	GHY	DNF	
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W60-64

1	Heather Carr	W64	EAG	10:54.44	80.53%
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High Jump

W40-44

1	Helen Bryan	W43	MEN	1.25m	68.31%
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W45-49

1	Linda Buttigieg	W49	WAV	1.15m	67.65%
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W55-59

1	Christine Bridle	W56	WAV	1.30m	83.87%
2	Leanne Monk	W57	VMA	1.15m	75.16%

Pole Vault

W45-49

1	Linda Buttigieg	W49	WAV	2.60m	70.08%
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Long Jump

W35-39

1	Sophie Todorov	W39	YRA	3.66m	NWI	52.97%
2	Melissa Gillick	W39	VMA	2.71m	NWI	39.22%

W40-44

1	Sherry Gathercole	W43	CORIO	4.01m	NWI	61.04%
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RESULTS - VICTORIAN MASTERS TRACK & FIELD CHAMPIONSHIPS

W45-49

1	Linda Buttigieg	W49	WAV	3.71m	NWI	61.12%
2	Tracey Howse	W48	VMA	3.20m	NWI	52.03%

W50-54

1	Jay Wright	W54	MAL	3.65m	NWI	64.60%
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W55-59

1	Christine Bridle	W56	WAV	3.92m	NWI	71.40%
2	Leanne Monk	W57	VMA	3.86m	NWI	71.48%

W60-64

1	Kay Burnie	W61	VMA	3.15m	NWI	62.13%
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W65-69

1	Beverley Learmont	W65	VMA	2.76m	NWI	58.35%
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Triple Jump

W35-39

1	Sophie Todorov	W39	YRA	8.19m	NWI	59.35%
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W45-49

1	Linda Buttigieg	W49	WAV	7.50m	NWI	61.73%
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W50-54

1	Jay Wright	W54	MAL	6.36m	NWI	56.13%
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W55-59

1	Leanne Monk	W57	VMA	8.25m	NWI	76.18%
2	Christine Bridle	W56	WAV	8.05m	NWI	73.18%

Shot Put 4kg

W35-39

1	Sophie Todorov	W39	YRA	8.74m	44.30%
2	Laura McLennan	W37	VMA	7.34m	35.67%
3	Melissa Gillick	W39	VMA	6.25m	31.68%
4	Kylie Benbow	W39	VMA	5.61m	28.43%

W40-44

1	Helen Rainey	W42	GHY	6.91m	37.43%
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W45-49

1	Judy Pfanner	W48	VMA	9.79m	61.57%
2	Linda Buttigieg	W49	WAV	7.66m	49.48%
3	Tracey Howse	W48	VMA	5.93m	37.30%

Shot Put 3kg

W50-54

1	Michele Knight	W51		7.56m	47.16%
2	Jay Wright	W54	MAL	7.42m	48.88%
3	Vicki Charles	W51	GHY	5.93m	36.99%

W55-59

1	Christine Bridle	W56	WAV	7.57m	51.81%
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W60-64

1	Christine Schultz	W63	VMA	9.09m	71.91%
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W65-69

1	Rhonda Dundas	W69	EAG	8.25m	75.41%
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W70-74

1	Beverly Hugo	W74	VMA	5.19m	54.46%
2	Jane Kinsey	W73	VMA	5.07m	51.68%

Discus Throw 1kg

W35-39

1	Laura McLennan	W37	VMA	19.13m	26.38%
2	Kylie Benbow	W39	VMA	16.04m	22.77%
3	Melissa Gillick	W39	VMA	13.38m	19.00%

RESULTS - VICTORIAN MASTERS TRACK & FIELD CHAMPIONSHIPS

W40-44

1	Helen Rainey	W42	GHY	14.97m	22.26%
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W45-49

1	Judy Pfanner	W48	VMA	33.44m	54.89%
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2	Linda Buttigieg	W49	WAV	23.30m	38.92%
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W50-54

1	Michele Knight	W51		17.20m	29.78%
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2	Jay Wright	W54	MAL	16.66m	30.52%
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3	Vicki Charles	W51	GHY	15.86m	27.46%
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4	Christine Dell	W51	RICH	15.07m	26.10%
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W55-59

1	Dorn Jenkins	W58	MEN	25.59m	50.81%
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2	Christine Bridle	W56	WAV	18.08m	34.46%
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W60-64

1	Christine Schultz	W63	VMA	25.93m	57.52%
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W65-69

1	Rhonda Dundas	W69	EAG	20.18m	52.09%
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2	Beverley Learmont	W65	VMA	15.90m	37.00%
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W70-74

1	Beverly Hugo	W74	VMA	14.15m	42.29%
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2	Jane Kinsey	W73	VMA	12.02m	34.82%
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Hammer Throw 4kg

W35-39

1	Kylie Benbow	W39	VMA	16.22m	26.64%
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W40-44

1	Helen Rainey	W42	GHY	12.64m	22.64%
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W45-49

1	Linda Buttigieg	W49	WAV	34.21m	77.70%
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2	Judy Pfanner	W48	VMA	26.98m	59.01%
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Hammer Throw 3kg

W50-54

1	Vicki Charles	W51	GHY	21.40m	35.40%
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2	Christine Dell	W51	RICH	19.06m	31.52%
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3	Donna-Marie Elms	W52	PRESTON	15.85m	26.71%
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4	Jay Wright	W54	MAL	14.05m	24.59%
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W55-59

1	Dorn Jenkins	W58	MEN	32.22m	61.15%
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2	Christine Bridle	W56	WAV	25.83m	47.04%
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W60-64

1	Christine Schultz	W63	VMA	26.36m	55.92%
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W65-69

1	Rhonda Dundas	W69	EAG	28.01m	69.19%
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W70-74

1	Astrid Rose	W70	VMA	20.16m	51.21%
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2	Beverly Hugo	W74	VMA	14.88m	42.60%
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3	Jane Kinsey	W73	VMA	13.78m	38.24%
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Javelin Throw 600gm

W35-39

1	Melissa Gillick	W39	VMA	14.04m	20.56%
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W45-49

1	Judy Pfanner	W48	VMA	28.94m	53.68%
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2	Linda Buttigieg	W49	WAV	22.06m	42.16%
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3	Tracey Howse	W48	VMA	16.63m	30.85%
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RESULTS - VICTORIAN MASTERS TRACK & FIELD CHAMPIONSHIPS

Javelin Throw 500gm

W50-54

1	Michele Knight	W51		20.38m	39.00%
2	Pam Tindal	W54	VMA	17.35m	35.77%
3	Jay Wright	W54	MAL	14.14m	29.15%

W55-59

1	Christine Bridle	W56	WAV	20.29m	44.11%
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Javelin Throw 400gm

W60-64

1	Christine Schultz	W63	VMA	18.55m	47.42%
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W65-69

1	Rhonda Dundas	W69	EAG	13.96m	41.39%
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W70-74

1	Jennifer Deravin	W74	VMA	17.01m	58.15%
2	Astrid Rose	W70	VMA	15.65m	47.66%
3	Beverly Hugo	W74	VMA	11.90m	40.68%
4	Jane Kinsey	W73	VMA	11.24m	37.28%

Weight Throw 9.08kg

W35-39

1	Melissa Gillick	W39	VMA	5.97m	34.77%
2	Kylie Benbow	W39	VMA	5.23m	30.46%

W45-49

1	Linda Buttigieg	W49	WAV	10.20m	73.70%
2	Judy Pfanner	W48	VMA	9.19m	64.86%

Weight Throw 7.26kg

W55-59

1	Dorn Jenkins	W58	MEN	12.16m	74.37%
2	Christine Bridle	W56	WAV	9.50m	55.82%

Weight Throw 5.45kg

W60-64

1	Christine Schultz	W63	VMA	10.57m	61.06%
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W65-69

1	Rhonda Dundas	W69	EAG	11.55m	77.67%
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W70-74

1	Jane Kinsey	W73	VMA	6.89m	52.00%
2	Beverly Hugo	W74	VMA	6.59m	51.32%

1500 Meter Race Walk

W35-39

1	Sandra Geisler	W36	RING	7:06.37	80.12%
2	Laura McLennan	W37	VMA	9:53.19	57.88%
3	Nicole Gunn	W35	KSB	10:33.47	53.70%

W40-44

1	Michelle Laufer	W44	COL	7:20.66	82.01%
2	Clare Garganis	W43	COL	10:05.72	59.19%

W45-49

1	Pia Hunter	W47	BOH	9:26.97	65.32%
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W50-54

1	Pam Tindal	W54	VMA	7:31.60	87.02%
2	Donna-Marie Elms	W52	PRES	8:26.63	76.24%
3	Robyn Shaw	W52	WEST A	8:38.68	74.47%

W55-59

1	Julie Challen	W56	VMA	9:52.85	67.48%
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RESULTS - VICTORIAN MASTERS TRACK & FIELD CHAMPIONSHIPS

W60-64

1	Alison Thompson	W61	VMA	8:27.44	82.77%
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W65-69

1	Liz Feldman	W65	VMA	8:37.29	84.81%
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2	Celia Johnson	W66	VMA	10:03.77	73.51%
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W70-74

1	Gwen Steed	W71	VMA	9:27.78	83.23%
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2	Beverly Hugo	W74	VMA	11:31.52	71.26%
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W75-79

1	Pam Mews	W79	VMA	14:32.68	61.02%
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2	Valerie Case	W77	VMA	14:45.27	58.24%
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3000 Meter Race Walk

W35-39

1	Sandra Geisler	W36	RING	15:21.88	76.42%
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2	Nicole Gunn	W35	KSB	23:07.67	50.56%
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W40-44

1	Kylie Irshad	W42	SCA	15:31.86	78.71%
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W50-54

1	Pam Tindal	W54	VMA	15:39.48	86.39%
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2	Donna-Marie Elms	W52	PRES	18:13.44	72.87%
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3	Robyn Shaw	W52	WEST A	18:34.24	71.51%
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W55-59

1	Julie Challen	W56	VMA	20:38.35	66.81%
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W60-64

1	Heather Carr	W64	EAG	16:41.76	90.14%
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2	Marlene Gourlay	W62	VMA	18:01.09	81.57%
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3	Alison Thompson	W61	VMA	18:17.41	79.46%
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W65-69

1	Liz Feldman	W65	VMA	18:38.18	81.74%
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2	Celia Johnson	W66	VMA	21:05.31	73.15%
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W70-74

1	Gwen Steed	W71	VMA	19:50.94	83.15%
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2	Beverly Hugo	W74	VMA	23:30.56	73.45%
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W75-79

1	Pam Mews	W79	VMA	31:44.56	59.18%
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2	Valerie Case	W77	VMA	32:24.41	55.97%
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MENS RESULTS

60 Meter Dash

M35-39

1	Jacques Butcher	M37	KNOX	7.77	-0.2	84.43%
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2	Mark Benbow	M37	VMA	8.34	-0.2	78.66%
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M40-44

1	Stewart Dobrzynski	M43	VMA	7.85	-0.2	87.52%
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2	Kurt Golonka	M44	GHY	7.95	-0.2	87.04%
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3	Richard Shortt	M42	VMA	8.08	-0.2	84.28%
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4	Angelo Portelli	M44	GHY	8.80	-0.2	78.64%
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M45-49

1	Colin Ritchie	M49	ESS	8.09	-0.6	88.63%
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2	Rob Italia	M48	VMA	8.40	-0.6	84.76%
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3	Fabrizio Romeo	M46	VMA	10.39	-0.6	67.56%
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RESULTS - VICTORIAN MASTERS TRACK & FIELD CHAMPIONSHIPS

M50-54

1	John Schuijers	M53	COL	8.25	0.3	89.33%
2	Luke De Biasi	M50	VMA	8.26	0.3	87.41%
3	Michael Howse	M53	WOD	8.50	0.3	86.71%
4	Ken Taylor	M51	YRA	8.61	0.3	84.44%
5	Paul Durrant	M52	VMA	8.69	0.3	84.23%

M55-59

1	Wayne Bingham	M59	WEST	8.30	0.4	92.53%
2	Graham Shaw	M56	WEST	8.69	0.4	86.65%

M60-64

1	Paul Turner	M60	CORIO	8.14	-0.1	94.96%
2	Stephen Baird	M63	VMA	8.88	-0.1	88.74%

M65-69

1	Dennis Aspinall	M66	VMA	8.65	-0.1	92.95%
2	Keith Howden	M68	VMA	8.85	-0.1	91.98%
3	Myer Vorchheimer	M69	MAC	10.01	-0.1	81.82%

M70-74

1	Robert Wishart	M72	VMA	8.79	-0.8	95.11%
2	Russell Oakley	M74	VMA	9.75	-0.8	87.08%
3	Ross Kent	M71	VMA	9.79	-0.8	84.78%
4	Anthony Bradford	M74	BEL	10.82	-0.8	78.47%

M75-79

1	Graeme Noden	M76	VMA	9.81	-1.4	88.07%
2	Allan Wood	M76	VMA	10.27	-1.4	84.13%
3	Stanley Hunt	M77	VMA	15.33	-1.4	56.88%

M80-84

1	Leo Coffey	M84	VMA	10.22	-1.4	90 92.66%
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M85-89

1	James Sinclair	M89	VMA	12.21	-1.4	88.78%
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100 Meter Dash

M35-39

1	Brett Maurer	M38	ESS	11.55	2.9	87.53%
2	Jacques Butcher	M37	KNOX	11.93	2.9	84.16%
3	Mark Benbow	M37	VMA	13.69	2.9	73.34%

M40-44

1	Geoffrey Pittman	M40	GHY	11.74	2.9	87.39%
2	Stewart Dobrzynski	M43	VMA	12.09	2.9	86.60%
3	Richard Shortt	M42	VMA	12.89	2.9	80.68%
4	Philip Meilak	M43	WTN	13.15	2.9	79.62%
5	Angelo Portelli	M44	GHY	13.47	2.9	78.25%

M45-49

1	Colin Ritchie	M49	ESS	12.26	3.5	88.91%
2	Rob Italia	M48	VMA	12.69	3.5	85.34%
3	Fabrizio Romeo	M46	VMA	17.47	3.5	61.19%

M50-54

1	John Schuijers	M53	COL	12.83	3.4	87.22%
2	Gary Hennessy	M51	COB	13.03	3.4	84.80%
3	Michael Howse	M53	WOD	13.19	3.4	84.84%
4	Paul Durrant	M52	VMA	13.33	3.4	83.42%
5	Ken Taylor	M51	YRA	14.12	3.4	78.26%

M55-59

1	Wayne Bingham	M59	WEST	13.10	2.6	88.78%
2	Graham Shaw	M56	WEST	13.44	2.6	84.90%

RESULTS - VICTORIAN MASTERS TRACK & FIELD CHAMPIONSHIPS

M60-64

1	Paul Turner	M60	CORIO	12.57	4.4	93.08%
2	Philip Rosevear	M64	VMA	13.19	4.4	90.90%
3	Stephen Baird	M63	VMA	13.51	4.4	88.16%
4	Richard Wearmouth	M61	VMA	13.53	4.4	86.99%
5	Graham Ford	M64	DIV	14.50	4.4	82.69%

M65-69

1	Dennis Aspinall	M66	VMA	13.44	5.5	90.25%
2	Keith Howden	M68	VMA	13.67	5.5	89.83%
3	Myer Vorchheimer	M69	MAC	15.11	5.5	81.73%
4	Alan Bryant	M67	BEL	16.38	5.5	74.48%

M70-74

1	Robert Wishart	M72	VMA	14.26	2.7	89.20%
2	Ross Kent	M71	VMA	15.28	2.7	82.26%
3	Russell Oakley	M74	VMA	15.41	2.7	84.62%
4	Richard Trembath	M72	VMA	15.61	2.7	81.49%
5	Julian Jacotine	M74	VMA	16.33	2.7	79.85%
6	Anthony Bradford	M74	BEL	16.75	2.7	77.85%

M75-79

1	Michael Hall	M75	VMA	15.39	3.2	85.77%
2	Graeme Noden	M76	VMA	15.81	3.2	84.69%
3	John Howes	M78	VMA	16.47	3.2	83.67%
4	Allan Wood	M76	VMA	16.58	3.2	80.76%

M80-84

1	Leo Coffey	M84	VMA	16.64	3.2	91.47%
2	Don McLean	M80	VMA	18.62	3.2	76.26%

M85-89

1	James Sinclair	M89	VMA	19.23	3.2	86.74%
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200 Meter Dash

M35-39

1	Brett Maurer	M38	ESS	23.47	-0.3	87.39%
2	Jacques Butcher	M37	KNOX	25.36	-0.3	80.24%

M40-44

1	Geoffrey Pittman	M40	GHY	23.91	-0.3	87.12%
2	Kurt Golonka	M44	GHY	25.25	-0.3	84.99%
3	Stewart Dobrzynski	M43	VMA	25.53	-0.3	83.43%
4	Richard Shortt	M42	VMA	26.61	-0.3	79.44%
5	Angelo Portelli	M44	GHY	29.27	-0.3	73.32%

M45-49

1	Colin Ritchie	M49	ESS	25.59	+0.0	86.95%
2	Darren Arthur	M48	VMA	26.59	+0.0	83.08%
3	Rob Italia	M48	VMA	26.81	+0.0	82.39%
4	Fabrizio Romeo	M46	VMA	39.60	+0.0	55.00%

M50-54

1	John Schuijers	M53	COL	26.78	-0.1	85.44%
2	Norman Maguire	M53	ESS	27.63	-0.1	82.81%
3	Michael Howse	M53	WOD	27.74	-0.1	82.48%
4	Paul Durrant	M52	VMA	28.27	-0.1	80.40%
5	Ken Taylor	M51	YRA	33.38	-0.1	67.62%

M55-59

1	Robert Mayston	M57	SAN	25.75	+0.0	91.34%
2	Andrew Watts	M58	WAV	26.62	+0.0	88.96%

RESULTS - VICTORIAN MASTERS TRACK & FIELD CHAMPIONSHIPS

M60-64

1	Paul Turner	M60	CORIO	26.99	NWI	88.92%
2	Kenneth Carter	M61	COB	55.15	NWI	43.79%
--	Stephen Baird	M63	VMA	DNF		

M65-69

1	Keith Howden	M68	VMA	28.42	0.3	89.34%
2	Dennis Aspinall	M66	VMA	28.55	0.3	87.53%
3	Myer Vorchheimer	M69	MAC	34.53	0.3	74.11%
4	Michael Orelli	M69	CHIL	45.09	0.3	56.75%

M70-74

1	Robert Wishart	M72	VMA	28.96	0.3	91.85%
2	Russell Oakley	M74	VMA	33.10	0.3	82.93%
3	Ross Kent	M71	VMA	34.11	0.3	76.81%
4	Anthony Bradford	M74	BEL	36.61	0.3	74.98%

M75-79

1	Michael Hall	M75	VMA	33.88	0.7	82.35%
1	John Howes	M78	VMA	33.88	0.7	86.63%
3	Graeme Noden	M76	VMA	35.00	0.7	81.06%
4	John Aughey	M76	VMA	36.84	0.7	77.01%
5	Allan Wood	M76	VMA	60.35	0.7	47.01%

M80-84

1	Leo Coffey	M84	VMA	37.09	0.7	89.54%
2	Don McLean	M80	VMA	41.11	0.7	73.95%

M85-89

1	James Sinclair	M89	VMA	43.23	0.7	91.09%
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400 Meter Run

M35-39

1	Brett Maurer	M38	ESS	53.50	85.05%
2	Aaron Little	M38	STK	56.66	80.30%
--	Joseph Lynch	M38	STK	DNF	

M40-44

1	Kurt Golonka	M44	GHY	56.73	83.75%
2	Richard Shortt	M42	VMA	59.69	78.47%
3	Angelo Portelli	M44	GHY	70.89	67.02%

M45-49

1	Paul Skipper	M45	COL	56.73	84.36%
2	Peter McDonald	M48	VMA	58.53	83.46%
3	Rob Italia	M48	VMA	58.90	82.94%
4	David Lenehan	M46	EUREKA	61.95	77.77%

M50-54

1	Allan Cook	M51	WEST	55.22	90.29%
2	John Schuijers	M53	COL	60.62	83.34%

M55-59

1	Robert Mayston	M57	SAN	57.16	90.73%
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M60-64

1	Peter Lamb	M64	BEL	63.38	85.53%
2	Gregory Moore	M61	VMA	74.18	71.72%
3	Philip Rosevear	M64	VMA	78.36	69.18%

M65-69

1	Dennis Aspinall	M66	VMA	64.89	85.34%
2	Michael Orelli	M69	CHIL	1:52.67	51.52%

M70-74

1	Richard Trembath	M72	VMA	75.05	81.63%
2	Russell Oakley	M74	VMA	77.03	82.71%

RESULTS - VICTORIAN MASTERS TRACK & FIELD CHAMPIONSHIPS

3 Anthony Bradford M74 BEL 1:29.77 70.97%
M75-79

1 Maxwell Brook M77 VMA 1:23.26 80.80%
2 Michael Hall M75 VMA 1:24.53 76.90%
3 John Aughey M76 VMA 1:25.52 77.32%

M80-84

1 Don McLean M80 VMA 1:37.97 72.47%

800 Meter Run

M35-39

1 Aaron Little M38 STK 2:08.53 81.17%

M40-44

1 Campbell McLennan M41 DAC 2:06.43 84.90%
2 Andrew Preston M42 BALL H 2:16.32 79.45%
3 Kurt Golonka M44 GHY 2:31.30 72.91%
4 Christopher Crennan M41 VMA 2:37.85 68.00%
5 Angelo Portelli M44 GHY 2:58.33 61.86%

M45-49

1 John Gilbert M48 WTN 2:15.42 84.38%
2 Peter McDonald M48 VMA 2:20.05 81.59%
3 Rob Italia M48 VMA 2:35.15 73.65%
4 Fabrizio Romeo M46 VMA 2:52.36 65.16%

M50-54

1 Allan Cook M51 WEST 2:01.39 96.61%
2 David Ayers M50 BOH 2:19.01 83.67%
3 Colm Rothery M54 VMA 2:21.77 84.83%
4 Tony Dell M51 RICH 2:36.17 75.09%

M55-59

1 Rob Wendel M56 DIV 2:27.29 83.01%

M60-64

1 Colin Page M60 VMA 2:29.25 84.60%
2 Alan Hammond M60 WEST 2:37.10 80.37%
3 Kenneth Carter M61 COB 5:15.88 40.28%
-- Peter Lamb M64 BEL DNF

M65-69

1 Michael Orelli M69 CHIL 4:06.97 55.47%

M70-74

1 Richard Trembath M72 VMA 3:03.27 77.90%
2 Russell Oakley M74 VMA 3:08.54 78.14%
3 John Hertz M74 VMA 3:54.41 62.85%

M75-79

1 Maxwell Brook M77 VMA 3:24.25 75.76%
2 John Aughey M76 VMA 3:46.32 67.24%

M80-84

1 Don McLean M80 VMA 4:09.79 65.25%
2 Colin Silcock-Delaney M81 VMA 5:39.67

1500 Meter Run

M35-39

1 Adam Knowles M36 WEST 4:31.0h 77.76%
2 Darren Hartland M39 VMA 5:03.0h 71.69%

M40-44

1 Campbell McLennan M41 DAC 4:20.3h 85.11%
2 Andrew Thomas M41 STK 4:23.0h 84.23%
3 Antonio Russo M42 GHY 4:25.9h 84.11%
4 Angelo Portelli M44 GHY 5:57.3h 63.81%

RESULTS - VICTORIAN MASTERS TRACK & FIELD CHAMPIONSHIPS

M45-49

1	Paul Wilson	M46	OSC	4:30.12	86.01%
2	Timothy Thomas	M49	MUU	4:49.39	82.51%
3	Fabrizio Romeo	M46	VMA	5:56.77	65.12%

M50-54

1	Allan Cook	M51	WEST	4:25.70	91.49%
2	Peter Cowell	M50	BGO	4:55.98	81.43%
3	Ross Carter	M54	GHY	5:22.31	77.43%
4	Stephen Murphy	M53	ESS	6:50.32	60.29%

M55-59

1	Mark Beavis	M57	YRA	6:58.19	61.22%
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M60-64

1	Alan Hammond	M60	WEST	5:21.63	81.64%
2	Gregory Moore	M61	VMA	5:29.47	80.34%
3	Ron Scholes	M60	COL	5:41.01	77.00%
4	David Jones	M63	ESS	5:58.12	75.09%

M65-69

1	Michael Orelli	M69	CHIL	8:04.76	58.28%
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M70-74

1	Norman Franzi	M70	VMA	6:13.22	76.34%
2	Ralph Bennett	M72	VMA	6:22.92	76.72%
3	John Hertz	M74	VMA	8:08.76	62.03%

M75-79

1	Maxwell Brook	M77	VMA	6:58.12	75.73%
2	Brian Mee	M76	VMA	7:07.80	73.00%

M80-84

1	Peter Le Get	M80	VMA	7:32.13	73.06%
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5000 Meter Run

M30-34

1	Roland Burke	M33	ESS	17:41.60	72.14%
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M35-39

1	Darren Hartland	M39	VMA	17:58.34	73.73%
2	Dino Imbriano	M39	STK	18:27.06	71.82%

M40-44

1	David Velten	M42	MEN	17:19.29	78.24%
2	Anthony Whitby	M40	BOH	18:01.58	74.06%
3	Angelo Portelli	M44	GHY	22:13.64	61.91%

M45-49

1	James Atkinson	M48	WAV	17:24.96	81.51%
2	Paul Beauvais	M47	RICH	18:04.52	77.92%
3	Mark Clarence	M45	KNOX	18:32.19	74.80%
4	Mal Grimmett	M48	VMA	20:24.21	69.57%

M50-54

1	Peter Cowell	M50	BGO	17:35.19	82.02%
2	Philip Van Dueren	M54	MUU	17:45.18	83.95%
3	Scott Lawrence	M52	OSC	18:07.46	80.89%
4	Barry Whittle	M54	VMA	20:47.17	71.70%
5	Stephen Murphy	M53	ESS	24:24.65	60.55%

M55-59

1	Andrew Tunne	M55	BOH	22:05.62	68.02%
--	Joseph Campisi	M56	STK	DNF	

M60-64

1	Charles Chambers	M60	BGO	18:36.91	84.27%
2	Alan Hammond	M60	WEST	19:37.97	79.90%

RESULTS - VICTORIAN MASTERS TRACK & FIELD CHAMPIONSHIPS

3	Ron Scholes	M60	COL	20:12.13	77.65%
4	Ernie Stewart	M63	OAK	21:33.62	74.72%
5	David Jones	M63	ESS	21:57.99	73.34%

M65-69

1	Gary Stewart	M68	VMA	20:39.65	81.65%
2	Robin Broberg	M65	DIV	21:34.77	76.02%
3	Ron Cracknell	M67	VMA	22:06.63	75.58%
4	Michael Orelli	M69	CHIL	28:18.13	60.23%
--	Peter Moore	M65	RICH	DNF	

M75-79

1	Brian Mee	M76	VMA	26:20.76	71.61%
2	A.J Cravana	M75	VMA	26:23.49	70.22%

M80-84

1	Peter Le Get	M80	VMA	27:59.15	73.45%
2	Colin Silcock-Delaney	M81	VMA	36:22.11	57.96%

110 Short Hurdles 99.1cm

M30-34

1	David Ancrum	M30	ESS	15.69	0.7	81.07%
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M35-39

1	Brad Krawczyk	M38	KNOX	15.88	0.7	83.50%
2	Jacques Butcher	M37	KNOX	20.08	0.7	65.44%

M45-49

1	Keith McGuffie	M48	VMA	20.61	0.7	69.97%
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100 Short Hurdles 91.4cm

M50-54

1	Luke De Biasi	M50	VMA	15.62	1.6	84.83%
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M55-59

1	Gregory Champion	M59	DIV	20.31	1.6	73.71%
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100 Short Hurdles 84cm

M60-64

1	Graham Ford	M64	DIV	20.62	1.6	73.96%
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80 Short Hurdles 76.2cm

M75-79

1	Maxwell Brook	M77	VMA	21.25	4.3	67.25%
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400 Long Hurdles 91.4cm

M45-49

1	Paul Skipper	M45	COL	68.11	78.74%
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Men 400 Long Hurdles 84cm

M50-54

1	John Schuijers	M53	COL	68.56	85.34%
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Men 300 Long Hurdles 76.2cm

M60-64

1	Graham Ford	M64	DIV	52.96	83.12%
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Men 300 Long Hurdles 68.6cm

M70-74

1	Richard Trembath	M72	VMA	59.96	82.02%
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M75-79

1	Maxwell Brook	M77	VMA	74.17	73.51%
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3000 Meter Steeplechase 91.4cm

M40-44

1	Andrew Scott	M40	HAIL	10:36.72	81.26%
2	Grant Simpson	M44	BEL	10:39.56	83.93%

RESULTS - VICTORIAN MASTERS TRACK & FIELD CHAMPIONSHIPS

3 Angelo Portelli M44 GHY 14:39.26 61.05%

4 Christopher Crennan M41 VMA 15:16.05 57.01%

M45-49

1 Fabrizio Romeo M46 VMA 15:17.97 59.54%

2 Keith McGuffie M48 VMA 15:24.5h 60.17%

M50-54

1 Tony Dell M51 RICH 13:56.45 68.24%

Men 2000 Meter Steeplechase 76.2cm

M60-64

1 Alan Hammond M60 WEST 8:42.95 74.61%

2 Gregory Moore M61 VMA 9:21.28 71.14%

M65-69

1 Peter Moore M65 RICH 8:52.63 81.77%

M75-79

1 Maxwell Brook M77 VMA 11:05.84 81.74%

2 Barry Murley M75 DAC 11:53.53 73.74%

M80-84

1 Colin Silcock-Delaney M81 VMA 16:23.00 59.73

Long Jump

M35-39

1 Brad Krawczyk M38 KNOX 6.35m NWI 77.06%

2 Jacques Butcher M37 KNOX 5.57m NWI 66.87%

3 Shane Benbow M38 VMA 4.14m NWI 50.24%

M40-44

1 Justin Hanrahan M44 MEN 6.02m NWI 78.28%

2 Stewart Dobrzynski M43 VMA 5.46m NWI 70.18%

3 Philip Meilak M43 WTN 4.42m NWI 56.81%

M45-49

1 Rob Italia M48 VMA 4.87m NWI 66.53%

2 Keith McGuffie M48 VMA 4.16m NWI 56.83%

3 Fabrizio Romeo M46 VMA 3.73m NWI 49.73%

M50-54

1 Luke De Biasi M50 VMA 5.70m 1.6 79.94%

2 Ken Taylor M51 YRA 4.16m 4.5 59.09%

M55-59

1 Wayne Bingham M59 WEST 4.15m 1.4 65.87%

2 Gregory Champion M59 DIV 3.58m 4.1 56.83%

M60-64

1 Peter Lamb M64 BEL 4.28m NWI 73.29%

2 Graham Ford M64 DIV 4.09m NWI 70.03%

3 John Neale M63 PRES 2.88m NWI 48.57%

M65-69

1 Keith Howden M68 VMA 4.23m NWI 77.33%

2 Myer Vorchheimer M69 MAC 3.36m NWI 62.45%

3 Alan Bryant M67 BEL 3.23m NWI 58.09%

M75-79

1 Graeme Noden M76 VMA 3.96m NWI 83.72%

2 Maxwell Brook M77 VMA 3.05m NWI 65.73%

3 Allan Wood M76 VMA 2.99m NWI 63.21%

RESULTS - VICTORIAN MASTERS TRACK & FIELD CHAMPIONSHIPS

High Jump

M35-39

1	Brad Krawczyk	M38	KNOX	1.70m	75.22%
2	Mark Benbow	M37	VMA	1.45m	63.60%

M40-44

1	Paul Schofield	M40	DIV	1.75m	78.83%
2	Stewart Dobrzynski	M43	VMA	1.65m	76.74%
3	Grant Simpson	M44	BEL	1.45m	68.08%

M45-49

1	Keith McGuffie	M48	VMA	1.30m	63.73%
2	Fabrizio Romeo	M46	VMA	1.15m	55.02%

M50-54

1	Luke De Biasi	M50	VMA	1.60m	80.00%
2	Ken Taylor	M51	YRA	1.30m	65.66%

M55-59

1	Mark Cauchi	M56	OAK	1.25m	66.84%
2	Gregory Champion	M59	DIV	1.20m	66.30%

M60-64

1	Graham Ford	M64	DIV	1.25m	73.53%
2	John Neale	M63	PRES	1.15m	66.86%

M70-74

1	Anthony Bradford	M74	BEL	1.00m	67.57%
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M75-79

1	Allan Wood	M76	VMA	1.05m	72.92%
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M85-89

1	Sydney Elks		VMA	0.90m	36.73%
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Triple Jump

M35-39

1	Shane Benbow	M38	VMA	6.12m	NWI	35.05%
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M40-44

1	Stewart Dobrzynski	M43	VMA	10.81m	NWI	65.67%
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M45-49

1	Rob Italia	M48	VMA	9.47m	NWI	61.25%
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M50-54

1	Luke De Biasi	M50	VMA	11.04m	NWI	
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M55-59

1	Paul Olsson	M57	CASEY	9.11m	NWI	66.69%
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M60-64

1	John Neale	M63	PRES	5.89m	NWI	47.31%
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M65-69

1	Myer Vorchheimer	M69	MAC	7.75m	NWI	68.89%
2	Alan Bryant	M67	BEL	7.53m	NWI	64.64%

M70-74

1	Julian Jacotine	M74	VMA	8.35m	NWI	81.46%
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M80-84

1	Leo Coffey	M84	VMA	8.80m	NWI	106.67%
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Men Pole Vault

M50-54

1	Christopher Boylen	M50	COL	3.45m	70.99%	
2	Tony Dell	M51	RICH	1.70m	35.49%	73.31%

M60-64

1	John Neale	M63	PRES	1.70m	43.15%	
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M65-69

RESULTS - VICTORIAN MASTERS TRACK & FIELD CHAMPIONSHIPS

1 George Schillinger M68 BOH 2.90m 80.78%
M70-74

1 Jim Poulter M72 DAC 2.45m 74.02%

Shot Put 7.26kg

M30-34

1 Warren Benbow M32 VMA 11.27m 48.75%

M35-39

1 Shane Benbow M38 VMA 12.12m 53.27%

M40-44

1 Marco Tonelli M41 KSB 12.91m 58.26%

2 Matthew Hall M42 IVAN 10.56m 48.42%

3 David de Vries M44 KSB 8.84m 41.86%

M45-49

1 Patrick Carroll M45 RING 12.04m 57.97%

2 Fabrizio Romeo M46 VMA 8.61m 42.31%

3 Stephen Wright M47 COB 7.96m 39.94%

Men Shot Put 6kg

M50-54

1 Caryl Ginders M53 GPA 10.87m 57.36%

2 Peter Wrzuszcak M53 BEL 9.70m 51.19%

M55-59

1 Stan Peska M57 WEST 12.29m 70.84%

2 Mark Cauchi M56 OAK 7.99m 45.01%

Men Shot Put 5kg

M60-64

1 Roger Glass M63 VMA 9.07m 54.31%

2 John Neale M63 PRES 8.20m 49.10%

3 Kenneth Carter M61 COB 7.44m 42.03%

M65-69

1 Peter Young M67 VMA 11.09m 75.39%

2 Geoffrey Chambers M67 VMA 8.62m 58.60%

3 Myer Vorchheimer M69 MAC 7.76m 56.60%

Men Shot Put 4kg

M70-74

1 Didimo Tonelli M70 KSB 9.47m 53.32%

2 David Wookey M70 VMA 8.11m 45.66%

3 Errol Amerasekera M70 WAV 7.81m 43.98%

4 Anthony Bradford M74 BEL 6.86m 43.28%

5 Tom Leong M72 VMA 6.79m 40.42%

6 Geo. Christotodoulou M74 VMA 6.73m 42.46%

M75-79

1 George Knight M77 VMA 6.51m 45.18%

2 George Simons M78 VMA 6.15m 44.12%

Men Shot Put 3kg

M80-84

1 Robert Soulsby M80 VMA 5.12m 34.29%

M85-89

1 Russell Clark VMA 5.92m 25.61%

Discus Throw 2kg

M30-34

1 Warren Benbow M32 VMA 32.32m 43.63%

M35-39

1 Shane Benbow M38 VMA 35.26m 47.60%

RESULTS - VICTORIAN MASTERS TRACK & FIELD CHAMPIONSHIPS

2 Donald Elgin M38 SAN 33.76m 45.57%
M40-44

1 Marco Tonelli M41 KSB 38.83m 52.92%
2 Matthew Hall M42 IVAN 34.85m 47.96%
3 David de Vries M44 KSB 27.39m 38.44%

M45-49

1 Shawn Hennig M46 MEN 33.37m 48.20%
2 Stephen Wright M47 COB 21.78m 32.08%
3 Fabrizio Romeo M46 VMA 18.70m 27.01%

Men Discus Throw 1.5kg

M50-54

1 Peter Wrzuszczak M53 BEL 30.43m 43.41%
2 Philip Robinson M54 KSB 28.96m 42.11%
3 Caryl Ginders M53 GPA 28.69m 40.93%

M55-59

1 Stan Peska M57 WEST 33.93m 52.90%
2 Mark Cauchi M56 OAK 26.40m 40.13%

Men Discus Throw 1kg

M60-64

1 John Neale M63 PRES 29.33m 47.38%
2 Graham Ford M64 DIV 27.43m 45.30%
3 Kenneth Carter M61 COB 26.34m 40.77%
4 Roger Glass M63 VMA 23.84m 38.51%

M65-69

1 Peter Young M67 VMA 36.71m 64.97%
2 Geoffrey Chambers M67 VMA 28.37m 50.21%

M70-74

1 Didimo Tonelli M70 KSB 27.44m 52.33%
2 Errol Amerasekera M70 WAV 25.05m 47.77%
3 David Wookey M70 VMA 21.79m 41.55%
4 George Christotodoulou M74 VMA 20.63m 43.86%
5 Anthony Bradford M74 BEL 19.75m 41.99%
6 Tom Leong M72 VMA 19.74m 39.69%

M75-79

1 George Knight M77 VMA 19.16m 44.58%
2 George Simons M78 VMA 17.25m 41.44%

M80-84

1 Jim Davy OAK 13.27m 17.91%
2 Robert Soulsby M80 VMA 11.56m 29.70%

M85-89

1 Russell Clark VMA 13.02m 17.58%

Hammer Throw 7.26kg

M30-34

1 Warren Benbow M32 VMA 29.03m 33.47%

M35-39

1 Shane Benbow M38 VMA 26.05m 31.43%

M40-44

1 Ben Hodgins M42 GHY 34.86m 44.99%
2 David de Vries M44 KSB 33.55m 44.95%

M45-49

1 Stan Grant M46 WOD 23.98m 33.40%
2 Keith McGuffie M48 VMA 22.72m 32.95%
3 Stephen Wright M47 COB 20.98m 29.81%
4 Fabrizio Romeo M46 VMA 18.45m 25.70%

RESULTS - VICTORIAN MASTERS TRACK & FIELD CHAMPIONSHIPS

Hammer Throw 6kg

M50-54

1	Peter Wrzuszcak	M53	BEL	36.18m	51.81%
2	Philip Robinson	M54	KSB	30.37m	44.47%
3	Caryl Ginders	M53	GPA	27.81m	39.83%
4	Tony Dell	M51	RICH	15.09m	20.70%

M55-59

1	Paul Olsson	M57	CASEY	36.06m	56.61%
2	Stan Peska	M57	WEST	26.33m	41.33%
3	Mark Cauchi	M56	OAK	23.70m	36.33%

Hammer Throw 5kg

M60-64

1	Roger Glass	M63	VMA	30.54m	53.10%
2	John Neale	M63	PRES	23.65m	41.12%
3	Kenneth Carter	M61	COB	18.74m	31.08%

M65-69

1	Robert Holzer	M65	GLG	38.98m	71.24%
2	Peter Young	M67	VMA	27.07m	52.14%
3	Myer Vorchheimer	M69	MAC	17.96m	36.56%

Hammer Throw 4kg

M70-74

1	David Wookey	M70	VMA	27.75m	51.54%
2	Geo. Christotodoulou	M74	VMA	22.67m	47.45%
3	Errol Amerasekera	M70	WAV	16.57m	30.78%

M75-79

1	Ken Priestley	M75	VMA	35.74m	77.26%
2	George Knight	M77	VMA	22.26m	51.49%

Hammer Throw 3kg

M80-84

1	Harry Staecker	M83	VMA	23.45m	60.38%
2	Jim Davy		OAK	18.79m	21.66%

M85-89

1	Russell Clark		VMA	16.44m	18.95%
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Javelin Throw 800gm

M30-34

1	Warren Benbow	M32	VMA	47.20m	48.74%
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M35-39

1	Mark Benbow	M37	VMA	43.96m	48.02%
2	Shane Benbow	M38	VMA	36.09m	40.05%

M40-44

1	Justin Mariani	M40	OLX	41.07m	47.06%
2	Nick Carah	M44	BOH	32.93m	40.36%

M45-49

1	Stan Grant	M46	WOD	34.73m	44.10%
2	Stephen Wright	M47	COB	28.57m	36.95%
3	Fabrizio Romeo	M46	VMA	22.32m	28.34%

Javelin Throw 700gm

M50-54

1	Peter Wrzuszcak	M53	BEL	26.88m	36.91%
2	Philip Robinson	M54	KSB	25.08m	35.11%
3	Tony Dell	M51	RICH	22.58m	29.86%

RESULTS - VICTORIAN MASTERS TRACK & FIELD CHAMPIONSHIPS

M55-59

1	Mark Cauchi	M56	OAK	36.36m	52.96%
2	Stan Peska	M57	WEST	34.74m	51.64%

Javelin Throw 600gm M60-64

1	Andrew Farr	M64	MEN	39.20m	64.20%
2	John Neale	M63	PRES	25.99m	41.63%
3	Graham Ford	M64	DIV	25.67m	42.04%
4	Roger Glass	M63	VMA	21.71m	34.77%

M65-69

1	Peter Young	M67	VMA	29.21m	51.27%
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Javelin Throw 500gm

M70-74

1	David Wookey	M70	VMA	29.66m	52.59%
2	Didimo Tonelli	M70	KSB	26.61m	47.18%
3	Errol Amerasekera	M70	WAV	23.74m	42.09%
4	George Christotodoulou	M74	VMA	18.28m	36.21%
5	Anthony Bradford	M74	BEL	17.39m	34.45%

M75-79

1	Graeme Noden	M76	VMA	21.66m	45.58%
2	Allan Wood	M76	VMA	20.77m	43.71%
3	George Knight	M77	VMA	14.09m	30.60%

Javelin Throw 400gm

M80-84

1	Robert Soulsby	M80	VMA	10.69m	22.37%
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M85-89

1	Russell Clark		VMA	10.79m	10.96%
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Weight Throw 15.88kg

M30-34

1	Warren Benbow	M32	VMA	10.11m	39.48%
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M35-39

1	Shane Benbow	M38	VMA	9.41m	38.77%
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M40-44

1	David de Vries	M44	KSB	12.77m	57.11%
2	Marco Tonelli	M41	KSB	9.62m	41.27%
3	Matthew Hall	M42	IVAN	9.22m	40.10%

M45-49

1	Fabrizio Romeo	M46	VMA	7.73m	35.59%
2	Stephen Wright	M47	COB	7.19m	33.60%

Weight Throw 11.34kg

M50-54

1	Caryl Ginders	M53	GPA	12.09m	54.66%
2	Peter Wrzuszczak	M53	BEL	12.04m	54.43%

M55-59

1	Paul Olsson	M57	CASEY	13.28m	64.43%
2	Stan Peska	M57	WEST	11.74m	56.96%
3	Mark Cauchi	M56	OAK	9.61m	45.81%

Weight Throw 9.08kg

M60-64

1	Roger Glass	M63	VMA	11.27m	52.71%
2	John Neale	M63	PRES	9.83m	45.98%

M65-69

1	Peter Young	M67	VMA	10.45m	53.26%
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RESULTS - VICTORIAN MASTERS TRACK & FIELD CHAMPIONSHIPS

Weight Throw 7.26kg

M70-74

1	David Wookey	M70	VMA	11.63m	58.21%
2	Didimo Tonelli	M70	KSB	9.66m	48.35%
3	GeO. Christotodoulou	M74	VMA	7.73m	42.85%

M75-79

1	Ken Priestley	M75	VMA	14.04m	80.00%
2	George Knight	M77	VMA	9.25m	55.79%

Weight Throw 5.45kg

M85-89

1	Russell Clark		VMA	8.12m	31.40%
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1500 Meter Race Walk

M40-44

1	David Smyth	M44	COL	7:12.72	77.95%
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M45-49

1	James Christmass	M46	CORIO	6:21.66	89.83%
2	Mal Grimmett	M48	VMA	10:49.92	53.63%
3	Stephen Wright	M47	COB	12:17.99	46.84%

M50-54

1	Simon Evans	M53	BOH	7:08.65	84.87%
2	Stephen Murphy	M53	ESS	10:45.80	56.33%

M55-59

1	Mark Donahoo	M55	ESS	6:57.14	88.77%
2	Christopher Worsnop	M56	OLX	10:56.60	56.91%

M60-64

1	Clyde Riddoch	M60	WAV	10:02.04	64.48%
2	Gerald Sofianos	M64	STK	10:43.44	62.87%

M65-69

1	Russell Dickenson	M68	SCA	7:58.54	88.38%
2	Geoff Barrow	M65	MEN	9:18.90	73.16%

M70-74

1	Ralph Bennett	M72	VMA	8:16.07	89.50%
2	John Morrison	M74	SAN	10:01.71	75.71%
3	Barrie Wicks	M73	VMA	11:33.39	64.85%

M75-79

1	Robert Gardiner	M77	COL	8:47.63	89.93%
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M80-84

1	Colin Silcock-Delaney	M81	VMA	12:15.38	68.45%
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3000 Meter Race Walk

M40-44

1	Stuart Kollmorgen	M44	COL	14:06.56	81.26%
2	David Smyth	M44	COL	15:15.70	75.12%

M45-49

1	James Christmass	M46	CORIO	14:02.81	82.96%
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M50-54

1	Simon Evans	M53	BOH	14:56.56	82.73%
2	Stephen Murphy	M53	ESS	23:55.39	51.67%

M55-59

1	Mark Donahoo	M55	ESS	14:54.62	84.39%
2	Christopher Worsnop	M56	OLX	22:49.21	55.64%

M60-64

1	Timothy Erickson	M63	COB	16:38.05	81.75%
2	Clyde Riddoch	M60	WAV	19:12.72	68.64%

RESULTS - VICTORIAN MASTERS TRACK & FIELD CHAMPIONSHIPS

3	Gerald Sofianos	M64	STK	22:17.26	61.66%
M65-69					
1	Russell Dickenson	M68	SCA	16:54.97	84.96%
2	Geoff Barrow	M65	MEN	19:44.93	70.35%
M70-74					
1	Ralph Bennett	M72	VMA	17:10.13	87.89%
2	John Morrison	M74	SAN	21:14.52	72.91%
--	Barrie Wicks	M73	VMA	DQ	
M75-79					
1	Robert Gardiner	M77	COL	18:59.91	84.96%
M80-84					
1	Colin Silcock-Delaney	M81	VMA	27:16.58	62.82%
M85-89					
--	Sydney Elks	VMA	DQ		

RESULTS -VMA Outdoor Pentathlon Championships - 2014

Duncan Mackinnon Athletic Track

Sunday 23 March 2014

			<u>Points</u>	<u>100</u>	<u>SP</u>	<u>LJ</u>	<u>JT</u>	<u>800</u>
W35	1	Gillick, Melissa		15.47	6.23m	2.70m	11.78m	3:25.78
			1114	414	300	80	151	169
W40	1	Carah, Karen		13.86	7.49m	4.09m	19.35m	02:59.72
			2675	813	460	508	366	528
	2	Carpenter, Tracey		14.9	6.35m	3.83m	11.41m	03:07.71
			2087	650	372	431	183	451
W60	1	Learmont, Bev		17.61	5.71m	2.74m	11.50m	04:30.83
			2009	649	495	369	286	210
W70	1	Petrie, Lavinia		17.33	4.22m	2.50m	7.41m	03:11.75
			2712	801	388	362	189	972
			<u>Points</u>	<u>LJ</u>	<u>JT</u>	<u>200</u>	<u>DT</u>	<u>1500</u>
M40	1	Scholes, Matthew		4.43m	25.45m	27.66	18.47m	05:05.37
			2002	348	266	495	278	615
M45	1	Hennig, Shawn		5.03m	36.21m	26.84	24.09m	05:06.33
			2775	546	477	624	445	683
	2	Fabrizio, Romeo		3.35m	25.85m	29.95	19.30m	05:53.30
			1659	184	303	400	334	438
M50	1	Durrant, Paul		4.43m	25.84m	28.15	22.10m	06:17.91
			2106	469	323	593	321	400
	2	Egginton, Andrew		3.93m	29.93m	36.04	25.88m	05:08.76
			2025	348	395	140	395	747
	3	Dell, Tony		3.86m	22.74m	30.53	18.82m	05:18.60
			1980	333	270	427	258	692
M55	1	Walters, Graham		4.09m	26.30m	29.48	20.54m	05:40.44
			2375	453	373	568	325	656
M60	1	Ford, Graham		4.10m	24.13m	29.67	27.40m	06:45.54
			2410	537	357	629	447	440
M65	1	Aspinall, Dennis		4.00m	32.20m	28.49	28.42m	06:05.47
			3233	602	593	802	525	711
	2	Orelli, Michael		2.27m	12.29m	45.91	12.56m	07:30.00
			810	122	150	8	173	357

RESULTS - VMA Outdoor Pentathlon Championships - 2014 (continued)

			<u>Points</u>	<u>LJ</u>	<u>JT</u>	<u>200</u>	<u>DT</u>	<u>1500</u>
M70	1	Philpott, Graham		3.41m	20.94m	37.01	17.80m	07:11.21
			2090	506	373	357	324	530
	2	Bradford, Tony		2.25m	18.95m	35.58	18.65m	07:51.47
		VMA	1643	159	325	433	345	381
M75	1	Brook, Max		3.12m	11.96m	36.12	16.09m	06:49.61
		VMA	2306	506	197	519	330	754
	2	Dunn, Terry		2.24m	26.62m	37.01	19.75m	08:01.55
		VMA	2178	211	594	469	431	473

RESULTS - VMA 5000m Racewalk Championships - 2014

Duncan Mackinnon Athletic Track

Sunday 23 March 2014

W35	1	Geisler, Sandra	26:04
W40	1	Laufer, Michelle	25:49
W50	1	Tindal, Pam	26:19
	DQ	Elms, Donna	
W60	1	Carr, Heather	28:09
	2	Thompson, Alison	30:14
W65	1	McPherson, Glennis	33:57
	2	Johnson, Celia	35:15
W70	1	Steed, Gwen	33:30
	2	Morrey, Jan	36:06
	3	Hugo, Beverley	38:56
W75	1	Beaumont, Margaret	42:39
M35	1	Van Dongen, Rupert	32:54
M40	1	Kollmorgen, Stuart	24:05
	2	Smyth, David	27:20
M50	1	Evans, Simon	25:28
	2	Keirl, Bernie	28:09
M60	1	Sofianos, Gerard	36:55
M65	1	Barrow, Geoff	32:52
M70	1	Morrison, John	36:44
	2	Perez, Juan	38:05
	3	Wicks, Barrie	40:07
M75	DQ	Beaumont, Ian	

Please Note : In accordance with WMA's recent change in world record requirements, AMA now requires photo finish data for track events from 60m to 800m if seeking an Australian record.



NEW RECORDS REPORT

Pending World Records:

W70 3000m	Lavinia Petrie	Vic	13:07.79	100.2%	24-1-14	Ballarat
W70 10,000m	Lavinia Petrie	Vic	45:28.73	102.0%	24-1-14	Ballarat
M50 Shot Put	Stuart Gyngell	NSW	18.63m	92.4%	25-1-14	Wollongong
W70 10,000m	Lavinia Petrie	Vic	44:43.27	103.8%	8-3-14	Hobart
W70 5,000m	Lavinia Petrie	Vic	21:34.08	104.1%	9-3-14	Hobart

Australian Records:

M80 Weight Throw	George Mencik	ACT	16.92m	102.9%	5-10-14	Turner ACT
W40 56lb Weight	Althea Mackie	Qld	5.00m	-	7-10-14	Turner ACT
W55 High Jump	Alex Lloyd	ACT	1.35m	86.0%	10-10-13	AIS ACT
M50 Shot Put	Stuart Gyngell	NSW	18.40m	91.3%	15-1-14	Wollongong
M50 Discus	Stuart Gyngell	NSW	50.65m	68.4%	15-1-14	Wollongong
M30 4x100m Relay	Adam Farlow	ACT	44.22s		16-1-14	AIS Canberra
	Jesse Matthews	ACT				
	Derek Collinge	ACT				
	Ryan Reid	ACT				
W50 200m	Gianna Mogentale	NSW	26.48s	96.2%	26-1-14	Wollongong
W75 4x400m Relay	Consie Larmour	ACT	8:44.09	-	13-2-14	AIS ACT
	Jo Klemke	ACT				
	Terri Jones	ACT				
	Cory Collins	ACT				
W35 4x800m Relay	Petrina Brown	Qld	10:10.71-		15-2-14	SAF Nathan
	Katie Menzies	Qld				
	Lee-Anne Grosvenor	Qld				
	Jeanette Flynn	Qld				
M45 High Jump	Chris Anderson	WA	1.90m	90.2%	16-2-14	Perth
M30 Mile	Scott Tamblin	WA	4:11.94	89.8%	22-2-14	Perth
W35 4x1500m Relay	Petrina Brown	Qld	22:25.56	-	22-2-14	SAF Nathan
	Katie Menzies	Qld				
	Lee-Anne Grosvenor	Qld				
	Anne Ryan	Qld				
W50 60m	Gianna Mogentale	NSW	8.18s	97.9%	23-2-14	Glendale
M75 Pentathlon	Don Fraser	ACT	3360pts	-	27-2-14	AIS ACT
M85 100m	Gwen Gleeson	ACT	25.19s	77.4%	8-3-14	Hobart
M35 Weight Throw	Ricard Meiring	NSW	19.08m	79.7%	8-3-14	Hobart
W85 200m	Gwen Gleeson	ACT	58.33s	72.0%	9-3-14	Hobart
W75 Javelin	Miriam Cudmore	SA	22.63m	82.4%	9-3-14	Hobart
M50 Discus	Stuart Gyngell	NSW	50.78m	68.6%	9-3-14	Hobart
W50 60m	Gianna Mogentale	NSW	8.17s	97.9%	10-3-14	Hobart
W85 60m	Gwen Gleeson	ACT	14.78s	79.8%	10-3-14	Hobart



Australian Championship Records from AMA Championships in Hobart (not already listed above as Australian or World records):

W55 1500m	Robyn Basman	NSW	5:13.43	94.3%	8-3-14
M80 1500m	David Carr	WA	6:31.59	86.5%	8-3-14
W65 Long Jump	Kerry Johnstone	Tas	3.76m	80.9%	8-3-14
M65 Long Jump	John Searle	NSW	5.04m	89.1%	8-3-14
M90 Weight Throw	Max McKay	NSW	6.70m	59.3%	8-3-14
M40 1500m Walk	Dean Nipperness	Qld	6:06.67	90.5%	8-3-14
M45 1500m Walk	James Christmass	Vic	6:27.58	88.5%	8-3-14
M80 2k Steeple	David Carr	WA	9:52.23	99.2%	9-3-14
M35 Hammer	Ricard Meiring	NSW	60.34m	73.9%	9-3-14
M90 Hammer	Max McKay	NSW	16.40m	60.6%	9-3-14
M50 Triple Jump	Nick Hodgson	Vic	12.40m	82.3%	9-3-14
M65 High Jump	John Searle	NSW	1.46m	88.0%	9-3-14
M45 60m	Krzysztof Wardecki	NSW	7.53s	92.6%	10-3-14
W35 60m	Wendy Seegers	WA	7.92s	88.4%	10-3-14
M30 110m Hurdles	Greg Eyears	NSW	14.76s	86.7%	10-3-14
M65 10k Road Walk	Andrew Jamieson	Vic	53:44	92.4%	10-3-14
M35 Pole Vault	Geoff Gibbons	Tas	4.10m	71.1%	10-3-14
M50 Shot Put	Stuart Gyngell	NSW	17.97m	69.1%	10-3-14
M90 Shot Put	Max McKay	NSW	4.85m	51.5%	10-3-14

Victorian Records:

W60 Discus	Chris Schultz	28.30m	61.4%	19-10-13	Brazil
W60 Shot Put	Chris Schultz	10.56m	81.7%	24-10-13	Brazil
W45 3000m	Julie Norney	10:13	90.2%	19-12-13	Melb Uni
W50 High Jump	Michele Hossack	1.36m	84.5%	5-1-14	Bendigo
M50 Triple Jump	Nick Hodgson	12.47m	82.8%	19-1-14	Knox
M45 400m	Andrew Wilcox	52.16s	91.8%	28-2-14	Albert Park
M45 400m	Andrew Wilcox	51.92s	92.2%	9-3-14	Hobart
W40 2k Steeple	Sharon Pedersen	7:24.87	92.1%	15-3-14	Burwood East

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

ONLINE REGISTRATION

VMA Registration Fees (from 1/10/2013)

Note: Fees will now become due for 2014 from 1/10/14. Cover will be until Dec 31 2014.

The new fees will begin with the start of on-line registration

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 Inc. - Venue Managers

Venue	Manager	Address	Phone
Aberfeldie	John Dean	3 Pearl Street Essendon West 3040 jkdeano@hotmail.com	9337 7179
Casey	Paul Olsson	olssonpf@bigpond.net.au	0408 340 151
Coburg	Neville Wilson	11 Prospect Road, Rosanna 3084 nlw@melbpc.org.au	9459 7827
Collingwood	Helen Brown	helenrbrown@bigpond.com	0419 363 905
	Heather Johnstone	johnno88@tpg.com.au	0412 353 696
	John Pocock	pocockjr@bigpond.com	0412 077 223
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	Karen Archer	quinarcher@aapt.net.au	0414 701 772
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East Burwood	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
Frankston	John Hallo	thehallos@optusnet.com.au	5975 6866
	Graham Kilfoyle		0421 707788
Geelong	Alan Jenkins	171 Hope Street, Geelong West ajenkins@dow.com	5221 7468 0419 314 568
Glen Eira	Andrew Edwards	33 Chapel Road Moorabbin Vic 3189 Leedsfan2@optusnet.com	9555 4226
	Judy Wines	judywines@bigpond.com	9885 4904
Knox	Lavinia Petrie	12 Jeannette Maree Court, Kilsyth 3137 ljpetrie@alphalink.com.au	9728 3929
	Tracey Carpenter	traceycarpenter@y7mail.com	0407 093 132
Mentone	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
Southern Peninsula	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
Springvale/ Noble Park	Greg Lovejoy		5982 0449
	Alan Bennie	75 Bertrand Avenue, Mulgrave 3170 alanbennie@optushome.com.au	9547 2978
	Anthony Doran	anthonyjdoran@y7mail.com	9547 7320
Throwers	Graeme Rose	71 Union Road, Surrey Hills 3127 grarose@yahoo.com	9836 2350
	Ken Priestley	knjoy@bigpond.net.au	0417 134 601

Victorian Masters Athletics Inc.

Venues

ABERFELDIE Athletic Track	Aberfeldie Park, Corio Street, Moonee Ponds Wednesday nights, 7 - 9pm	Melway 28 D6
CASEY	160 Berwick - Cranbourne Rd, Cranbourne East Monday nights, 7-9pm	Melway134 E8
COBURG Athletic Track	Harold Stevens Athletic Field, Outlook Road, Coburg Thursday nights, 7 - 9pm	Melway 18 A9

PLEASE NOTE

Coburg Track now upgraded. Reverts to Thursday Nights as usual

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

Victorian Masters Athletics Inc.

President	Russ Oakley	9720 8835	12 Danielle Crescent, Heathmont 3135 oakanru@bigpond.com
Vice President	Tony Bradford	9749-2248	6 Merrett Ave., Hoppers Crossing 3029 anthonybradford@bigpond.com
Secretary	Phil Urquhart	9572-0805 0419357823	21 Holywood Grove, Carnegie runphil@bigpond.com
Asst Secretary	Chris Murphy	9547 6324	32 Hilton Avenue, Springvale 3171 czm@stbedes.catholic.edu.au
Treasurer	Al Willey	9870 7616	42 Sonia Street, Ringwood 3134 alpen.willey@bigpond.com
Club Captain	Lavinia Petrie	9728 3929	12 Jeanette Marie Court Kilsyth 3137 ljpetrie@alphalink.com.au
Committee	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
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	Shane Draper		c/o Aberfeldie Venue
Past President	Rob Waters	9318 3802	5 Bellevue Court, Maribyrnong 3032
Hon. Auditor	Peter Le Get has resigned. Position Vacant		
Webmaster	Ralph Bennett		vicvets@yahoo.com.au
Uniforms	Graham Philpott	9568 0495	4/8 Hyslop Parade, East Malvern 3145
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Around The Grounds	Judy & Ken Walters	9753 5661	7 Waters Ave. U. F. Gully 3156 jandkwalters@bigpond.com
Throwers' Group	Graeme Rose	9836-2350	grarose@yahoo.com
Mailing Officer	Russ Dickenson	9870-8103 0418333569	4 Braewood Ave., Ringwood East 3135 dicko@inet.net.au