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FOOTPRINTS



APRIL 2015

**ALL THE
RESULTS
FROM
THE VIC
CHAMPS**

**WHO'S GOT SHORT
CROPPED SILVER
HAIR AND CAN
RUN A BIT ?**

**NOW
LAVINIA
SETS NEW
WORLD BEST
FOR THE
MARATHON**

SHOULD WE BE ANTI ANTI INFLAMMATORIES ?

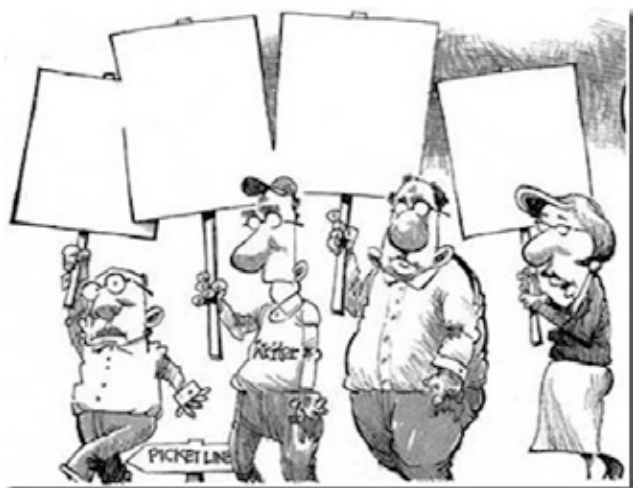


Editorial

The Vic Champs were very interesting. Lots of good athletes missing but still some wonderful performances. There seemed to be a lot of 90% age graded performances and a swag of records. Scanning through Clyde's report (and thanks again Clyde for the work you do) I was super impressed with Paul Turners M60 60m record 97.1%, a couple of jumps records by Nick Hodgson, Val Worrel's 2 Australian and 5 Victorian records and, of course, everybody's favorite nonagenarian Jim Sinclair's 3 Vic records.

Let me remind you that entries to our main events are now online only. The 3k and the 10k Track are already open for entries - see "What's On". *If you have a problem with this, see someone at your Venue or contact me 0418333569.*

I don't exactly have writers block, just a combination of other things on my plate, so let me put it this way :



*Looking forward to the Nationals
in Syd-un-ey,*

Russ Dickenson

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OUR COVER

Answer : Stacey Van Dueren and Lavinia Petrie. Stacey is presented with the Mike O'Neill Trophy, by Lavinia, for the best age graded performance in the 1500m by Men or Women.

NAG FILE

Athletes Moving into
a New Age Group

EARL COOK	into M85
GEORGE SIMONS	into M80
BARRY BROOKS	into M75
TONY JOHNSON	into M75
TREVOR JUPP	into M75
BARRIE WICKS	into M75
TONY GUTTMANN	into M70
CLARRIE JACK	into M70
MICHAEL DAVIN	into M65
IAN TREGEAR	into M65
KEN FUHRMEISTER	into M60
LYNNE O'DEA	into M60
CHERIE ARMOUR	into W55
CARYL GINDERS	into M55
NORMAN MAGUIRE	into M55
PETER MCDONALD	into M50
HELEN BRYAN	into W45
STEPHEN DAY	into M45
STEWART DOBRZYNSKI	into M45
GAELYNE KENSHOLE	into W45
NARELLE LEHMANN	into W45
ALISTAIR BLOOM	into M35

Masterpieces

LAVINIA BREAKS WORLD W70 BEST

At the Wangaratta Marathon on 22 February, Lavinia Petrie extended her assault on the W70 World Records. She now has broken every record from 1500m to the Marathon. Her mile best may not have been ratified due to insufficient stopwatches.

"I was pretty excited, I was actually aiming for the Australian record, which was a 4:03:00," Petrie said, hailing from Kilsyth in Melbourne.

"I've run 23 marathons since 1977, the best time I did was a 2:55:42 in 1978 but I hadn't run a marathon in five years coming into Wangaratta.

"I had no idea whatsoever what time I was running, I had turned on my stop watch but after about one kilometre I went to look at it and my eyes couldn't focus, being older I need to wear glasses. "Until half way when we run under the gantry, I had been expecting a 1:55 but instead I saw 1:48 so I thought 'I'm running well here' and kept calm until the end.

"I had a twinge in my leg after about 10km, but I worked out each kilometre and I'm really pleased with my time."



Lavinia (left) with Wangaratta Marathon Director Sharon Scholz

From John Sutton Southern Peninsula Venue - Our Truemans Rd. track is being repaired from late March and we will not be using it till the next daylight saving period commences, In the meantime we will be having cross country runs approx. each fortnight. If other members are interested please contact the Venue Managers for details. That's Meredith and Alan Radford 5988 6221 or John Sutton 5985 9017

What's On

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

2015

April 3-6

2015 Australia Masters Athletics Championships

The Crest Athletics Track, McClean St, Bass Hill, Bankstown, NSW. Entries Closed.

April 19

VMA 3k Track - Duncan McKinnon - 11.30 am - **Entries now open - see VMA website.**

April 28

VMA 10k Track - Collingwood - **Entries now open - see VMA website. #**

April 29

Peter Colthup 5 Miles Self Handicap - Dolamore Reserve, Mentone (Melway 87 B6).

May 17

VMA 8k Cross Country - Yarra Bend Park #

July 19

VMA 10k Road - Braeside Park #

August 4-16

World Masters Athletics T&F Championships - Lyon, France - www.lyon2015.com

August 23

VMA 10 Mile Road - Princes Park #

September 6

VMA Half Marathon - Kevin Bartlett Reserve. #

October 5-10

Oceania Masters Athletics - Rarotonga Cook Islands

October 3-10

2015 Australia Masters Games - Adelaide

2016

Oct 26-Nov 6

World Masters Athletics T&F Championships - Perth, Australia - www.perth2016.com

2017

March 18-25

World Masters Athletics Indoor Championships - Daegu South Korea

April 21-30

World Masters Games - Auckland New Zealand

Browne Shield Events

VMA 3 KM CHAMPIONSHIP 2015

Duncan Mackinnon Athletic Track

Sunday 19th April

The VMA 3 km Championship for Men and Women will be held on
Sunday 19th April prior to the VMA Annual General Meeting.

Entry is online only
through the VMA website -
www.vicmastersaths.org.au

Entry fee: \$10

If you need help to enter
speak to your Venue Manager
or contact

Lavinia Petrie

12 Jeanette Maree Court

Kilsyth 3137

ljpetrie@alphalink.com.au

Ph. 9728 3929

Program

11.30 am

3 km Victorian Championship

– if numbers are large separate divisions
will be run.

12 .30 pm

Lunch - Packer Park Pavilion,
120 Leila Road Carnegie.

1.00 pm AGM



PETER COLTHUP 5 MILES SELF HANDICAP

An invitation is extended by the Mentone Venue to all Masters to take part in the 21st Annual PETER COLTHUP 5 Miles (8.045km) Road Self Handicap to be held on **Wednesday April 29th 2015 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 600m Walk
- 6.50 300m E.T.
- 7.00 1000m Self Handicap
- 7.15 Road Peter Colthup 5 Miles Self Handicap
- 7.20 70m E.T.
- 7.30 5 Lap Spiral E.T. Walk on track
- 8.30 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.

RESULTS - ANDY SALTER RELAY 2015

The 32rd running of the Andy Salter relay was held at Springvale/Noble Park on February 4th. By far the longest running inter venue event on the Masters calendar (with no rule changes since its inception) it continues to be popular with competitors from 8 venues attending. A very pleasant evening which actually turned quite cool for the officials greeted the runners and walkers. With a total of 19 run teams and 8 walk teams there were 100 competitors which is better than the last couple of years. Such a good crowd made for an enjoyable evening with the usual post mortems over supper.

It was no great surprise that Knox came to maintain their current fairly long streak of wins and like last year they did it easily and trounced the opposition. They now have the honour of won the trophy the most number of times with 11 wins. The only very small consolation for other venues is that their winning time was 7 seconds slower than last year.

Results were

1st Knox	(Julie Norney, Mike Rennie, Paul Connor and Mike Bieleny) -	43.13
2nd Knox No.2	(Helen Stanley, Graeme Leticq, Brad Eade, John Graham) -	48.55
3rd Croydon	(Pam Tindal, Graeme Murfett, Rob Stagg, Andrew Egginton)	50.03
Fastest female	- Julie Norney - 11.16	Fastest male - Mike Bieleny - 10.13

In the estimated time category the Southern Peninsula team of Barry Jeffs, Nonie Chan, Barry Fry and Russell Dow were only 7 seconds out. Their walkers team of Heather Carr, Greg Lovejoy and Penny Hall did even better being only 4 seconds out. Southern Peninsula are good supporters of our events and it was fitting they should collect some trophies.

After the event a sumptuous supper was enjoyed and the usual convivial conversation took place. Many thanks to the Springvale crew for organising the supper (particularly Celia Johnson as chief co-ordinator) and the officials for recording etc. As usual our members do a great job and make life easy for the venue manager.

Alan Bennie

Venue Manager, Springvale/Noble Park



Above.

The winning Knox team - Paul Connor, Julie Norney, Mike Rennie and Mike Bieleny



Left.

The 2nd. placed Knox team - Graeme Leticq, Brad Eade, Helen Stanley and John Graham

RESULTS - VMA 5000M RACEWALK CHAMPIONSHIPS

DOLOMORE OVAL, MENTONE, SUNDAY 8 FEB 2015

Officials: Tim Erickson, Ralph Bennett, Mark Donahoo, Damien Elms, Tony Doran, Bill Carr, Colin Thompson, Bob Gardiner

Judges: Peter Vysma (chief), Gordon Loughnan, Lloyd Nichols, Stuart Cooper

VMA 5000M CHAMPIONSHIPS - WOMEN

	TIME	AG%
W35		
1 Sandra Geisler	0:27:48	72.50
W50		
1 Donna Elms	0:32:05	71.53
2 Carolyn Rosenbrock	0:32:11	71.31
3 Sandra Howorth	0:37:46	60.19
W55		
1 Pam Tindal	0:26:42	87.68
W60		
1 Alison Thompson	0:31:29	79.42
W65		
1 Heather Carr	0:30:07	87.26
W70		
1 Gwen Steed	0:34:20	84.63
W75		
1 Margaret Beaumont	0:43:45	72.26
W80		
1 Pam Mews	0:56:45	58.97

VMA 5000M CHAMPIONSHIPS - MEN

	TIME	AG%
M40		
1 Rupert Van Dongen	0:34:22	55.03
M45		
1 Stuart Kollmorgen	0:24:16	81.08
2 James Christmass	0:26:00	77.55
3 David Smyth	0:28:28	69.12
M50		
1 Simon Evans	0:26:48	79.18
2 Bernie Keirl	0:27:59	73.90
M55		
1 Mark Donahoo	0:25:33	84.54
M60		
1 Clyde Riddoch	0:30:41	73.84
2 John Graham	0:32:09	72.71
M65		
1 Des Middleton	0:36:47	66.48
M70		
1 Ralph Bennett	0:29:28	88.31
DQ Barrie Wicks	DQ	
M75		
1 Bob Gardiner	0:32:17	86.44
2 John Morrison	0:37:52	70.60
DQ Ian Beaumont	DQ	

NEIGHBOURS NIGHT 2015

THE BARB DALGLEISH 4 X 200M RELAY

Held on Tuesday 3/03/15

For the past 10 years a 'track meet' with a difference has been held at the Coburg venue.

Neighbours Night is when the Aberfeldie, Coburg, Collingwood and Doncaster venues have a 4x200Metre relay challenge. The criteria is that each gender be represented in teams and that runners ages add to a minimum of 180 years. The trophy is called the Barb Dalgleish Neighbours Trophy, remembering the Coburg runner of years past.

This year the event was held on 3rd March at the Collingwood track (because the Coburg track was under repair).

Twelve teams entered making 3 heats x 4 teams in each. The fastest six teams made the final and the final resulted in Collingwood winning from Doncaster and Aberfeldie.

During supper in the clubrooms Neville Wilson presented the trophy to the winning team.

There was a sombre note when Neville asked for a minutes silence following the death of Peter Dalgleish, (son of the late Barbara Dalgleish) who died the day before. This was the first time the trophy was presented by someone other than a member of the Dalgleish family.

Over 100 people were in attendance for the evening - a most successful event.



NEIGHBOURS
NIGHT

FINAL RESULTS

	Time		Time
1 Collingwood Cougars	1:47.8	4 Collingwood Comets	1:56.7
HOWDEN Keith 69		CORNEY Anna 47	
KOKKINOS Alex 39		DELL Tony 52	
VAN DEN BULK Jeanette 37		GAUNT Peter 55	
VIRTUE Peter 54		LOVELL Scott 49	
2 Doncaster Dynamos	1:50.4	5 Coburg BlueStones	1:57.1
FANNING Sheila 40		ELY Fiona 45	
LUCK Greg 52		MAGUIRE NORMAN 54	
McCONNELL David 62		O'NEILL Paul 49	
MILANO Mark 43		WHITEHALL Geoff 66	
3 Aberfeldie Arrows	1:52.7	6 Doncaster Duds	2:05.6
KASAPIS Anna 37		CHAMPION Greg 60	
PAPWORTH John 46		ROSEVEAR Philip 65	
SHORTT Richard 43		SMITH Donna 43	
SIMMONS Mark 53		WRIGHT SHAUN 45	

First Heat	Time	Second Heat	Time	Third Heat	Time
1 Aberfeldie Arrows	1:52.7	1 Collingwood Cougars	1:50.6	1 Doncaster Dynamos	1:53.7
KASAPIS Anna 37		HOWDEN Keith 69		FANNING Sheila 40	
PAPWORTH John 46		KOKKINOS Alex 39		LUCK Greg 52	
SHORTT Richard 43		Vanden.BULK Jean. 37		McCONNELL David 62	
SIMMONS Mark 53		VIRTUE Peter 54		MILANO Mark 43	
2 Coburg BlueStones	1:53.7	2 Doncaster Duds	2:03.5	2 Collingwood Comets	1:58.5
CHISHOLM David 46		CHAMPION Greg 60		CORNEY Anna 47	
ELY Fiona 45		ROSEVEAR Philip 65		DELL Tony 52	
MAGUIRE NORMAN 54		SMITH Donna 43		LOVELL Scott 49	
O'NEILL Paul 49		WRIGHT SHAUN 45		STUART Will 35	
3 Collingwood Cheetahs	2:19.7	3 Collingwood Chestnuts	2:15.7	3 Coburg Lakers	2:15.5
ADRIEN Gerard 54		GARGANIS Clare 44		MEANEY Michael 59	
BLOOM Alistair 34		GAUNT Peter 55		O'NEILL Anne 45	
HERTZ Julie 57		HERBSTREIT Herbie 62		PORTER Gordon 53	
LEWIS Rob 67		NICHOLSON David 48		WHITEHALL Geoff 66	
4 Collingwood Cobblers	2:22.6	4 Coburg All-comers	2:35.2	4 Collingwood Comedians	2:31.0
DOYLE Kylie 44		BLAKE Gary 58		FABRE Sofie 45	
HALLETT Len 65		CARTER Kenneth 62		JOHNSTONE Peter 78	
HAYWARD Chris 60		O'NEILL Ethan 45		LEDDIN Bernie 67	
HOPKINS Jim 65		O'NEILL Jackson 45		WINNEN Ian 53	



Above : The winning team Jeannette Van Den Bulk, Peter Virtue, Keith Howden and Alex Kokkinos.

Right : John Papworth takes the baton from Anna Kasapis while Jim Hopkins, Alistair Bloom and Paul O'Neill wait their turn.



Below : Keith Howden passes to Peter Virtue.

Below Right : The mighty Collingwood contingent en masse.



RESULTS - MANNINGHAM MILE

Held 23 March 2015

Those of you who used to attend the Landy Trophy will remember the Manningham Mile as an elite event for junior and open age athletes. Well it has now "morphed" into an age graded handicap for Masters Athletes.

The runners set off at a time according to their age and with Lavinia Petrie going first there was little doubt who would be home first. Second placegetter Rob Schwerkolt, himself a World Champion from Sacramento, did run beautifully to get within about 120 metres of Lavinia.



		Age	H'cap	Actual time				
1st	Lavinia Petrie	71	1.13	6.38.6	8th	Elizabeth Grover	51	2.36 7.03.8
2nd	Robert Schwerkolt	45	3.22	4.46.1	9th	Christopher Worsnop	55	3.00 7.04.2
3rd	Colin Page	60	2.47	5.52.1	10th	Angela Champion	47	2.49 7.16.7
4th	Annette Pelgrim	60	2.03	6.42.8	11th	Shaun Wright	45	3.22 7.03.4
5th	Matt Scholes	45	3.22	5.42.1	12th	Katrina Philip	51	2.36 7.59.1
6th	Graham Walter	57	3.00	6.14.7	13th	Robert Davey	75	1.49 10.43.8
7th	Colin Williams	65	2.32	6.42.9		John Aughey	77	DNF

ATHLETICS

Runner has plenty of miles left in his legs

Paul Amy

HE did it for old time's sake.

On the day he turned 80, Jim Crawford ran four laps of Port Melbourne's North Port Oval and memories of his youth came rushing at him.

It was at the historic ground in 1950 that Crawford won his first mile race, as a schoolboy from St Joseph's Technical College in Park St, South Melbourne.

He repeated the feat a year later.

Crawford had fancied himself as a 100m runner, but a teacher suggested he give the mile a go.

He did, and knew he was on to something when he defeated all the senior boys.

"Good thing the teacher told me to try the mile. I'd have been lucky to make the 100m relay team," he reflected.

But he went on to run thousands of miles: from 1957 to 1990 he completed 133 marathons, including two for the Victorian team at the Australian championships,

in 1958 and '62.

The 1962 race was also a trial for the Commonwealth Games team and he had a top-10 finish. He considers running for his state the highlight of his long athletics career.

In 1951 Crawford linked with South Melbourne Athletic Club, getting his name in the paper for doing nothing but join as a new member. His brother Colin was so impressed he joined the club too. At various times Crawford held the South Melbourne record for the 5000m, 10 mile, one-hour run, two-hour run, 15-mile road run and 20-mile run.

Colin Crawford said his brother often trained under the cover of darkness.

"His coach used to say, 'Don't run any further, Jim, you'll burn yourself'. So he'd come home and run around St Vincent's Gardens at night so he wouldn't be seen!"

Despite his advancing years Crawford still competes in veterans athletics on Tuesday nights and with



Jim Crawford back at North Port Oval where he won a foot race in 1950.

Picture: Paul Loughnan

his old pal Gordon Cumming does a lap of Albert Park lake every Thursday.

"Just a sentimental trip. Most enjoyable," Crawford said of his return to North

Port Oval. "I ran a lot slower than I did all those years ago! A bit of a shuffle really."

He has no plans to stop running, figuring there are a few miles in the old legs yet.

VMA IN AV SHIELD



VMA entered 2 Teams W40+ & M40+ in the Athletics Victoria T&F Competition. The Men`s 40+ team once again had a successful season coming 2nd in Blue Zone and going onto the Finals. We have not missed the finals since forming the team 5 years ago.

Once again at finals time the stronger, the bigger clubs are a hurdle we need to overcome. We require more depth, especially Throwers, Hurdlers even a Pole Vaulter would be very handy.

The Women`s 40+ team won Blue Zone, competing in the Finals for the 5th straight year. The women also had to battle against the stronger clubs whose teams are a lot younger than they are . The spirit and commitment of the team was evident throughout the year, it really stood out during the Final. When the heavens opened late in the program VMA was in 3rd position well behind 1st & 2nd teams . The ladies were determined to hold onto 3rd place , so fronting up for the relay in such trying conditions to retain 3rd position was typical of their spirit. Well done ladies you`re a special group. Great Result.

WOMEN

Linda Black	50+	Aberfeldie
Jeanne Bryan	70+	Mentone
Vicki Charles	50+	Glen Eira
Marlene Gourlay	60+	Mentone
Janet Holmes	60+	Glen Eira
Lynn Kisler	50+	Aberfeldie
Leeanne Monk	55+	Glen Eira
Judy Pfanner	45+	Throwers
Helen Stanley	55+	Knox
Gwen Steed	70+	Mentone

MEN

Ralph Bennett	70+	Mentone
Peter Black	60+	Aberfeldie
Sam Defanis	65+	E Burwood
Stewart Dobrzynsk	40+	Knox
Shane Draper	40+	Aberfeldie
Rob Italia	45+	Casey
Steven Quirk	55+	Country
Sean Riordan	45+	E Burwood
Richard Shortt	40+	Aberfeldie
Ewen Wilson	60+	Glen Eira
Russ Dickenson	65+	Croydon

Our Teams are made up of Members from 8 Venue`s , varying in ages (40+ - 70+)the majority are over 50. We are always on the lookout for members to join us. If you are interested please contact me or one of our members from your Venue.

David Sheehan



Linda Black



Ewen Wilson



Lynn Kisler



RESULTS

VMA & AV
TRACK & FIELD CHAMPIONSHIPS
HELD 14/03/2015 TO 15/03/2015
TOM KELLY ATHLETICS COMPLEX - DONCASTER



Women 60 Metre Sprint

W35-39				
1 Lisa Ryan	W36	WOD	9.18	75.38%
W40-44				
1 Sherry Gathercole	W44	CORIO	8.74	85.81%
2 Julie Aylward	W42	MEN	8.95	82.01%
W45-49 - Wind: -1.4				
1 Rachel Little	W47	BORD	8.86	87.47%
2 Jodi Chandler	W46	VMA	9.48	80.91%
3 Shobana Chetty	W48	VMA	10.28	76.17%
4 Tracey Howse	W49	WOD	10.59	74.79%
W50-54 - Wind: -1.3				
1 Linda Buttigieg	W51	WAV	9.28	87.07%
2 Vicki Charles	W52	VMA	9.70	84.23%
3 Cherie Armour	W54	GLG	10.24	81.35%
4 Maggie Armstrong	W52	VMA	10.41	78.48%
W55-59				
1 Christine Bridle	W57	WAV	9.67	88.73%
W60-64				
1 Donna Clarke	W61	VMA	10.57	84.30%
W65-69 - Wind: -1.3				
1 Helen Steadman	W66	VMA	13.01	71.71%
W70-74				
1 Kathy Skultety	W73	VMA	11.39	88.15%
W75-79 - Wind: -1.1				
1 Shirley Coppock	W78	VMA	12.49	85.75%

Men 60 Metre Sprint

M90+ - Wind: -0.8				
1 James Sinclair	M91	VMA	12.18	97.04%
M85-89 - Wind: NW1				
1 Leo Coffey	M86	VMA	10.78V	91.65% - Victorian Record
M80-84 - Wind: -0.8				
1 Brian Greaves	M81	VMA	10.20	89.31%
2 Douglas Ramm	M80	VMA	13.03	69.07%
M75-79 - Wind: -1.1				
1 Graeme Noden	M77	VMA	9.50	91.79%
2 Ron Arthur	M76	VMA	9.57	90.28%
3 Michael Hall	M76	CASEY C	9.81	88.07%
3 Colin Burnett	M75	VMA	9.81	87.16%
5 Russell Oakley	M75	VMA	10.11	84.57%
6 Anthony Bradford	M75	BEL	10.69	79.98%
7 Maxwell Brook	M78	VMA	10.85	81.20%
8 Allan Wood	M77	VMA	10.91	79.93%
9 Donald Chambers	M77	WOD	10.91	79.93%
M70-74 - Wind: -1.3				
1 Myer Vorchheimer	M71	MAC	9.71	85.48%
2 Ross Kent	M72	VMA	9.96	83.94%

The start of the M75 60 Metre Sprint
From bottom : Don Chambers, Russell Oakley, Mike Hall and Ron Arthur.



RESULTS - VMA & AV TRACK & FIELD CHAMPIONSHIPS

M65-69

1	Dennis Aspinall	M67	VMA	8.64	93.63%
2	Philip Rosevear	M65	VMA	8.81	90.69%
3	Geoffrey Whitehall	M66	EAG	8.90	90.34%
4	William Carr	M66	VMA	9.09	88.45%
5	Graham Ford	M65	DIV	9.14	87.42%

M60-64 - Wind: NWI

1	Paul Turner	M61	CORIO	8.02V	97.01% - <i>Victorian Record</i>
2	Ken Bruce	M63	DIV	8.39	93.92%
3	John Neale	M63	PRES	12.54	62.84%

M55-59 - Wind: -1.1

1	Graham Shaw	M57	WEST	8.84	85.75%
2	Trevor O'Brien	M57	VMA	9.13	83.02%
3	Martin Armour	M59	GLG	9.40	81.70%
4	Christopher Worsnop	M57	OLX	10.47	72.40%

M50-54

1	Norman Maguire	M54	ESS	8.30	89.52%
2	Michael Howse	M54	WOD	8.54	87.00%
3	Ken Taylor	M52	YRA	8.57	85.41%
4	Gary Hennessy	M52	COBURG	8.62	84.92%

M45-49

1	Andrew Wilcox	M46	BOH	7.76V	90.46% - <i>Victorian Record</i>
2	Rob Italia	M49	VMA	8.24	87.01%
3	Kelvin Gray	M47	CORIO	8.58	82.40%

M40-44 - Wind: -0.9

1	Stewart Dobrzynski	M44	VMA	7.78	88.95%
2	Lalith Udugampala	M43	DIV	7.85	87.52%
3	Gavin White	M41	VMA	7.95	85.03%
4	David Trudgian	M44	VMA	8.17	84.70%

M35-39 - Wind: NWI

1	Brett Maurer	M39	VMA	7.48V	89.04% - <i>Victorian Record</i>
2	Jacques Butcher	M38	KNOX	8.01	82.52%

Women 100 Metre Sprint

W75-79 - NWI

1	Shirley Coppock	W78	VMA	20.17	81.36%
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W70-74 - NWI

1	Kathy Skultety	W73	VMA	18.03	85.58%
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W65-69 - NWI

1	Helen Steadman	W66	VMA	20.08	71.26%
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W60-64 - NWI

1	Donna Clarke	W61	VMA	16.73	81.71%
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W55-59 - NWI

1	Christine Bridle	W57	WAV	15.30	86.01%
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W50-54 - Wind: 0.8

1	Donna Burgess	W52	BORDER	14.21	88.11%
2	Linda Buttigieg	W51	WAV	14.64	84.63%
3	Vicki Charles	W52	VMA	15.41	81.25%
4	Cathy Orelli	W53	CHIL	15.60	81.03%
5	Cherie Armour	W54	GLG	16.60	76.93%
6	Maggie Armstrong	W52	VMA	16.77	74.66%

W45-49

1	Rachel Little	W47	BORDER	13.19	90.07%
2	Heather Marasco	W46	VMA	15.43	76.15%
3	Shobana Chetty	W48	VMA	16.43	73.04%
4	Tracey Howse	W49	WOD	17.28	70.20%

W40-44 - Wind: 1.5

1	Sherry Gathercole	W44	CORIO	13.71	83.88%
2	Julie Aylward	W42	MEN	13.85	81.16%
3	Sophie Todorov	W40	YRA	14.56	75.48%

RESULTS - VMA & AV TRACK & FIELD CHAMPIONSHIPS

W35-39

1 Lisa Ryan	W36	WTN	14.28	73.46%
2 Suzanne Cockerill	W39	VMA	14.88	72.98%

W30-34

1 Emma Knight	W30	SAN	12.53	83.72%
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Men 100 Metre Sprint

M90+ - Wind: -0.2

1 James Sinclair	M91	VMA	19.63V	89.20% - <i>Victorian Record</i>
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M80-84

1 Brian Greaves	M81	VMA	18.04	80.04%
2 Don McLean	M81	VMA	19.04	75.84%
3 Douglas Ramm	M80	VMA	21.49	66.08%

M85-89

1 Leo Coffey	M86	VMA	17.20	91.74%
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M70-74

1 Myer Vorchheimer	M71	MAC	15.48	81.20%
2 Ross Kent	M72	VMA	15.75	80.76%

M75-79 - Wind: 1.6

1 Ron Arthur	M76	VMA	15.26	87.75%
2 Michael Hall	M76	CASEY	15.74	85.07%
3 Graeme Noden	M77	VMA	15.80	85.95%
4 Colin Burnett	M75	VMA	15.88	83.12%
5 Russell Oakley	M75	VMA	16.29	81.03%
6 Anthony Bradford	M75	BEL	17.12	77.10%
7 Donald Chambers	M77	WOD	19.23	70.62%

M65-69

1 Philip Rosevear	M65	VMA	13.31	90.61%
2 Dennis Aspinall	M67	VMA	13.50	90.37%
3 Keith Howden	M69	VMA	13.86	89.11%
4 Geoffrey Whitehall	M66	EAG	13.97	86.83%
5 Graham Ford	M65	DIV	14.05	85.84%
6 William Carr	M66	VMA	14.38	84.35%

M60-64

1 Paul Turner	M61	CORIO	12.73	92.46%
2 David McConnell	M62	VMA	15.21	77.84%

M55-59 - Wind: 1.5

1 Robert Mayston	M58	SAN	12.45	92.77%
2 Graham Shaw	M57	WEST	13.71	83.73%
3 Trevor O'Brien	M57	VMA	14.56	78.85%
4 Martin Armour	M59	GLG	15.53	74.89%
5 Christopher Worsnop	M57	OLX	15.99	71.79%

M50-54

1 Norman Maguire	M54	ESS	12.90	87.36%
2 Michael Howse	M54	WOD	12.97	86.89%
3 Francois Fabre	M53	VMA	12.97	86.28%
4 John Schuijers	M54	COL	13.12	85.90%
5 Gary Hennessy	M52	COBURG	13.27	83.80%

M45-49 - Wind: +0.0

1 Andrew Wilcox	M46	BOH	11.98	89.23%
2 Kurt Golonka	M45	GHY	12.40	85.65%
3 Rob Italia	M49	VMA	12.86	84.76%
4 Shaun Wright	M48	VMA	14.68	73.77%

M40-44 - Wind: 0.2

1 Geoffrey Pittman	M41	GHY	11.70	88.29%
2 Stewart Dobrzynski	M44	VMA	12.13	86.89%
3 Lalith Udugampala	M43	DIV	12.22	85.68%
4 Gavin White	M41	VMA	12.40	83.31%
5 Alexander Newman	M41	GHY	12.61	81.92%

RESULTS - VMA & AV TRACK & FIELD CHAMPIONSHIPS

Men 100 Metre Sprint - M40-44 Continued

6	David Trudgian	M44	VMA	12.68	83.12%
7	Craig Hewitson	M43	YRA	12.86	81.42%

M35-39 - Wind: -0.8

1	Brett Maurer	M39	VMA	11.70	87.01%
2	Braden Fraser	M37	IVANHOE	11.81	85.01%
3	Jacques Butcher	M38	KNOX	12.38	81.66%

Women 200 Metre Sprint

W65-69 - Wind: -0.8

1	Helen Steadman	W66	VMA	45.64	65.73%
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W70-74

1	Kathy Skultety	W73	VMA	42.00	76.14%
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W75-79

1	Shirley Coppock	W78	VMA	45.80	75.41%
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W60-64

1	Donna Clarke	W61	VMA	35.12	81.38%
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W50-54 - Wind: 0.8

1	Helen Anderson	W52	VMA	32.71	79.52%
2	Cherie Armour	W54	GLG	35.32	75.25%

W55-59 - Wind: -0.8

1	Christine Bridle	W57	WAV	32.96	83.22%
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W45-49 - Wind: -0.1

1	Rachel Little	W47	BORDER	28.13	87.42%
2	Jodi Chandler	W46	VMA	31.95	76.09%
3	Heather Marasco	W46	VMA	33.15	73.33%
4	Tracey Howse	W49	WOD	38.46	65.42%

W40-44 - Wind: NWI

1	Julie Aylward	W42	MEN	28.67	80.82%
2	Sophie Todorov	W40	YRA	31.18	72.55%

W35-39 - Wind: -1.7

1	Jean. Van Den Bulk	W38	VMA	28.07	78.48%
2	Suzanne Cockerill	W39	VMA	31.27	71.38%

Men 200 Metre Sprint

M80-84 - Wind: -2.7

1	Don McLean	M81	VMA	39.93	77.79%
2	Douglas Ramm	M80	VMA	46.70	65.10%

M90+

1	James Sinclair	M91	VMA	43.12V	98.98% - Victorian Record
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M75-79 - Wind: -2.1

1	Ron Arthur	M76	VMA	33.52	84.64%
2	Michael Hall	M76	CASEY C	33.68	84.23%
3	Russell Oakley	M75	VMA	34.12	81.77%
4	Graeme Noden	M77	VMA	35.66	80.90%
5	Anthony Bradford	M75	BEL	36.83	75.75%

M70-74 - Wind: 1.6

1	Myer Vorchheimer	M71	MAC	33.11	79.13%
2	Ross Kent	M72	VMA	33.91	78.44%
3	Robert Newton	M72	VMA	34.32	77.51%
4	Michael Orelli	M70	CHIL	39.89	64.68%

M65-69 - Wind: -1.8

1	Dennis Aspinall	M67	VMA	28.34	88.88%
2	Keith Howden	M69	VMA	28.62	89.41%
3	Philip Rosevear	M65	VMA	28.86	85.90%
4	Geoffrey Whitehall	M66	EAG	29.27	85.38%
5	William Carr	M66	VMA	30.89	80.90%

RESULTS - VMA & AV TRACK & FIELD CHAMPIONSHIPS

M60-64 - Wind: 0.5

1	Paul Turner	M61	CORIO	27.12	89.05%
2	Ken Bruce	M63	DIV	27.31	89.60%
3	Gregory Champion	M61	DIV	32.31	74.74%
4	Kenneth Carter	M62	COB	63.88	38.06%

M55-59 - Wind: -1.0

1	Robert Mayston	M58	SAN	25.46	93.01%
2	William McCombie	M55	DAC	27.02	85.90%
3	Martin Armour	M59	GLG	32.19	74.06%
4	Christopher Worsnop	M57	OLX	35.27	66.69%

M50-54 - Wind: 0.5

1	Norman Maguire	M54	ESS	26.83	85.87%
2	Michael Howse	M54	WOD	27.26	84.52%
3	Francois Fabre	M53	VMA	27.33	83.72%
4	Ken Taylor	M52	YRA	29.19	77.87%
5	Chris Lang	M53	WEN	29.75	76.91%

M45-49 - Wind: -1.8

1	Andrew Wilcox	M46	BOH	24.71	88.14%
2	Kurt Golonka	M45	GHY	25.72	84.06%
3	Rob Italia	M49	VMA	26.86	82.84%

M40-44 - Wind: 0.6

1	Geoffrey Pittman	M41	GHY	24.17	86.84%
2	Stewart Dobrzynski	M44	VMA	25.14	85.36%
3	Lalith Udugampala	M43	DIV	25.33	84.09%
4	David Trudgian	M44	VMA	26.34	81.47%
5	Gavin White	M41	VMA	28.44	73.80%

M35-39

1	Brett Maurer	M39	VMA	23.55	87.77%
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Women 400 Metre Run

W75-79

1	Shirley Coppock	W78	VMA	2:00.92	71.26%
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W70-74

1	Jeanne Bryan	W72	VMA	1:34.50	79.74%
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W65-69

1	Rhonda Trengrove	W67	VMA	1:47.63	63.82%
2	Helen Steadman	W66	VMA	1:50.94	60.97%
3	Vicki Thompson	W69	VMA	2:14.59	52.65%

W60-64

1	Kathryn Heagney	W64	EAG	76.05	86.86%
2	Janet Holmes	W61	VMA	79.18	81.27%
3	Donna Clarke	W61	VMA	1:22.26	78.23%

W55-59

1	Christine Bridle	W57	WAV	76.00	81.68%
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W45-49

1	Rachel Little	W47	BORDER	61.11	92.34%
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W50-54

1	Donna Burgess	W52	BORDER	66.27	89.42%
2	Linda Buttigieg	W51	WAV	73.84	79.51%
3	Helen Anderson	W52	VMA	76.00	77.97%
4	Cathy Orelli	W53	CHIL	76.71	77.98%

W40-44

1	Talitha Crawford	W43	BOH	61.42	88.20%
2	Julie Aylward	W42	MEN	63.38	84.57%

W35-39

1	Jean. Van Den Bulk	W38	VMA	60.17	85.32%
2	Lisa Ryan	W36	WOD	64.74	77.59%

RESULTS - VMA & AV TRACK & FIELD CHAMPIONSHIPS

Men 400 Metre Run

M90+

1 James Sinclair M91 VMA 1:56.71V 89.65% - *Victorian Record*

M80-84

1 Don McLean M81 VMA 1:36.69 75.45%

M75-79

1 Russell Oakley M75 VMA 77.68 83.68%

2 Michael Hall M76 CASEY 1:20.43 82.21%

3 Maxwell Brook M78 VMA 1:22.26 83.24%

4 John Aughey M77 VMA 1:27.58 76.81%

5 Anthony Bradford M75 BEL 1:31.23 71.25%

M70-74

1 Richard Trembath M73 VMA 78.29 79.78%

2 Bob Smith M73 ESS 79.44 78.63%

M65-69

1 Peter Lamb M65 BEL 63.69 85.65%

2 Dennis Aspinall M67 VMA 63.98 87.92%

3 Geoffrey Whitehall M66 EAG 66.43 83.37%

4 Philip Rosevear M65 VMA 71.21 76.60%

5 William Carr M66 VMA 73.11 75.75%

M60-64

1 Murray Lawrence M61 RICH 62.13 85.63%

2 Gregory Moore M62 KEILOR 75.22 71.16%

3 Kenneth Carter M62 COB 2:12.89 40.28%

M55-59

1 Robert Mayston M58 SAN 56.31 92.68%

2 William McCombie M55 DAC 60.15 85.12%

3 Colm Rothery M56 ESS 63.20 81.53%

4 Christopher Worsnop M57 OLX 1:25.78 60.46%

M50-54

1 Allan Cook M52 WEST 55.27 90.81%

2 Francois Fabre M53 VMA 61.31 82.40%

3 David Ayers M51 BOH 62.54 79.72%

4 Chris Lang M53 WEN 68.45 73.81%

M45-49

1 Andrew Wilcox M46 BOH 52.98V 90.94% - *Victorian Record*

2 Kurt Golonka M45 GHY 57.46 83.29%

3 Gregory Hilson M45 SBE 58.76 81.45%

4 David Mellings M47 ANW 61.64 78.70%

5 Rob Italia M49 VMA 62.43 78.79%

M40-44

1 Geoffrey Pittman M41 GHY 53.84 86.39%

2 Campbell McLennan M42 DAC 55.79 83.96%

3 Darren Ryan M44 WEST 57.20 83.06%

4 Craig Hewitson M43 YRA 59.06 79.87%

M35-39

1 Brett Maurer M39 VMA 53.13 86.28%

2 Jacques Butcher M38 KNOX 61.02 74.57%

Women 800 Metre Run

W70-74

1 Jeanne Bryan W72 VMA 3:38.21 85.75%

W60-64

1 Kathryn Heagney W64 EAG 3:02.46 86.52%

2 Janet Holmes W61 VMA 3:04.38 80.62%

W65-69

1 Sandra Middleton W66 VMA 3:46.79 72.46%

W55-59

1 Pam Tindal W55 ANW 2:58.03 76.15%



Carolyn Huell

RESULTS - VMA & AV TRACK & FIELD CHAMPIONSHIPS

W45-49

1 Carolyn Huell	W48	WEST	2:42.35	76.91%
2 Heather Marasco	W46	VMA	2:49.33	72.51%
3 Jodi Chandler	W46	VMA	2:50.45	72.03%

W50-54

1 Donna Burgess	W52	BORDER	2:31.79	85.85%
2 Mechelle Lane	W53	WEST	2:52.95	76.33%
3 Cassandra Miller	W53	VMA	3:14.79	67.77%

W40-44

1 Kellie Macknamara	W40	GHY	2:26.03	79.79%
2 Julie Aylward	W42	MEN	2:28.97	79.59%
3 Helen Bryan	W44	MEN	2:38.69	76.05%
4 Melissa Gillick	W40	VMA	3:30.13	55.45%

W35-39

1 Lisa Ryan	W36	WOD	2:29.83	75.61%
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Men 800 Metre Run

M80-84

1 Don McLean	M81	VMA	3:59.88	69.81%
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M70-74

1 Richard Trembath	M73	VMA	3:05.52	78.17%
2 Bob Smith	M73	ESS	3:14.40	74.60%
3 Elwyn Egan	M72	VMA	3:26.72	69.06%
4 Michael Orelli	M70	CHIL	3:38.49	63.39%
5 Neville Gardner	M71	BOH	4:04.77	57.45%

M75-79

1 Russell Oakley	M75	VMA	3:18.88	75.27%
2 Maxwell Brook	M78	VMA	3:21.03	78.31%
3 John Aughey	M77	VMA	3:32.71	72.75%

M65-69

2 Terence Phelan	M66	WTN	3:51.07	57.39%
1 Colin Williams	M65	VMA	X2:57.77	73.82%

M60-64

1 Colin Page	M61	VMA	2:28.47	85.69%
2 Murray Lawrence	M61	RICH	2:29.79	84.94%
3 Kenneth Carter	M62	COBURG	5:14.56	40.76%

M55-59

1 Rob Wendel	M57	DIV	2:31.36	81.42%
2 Christopher Worsnop	M57	OLX	3:12.76	63.93%

M50-54

1 Allan Cook	M52	WEST	2:04.74	94.81%
2 David Ayers	M51	BOH	2:19.98	83.78%
3 Gerard Skene	M51	BALL	2:24.56	81.12%
4 Tony Dell	M52	RICH	2:30.92	78.36%

M45-49

1 Robert Schwerkolt	M49	BOH	2:06.70	90.99%
2 Gregory Hilson	M45	SBE	2:14.50	82.78%
3 Craig Rayner	M47	ESS	2:15.58	83.55%
4 David Mellings	M47	ANW	2:16.38	83.06%

M40-44

1 Campbell McLennan	M42	DAC	2:02.73	88.25%
2 Cameron Simon	M40	DIV	2:06.49	84.10%
3 Mickael Soussan	M44	VMA	2:19.25	79.22%
4 Michael Thomas	M43	VMA	2:30.04	72.85%

Women 1500 Metre Run

W70-74

1 Jeanne Bryan	W72	VMA	7:10.85	89.12%
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Double Doncaster wins in the 800m. Top Don McLean (M80) and Richard Trembath (M70)



RESULTS - VMA & AV TRACK & FIELD CHAMPIONSHIPS

W50-54

1	Laura Campbell	W53	DIV	5:41.04	84.33%
2	Mechelle Lane	W53	WEST	5:47.82	82.69%
3	Cassandra Miller	W53	VMA	6:31.39	73.48%

W55-59

1	Stacey Van Dueren	W57	COBURG	5:25.85	93.18%
2	Helen Stanley	W59	VMA	6:02.16	86.25%

W60-64

1	Annette Pelgrim	W60	KNOX	6:11.98	85.20%
2	Marlene Gourlay	W63	VMA	6:33.62	84.19%

W65-69

1	Rhonda Trengrove	W67	VMA	8:25.40	69.82%
2	Vicki Thompson	W69	VMA	9:55.	61.29%

W40-44

1	Melissa Gillick	W40	VMA	4:58.98	82.20%
2	Julie Aylward	W42	MEN	5:24.61	77.35%
3	Helen Bryan	W44	MEN	5:25.98	78.85%
4	Kellie Macknamara	W40	GHY	6:53.18	59.48%

W45-49

1	Susanne Wilson	W48	KNOX	5:12.19	86.42%
2	Anne Buckley	W47	BGO	5:18.35	83.70%
3	Carolyn Huell	W48	WEST	5:25.63	82.85%
4	Pia Hunter	W48	BOH	5:38.09	79.80%

W35-39

1	Anna Kasapis	W37	ESS	4:42.63	84.79%
2	Caitlin Harrison	W37	BOH	6:04.99	65.66%

Men 1500 Metre Run

M80-84

1	Colin Silcock-Delaney	M82	VMA	10:37.34	54.46%
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M75-79

1	Maxwell Brook	M78	VMA	7:05.32	75.49%
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M70-74

1	Norman Franzi	M71	COL	6:08.66	78.47%
2	Michael Orelli	M70	CHIL	7:11.09	66.09%
3	Neville Gardner	M71	BOH	8:32.62	56.43%

M65-69

1	Jim Hopkins	M65	COL	6:01.17	75.68%
2	Colin Williams	M65	VMA	6:05.70	74.75%
3	Terence Phelan	M66	WTN	7:24.42	62.01%

M60-64

1	John Graham	M64	VMA	5:21.87	84.23%
2	Alan Hammond	M61	WEST	5:23.04	81.93%
3	Gregory Moore	M62	KEILOR	5:26.82	81.64%
4	Ron Scholes	M61	VMA	5:30.55	80.07%
5	Kenneth Carter	M62	COBURG	11:12.46	39.68%

M55-59

1	Colm Rothery	M56	ESS	5:05.06	83.22%
2	Paul Thomas	M57	WTN	5:06.33	83.57%
3	Rob Wendel	M57	DIV	5:08.60	82.96%
4	Ross Carter	M56	GHY	5:10.99	81.64%
5	Doug Sandiford	M57	RICH	5:24.51	78.89%
6	Christopher Worsnop	M57	OLX	6:30.64	65.53%

M50-54

1	Allan Cook	M52	WEST	4:27.34	91.72%
2	Mike Bieleny	M52	BEN	4:29.24	91.07%
3	David Lawson	M50	RICH	4:43.43	85.04%
4	Gerard Skene	M51	BALL	5:14.06	77.41%
5	Eric Baker	M53	BGO	5:23.70	76.43%



Caitlin Harrison and Anna Kasapis

RESULTS - VMA & AV TRACK & FIELD CHAMPIONSHIPS

M40-44

1	Cameron Simon	M40	DIV	4:21.61	83.88%
2	Campbell McLennan	M42	DAC	4:23.56	84.86%
3	Matthew Vernal	M42	ANW	4:30.08	82.81%
4	Michael Bishop	M43	MPA	4:43.69	79.59%
5	Michael Thomas	M43	VMA	5:11.44	72.50%

M45-49

1	Robert Schwerkolt	M49	BOH	4:18.79	92.27%
2	Grant Simpson	M45	BEL	4:35.80	83.48%
3	Gregory Hilson	M45	SBE	4:40.01	82.23%
4	Matthew Scholes	M46	VMA	5:02.55	76.79%
5	Rob Italia	M49	VMA	5:10.84	76.82%

Women 5000 Metre Run

W35-39

1	Rebecca Xuereb	W38	RICH	22:52.56	64.70%
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W40-44

1	Melissa Gillick	W40	VMA	26:35.92	56.39%
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W45-49

1	Julie Norney	W46	BOH	18:13.60	87.24%
2	Anne Buckley	W47	BGO	19:48.91	81.23%
3	Carolyn Huell	W48	WEST	19:52.87	81.97%
4	Amanda Harper	W46	BOH	20:39.12	77.00%
5	Kuniko Bowden	W49	MEN	21:14.29	77.70%

W50-54

1	Mechelle Lane	W53	WEST	21:57.71	79.14%
2	Elizabeth Grover	W51	VMA	22:53.27	73.97%
3	Cassandra Miller	W53	VMA	24:11.92	71.82%

W55-59

1	Stacey Van Dueren	W57	COBURG	19:37.80	93.51% - Mike O'Neill Trophy Winner
2	Colleen Murphy	W57	DAC	21:47.46	84.24%
3	Helen Stanley	W59	VMA	22:16.95	84.75%
4	Jay Wright	W55	MAL	26:27.77	67.47%

W65-69

1	Rhonda Trengrove	W67	VMA	29:06.42	73.36%
2	Vicki Thompson	W69	VMA	35:45.74	61.72%

W70-74

1	Jeanne Bryan	W72	VMA	26:40.97	87.14%
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W75-79

1	Judy Wines	W77	VMA	33:52.97	75.32%
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Men 5000 Metre Run

M70-74

1	Norman Franzi	M71	COL	25:30.78	68.40%
2	Michael Orelli	M70	CHIL	26:38.03	64.72%

M65-69

1	Kevin Solomon	M67	RICH	19:28.62	85.80%
2	Peter Bence	M65	OAK	20:33.73	79.78%
4	Jim Hopkins	M65	COL	23:03.46	71.15%
5	Jim McClure	M69	VMA	27:28.58	62.04%
3	Anthony Guttman	M69	VMA	X22:21.51	76.23%

M60-64

1	Peter Gaffney	M60	KEILOR	19:05.48	82.17%
2	Ron Scholes	M61	VMA	19:43.05	80.26%
3	Graeme Leticq	M60	VMA	20:06.79	77.99%
4	Alan Hammond	M61	WEST	20:17.32	78.00%

M55-59

1	Steven Quirk	M55	VMA	17:22.18	86.52%
2	Doug Sandiford	M57	RICH	20:28.49	74.66%

RESULTS - VMA & AV TRACK & FIELD CHAMPIONSHIPS

Men 5000 Metre Run- M55-59 Continued

3	Joseph Campisi	M57	STK	20:36.90	74.15%
4	Andrew Tunne	M56	BOH	22:31.83	67.27%
5	Christopher Worsnop	M57	OLX	23:32.57	64.93%

M50-54

1	Mike Bieleny	M52	BEND	16:37.16	88.21%
2	Peter Cowell	M51	BGO	17:25.47	83.46%
3	David Lawson	M50	RICH	17:41.63	81.52%
4	Michael Ryan	M53	GHY	19:31.60	75.69%
5	Simon St Hill	M51	BOH	21:42.77	66.97%

M45-49

1	Tony Langelaan	M48	BOH	17:18.08	82.05%
2	Domenic Michienzi	M45	KEILOR	17:40.43	78.45%
3	Steve Brennan	M48	WTN	18:24.41	77.12%
4	Glenn Sullivan	M48	VMA	18:26.76	76.96%
5	Angelo Portelli	M45	GHY	20:40.60	67.06%

M40-44

1	Grant Morgan	M40	DIV	15:53.89	83.97%
2	Shaun Green	M41	MAL	16:29.98	81.52%
3	Michael Bishop	M43	MPA	17:10.49	79.50%
4	Shane Draper	M41	VMA	17:17.18	77.81%
5	Michael Camilleri	M41	VMA	19:03.25	70.59%

Women 80 Short Hurdles 76.2cm

W40-44

1	Gaelyne Kenshole	W44	DIV	13.30V	87.44%
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Men 110 Short Hurdles 99.1cm

M35-39 - Wind: 1.3

1	Brad Krawczyk	M39	KNOX	16.59	80.65%
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M40-44

1	David Featherston	M40	BOH	18.19	74.22%
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Men 100 Short Hurdles 91.4cm

M50-54 - Wind: 3.2

1	Chris Lang	M53	WEN	19.74	69.96%
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Men 100 Short Hurdles 84cm

M60-64 - Wind: 1.2

1	Gregory Champion	M61	DIV	20.37	71.38%
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M65-69

1	Graham Ford	M65	DIV	20.52	75.58%
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Men 80 Short Hurdles 76.2cm

M75-79 - Wind: 1.3

1	Maxwell Brook	M78	VMA	26.54	55.05%
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Men 80 Short Hurdles 68.6cm

M80-84

1	Brian Greaves	M81	VMA	21.79V	70.86%
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Victorian Record

Women 400 Long Hurdles 76.2cm

W35-39

1	Jean. Van Den Bulk	W38	VMA	66.87	81.74%
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Men 400 Long Hurdles 91.4cm

M40-44

1	David Featherston	M40	BOH	61.11	83.55%
2	Paul Schofield	M41	DIV	65.79	78.40%

M45-49

1	Gregory Hilson	M45	SBE	65.57	81.79%
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Mike Bieleny glides around to win the M50 5000m

M65-69 100m Short Hurdles

Graham Ford

M60-64 100m Short Hurdles

Greg Champion



RESULTS - VMA & AV TRACK & FIELD CHAMPIONSHIPS

Men 400 Long Hurdles 84cm

M50-54

1	Tony Dell	M52	RICH	74.58	78.26%
2	Chris Lang	M53	WEN	75.83	77.16%

Men 300 Long Hurdles 76.2cm

M60-64

1	Gregory Champion	M61	DIV	58.18	73.24%
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M65-69

1	Graham Ford	M65	DIV	55.18	81.24%
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Men 300 Long Hurdles 68.6cm

M75-79

1	Maxwell Brook	M78	VMA	77.26	71.95%
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Women 2000 Metre Steeplechase 76.2cm

W30-34

1	Claire Johnson	W32	MEN	7:34.69	83.71%
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W40-44

1	Melissa Gillick	W40	VMA	11:23.39	59.48%
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W45-49

1	Amanda Harper	W46	BOH	8:32.31	83.11%
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2	Carolyn Huell	W48	WEST	8:44.67	82.38%
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3	Kuniko Bowden	W49	MEN	8:59.91	80.66%
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W60-64

1	Marlene Gourlay	W63	VMA	9:45.02	88.72%
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W65-69

1	Heather Carr	W65	EAG	11:15.37V	79.22% - Victorian Record
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Men 2000 Metre Steeplechase 76.2cm

M60-64

1	Gregory Moore	M62	KEILOR	8:57.16	76.02%
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M65-69

1	Jeffrey Walker	M67	VMA	9:37.53	78.55%
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M70-74

1	Elwyn Egan	M72	VMA	11:52.60	70.02%
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M75-79

1	Maxwell Brook	M78	VMA	11:19.89	81.38%
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M80-84

1	Colin Silcock-Delaney	M82	VMA	15:40.27	64.12%
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Men 3000 Metre Steeplechase 91.4cm

M40-44

1	Peter Macknamara	M42	GHY	10:30.29	83.63%
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M45-49

1	Grant Simpson	M45	BEL	10:57.56	82.37%
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2	Angelo Portelli	M45	GHY	13:17.01	67.96%
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3	Fabrizio Romeo	M47	VMA	17:40.38	52.00%
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DNF Paul FitzGerald

M50-54

1	Graeme Sayer	M53	VMA	13:03.35	74.10%
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2	Tony Dell	M52	RICH	13:55.09	68.93%
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M55-59

1	Chris Brown	M59	OAK	15:48.15	64.30%
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2	Christopher Worsnop	M57	OLX	16:26.42	60.82%
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Women 1500 Metre Walk

W40-44

1	Clare Garganis	W44	COL	9:59.21	60.31%
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M65-69 1500m Walk
Des Middleton, Russell Dickenson and
Gerald Sofianos



NEW MEMBERSHIP CATEGORY AT AV

For the 2015/16 season Athletics Victoria will introduce a new Recreational Running membership type, “Recreational Runner” and change the current “Associate” category to “Social” to better align the membership type and grow the current membership base pass 6,000.

The Recreational Running membership type will open Athletics Victoria, affiliated clubs and specialist groups to the growing recreational running market.

The Recreational Running membership in its first year will be available only to specialist groups in a bid to invite recreational runners to come and try some of the services AV offers.

In the 2016/17 season the recreational running member type will be open to Clubs to start developing a new membership pathway and revenue opportunities.

During the 2015/16 season Athletics Victoria will work with those clubs interested in developing a recreational running platform, clubs are welcome to contact Recreational Running Coordinator Tim Crosbie at any time.

This is about starting a conversation with over one million recreational runners who are currently not a member of a Club.

Recreational runners that join can upgrade and get access to a full Athletics Victoria membership by becoming a member of an affiliated club.

How it looks:

Cost: \$60

Connect with the Victorian Running Network

Access Athletics Victoria member benefits

Personal insurance

2 x free event entries (valued at \$80 - non AV member)

Albert Park 10km Run - Sunday 28 June

Brimbank Park Cross Country Course - Saturday 1 August

Take advantage of member rates for Victorian Running Network events

Member discounted event entry to XCR'15 races

All new “Recreational Running” members will receive two (2) free edition vouchers from Runners World (valued at \$21)

To better capture the non-competing club member Athletics Victoria has changed the membership type from “Associate” to “Social”; who will still take advantage of the base membership benefits including AV member offers, insurance and member event entry rates.

If you have any questions about the changes don't hesitate to contact me.

Phone: 03 8646 4506

Email: glenn@athsvic.org.au

Kind regards,

Glenn Turnor

Athletics Victoria CEO

RESULTS - VMA & AV TRACK & FIELD CHAMPIONSHIPS

W50-54

1 Donna-Marie Elms	W53	PREST	8:37.33	75.31%
2 Robyn Shaw	W53	WEST	8:50.43	73.45%
3 Carolyn Rosenbrock	W53	ANW	9:01.44	71.96

W55-59

1 Pam Tindal	W55	ANW	7:15.90	90.95%
2 Julie Challen	W57	VMA	9:50.30	68.40%

W60-64

1 Alison Thompson	W62	VMA	8:40.02	81.62%
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W65-69

1 Heather Carr	W65	EAG	7:56.01	92.16%
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W70-74

1 Gwen Steed	W72	VMA	9:27.69	84.38%
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W80-84

1 Pam Mews	W80	VMA	15:57.42	56.57%
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Men 1500 Metre Walk

M70-74

1 Barrie Wicks	M74	VMA	11:30.77	65.95%
DQ Ralph Bennett	M73	VMA	IAAF RULE 230.6A	

M75-79

1 John Morrison	M75	SAN	10:17.96	74.71%
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M85-89

1 Robert Lewis	M87	VMA	13:19.40	69.55%
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M50-54

1 Gerard Feain	M52	KEILOR	7:24.64	81.11%
2 Bernie Keirl	M51	VMA	7:33.42	78.86%

M55-59

1 Paul Moritz	M55	VMA	9:13.46	66.90%
2 Christopher Worsnop	M57	OLX	11:00.32	57.12%

M60-64

1 Clyde Riddoch	M61	WAV	8:23.33	77.90%
2 Frank Prowse	M63	DAC	10:05.01	66.16%

M65-69

1 Russell Dickenson	M69	SCA	8:19.79	85.63%
2 Des Middleton	M68	VMA	9:06.97	77.32%
3 Gerald Sofianos	M65	STK	10:25.08	65.41%

Women 3000 Metre Walk

W35-39

1 Sandra Geisler	W37	RING	15:38.46	75.45%
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W45-49

1 Pia Hunter	W48	BOH	17:43.61	72.40%
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W50-54

1 Donna-Marie Elms	W53	PRESTON	18:11.38	73.68%
2 Carolyn Rosenbrock	W53	ANW	18:31.31	72.36%
3 Robyn Shaw	W53	WEST	19:26.29	68.95%

W55-59

1 Pam Tindal	W55	ANW	15:42.84	86.91%
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W60-64

1 Marlene Gourlay	W63	VMA	18:02.02	82.45%
2 Alison Thompson	W62	VMA	18:40.02	78.74%

W65-69

1 Heather Carr	W65	EAG	17:18.44	88.02%
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W70-74

1 Gwen Steed	W72	VMA	19:49.24	84.51%
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W80-84

1 Pam Mews	W80	VMA	32:25.80	59.00%
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RESULTS - VMA & AV TRACK & FIELD CHAMPIONSHIPS

Men 3000 Metre Walk

M70-74

1	Ralph Bennett	M73	VMA	16:32.42	92.41%
2	John Hallo	M72	VMA	23:13.46	64.97%
3	Barrie Wicks	M74	VMA	23:28.38	65.98%

M75-79

1	Robert Gardiner	M78	COL	19:29.37	84.03%
2	John Morrison	M75	SAN	23:03.74	68.07%

M40-44

1	Aaron McDonough	M42	PRES	14:12.16	79.44%
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M50-54

1	Kevin Cassidy	M54	COBURG	16:11.74	77.00%
2	Gerard Feain	M52	KEILOR	16:14.96	75.42%

M55-59

1	Mark Donahoo	M56	ESS	15:52.53	79.97%
2	Christopher Worsnop	M57	OLX	23:26.65	54.66%

M60-64

1	Clyde Riddoch	M61	WAV	17:54.36	74.38%
2	John Graham	M64	VMA	20:00.62	68.67%

M65-69

1	Andrew Jamieson	M68	OSC	14:41.96	97.78%
2	Russell Dickenson	M69	SCA	17:29.52	83.14%
3	Gerald Sofianos	M65	STK	20:51.75	66.59%

M85-89

1	Robert Lewis	M87	VMA	27:14.65	69.60%
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Women Hammer Throw 2kg

W80-84

1	Valerie Worrell	W81	VMA	25.39mV	93.48% - <i>Victorian Record</i>
2	Tina Baarslag-Leb	W81	VMA	12.60m	46.39%

Women Hammer Throw 3kg

W65-69

1	Lorraine Mussett	W66	VMA	18.45m	42.11%
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W70-74

1	Rhonda Dundas	W70	EAG	29.72mV	75.49% - <i>Victorian Record</i>
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W60-64

1	Christine Schultz	W64	VMA	28.33m	61.55%
2	Jane McIntosh	W60	VMA	19.21m	38.06%

W55-59

1	Dorn Jenkins	W59	VMA	41.70m	80.85%
2	Christine Bridle	W57	WAV	29.89m	55.56%

W50-54

1	Linda Buttigieg	W51	WAV	43.23m	71.50%
2	Vicki Charles	W52	VMA	24.63m	41.50%
3	Jo Molnar	W53	WAV	23.85m	40.95%
4	Heather Jarvis	W51	COL	21.05m	34.82%
5	Christine Dell	W52	RICH	18.68m	31.47%
6	Donna-Marie Elms	W53	PRES	15.16m	26.03%

Women Hammer Throw 4kg

W45-49

1	Judy Pfanner	W49	VMA	27.42m	62.28%
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W40-44

1	Melissa Gillick	W40	VMA	15.86m	26.79%
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W35-39

1	Laura McLennan	W38	VMA	17.63m	28.18%
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W30-34

1	Kylie Smith	W31	WEST	21.55m	28.98%
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RESULTS - VMA & AV TRACK & FIELD CHAMPIONSHIPS

Men Hammer Throw 3kg

M85-89

1	Jim Davy	M86	OAK	16.60m	49.36%
2	Russell Clark	M86	VMA	16.59m	49.33%

Men Hammer Throw 4kg

M70-74

1	Didimo Tonelli	M71	KEILOR	25.70m	49.12%
2	David Wookey	M71	VMA	24.38m	46.60%
3	Myer Vorchheimer	M71	MAC	24.34m	46.52%
4	Errol Amerasekera	M71	WAV	19.14m	36.58%

M75-79

1	Ken Priestley	M76	VMA	33.15m	74.08%
2	Donald Chambers	M77	WOD	23.04m	53.30%
3	George Christodoulou	M76	VMA	20.66m	46.17%
4	Allan Wood	M77	VMA	16.88m	39.05%

Men Hammer Throw 5kg

M65-69

1	Robert Holzer	M66	GLG	38.41m	72.04%
2	Peter Young	M68	DAC	27.39m	54.22%

M60-64

1	John Neale	M63	PREST	25.66m	44.62%
2	Clyde Riddoch	M61	WAV	25.40m	42.12%
3	Kenneth Carter	M62	COBURG	18.63m	31.62%

Men Hammer Throw 6kg

M55-59

1	Paul Olsson	M58	CASEY	35.51m	57.12%
2	Philip Robinson	M55	KEILOR	33.65m	50.40%
3	Stan Peska	M58	WEST	26.68m	42.91%
4	Mark Cauchi	M57	OAK	25.01m	39.26%

M50-54

1	Peter Wrzuszczyk	M54	GLG	32.13m	47.05%
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Men Hammer Throw 7.26kg

M45-49

1	David de Vries	M45	KEILOR	31.81m	43.44%
2	Fabrizio Romeo	M47	VMA	19.12m	27.17%

M30-34

1	Brett Nuske	M33	BOH	42.32m	48.79%
2	Colin Newman	M31	VMA	29.24m	33.71%

Women Shot Put 2kg

W80-84

1	Valerie Worrell	W81	VMA	7.00mV	92.72% - <i>Victorian Record</i>
2	Tina Baarslag-Leb	W81	VMA	6.07m	80.40%

Women Shot Put 3kg

W50-54

1	Linda Buttigieg	W51	WAV	9.12m	56.89%
2	Heather Jarvis	W51	COL	9.02m	56.27%
3	Heather Lamb	W51	BRUNS	7.00m	43.67%
4	Jo Molnar	W53	WAV	5.74m	37.13%

W55-59

1	Dorn Jenkins	W59	VMA	8.40m	61.00%
2	Christine Bridle	W57	WAV	8.05m	56.18%
3	Leanne Monk	W58	VMA	6.37m	45.34%
4	Pam Tindal	W55	ANW	6.17m	41.41%

W60-64

1	Christine Schultz	W64	VMA	8.95m	72.41%
2	Jane McIntosh	W60	VMA	7.13m	52.89%

RESULTS - VMA & AV TRACK & FIELD CHAMPIONSHIPS

W65-69

1	Sandra Middleton	W66	VMA	5.80m	49.19%
2	Lorraine Mussett	W66	VMA	5.53m	46.90%
3	Helen Steadman	W66	VMA	5.36m	45.46%

W70-74

1	Rhonda Dundas	W70	EAG	8.15mV	76.45% - <i>Victorian Record</i>
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Women Shot Put 4kg

W35-39

1	Laura McLennan	W38	VMA	6.82m	33.85%
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W30-34

1	Kylie Smith	W31	WES	7.89m	34.87%
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W40-44

1	Sophie Todorov	W40	YRA	8.46m	43.81%
2	Sherry Gathercole	W44	CORIO	7.05m	40.06%
3	Melissa Gillick	W40	VMA	5.89m	30.50%

W45-49

1	Judy Pfanner	W49	VMA	8.79m	56.78%
2	Jodi Chandler	W46	VMA	5.81m	34.69%

Men Shot Put 3kg

M85-89

1	Russell Clark	M86	VMA	5.86m	50.96%
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M80-84

1	Robert Soulsby	M81	VMA	4.83m	33.82%
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Men Shot Put 4kg

M75-79

1	Donald Chambers	M77	WOD	7.87m	54.61%
2	Anthony Bradford	M75	BEL	7.02m	45.67%
3	George Christodoulou	M76	VMA	6.46m	43.38%
4	George Simons	M79	VMA	6.24m	46.36%

M70-74

1	Didimo Tonelli	M71	KEILOR	9.14m	52.89%
2	Myer Vorchheimer	M71	MAC	8.55m	49.48%
3	John Jupp	M74	VMA	8.30m	52.37%
4	Errol Amerasekera	M71	WAV	8.02m	46.41%

Men Shot Put 5kg

M65-69

1	Peter Young	M68	DAC	10.97m	77.20%
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M60-64

1	Phil Curtain	M60	COBURG	9.69m	53.24%
2	Clyde Riddoch	M61	WAV	8.62m	48.70%
3	John Neale	M63	PRES	7.67m	45.93%
4	Kenneth Carter	M62	COBURG	7.55m	43.90%

Men Shot Put 6kg

M55-59

1	Stan Peska	M58	WES	11.77m	69.44%
2	Philip Robinson	M55	KEILOR	10.17m	56.03%
3	Paul Olsson	M58	CASEY	9.93m	58.58%
4	Michael Seton	M56	BOH	9.00m	50.70%
5	Mark Cauchi	M57	OAK	8.04m	46.34%

M50-54

1	Peter Coumaros	M54	DAC	10.62m	57.25%
2	Peter Wrzuszcak	M54	GLG	9.47m	51.05%

Men Shot Put 7.26kg

M45-49

1	Patrick Carroll	M46	RING	11.27m	55.38%
2	David de Vries	M45	KEILOR	9.03m	43.48%
3	Fabrizio Romeo	M47	VMA	8.59m	43.10%

M60-64 Shot Put
Clyde Riddoch, Phil Curtain
and John Neale



RESULTS - VMA & AV TRACK & FIELD CHAMPIONSHIPS

M40-44

1	Marco Tonelli	M42	KEILOR	14.37m	65.89%
2	Alexander Newman	M41	GHY	10.65m	48.06%

M35-39

1	Shane Benbow	M39	VMA	10.84m	47.90%
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M30-34

1	Colin Newman	M31	VMA	10.61m	45.89%
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Women Javelin Throw 400gm

W60-64

1	Jane McIntosh	W60	VMA	19.28m	46.11%
2	Christine Schultz	W64	VMA	18.16m	47.51%

W65-69

1	Sandra Middleton	W66	VMA	14.66m	40.24%
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W70-74

1	Rhonda Dundas	W70	EAG	16.30m	49.63%
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W75-79

1	Jennifer Deravin	W75	VMA	17.14mV	60.46% - <i>Victorian Record</i>
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W80-84

1	Valerie Worrell	W81	VMA	13.96mV	60.77% - <i>Victorian Record</i>
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Women Javelin Throw 500gm

W55-59

1	Christine Bridle	W57	WAV	20.35m	45.47%
2	Pam Tindal	W55	ANW	18.46m	39.07%

Men Javelin Throw 400gm

M80-84

1	Robert Soulsby	M81	VMA	9.31m	20.35%
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M85-89

1	Russell Clark	M86	VMA	10.74m	30.16%
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Men Javelin Throw 600gm

M60-64

1	Phil Curtain	M60	COBURG	33.71m	50.68%
2	Clyde Riddoch	M61	WAV	32.37m	49.68%
3	John Neale	M63	PRES	20.91m	33.49%
4	Kenneth Carter	M62	COBURG	16.61m	26.04%

M65-69

1	Andrew Farr	M65	MEN	39.92m	66.87%
2	Robert Holzer	M66	GLG	30.85m	52.88%
3	Peter Young	M68	DAC	30.04m	54.02%
4	Graham Ford	M65	DIV	24.42m	40.90%
5	Alan Bryant	M68	BEL	23.11m	41.56%

M70-74

1	Didimo Tonelli	M71	KEILOR	27.30m	49.71%
2	David Wookey	M71	VMA	25.46m	46.36%
3	Errol Amerasekera	M71	WAV	24.73m	45.03%

M75-79

1	Allan Wood	M77	VMA	21.40m	46.48%
2	Anthony Bradford	M75	BEL	20.95m	42.76%
3	Graeme Noden	M77	VMA	19.60m	42.57%
4	Donald Chambers	M77	WOD	18.47m	40.12%
5	George Christodoulou	M76	VMA	16.51m	34.74%

Men Javelin Throw 700gm

M50-54

1	Alan Hawkins	M51	CHIL	44.29m	58.58%
2	Cameron Morris	M53	VMA	37.73m	51.81%
3	Peter Wrzuszcak	M54	GLG	29.04m	40.65%
4	Michael Howse	M54	WOD	26.15m	36.60%

RESULTS - VMA & AV TRACK & FIELD CHAMPIONSHIPS

Men Javelin Throw 700gm - M50-54 - Continued

5	Tony Dell	M52	RICH	23.87m	32.16%
M55-59					
1	Stan Peska	M58	WEST	38.63m	58.64%
2	Mark Cauchi	M57	OAK	38.29m	56.92%
3	Paul Olsson	M58	CASEY	31.53m	47.86%

Men Javelin Throw 800gm

M30-34					
1	Colin Newman	M31	VMA	29.69m	30.40%
M40-44					
1	Alexander Newman	M41	GHY	36.48m	42.49%
M45-49					
1	Shawn Hennig	M47	VMA	32.72m	42.31%
2	Matthew Scholes	M46	VMA	30.34m	38.53%
3	Fabrizio Romeo	M47	VMA	25.00m	32.33%

Women Discus Throw 0.75kg

W80-84					
1	Valerie Worrell	W81	VMA	17.81mV	58.07% - <i>Victorian Record</i>
2	Tina Baarslag-Leb	W81	VMA	11.77m	38.38%

Women Discus Throw 1kg

W70-74					
1	Rhonda Dundas	W70	EAG	20.54m	54.50%
W65-69					
1	Sandra Middleton	W66	VMA	16.96m	40.47%
2	Helen Steadman	W66	VMA	15.18m	36.22%
3	Lorraine Mussett	W66	VMA	11.00m	26.25%
W60-64					
1	Christine Schultz	W64	VMA	25.14m	57.11%
2	Jane McIntosh	W60	VMA	15.81m	32.77%
W55-59					
1	Dorn Jenkins	W59	VMA	26.05m	52.84%
2	Christine Bridle	W57	WAV	18.47m	35.92%
W50-54					
1	Linda Buttigieg	W51	WAV	25.07m	43.41%
2	Heather Jarvis	W51	COL	23.05m	39.91%
3	Heather Lamb	W51	BRUNS	19.08m	33.04%
4	Christine Dell	W52	RICH	15.56m	27.44%
5	Jo Molnar	W53	WAV	14.95m	26.87%
W45-49					
1	Judy Pfanner	W49	VMA	32.63m	54.51%
W40-44					
1	Sophie Todorov	W40	YRA	27.11m	39.08%
W35-39					
1	Laura McLennan	W38	VMA	21.61m	30.23%
W30-34					
1	Kylie Smith	W31	WEST	21.19m	27.59%

Men Discus Throw 1kg

M85-89					
1	Russell Clark	M86	VMA	12.25m	39.76%
M80-84					
1	Robert Soulsby	M81	VMA	11.11m	29.57%
M70-74					
1	Didimo Tonelli	M71	KEILOR	24.95m	48.84%
2	Errol Amerasekera	M71	WAV	24.09m	47.15%
3	Neville Gardner	M71	BOH	22.99m	45.00%
4	John Jupp	M74	VMA	20.49m	43.56%

RESULTS - VMA & AV TRACK & FIELD CHAMPIONSHIPS

M75-79

1	Anthony Bradford	M75	BEL	20.76m	45.45%
2	George Simons	M79	VMA	17.78m	44.14%
3	Donald Chambers	M77	WOD	16.39m	38.13%
	DQ George Christodoulou	M76	VMA		

M65-69

1	Peter Young	M68	DAC	30.18m	54.72%
2	Graham Ford	M65	DIV	26.53m	44.81%
3	Des Middleton	M68	VMA	20.83m	37.77%
4	Alan Bryant	M68	BEL	20.09m	36.43%
5	Geoffrey Whitehall	M66	EAG	18.39m	31.79%

M60-64

1	Clyde Riddoch	M61	WAV	32.31m	50.02%
2	Phil Curtain	M60	COB	27.57m	41.80%
3	John Neale	M63	PRES	27.17m	43.89%
4	Kenneth Carter	M62	COB	23.78m	37.60%

Men Discus Throw 1.5kg

M55-59

1	Stan Peska	M58	WEST	33.41m	53.46%
2	Paul Olsson	M58	CASEY	29.39m	47.03%
3	Philip Robinson	M55	KEILOR	29.09m	43.13%
4	Mark Cauchi	M57	OAK	25.42m	39.63%
5	Michael Seton	M56	BOH	25.06m	38.09%

M50-54

1	Peter Coumaros	M54	DAC	29.70m	43.19%
2	Peter Wrzuszcak	M54	GLG	28.84m	41.94%

Men Discus Throw 2kg

M45-49

1	Patrick Carroll	M46	RING	31.40m	45.36%
2	David de Vries	M45	KEILOR	27.49m	38.96%
3	Matthew Scholes	M46	VMA	20.12m	29.06%

M40-44

1	Marco Tonelli	M42	KEILOR	40.15m	55.25%
2	Alexander Newman	M41	GHY	35.14m	47.89%

M35-39

1	Shane Benbow	M39	VMA	32.68m	44.11%
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M30-34

1	Colin Newman	M31	VMA	27.88m	37.63%
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Women Weight Throw 4kg

W80-84

1	Valerie Worrell	W81	VMA	9.04mV	90.31% - <i>Victorian Record</i>
2	Tina Baarslag-Leb	W81	VMA	7.23m	72.23%

Women Weight Throw 5.45kg

W60-64

1	Christine Schultz	W64	VMA	10.22m	60.47%
2	Jane McIntosh	W60	VMA	7.92m	42.76%

W65-69

1	Lorraine Mussett	W66	VMA	6.78m	42.14%
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W70-74

1	Rhonda Dundas	W70	EAG	9.81m	67.80%
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Women Weight Throw 7.26kg

W50-54

1	Linda Buttigieg	W51	WAV	12.91m	69.11%
2	Jo Molnar	W53	WAV	7.10m	39.40%

W55-59

1	Dorn Jenkins	W59	VMA	13.92m	86.89%
2	Christine Bridle	W57	WAV	9.38m	56.24%

RESULTS - VMA & AV TRACK & FIELD CHAMPIONSHIPS

Women Weight Throw 9.08kg

W40-44

1	Melissa Gillick	W40	VMA	6.43m	38.18%
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W45-49

1	Judy Pfanner	W49	VMA	9.37m	67.70%
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Men Weight Throw 5.45kg

M80-84

1	Brian Greaves	M81	VMA	9.66m	60.64%
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M85-89

1	Russell Clark	M86	VMA	7.74m	57.98%
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2	Jim Davy	M86	OAK	6.80m	50.94%
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Men Weight Throw 7.26kg

M70-74

1	David Wookey	M71	VMA	10.55m	54.13%
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2	Didimo Tonelli	M71	KEILOR	10.40m	53.36%
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M75-79

1	Ken Priestley	M76	VMA	13.40m	78.55%
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2	Donald Chambers	M77	WOD	9.00m	54.28%
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3	George Christodoulou	M76	VMA	7.78m	45.60%
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Men Weight Throw 9.08kg

M60-64

1	John Neale	M63	PREST	9.61m	44.95%
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2	Clyde Riddoch	M61	WAV	9.33m	41.91%
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M65-69

1	Robert Holzer	M66	GLG	12.06m	60.12%
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2	Peter Young	M68	DAC	9.65m	50.31%
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Men Weight Throw 11.34kg

M50-54

1	Peter Wrzuszczak	M54	GLG	11.11m	51.10%
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M55-59

1	Paul Olsson	M58	CASEY	12.39m	61.25%
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2	Philip Robinson	M55	KEILOR	11.84m	55.43%
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3	Stan Peska	M58	WEST	10.74m	53.09%
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Men Weight Throw 15.88kg

M45-49

1	David de Vries	M45	KEILOR	10.79m	48.96%
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2	Patrick Carroll	M46	RING	9.79m	45.07%
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3	Fabrizio Romeo	M47	VMA	6.53m	30.51%
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M40-44

1	Marco Tonelli	M42	KEILOR	11.30m	49.15%
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2	Matthew Hall	M43	IVAN	10.46m	46.12%
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M35-39

1	Shane Benbow	M39	VMA	9.81m	40.96%
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W30-34

1	Brett Nuske	M33	BOH	11.98m	47.02%
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2	Colin Newman	M31	VMA	10.32m	40.11%
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Women Long Jump

W30-34 - NWI

1	Kylie Smith	W31	WEST	4.64m	62.20%
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W40-44 - NWI

1	Gaelyne Kenshole	W44	DIV	4.56m	70.26%
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2	Sherry Gathercole	W44	CORIO	4.04m	62.25%
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3	Sophie Todorov	W40	YRA	3.94m	57.77%
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W45-49 - NWI

1	Tracey Howse	W49	WOD	3.31m	54.53%
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RESULTS - VMA & AV TRACK & FIELD CHAMPIONSHIPS

W50-54 - NWI

1 Linda Buttigieg	W51	WAV	3.67m	62.20%
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W55-59 - NWI

1 Christine Bridle	W57	WAV	3.79m	70.19%
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2 Leanne Monk	W58	VMA	3.47m	65.23%
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Men Long Jump

M75-79 - NWI

1 Graeme Noden	M77	VMA	3.98m	85.78%
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2 Donald Chambers	M77	WOD	3.05m	65.73%
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3 Allan Wood	M77	VMA	2.94m	63.36%
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4 Maxwell Brook	M78	VMA	2.93m	64.40%
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M80-84 - NWI

1 Brian Greaves	M81	VMA	3.82mV	89.88% - <i>Victorian Record</i>
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2 Douglas Ramm	M80	VMA	2.30m	52.75%
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3 Robert Soulsby	M81	VMA	1.26m	29.65%
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M85-89 - NWI

1 Leo Coffey	M86	VMA	3.00mV	82.64% - <i>Victorian Record</i>
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M50-54 - NWI

1 Nick Hodgson	M	GLG	6.03mV	85.65%
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M40-44 - NWI

1 Paul Schofield	M	DIV	5.65m	70.98%
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2 Stewart Dobrzynski	M	VMA	3.36m	43.69%
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M45-49 - NWI

1 Gregory Hilson	M	SBE	5.43m	71.54%
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2 Shawn Hennig	M	VMA	5.09m	68.69%
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3 Rob Italia	M	VMA	4.89m	67.73%
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4 Matthew Scholes	M	VMA	4.56m	60.80%
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5 David de Vries	M	KEILOR	3.96m	52.17%
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M60-64 - NWI

1 Gregory Champion	M	DIV	3.77m	61.60%
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2 Clyde Riddoch	M	WAV	2.77m	45.26%
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3 John Neale	M	PRESTON	2.36m	39.80%
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M65-69

1 Keith Howden	M	VMA	4.37m	81.23%
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2 Dennis Aspinall	M	VMA	4.28m	76.98%
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3 Graham Ford	M	DIV	4.19m	72.87%
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4 Alan Bryant	M	BEL	3.55m	64.90%
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M70-74

1 Jim Poulter	M	DAC	3.89m	77.64%
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2 Myer Vorchheimer	M	MAC	3.45m	66.47%
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M75-79

1 Graeme Noden	M	VMA	3.98m	85.78%
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2 Donald Chambers	M	WOD	3.05m	65.73%
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3 Allan Wood	M	VMA	2.94m	63.36%
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4 Maxwell Brook	M	VMA	2.93m	64.40%
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M80-84

1 Brian Greaves	M	VMA	3.82mV	89.88% - <i>Victorian Record</i>
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2 Douglas Ramm	M	VMA	2.30m	52.75%
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3 Robert Soulsby	M	VMA	1.26m	29.65%
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M85-89

1 Leo Coffey	M	VMA	3.00mV	82.64%
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Women High Jump

W55-59

1 Christine Bridle	W57	WAV	1.27m	83.01%
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2 Leanne Monk	W58	VMA	1.07m	71.33%
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RESULTS - VMA & AV TRACK & FIELD CHAMPIONSHIPS

W50-54

1 Heather Jarvis	W51	COL	1.22m	73.49%
2 Linda Buttigieg	W51	WAV	1.17m	70.48%

Men High Jump

M80-84

1 Brian Greaves	M81	VMA	1.07m	80.45%
2 Douglas Ramm	M80	VMA	0.97m	71.85%

M75-79

1 Allan Wood	M77	VMA	1.02m	71.83%
1 Anthony Bradford	M75	BEL	1.02m	69.86%
1 Donald Chambers	M77	WOD	1.02m	71.83%

M65-69

1 Graham Ford	M65	DIV	1.32m	78.57%
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M60-64

1 Gregory Champion	M61	DIV	1.17m	66.48%
2 John Neale	M63	PRES	0.92m	53.49%

M45-49

1 Grant Simpson	M45	BEL	1.57m	74.41%
1 Gregory Hilson	M45	SBE	1.57m	74.41%
3 Paul FitzGerald	M49	MPA	1.52m	75.25%
4 Stuart Mackie	M45	BOH	1.47m	69.67%
5 Fabrizio Romeo	M47	VMA	0.92m	44.66%

M40-44

1 Paul Schofield	M41	DIV	1.82m	83.11%
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M35-39

1 Joe Fishburn	M38	YRA	1.72m	76.11%
2 Brad Krawczyk	M39	KNOX	1.57m	70.09%

Women Triple Jump

W30-34

1 Emma Knight	W30	SAN	12.04m	2.1	78.74%
2 Kylie Smith	W31	WES	9.20m	-0.2	60.85%

W40-44

1 Gaelyne Kenshole	W44	DIV	9.90m	1.4	76.27%
2 Sophie Todorov	W40	YRA	8.75m	1.0	64.15%
3 Sherry Gathercole	W44	CORIO	8.67m	1.3	66.80%

W50-54

1 Linda Buttigieg	W51	WAV	7.27m	+0.0	61.51%
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W55-59

1 Christine Bridle	W57	WAV	8.06m	1.9	74.42%
2 Leanne Monk	W58	VMA	6.56m	NWI	61.48%

Men Triple Jump

M85-89

1 Leo Coffey	M86	VMA	7.00mV	1.7	90.21%
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M80-84

1 Brian Greaves	M81	VMA	6.63m	1.6	74.92%
2 Douglas Ramm	M80	VMA	4.89m	0.6	54.03%

M40-44

1 Lalith Udugampala	M43	DIV	10.54m	2.1	64.03%
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M75-79

1 Donald Chambers	M77	WOD	6.34m	2.0	65.70%
2 Allan Wood	M77	VMA	6.11m	+0.0	63.32%

M70-74

1 Jim Poulter	M73	DAC	8.08m	1.2	77.32%
2 Myer Vorchheimer	M71	MAC	7.24m	0.7	66.73%



M45 Triple Jump
Fab Romeo



W50-54 Pole Vault
Linda Buttigieg and Heather Lamb

RESULTS - VMA & AV TRACK & FIELD CHAMPIONSHIPS

M65-69

1	Graham Ford	M65	DIV	8.14m	0.4	67.55%
2	Alan Bryant	M68	BEL	7.80m	NWI	68.12%

M60-64

1	Anura Puliayadda	M62	VMA	8.25m	2.1	65.22%
2	Clyde Riddoch	M61	WAV	7.68m	NWI	59.77%
3	John Neale	M63	PRES	6.45m	0.5	51.81%

M55-59

1	Martin Armour	M59	GLG	7.85m	0.9	59.25%
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M50-54

1	Michael Howse	M54	WOD	8.64m	1.0	60.59%
2	Ken Taylor	M52	YRA	7.56m	1.5	51.57%

M45-49

1	Kelvin Gray	M47	CORIO	10.56m	2.6	67.43%
2	Rob Italia	M49	VMA	10.01m	1.7	65.60%
3	David de Vries	M45	KEILOR	9.16m	2.8	57.04%
4	Fabrizio Romeo	M47	VMA	6.03m	2.7	38.51%

Women Pole Vault

W30-34

NH Katherine Iannello	W31	MUU
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W45-49

1 Amanda Harper	W46	BOH	1.35m	34.44%
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W50-54

1 Linda Buttigieg	W51	WAV	2.70m	75.63%
2 Vicki Charles	W52	VMA	1.80m	51.43%
3 Heather Lamb	W51	BRUNS	1.65m	46.22%

W55-59

1	Leanne Monk	W58	VMA	1.50m	48.54%
	NH Dawn Hartigan	W58	MUU		

Men Pole Vault

M50-54

1 Christopher Boylen	M51	COL	3.75m	78.29%
2 Tony Dell	M52	RICH	1.95m	41.31%

M60-64

1 John Neale	M63	PRES	1.35m	34.26%
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M70-74

1 Jim Poulter	M73	DAC	2.40m	74.07%
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M75-79

1 Rob Barclay	M76	BOH	2.40m	79.21%
2 Donald Chambers	M77	WOD	1.65m	55.74%

M35-39

1 Leon D'Onofrio	M39	MUU	3.90m	69.27%
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M45-49

1 Stuart Mackie	M45	BOH	3.00m	57.58%
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M40-44

1 Paul Schofield	M41	DIV	3.15m	57.38%
2 Alexander Newman	M41	GHY	3.15m	57.38%

M55-59

1 Mark Burgman	M58	MUU	2.55m	59.44%
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M65-69

1 George Schillinger	M69	BOH	3.00m	85.23%
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*M40-44 Pole Vault
Paul Schofield and Alexander Newman*



*M50-54 Pole Vault
Tony Dell and Christopher Boylen*

LETTERS/EMAILS

Re: Victorian Championships

I would like to comment on various aspects of the Victorian Masters Championships conducted recently.

While I am aware that, since the staging of the Championships has been taken over in recent years by Athletics Victoria, VMA is no longer in charge of its own destiny, I assume we have enough input into the process to be able to put forward suggestions as to how the event can be improved.

My comments relate to three specific areas -- medals, programs and the starting gun.

I suggested verbally to several committee members at this time last year that the cost of provision of programs to competitors and an upgrading of the medals could easily be covered by a minor increase in entry fees or the introduction of a small administration fee. Everyone to whom I mentioned this agreed it would have no effect whatever on entries.

Obviously the decision makers agreed with part of the suggestion as entry fees this year were raised from \$10 to \$15 per event. In addition, competitors were no longer insulted by being asked for an additional \$3 for a program -- because there wasn't one. I gather that the reason given by AV officials for this decision was that they had to throw so many away last year. Perhaps that was because so many competitors felt insulted that their entry fee did not include a program, so refused to buy one. I know that's what I did. Nevertheless, this year's situation of the only program available being the one taped to the wall of the toilet block was not really a good look.

The matter of sub-standard quality medals has been going on for ages and seems to be getting worse. Anyone doubting this needs only to compare a gold medal from 15 years ago to one of today's to see what I mean. Ask anyone who has officiated in the medals presentation area in recent years and they will tell you they have trouble in distinguishing the gold, silver and bronze medals from each other. You can tell the difference if they're sitting side by side but if you look at one in isolation, it is virtually impossible to tell.

In my view, any athlete who has the distinction of winning a Victorian Championship shouldn't have to suffer the indignity of having to explain, upon showing it to his family or friends, that it is, in fact, a gold medal and not a silver (or bronze).

This matter can be fixed relatively easily, but there is a negative -- it would cost money.

Jennifer Baldwin and I had the privilege of being in charge of the production of the medals for the Australian Championships when they were last held in Melbourne, in 2012. In ordering the medals, the first thing we said to the manufacturers' representative was that we wanted the gold medals to look gold, the silver to look silver and the bronze to look bronze. We were told there would be an additional cost of approximately 50-cents per gold medal but that the others would be fine as they were. We got what we wanted and many of the recipients later remarked that they were the best medals they'd ever won.

To win a Victorian Championship should be a matter of some prestige and it should be rewarded with a prestigious medal -- a 'gold medal' ought to look 'gold'. Certainly it might cost an extra 50-cents to produce, which means the additional expenditure for about 300 events in any one year would be in the order of \$150. The last time I checked a VMA financial report we had in excess of \$300,000 in the bank. I reckon we should be able to afford decent medals.

So far as the starting gun is concerned, it seems that again we are being dictated to by AV, whose decision makers apparently have made no allowance for the fact that they are dealing with athletes and spectators who are 'getting on in years'.

That doesn't mean we're all deaf, but some of us are, to varying degrees, and the noise made by the gun which has been in use for the past couple of years wouldn't even disturb a librarian.

There have been several instances of athletes being slow to begin, or missing the start altogether, particularly in 400 metre events, simply because unless the AV gun is right next to them, they can't hear it. It is common, too, for spectators positioned near the finishing line during sprint events to not realise a race is on until the runners pass them. Perhaps there's some issue regarding 'noise pollution' but the Doncaster track is used about three times a week by schools who use starting guns which can clearly be heard from out in the street.

I feel sure the extra \$5 per event that AV charged those who competed this year would quite comfortably cover the production of some decent medals, a program and maybe even a gun people can hear. If it doesn't, then maybe a little of the \$300,000 in the VMA coffers could be used to solve some of the problems. I would like to think so.

Yours sincerely,
Richard Trembath

Thanks, Richard.

*I too would like the Gold medal to look "golder" but I think the design is fine. Agree absolutely that we **must** have a program, and with the ramp in prices, it should have been included. There is a volume control on the gun and we need to ensure that it is loud enough, next year. It is a superior system much as some may like the "real gun". Next year we need to organise a volunteer photographer. Shouldn't be hard to do.*

Russ.



RESULTS - AMA DECATHLON CHAMPIONSHIPS 2015

Lakeside Stadium 28 Feb/1 Mar 2015

Place	Points	100m	LJ	SP	HJ	400m	110m H	DT	PV	JT	1500m
M35-39											
1. Geoff Gibbons		11.62	6.19	11.04	1.71	51.73	16.21	30.72	4.20	42.65	4:41.20
TMA	6487	759	670	573	585	817	727	487	693	488	688
2. Darrin Norwood		12.27	5.68	14.20	1.71	57.84	20.71	37.20	N H	50.90	5:31.33
QMA	5054	629	556	772	585	565	310	619	0	611	407
M40-44											
1. Chris Timewell		12.99	4.45	7.71	1.41	61.06	26.17	24.63	2.00	29.79	5:25.88
VMA	3680	565	354	401	367	516	66408	169	332	502	
M45-49											
1. Shawn Hennig		12.89	5.21	8.65	1.59	56.34	20.38	26.06	2.60	35.01	5:09.04
VMA	5539	655	589	509	585	768	464	492	352	457	668
2. Andrew Kolrusch		14.98	4.75	10.98	1.44	64.35	20.08	31.89	2.80	43.61	6:47.06
NSWMA	4736	324	477	659	449	474	488	633	408	605	219
	Points	100m	LJ	SP	HJ	400m	100m H	DT	PV	JT	1500m
M50-54											
1. Peter Murray		12.72	4.97	10.47	1.47	59.11	19.01	22.73	2.50	36.03	5:38.40
NSWMA	5567	763	608	623	544	736	499	333	371	504	586
2. Tim McGrath		13.14	5.07	10.60	1.35	63.92	21.34	33.14	3.40	36.37	6:33.79
NSWMA	5308	685	635	632	434	561	311	541	665	510	334
3. Tony Dell		14.47	3.97	6.92	1.26	62.64	22.08	19.30	2.10	24.39	5:12.56
VMA	3968	464	358	373	360	605	260	267	257	298	726
4. Andrew Bell		14.94	4.54	8.18	1.50	71.41	21.26	22.81	2.40	24.02	6:39.61
QMA	3854	394	496	460	577	331	317	334	342	292	311
M55-59											
1. Greg Simpson		17.25	3.10	6.40	1.17	1:28.61	28.83	17.80	2.10	17.86	7:28.97
VMA	2220	230	215	374	338	5319	268	300	214	209	
M60-64											
1. John Neale	1324	23.53	1.89	7.38	0.90	DNF	DNF	24.18	NH	21.57	DNF
VMA		0	30	438	170	0	0	380	0	306	0
M65-69											
1. Peter Kennedy	4998	15.25	4.48	9.73	1.32	89.80	21.48	32.47	2.40	27.57	8:31.61
QMA		580	767	681	552	130	472	620	538	487	171
2. Dennis Aspinall	4924	13.87	3.83	6.57	1.11	64.95	DQ	26.41	2.10	25.29	6:07.57
VMA		806	546	422	345	774	0	479	416	435	701
3. Viddy Jermanicans	3743	15.13	3.79	7.93	1.17	81.00	DNF	25.14	1.60	24.09	7:52.69
QMA		597	533	533	404	302	0	450	235	408	281

RESULTS - AMA HEPTATHLON CHAMPIONSHIPS

Lakeside Stadium 28 Feb/1 Mar 2015

Place	Points	80m H	HJ	SP	200m	LJ	JT	800m
W40-44								
1. Vicki Cobby		14.83	1.30	8.63	30.39	4.00	21.28	2:41.41
MAWA	3610	536	544	502	600	413	371	644
W45-49								
1. Karen Carah		14.75	1.45	7.44	28.92	4.37	21.96	2:48.35
VMA	4462	702	830	457	799	598	427	649

RESULTS - MEN - VMA Throws Pentathlon Championship 2015

Age Grp	Place		Points	HT	SP	DT	JT	WT
M45	1	Carroll, Pat		22.78m	10.67m	32.71m	35.99m	9.35m
			2608	322	656	653	473	504
	2	Romeo, Fabrizio		16.90m	7.97m	17.17m	21.33m	FOUL
			1181	207	460	285	229	0
M50	1	Coumaros, Peter		31.56m	10.29m	33.23m	33.20m	12.43m
			2700	471	610	543	453	623
	2	Wrzuszczak, Peter		31.03m	9.58m	31.67m	25.96m	11.67m
			2433	460	559	511	326	577
	3	Dell, Tony		17.02m	6.50m	17.72m	19.52m	6.79m
			1283	195	343	237	215	293
M55	1	Olsson, Paul		38.41m	10.16m	26.63m	29.98m	12.38m
			2917	684	661	456	444	672
	2	Peska, Stan		26.78m	11.99m	31.53m	34.32m	10.75m
			2898	434	804	564	528	568
	3	Robinson, Phil		25.16m	10.50m	29.25m	27.56m	11.77m
			2631	400	688	513	397	633
	4	Cauchi, Mark		23.47m	7.70m	24.88m	33.92m	8.36m
			2192	364	472	418	521	417
M60	1	Riddoch, Clyde		26.53m	8.28m	32.20m	30.26m	10.71m
			2479	426	505	548	483	517
	2	Curtain, Phillip		21.78m	9.51m	27.87m	32.56m	8.73m
			2314	326	599	457	530	402
	3	Neale, John		24.56m	7.97m	28.93m	21.24m	9.92m
			2117	385	482	479	300	471
M65	1	Young, Peter		26.82m	10.81m	29.19m	28.56m	10.03m
			2842	501	771	543	509	518
	2	Connell, Robert		30.76m	8.20m	24.17m	22.10m	11.56m
			2556	595	555	428	363	615
M70	1	Rose, Graeme		41.36m	11.05m	30.50m	34.19m	15.73m
			3829	844	738	644	699	904
	2	Wookey, David		24.59m	8.13m	19.31m	25.38m	10.70m
			2369	442	510	361	480	576
	3	Tonelli, Didimo		25.83m	9.64m	24.12m	27.15m	FOUL
			2104	472	627	481	524	0
M75	1	Christodoulou, George		18.88m	6.39m	18.40m	15.50m	8.09m
			1923	369	422	394	290	448
M80	1	Staecker, Harry		20.57m	6.97m	15.54m	15.71m	6.93m
			2117	486	515	378	340	398
M85	1	Clark, Russell		17.00m	5.79m	12.96m	10.79m	8.32m
			2132	476	471	372	247	566
	2	Davy, Jim		17.43m	5.12m	13.90m	9.61m	6.66m
			1942	491	404	408	208	431

RESULTS - WOMEN - VMA Throws Pentathlon Championship 2015

Age Grp Place			Points	HT	SP	DT	JT WT	
W40	1	Sangster, Catherine	1310	13.09m 184	6.00m 313	15.73m 234	17.53m 291	5.57m 288
	2	Gillick, Melissa	1160	14.19m 211	5.37m 269	9.57m 115	13.34m 202	6.63m 363
W45	1	Pfanner, Judy	2947	25.13m 535	9.24m 597	31.68m 619	28.02m 571	9.38m 625
W50	1	Buttigieg, Linda	3385	43.08m 1051	9.03m 620	23.86m 487	21.69m 448	12.39m 779
	2	Scholtz, Jenny	2137	26.16m 571	7.44m 488	15.40m 282	16.95m 331	8.08m 465
	3	Charles, Vicki	2070	22.54m 470	6.60m 420	20.68m 409	16.12m 311	8.01m 460
	4	Dell, Christine	1677	19.06m 374	7.13m 463	14.14m 252	12.05m 212	6.83m 376
W55	1	Bridle, Chris	2504	31.34m 795	7.46m 544	18.33m 395	18.96m 428	5.82m 342
W60	1	Schultz, Chris	3424	29.75m 836	9.16m 777	25.61m 671	16.93m 425	11.25m 715
	2	McIntosh, Jane	2336	19.55m 493	6.90m 553	17.70m 430	16.13m 401	7.81m 459
W65	1	Learmont, Bev	2115	17.71m 497	5.76m 501	14.72m 395	12.90m 353	6.00m 369
	2	Mussett, Lorraine	1935	18.50m 526	5.66m 490	13.26m 346	9.17m 227	5.71m 346
W70	1	Dundas, Rhondda	3808	29.31m 1070	7.98m 848	19.15m 641	12.38m 401	10.74m 848
	2	Rose, Astrid	2941	25.16m 892	5.50m 543	13.19m 408	13.92m 462	8.41m 636
W75	1	Hugo, Bev	2576	18.33m 594	5.89m 581	15.25m 516	10.97m 382	7.29m 503
W80	1	Worrell, Val	3841	25.77m 1060	7.22m 859	15.59m 641	11.12m 480	9.72m 801
	2	Baarslag-Leb, Tina	2326	12.59m 433	5.98m 688	9.31m 341	7.42m 291	7.34m 573

SHOULD WE BE ANTI, ANTI INFLAMMATORIES ?

AN ARTICLE BY RUSS DICKENSON

Last time I asked my Doctor for a prescription for Voltaren he said "I don't like prescribing them anymore". I was a bit surprised because, while you always expect side affects from any medication, I wasn't aware that, other than the possibility of stomach ulcers with prolonged use, there was much to fear with anti-inflams. In fact, as the cartoon suggests, they are almost a staple for "over 40" athletes. What would the Doc prefer me to use ? **Panadol Osteo** was what he suggested. I told him I had had great results with Voltaren (I use a generic one called Fenac) and that I only take them every now and then. For instance, if I have back or knee pain and have a race the next day.

On the other hand, some people I have spoken to in Masters Athletics do use them more regularly and some can't even get out the door to train without them. The other thing that surprised me was that I have been buying ibuprofen from Aldi thinking they were just an alternative to Panadol without knowing that they were also an anti inflammatory. These work well for me and I had been using them more than Voltaren.

So what is the problem with NSAIDs ?

NSAID's work by blocking an enzyme that creates inflammation When this enzyme is partially blocked, the body creates less inflammation. Hopefully, the body also experiences less pain.

In blocking this enzyme the NSAID's can alter the clotting function of the blood and this *can* result in a stroke or a heart attack. Different studies suggest different outcomes but some say some NSAID's when used regularly can increase the chances of stroke or heart attack by 19%.

It appears that some NSAID's are more likely to do so than others, so if you haven't spoken to your doctor recently about these drugs and are just buying them without prescription it may be worth seeing your GP.



Non-steroidal anti-inflammatory drugs (NSAIDs) are commonly used to manage the pain and inflammation (swelling and redness) associated with some types of arthritis (such as rheumatoid arthritis) and other musculoskeletal disorders. Some commonly used NSAIDs include aspirin (in brands like Disprin), ibuprofen (such as Nurofen), naproxen (such as Naprosyn), diclofenac (such as Voltaren) and celecoxib (such as Celebrex).



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VICTORIAN MASTERS ATHLETICS INC.

ANNUAL GENERAL MEETING

SUNDAY 19 APRIL 2015 - 1:00 pm



Notice is hereby given that the 43rd Annual General Meeting of Victorian Masters Athletics Inc. will be held at the Packer Park Pavilion, 120 Leila Road, Carnegie, on Sunday 19 April 2015 commencing at 1:00 pm.

Note: Venue is same as last year.

AGENDA

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

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 12 April 2015.

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.....

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. WMA requires a "Zero Test Image" for all world record claims where photo finish has been used



NEW RECORDS REPORT

Pending World Record:

W70	Marathon	Lavinia Petrie	Vic	3:38:53	100.9%	22-2-15	Wangaratta
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Australian Records:

W35	56lb Throw	Byrony Glass	WA	5.40m	-	20-1-15	Perth
M50	Triple Jump	Nick Hodgson	Vic	13.11m	88.2%	24-1-15	Bendigo
M45	Pole Vault	Rob Hill	Qld	4.50m	86.4%	24-1-15	SAF Nathan
W35	Triple Jump	Melissa Foster	WA	11.59m	81.1%	30-1-15	Perth
M35	1500m	Scott Tamblin	WA	3:51.01	90.3%	30-1-15	Perth
W75	Weight Throw	Helen Searle	Qld	13.23m	106.4%	31-1-15	SAF Nathan
W30	100m Hurdles	Eliana Seymour	Qld	14.07s	86.8%	31-1-15	SAF Nathan
W35	200m	Wendy Seegers	WA	24.79s	88.9%	6-2-15	Perth
M30	200m	Adam Farlow	ACT	21.67s	89.2%	7-2-15	AIS ACT
W30	100m Hurdles	Eliana Seymour	Qld	14.05s	86.9%	7-2-15	AIS ACT
W65	60m	Evelyn Peake	SA	9.28s	99.7%	7-2-15	Adelaide
W65	100m	Evelyn Peake	SA	14.75s	96.2%	7-2-15	Adelaide
W65	400m	Evelyn Peake	SA	1:10.23	94.9%	11-2-15	Adelaide
W35	4x1500m Relay	Frina Potezny	SA	21:58	-	11-2-15	Adelaide
		Elizabeth Slattery	SA				
		Lisa Davis	SA				
		Sarah Dawson	SA				
W75	Shot Put	Helen Searle	Qld	10.40m	112.5%	12-2-15	SAF Nathan
W75	Throws Pent	Helen Searle	Qld	4637pts	-	12-2-15	SAF Nathan
M35	Mile Run	Scott Tamblin	WA	4:11.78	90.3%	14-2-15	Perth
W35	100m	Wendy Seegers	WA	12.17s	88.1%	14-2-15	Perth
M30	400m	Adam Farlow	ACT	47.63s	90.7%	21-2-15	AIS ACT
W75	3000m	Lorraine Lopes	WA	14:40.2	98.1%	24-2-15	Perth
W65	Pentathlon	Evelyn Peake	SA	3415pts	-	25-2-15	Adelaide
W70	Pentathlon	Anne Lang	SA	3089pts	-	25-2-15	Adelaide
W35	60m	Wendy Seegers	WA	7.63s	91.8%	27-2-15	Perth
M35	3000m	Scott Tamblin	WA	8:36.8	87.0%	27-2-15	Perth
M45	Decathlon	Justin Hanrahan	Vic	7216pts	-	1-3-15	Albert Park
W75	10k	Lorraine Lopes	WA	51:31.8	98.8%	5-3-15	Perth
W65	Triple Jump	Margaret Taylor	ACT	8.65m	92.6%	5-3-15	AIS ACT
W70	Throws Pent	Mary Thomas	NSW	4405pts	-	7-3-15	Campbelltown
M90	100m	Jim Sinclair	Vic	18.63s	91.3%	14-3-15	Doncaster
M90	400m	Jim Sinclair	Vic	1:56.71	84.8%	15-3-15	Doncaster
M90	200m	Jim Sinclair	Vic	43.12s	95.1%	15-3-15	Doncaster
M85	Triple Jump	Leo Coffey	Vic	7.00m	87.0%	15-3-15	Doncaster
M50	Pole Vault	Chris Boylen	Vic	3.75m	77.2%	15-3-15	Doncaster
W65	100m	Evelyn Peake	SA	14.66s	96.8%	18-3-15	Adelaide
W65	200m	Evelyn Peake	SA	30.87s	96.3%	18-3-15	Adelaide
W80	Hammer	Val Worrell		25.77m	91.2%	22-3-15	Murrunbeena
W80	Heavy Hammer	Val Worrell	VIC	9.72m	93.4%	22-3-15	Murrunbeena
W60	Throws Pent	Chris Schultz	Vic	3424pts	-	22-3-15	Murrunbeena

Victorian Records:

M50	Pole Vault	Chris Boylen		3.60m	75.2%	7-2-15	Albert Park
M55	3000m	Steven Quirk		9:45.41	89.5%	17-1-15	Aberfeldie
W70	Hammer	Rhondda Dundas		29.59m	75.2%	22-2-15	Murrunbeena

W70	Shot Put	Rhondda Dundas	8.23m	77.2%	22-2-15	Murrumbeena
W45	High Jump	Karen Carah	1.45m	74.0%	28-2-15	Albert Park
M80	80m Hurdles	Brian Greaves	21.79s	68.8%	14-3-15	Doncaster
W40	80m Hurdles	Gaelyne Kenshole	13.30s	87.4%	14-3-15	Doncaster
W65	2k Steeple	Heather Carr	11:15.37	79.2%	14-3-15	Doncaster
M80	Long Jump	Brian Greaves	3.39m	77.7%	14-3-15	Doncaster
M85	Long Jump	Leo Coffey	3.00m	79.0%	14-3-15	Doncaster
M50	Long Jump	Nick Hodgson	6.03m	84.6%	14-3-15	Doncaster
W75	Javelin	Jennifer Deravin	17.14m	60.5%	14-3-15	Doncaster
W80	Javelin	Val Worrell	13.96m	58.5%	14-3-15	Doncaster
W70	Hammer	Rhondda Dundas	29.72m	75.5%	14-3-15	Doncaster
W80	Hammer	Val Worrell	25.39m	89.8%	14-3-15	Doncaster
M85	60m	Leo Coffey	10.78s	89.1%	15-3-15	Doncaster
M75	60m	Graeme Noden	9.50s(=)	90.0%	15-3-15	Doncaster
M60	60m	Paul Turner	8.02s	97.1%	15-3-15	Doncaster
W80	Discus	Val Worrell	17.81m	55.8%	15-3-15	Doncaster
W80	Shot Put	Val Worrell	7.00m	89.3%	15-3-15	Doncaster
W80	Heavy Hammer	Val Worrell	9.04m	90.3%	15-3-15	Doncaster
M75	Pole Vault	Rob Barclay	2.40m	77.4%	15-3-15	Doncaster
W80	Shot Put	Val Worrell	7.22m	92.1%	22-3-15	Murrumbeena
W70	Throws Pent	Rhondda Dundas	3808pts	-	22-3-15	Murrumbeena
W80	Throws Pent	Val Worrell	3841pts	-	22-3-15	Murrumbeena

Clyde Riddoch

VMA Records Officer

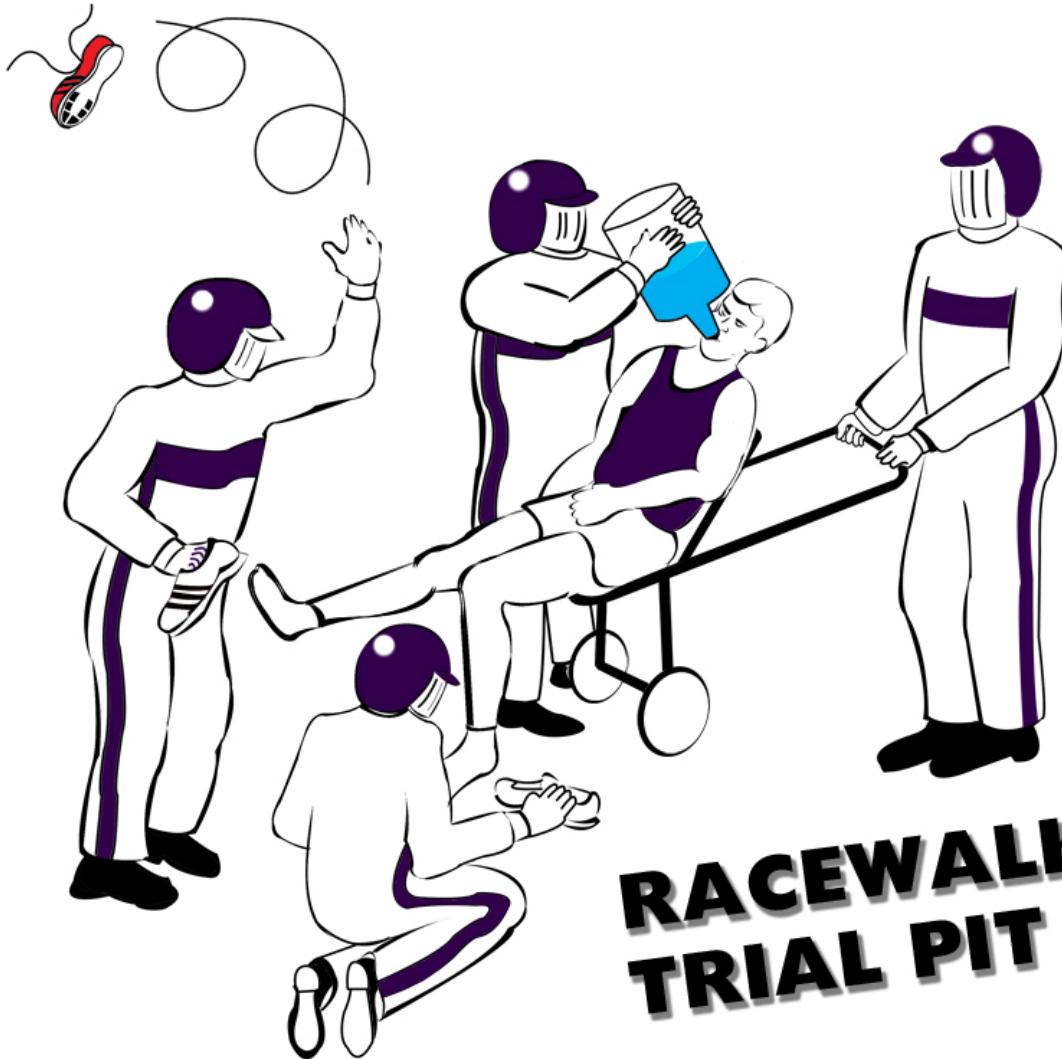
14 Joan Street, Sunshine West Vic 3020

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

Race walking is trialling a new rule which will allow judges to “pull” walkers from the race and serve a time penalty if they are infringing on the rules.

What a wacky suggestion. As if the sport isn’t already controversial enough.

Anyhow, here’s mt take on it.....



**RACEWALKING TO
TRIAL PIT LANE**

Dicko

Victorian Masters Athletics Inc. - Venue Managers

Venue	Manager	Address	Phone
Aberfeldie	Doug Stokes	stokedw@yahoo.com.au	0447595170
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
Croydon	Pam Tindal	9 Yallambee Way, Croydon martynti@bigpond.net.au	9723 3271 0416 006 583
	Karen Archer	quinarcher@aapt.net.au	0414 701 772
Doncaster	Greg Champion	champs@gregchampion.com.au	9439 7460
	Ange Champion	ange.champion@yahoo.com	
East Burwood	Peter Dodgshun	18 Cresswell Cres, Mitcham 3132 peterdodgshun@optusnet.com.au	0419 872 130
	Gerald Burke	1 Sartre Ct, Glen Waverley 3150 geraldburke@optushome.com.au	0408 315 471
	Jack Fredrickson	38 Romoly Drive Forest Hill 3131	9802 6926
Frankston	Frances Halton	rfhalton@alphalink.com.au	9786 9628 0405 474 472
	Graham Kilfoyle		0421 707 788
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	Ashley Page	14/102B Country Club Drive, Safety Beach Vic 3936 apa16161@bigpond.net.au	0448 866 025
Southern Peninsula	Meredith Radford	31 Muirfield Avenue Fingal 3939	5988 6221
	Alan Radford	radfordguns@sctelco.net.au	5985 9017
	John Sutton	15 Roblyn Crescent, Tootgarook 3941 jsutton2@optusnet.com.au	
	Greg Lovejoy		5982 0449
Springvale/ Noble Park	Alan Bennie	75 Bertrand Avenue, Mulgrave 3170 alanbennie@optushome.com.au	9547 2978
	Anthony Doran	anthonyjdoran@y7mail.com	9547 7320
Throwers	Graeme Rose	71 Union Road, Surrey Hills 3127 grarose@yahoo.com	9836 2350
	Ken Priestley	knjoy@bigpond.net.au	0417 134 601

Victorian Masters Athletics Inc.

Venues

ABERFELDIE Athletic Track	Aberfeldie Park, Corio Street, Moonee Ponds Wednesday nights, 7 - 9pm	Melway 28 D6
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
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, Fortnightly in winter on Sunday at 9:00 am	Melway 169 E6

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