

WWW.VICMASTERSATHS.ORG.AU



FOOTPRINTS

DECEMBER 2015



**THREE VERY SAD LOSSES FOR VMA
IN THE PAST MONTH JUDY WALTERS,
DON CHAMBERS AND GARY STEWART.**

**NOTICED HOW TERRIBLE THE FLIES ARE THIS YEAR ?
THE NEW FOOTPRINTS ONLINE STORE HAS THE AN-
SWERS**

**ONLY 330 DAYS UNTIL
PERTH 2016**



OUR COVER

VMA has had a promotional video professionally shot and it is currently being prepared for our use on our website and on youtube.

You will have noticed that Around the Grounds is now being prepared only in electronic format. This file is being sent to all the Venues for printing and is available to be viewed on the VMA website.

Please give us your feedback/complaints on the new method

VMA Online Membership Renewal

Now open

<https://www.registernow.com.au/secure/Register.aspx?E=18263>

Entries for the 2016 AMA championships in Adelaide will be online only, *however* we have provided a paper entry form on P16-17 for those that don't have access to a computer. Paper entries can be sent to

Secretary, Victorian Masters Athletics,
21 Holywood Grove Carnegie, Vic 3163.

The secretary will then enter online on behalf of the member.

The paper entry must be completed in full, ticking all appropriate boxes ie for waiver and uniform. A cheque for the full amount made out to **Victorian Masters Athletics** must accompany the entry.

Nationals website: <http://www.samastersathletics.org.au/nationals2016/>

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NAG FILE

Athletes Moving into
a New Age Group

HORST(Harry) STAECKER	into M85
WILLIAM BINKS	into M75
MAL J BROWN	into M75
JOHN MANNING	into M70
VICKI THOMPSON	into W70
JIM McLURE	into M70
JOAN LOYA	into W70
MICHAEL COLGAN	into M65
CHRIS SCHULTZ	into W65
DAVID W JONES	into M65
KEVIN SHANAHAN	into M60
MARTIN ARMOUR	into M60
MICHAEL HOWSE	into M55
ROBERT SCHWERKOLT	into M50
JUDY PFANNER	into W50
KUNIKO BOWDEN	into W50
SHERRY GATHERCOLE	into W45
BRETT MAURER	into M40

What's On

any queries on VMA running races can be directed to Club Captain

Lavinia Petrie 9728 3929 or ljpetrie@alphalink.com.au

2016

January 10	2016 AMA Half Marathon Championship - Hobart
January 20	Lindsay Thomas Memorial 10k - Braeside Park
February 3	Andy Salter Memorial Relay - Ross Reserve, Noble Park
February 16	A Night in Bendigo - Details TBA
March 19-20	Victorian Masters Athletics Championships - Doncaster
April 16-19	2016 Australia Masters Athletics Championships - Adelaide
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

2018

TBA	World Masters Athletics T&F Championships - Malaga, Spain
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GLEN EIRA VENUE - LIVING LEGENDS RELAY 2015

Glen Eira members welcomed a large crowd from Mentone and Springvale on November 10 for the annual Living Legends Relay and Induction of the latest Legend.

This much anticipated event added spice this year with Mentone vowing to wrest the trophy from Glen Eira, who had prevailed for the last two years. Mentone assembled a promising team, while Glen Eira, boosted by the inclusion of a couple of members returning after injury, considered themselves very much in the hunt. Springvale were outsiders this year, but could easily have claimed sufficient points to influence the result.



The sprint event was quickly disposed of with Age triumphing over Youth as Bob Wishart led Julie Aylward across the line.

While the gun teams from each venue warmed up, officials worked under pressure to finalise the numerous informal teams, so that all entrants could compete.

It was soon time for the pre-race briefing from Peter McGrath, ensuring that all involved understood the intricacies of completing a 3.5 km run in lane 7, a 3 km run in lane 1, followed by a 2 km walk, concluding with a 1,000 metre run.

In the open division Mike Thomas set a hot pace from the gun and Mentone were never headed as Glen Eira, on checking their card, admitted to running a lap short in one leg and consequently were disqualified.

The Glen Eira 50+ team, with Chris Grafen racing to an early lead, turned the tables on Mentone, winning this division easily. Springvale showed promise at the outset, but Mentone eventually outpaced them for a well-earned second place.

The 60+ division saw the closest racing with only seconds separating each leg, and the lead changing several times. Glen Eira prevailed due to a strong walk leg from Heather Carr, with Mentone a close second. Springvale were outpaced again, leaving the team disappointed, but no doubt already planning a more competitive assault next year.

The assembled crowd then adjourned to the function room in the recently completed grandstand and pavilion, enjoying a supper in the new facilities for the first time. Quite a contrast to the three years where post meet activities were conducted in a cramped portable, or, weather permitting, in the open air.

This year it fell to Springvale to induct a legend, so Alan Bennie stepped forward to announce, after a short introduction, that it was Tony Doran who was to be elevated to Legend status, an obviously popular decision judging by the enthusiastic response from the audience. As is the accepted practice Tony was asked to take centre stage while others related anecdotes, some humorous, a few just embarrassing, leaving Tony lost for words. All agreed the award was appropriate recognition of Tony's contribution to Springvale Masters, both on and off the track.

Finally, with the supper and Legend formalities completed, Andrew Edwards took to the stage to reveal the race results. It was no surprise that the close outcome seen over recent years was repeated, but this time Mentone headed Glen Eira by a mere two pints, with Springvale five points away in third place. Ashley Page gladly accepted the trophy from Andrew.

Full Results in November Around the Grounds - Russ

Masterpieces



Our two major events of the year have recently been conducted. The first one was the Eric Greaves Memorial 5km Handicap run where a very close finish occurred with Claudio Riga just managing to hold off Lou Buccieri with Lindsay Oxenham in 3rd place. Claudio started just behind Lou and the two were locked together for most of the race. Claudio's effort is commendable given he had run the Melbourne Marathon the previous Sunday

The other was the Bert Warburton Memorial 3km Handicap Walk with a field of 15 walkers. Ernie Jeffs, one of the outmarkers, kept up a good pace and defied the rest of the field to run, or should I say walk him down despite the efforts of Jim Smith and the fast finishing backmarker Tony Doran.

The Venue recently competed in the annual tri venue challenge against Glen Eira and Mentone. While our performance on the track fell short it was our turn to nominate a Living Legend. It was with great pleasure that we were able to induct Tony Doran. Tony has been a long time member of the Masters, Glenhantly Athletics Club (where he is a life member) and the Victorian Road Runners. Apart from being a very active competitor, both as a runner and in recent years as a walker, Tony is a terrific clubman and performs a variety of tasks for all 3 clubs. Of course he is famous at Springvale for the annual Doran medal award amongst other things.

We have two events coming up in the New Year (see separate adverts for details). The first is the Lindsay Thomas memorial at Braeside Park on Wednesday 20 January. In our opinion Braeside is one of the best running venues going so come along and enjoy a great night, both runners and walkers. And don't forget that it is open to everyone so bring your family, friends, neighbours or anyone else you can convince to come. Then of course on Wednesday 3 February is the Andy Salter relay at our venue, Ross Reserve in Noble Park. Knox venue has had a mortgage on this event in recent years. The challenge is for other venues to give them some stiff competition.



Tony Doran basks in the glory of being a Living Legend in the sumptuous surroundings of the new Glen Eira Venue. (see ya later Croydon)

Mentone's winning team.

Back Row L-R Col Waring, David Dodson, Ralph Bennett, John Wilson, Geoff Barrow
Front Row L-R James O'Brien, Sandra Wynne, Kuni Bowden, Julie Aylward, Gwen Steed.



Masterpieces

Lots of you will know Jill Taylor from Sydney. Jill is NSWMA Vice President and was one of the main organisers of the excellent Nationals this year. I saw on the Australian Masters Athletics Facebook page that Jill had.....Well, I'll let Jill tell the story :

Hi Russ, and thanks. I met some lovely Cook Is athletes when I was in Tahiti for the Oceanias a few years ago. Meeting them and seeing them compete in the throws in joggers and no gloves reiterated to me just how lucky we are in Australia, and how lucky I am personally to be able to earn the money to travel the world for my sport and buy the latest gear. So before I went to Rarotonga this time, I put the following on our NSW Facebook page:

"On a note closer to home, the Oceania Championships in the Cook Islands, Oct 5-10.....when I was in Tahiti a few years back one of the competitors in my age group was a lovely lady from the Cook Islands. Haven't seen her since as there was not a lot of money in her family for her to travel. She also competed in throws in joggers and without a throwing glove. I thought then I'd like to help somehow, and as I'm headed there soon for the Oceania Champs, I'm taking up a collection of athletic stuff to donate to the Cook Island athletes. If you'd like to help, pls donate any decent track or throwing shoes or joggers or gloves. And if we do get a lot, anyone going over there if you can help carry them over would be greatly appreciated. Please contact me if you can help either way, and we can arrange a drop off point in Sydney. Thanks if you can help!"

I got about a dozen pairs of shoes and some compression gear mailed to me and then our NSW committee decided to donate the last lot of merchandise from our 2015 Nationals. Luckily Stuart Gyngell got upgraded to Business Class on the way over which meant he could have 3 suitcases, so we piled all the stuff in a spare case of mine and we took it over. We presented it as you see in the pic, and they were very grateful.

I'm going to do an article on the AMA site too, if any state is changing uniforms or has old gear to get rid of (QMA said yesterday they had some they would send), to contact Yvonne Mullins for the best way of getting it to the Pacific athletes.

Russ, I'd love to see it become an annual national effort, to collect and send stuff over...maybe collect at Nationals? It's all about sharing the good fortune we have....What do you think?

Well I think it's a brilliant idea, Jill. I'm sure the Vics will get behind this for the next Nationals or before. I think some of our Committee read our newsletter....if not, I will raise it with them and all our Venue Managers and I'm sure on an individual level as well, some of our Members will come on board.



THE DOUG ORR 880 YARDS INTER-VENUE FINAL

880 YARDS SELF HANDICAP RUN

		Finish Time	Actual Time
DQ Ryan CLARK (Knox)	39	4.52	3.52
DQ John GRAHAM (Knox)	65	4.55	2.47
1 Graham WALTER (Don)	57	4.58	2.53
2 Janet HOLMES (EB)	62	4.58	3.17
3 Gary TURNER (Croy)	62	4.59	3.22
4 Denis ASPINALL (Croy)	68	4.59	3.39
5 Glenn CLAIDEN (Knox)	61	4.59	3.34
6 Colin PAGE (Croy)	61	5.00	2.37
7 Kath GAWTHORN (Don)	41	5.00	3.18
8 David McCONNELL (Don)	63	5.00	2.45
9 Graham FORD (Don)	66	5.01	2.56
10 Annette PELGRIM (EB)	61	5.02	3.31
11 Michael RICHARDS (EB)	63	5.03	3.01
12 Stephen DAY (EB)	45	5.04	2.59
13 Grant MURFETT (Croy)	48	5.06	2.46
14 Evelyn KEYS (Knox)	58	5.10	3.34

Go is for a nominated time of 5 minutes

4 second margin so anyone under 4.56 is disqualified

3 team members to count

Team Places:

1 Croydon	13 points
2 Doncaster	16 points
3 East Burwood	23 points



Individual placegetters (from right) :
Graham Walter 1st; Janet Holmes 2nd and
the stunning Gary Turner 3rd.



The winning Croydon team (from left) :
Colin Page; Grant Murfett; Gary Turner (standing)
and Denis Aspinall.

ANDY SALTER MEMORIAL RELAY



When – **Wednesday, 3rd February 2016**

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

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

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

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

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

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

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

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

The program for the night is;

7.10 pm 100 metre sprint

7.15 pm Andy Salter relay/Bert Warburton Relay

There will be a 3km track run after the relay for the truly dedicated, followed by supper and presentations. Come along and have a great night. Enquiries to Alan Bennie on 9547 2978 or 0428990873.

**TWENTYFOURTH ANNUAL "TWILIGHT"
LINDSAY THOMAS MEMORIAL – 10Km RUN
WEDNESDAY 20 JANUARY 2016**

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

best parking in Car Park No. 9 –Rosella –last Car Park before exit)

ENTRY FEE \$5.00 – PAYABLE ON THE NIGHT

OPEN TO BOTH REGISTERED MASTERS ATHLETES AND OTHERS OF ANY AGE

PROGRAM

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

AWARDS – MASTERS ATHLETES

10km RUN

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

5km RUN

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

5km WALK

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

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

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

AWARDS – NON MASTERS ATHLETES

10km RUN

First Male & Female

Second Male & Female

Third Male & Female

5km RUN

First Male & Female

Second Male & Female

Third Male & Female

NUMEROUS SPOT PRIZES - SUPPER PROVIDED

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

ENQUIRIES – ALAN BENNIE - TEL. 95472978 OR 0428990873





Enter now!

South Australian Masters Athletics (SAMA) is hosting the 2016 AMA National Track & Field Championships in Adelaide, South Australia from 16-19 April 2016. The [Program](#) will include a complete range of masters' athletics disciplines, including non-stadia events.

The Championships are conducted in five year age groups starting at 30 years, and medals are awarded in each age group for every event.

Your age group is determined by your age on the first day of competition (16 April 2016) and you must be a financial member of a Masters Athletics Club.

Enter online now on the National Championships website at:
<http://www.samastersathletics.org.au/nationals2016/register.html>

Entry fees: \$50 admin fee and \$12.00 per event. Take part in as many events as you want.

Try something new, have fun and meet new friends. You don't have to be a superstar to take part.

Keep up to date - 'like' the Championships Facebook site



Reach for your Vision in 2016!

VMA RESULTS -

Australian Masters Games 2015 -

3/10/2015 to 6/10/2015

SA Athletic Stadium



W40 60 Metre

3 Gathercole, Sherry 8.60

W55 60 Metre

5 Armour, Cherie 10.20

8 Hayden, Gillian 11.29

M40 60 Metre

2 Udugampala, Lalith 7.56

3 Krawczyk, Brad 7.61

M45 60 Metre

3 Italia, Rob 8.05

M55 60 Metre

3 Armour, Martin 9.37

M60 60 Metre

1 Wearmouth, Richard 8.57

M65 60 Metre

3 Aspinall, Dennis 8.99

M70 60 Metre

1 Poulter, Jim 9.66

M75 60 Metre

3 Jupp, Trevor 10.72

W40 100 Metre

3 Gathercole, Sherry 13.85

W45 100 Metre

1 Little, Rachel 13.60

W55 100 Metre

5 Armour, Cherie 17.05

8 Hayden, Gillian 18.70

M40 100 Metre

2 Udugampala, Lalith 12.15

M45 100 Metre

1 Wilcox, Andrew 11.66

4 Italia, Rob 12.84

M55 100 Metre

2 Armour, Martin 14.93

M60 100 Metre

1 Wearmouth, Richard 13.63

M65 100 Metre

2 Aspinall, Dennis 14.29

M75 100 Metre

4 Jupp, Trevor 17.93

W40 800 Metre

4 Gillick, Melissa 3:27.44

W45 800 Metre

1 Little, Rachel 2:40.13

W55 800 Metre

1 Galvin, Patricia 3:10.70

M40 800 Metre

5 Browell, Leigh 2:40.21

M45 800 Metre

2 Hennig, Shawn 2:18.74

4 Romeo, Fabrizio 3:05.57

M40 5000 Metre Walk

2 Patterson, Adam 28:54.25

W40 Long Jump

2 Gathercole, Sherry 4.15m 2.3

W45 Long Jump

1 Little, Rachel 4.55m 0.9

M40 Long Jump

1 Krawczyk, Brad 6.32m 2.7

2 Udugampala, Lalith 5.67m 1.8

M45 Long Jump

1 Hennig, Shawn 5.44m 2.8

5 Gray, Kelvin 5.16m 1.7

6 Romeo, Fabrizio 3.77m 2.2

7 Italia, Rob 3.54m 2.0

M60 Long Jump

2 Puliyadda, Anura 3.66m 0.8

M70 Long Jump

1 Poulter, Jim 4.10m 1.7

W40 Shot Put 4kg

5 Gathercole, Sherry 6.80m

6 Gillick, Melissa 6.03m

W45 Shot Put 4kg

1 Little, Rachel 7.93m

W70 Shot Put 3kg

1 Dundas, Rhondda 8.20m

W75 Shot Put 2kg

2 Hines, Yvonne 6.20m

M40 Shot Put 7.26kg

4 Browell, Leigh 7.71m

M45 Shot Put 7.26kg

4 Romeo, Fabrizio 8.53m

M55 Shot Put 6kg

1 Peska, Stan 11.46m

M60 Shot Put 5kg

4 Wearmouth, Richard 8.40m

M75 Shot Put 4kg

1 Jupp, Trevor 7.72m

VMA RESULTS - Australian Masters Games 2015

W70 Hammer Throw 3kg			M55 Javelin Throw 700g		
1 Dundas, Rhondda	27.97m		2 Peska, Stan	34.58m	
W75 Hammer Throw 2kg			M75 Discus Throw 1kg		
1 Hines, Yvonne	17.82m		2 Jupp, Trevor	20.10m	
M45 Hammer Throw 7.26kg			M45 High Jump		
4 Romeo, Fabrizio	20.13m		1 Hennig, Shawn	1.60m	
M55 Hammer Throw 6kg			W70 Discus Throw 1kg		
1 Peska, Stan	26.03m		1 Dundas, Rhondda	20.89m	
W30-69 2000 Metre Steeple (76.2cm)			W75 Discus Throw 750g		
5 Gillick, Melissa	11:24.81		1 Hines, Yvonne	10.12m	
M60 2000 Metre Steeple (76.2cm)			W40 Javelin Throw 600g		
1 Pearce, Terry	8:25.73		3 Gathercole, Sherry	22.84m	
M40 3000 Metre Steeple (91.4cm)			4 Gillick, Melissa	13.04m	
2 Browell, Leigh	13:36.94		M45 Discus Throw 2kg		
M45 3000 Metre Steeple (91.4cm)			4 Hennig, Shawn	24.08m	
2 Italia, Rob	14:06.55		5 Romeo, Fabrizio	19.88m	
M40 3000 Metre Walk			M55 Discus Throw 1.5kg		
2 Patterson, Adam	16:52.60		1 Peska, Stan	33.35m	
M40 110 . Hurdles (99.1cm)			M60 Javelin Throw 600g		
1 Krawczyk, Brad	17.94		5 Pearce, Terry	22.64m	
M45 110 . Hurdles (99.1cm)			W40 5000 Metre		
1 Hennig, Shawn	20.08		3 Gillick, Melissa	28:42.66	
M70 80 . Hurdles (76.2cm)			W55 5000 Metre		
1 Poulter, Jim	19.18		1 Galvin, Patricia	22:09.54	
M60 1500 Metre			W80 5000 Metre		
1 Pearce, Terry	4:56.93		2 Mews, Pam	56:18.93	
W55 1500 Metre			M40 5000 Metre		
1 Galvin, Patricia	6:07.97		3 Browell, Leigh	23:07.34	
M40 200 Metre			M60 5000 Metre		
2 Delbridge, Adam	25.33		1 Pearce, Terry	19:10.94	
M45 200 Metre			M45 400 . Hurdles (91.4cm)		
1 Wilcox, Andrew	23.88		1 Hennig, Shawn	65.11	
3 Italia, Rob	26.34		4 Italia, Rob	1:22.80	
M55 200 Metre			M40 1500 Metre Walk		
3 Armour, Martin	32.45		2 Patterson, Adam	8:04.70	
M60 200 Metre			W80 1500 Metre Walk		
1 Wearmouth, Richard	28.84		2 Mews, Pam	17:28.53	
M65 200 Metre			W45 400 Metre		
2 Aspinall, Dennis	29.77		1 Little, Rachel	64.51	
W45 200 Metre			W55 400 Metre		
1 Little, Rachel	27.97		4 Armour, Cherie	1:24.62	
W55 200 Metre			M40 400 Metre		
5 Armour, Cherie	36.06		2 Delbridge, Adam	58.43	
M40 Javelin Throw 800g			M45 400 Metre		
1 Browell, Leigh	22.67m		1 Wilcox, Andrew	53.92	
W70 Javelin Throw 500g			3 Hennig, Shawn	60.69	
1 Dundas, Rhondda	15.75m		4 Italia, Rob	62.52	
W75 Javelin Throw 400g			M55 400 Metre		
1 Hines, Yvonne	11.54m		4 Armour, Martin	1:21.79	
M40 Javelin Throw 800g			M65 400 Metre		
4 Browell, Leigh	22.67		1 Aspinall, Dennis	70.51	
M45 Javelin Throw 800g			M70 Pole Vault		
3 Hennig, Shawn	39.16m		1 Poulter, Jim	2.40m	
6 Romeo, Fabrizio	25.70m				

VMA RESULTS - Australian Masters Games 2015

M40 Triple Jump			M45 Weight Throw 15.88kg[35lb]	
2 Browell, Leigh	7.47m	1.3	3 Romeo, Fabrizio	6.97m
M45 Triple Jump			M55 Weight Throw 11.34kg[25lb]	
2 Gray, Kelvin	10.54m	2.6	1 Peska, Stan	10.60m
3 Italia, Rob	9.71m	2.7	W40 Outdoor Pentathlon	
W40 Triple Jump			1 Gillick, Melissa	932
1 Gathercole, Sherry	8.48m	2.7	W45 Outdoor Pentathlon	
W45 Triple Jump			1 Little, Rachel	3088
1 Little, Rachel	9.31m	2.3	W70 Outdoor Pentathlon	
M70 Triple Jump			1 Dundas, Rhondda	1764
1 Poulter, Jim	8.31m	NWI	M40 Outdoor Pentathlon	
M50 Triple Jump			4 Browell, Leigh	1308
1 Hodgson, Nick	12.93m	5.2	M45 Outdoor Pentathlon	
M55 Triple Jump			1 Hennig, Shawn	2692
2 Armour, Martin	9.12m	7.5	3 Romeo, Fabrizio	922
M60 Triple Jump			M65 Outdoor Pentathlon	
2 Puliyyadda, Anura	8.59m	3.8	1 Aspinall, Dennis	2447
W70 Weight Pentathlon			W80 8k Cross Country Run	
1 Dundas, Rhondda	3583		1 Pam Mews	1:31:46
W75 Weight Pentathlon			W55 8k Cross Country Run	
1 Hines, Yvonne	2421		1 Patricia Galvin	0:36:20
M55 Weight Pentathlon			W65 10k Road Walk	
1 Peska, Stan	2821		1 Elizabeth Feldman	1:07:35
M75 Weight Pentathlon			M40 10k Road Walk	
1 Jupp, Trevor	1979		2 Adam Patterson `	1:03:32
W40 Weight Throw 9.08kg[20lb]			M60 City Mile Run	
1 Gillick, Melissa	7.15m		1 Terry Pearce	0:05:30
W70 Weight Throw 5.45kg[12lb]			W55 Half Marathon	
1 Dundas, Rhondda	11.03m		1 Patricia Galvin	1:42:23

I have been scanning all of the old Victorian Masters Championship Results from a collection I borrowed from Clyde Riddoch.

They are to be uploaded to the VMA website soon and will be found in a special archive section under "Results".

These records go right back to 1976.

The FOOTPRINTS ONLINE STORE

FLY SWALLOWING SOLUTIONS FOR RUNNERS



The Andy Murray Fly Guard - Comes with three (3) pieces of fly wire, roll of duct tape, complimentary jar of flies to annoy your opponents. Available in Mens and Womens sizes as well as huge Super Andy size.

Only \$39.99 incl GST. Shipping included. Or postage if you don't live on an island.



The Hannibal Fly Guard - Comes in 3 exciting colors, Terror Turquoise; Scream Sand and Gruesome Green. Includes Public Liability Insurance in case approaching runners have heart attack.

Only \$79.99 incl GST



The Screw Cap Hat - Cork Hats are sooo yesterday. Show you're up with the times with this fashion statement. Only \$99.99 incl GST

Penfolds or Henschke branded screw caps \$129.99.

We take Masters Card



VMA RESULTS - Oceania Masters Championships 2015 Rarotonga, Cook Islands - 5/10/2015 to 10/10/2015



W55 10000 Metre Race Walk					
1	Tindal, Pam	W55	58:34.00	83.41%	
W65 10000 Metre Race Walk					
1	Carr, Heather	W66	1:03:40.00	86.92%	
M55 10000 Metre Race Walk					
1	Worsnop, Chris	M58	1:20:36.00	54.58%	
M70 Discus					
1	Tonelli, Didimo	M71	25.69m	44.32%	
M65 Discus					
2	Young, Peter	M68	39.25m	61.66%	
W55 Javelin					
2	Tindal, Pam	W55	20.98m	41.62%	
M70 Javelin					
2	Tonelli, Didimo	M71	27.17m	46.35%	
M75 Javelin					
1	Wood, Allan	M78	22.79m	43.81%	
2	Noden, Graeme	M77	21.81m	41.93%	
M65 Javelin					
4	Young, Peter	M68	27.97m	44.36%	
M50 Javelin					
4	Egginton, Andrew	M53	33.68m	41.99%	
W45 5000 Metre					
1	Eastwood, Eliz	W46	22:18.43	70.61%	
W50 5000 Metre					
3	Archer, Karen	W52	34:48.03	47.46%	
W60 5000 Metre					
1	Pelgrim, Annette	W61	22:14.68	82.55%	
M50 5000 Metre					
1	Egginton, Andrew	M53	18:04.11	77.99%	
M55 5000 Metre					
3	Worsnop, Chris	M58	22:28.43	65.25%	
M55 60 Metre					
9	Worsnop, Chris	M58	9.86	1.9	74.54%
W45 60 Metre					
1	Pollard, Sonya	W48	8.91	1.1	84.51%
2	Ludbrook, Kim	W47	9.00	1.1	83.67%
M90 60 Metre					
1	Sinclair, James	M91	12.41	1.0	89.93%
M75 60 Metre					
2	Noden, Graeme	M77	9.61	1.3	89.91%
4	Wood, Allan	M78	10.88	1.3	79.41%
M70 60 Metre					
1	Howden, Keith	M70	9.87	0.8	83.28%
M65 60 Metre					
1	Carr, Bill	M66	9.12	0.6	86.51%
W60 Weight Throw					
1	Jenkins, Dorn	W60	17.36m	89.07%	
M65 Hammer					
4	Young, Peter	M68	26.14m	44.17%	

Peter Young



M70 Hammer				
1	Tonelli, Didimo	M71	24.86m	41.63%
W55 800 Metre				
1	Tindal, Pam	W55	2:58.64	76.44%
M70 800 Metre				
5	Egan, Elwyn	M72	3:36.97	62.81%
M55 800 Metre				
4	Worsnop, Chris	M58	3:05.20	64.30%
M50 800 Metre				
1	Egginton, Andrew	M53	2:17.55	83.09%
W45 8000 Metre				
1	Eastwood, Eliz	W46	38:57.79	65.87%
W60 8000 Metre				
1	Pelgrim, Annette	W61	41:29.40	73.75%
M55 8000 Metre				
4	Worsnop, Chris	M58	40:40.41	61.34%
M65 Shot Put				
1	Young, Peter	M68	10.94m	64.39%

VMA RESULTS - Oceania Masters Championships 2015 Rarotonga, Cook Islands

M75 High Jump					M70 200 Metre				
3 Wood, Allan	M78	1.00m	64.94%		1 Howden, Keith	M70	30.17	0.3	83.79%
M55 100 Metre					M65 200 Metre				
8 Worsnop, Chris	M58	16.79	-1.5	67.00%	1 Carr, Bill	M66	30.51	0.8	79.09%
M90 100 Metre					M55 200 Metre				
1 Sinclair, James	M91	21.02	-1.8	81.21%	6 Worsnop, Chris	M58	33.15	-0.2	67.51%
M75 100 Metre					M75 Triple Jump				
2 Noden, Graeme	M77	16.27	-1.9	81.19%	2 Wood, Allan	M78	4.68m	1.1	44.91%
4 Wood, Allan	M78	18.40	-1.9	71.79%	W45 3000 Metre Race Walk				
M70 100 Metre					1 Eastwood, Eliz	W46	31:19.58		39.97%
1 Howden, Keith	M70	16.03	-2.1	78.48%	W55 3000 Metre Race Walk				
M65 100 Metre					1 Tindal, Pam	W55	15:28.33		88.26%
1 Carr, Bill	M66	14.77	-1.0	81.72%	W65 3000 Metre Race Walk				
W45 100 Metre					1 Carr, Heather	W66	17:04.84		89.18%
1 Pollard, Sonya	W48	14.46	+0.0	78.91%	M55 3000 Metre Race Walk				
2 Ludbrook, Kim	W47	14.92	+0.0	76.47%	1 Worsnop, Chris	M58	22:19.10		56.38%
M70 Shot Put					M55 3000 Metre Steeplechase 91.4cm				
1 Howden, Keith	M70	9.45m		52.35%	3 Worsnop, Chris	M58	15:45.03		62.45%
2 Tonelli, Didimo	M71	9.27m		51.36%	W60 Throws Pentathlon				
W55 5000 Metre Race Walk					1 Jenkins, Dorn	W60	4443		
1 Tindal, Pam	W55	26:45.48		87.49%	M70 2000 Metre Steeplechase 76.2cm				
W60 5000 Metre Race Walk					3 Egan, Elwyn	M72	11:53.02		67.44%
1 Carr, Heather	W66	28:57.97		90.73%	W45 2000 Metre Steeplechase 76.2cm				
M55 5000 Metre Race Walk					1 Eastwood, Eliz	W46	9:55.14		71.01%
1 Worsnop, Chris	M58	37:26.18		57.18%	W60 2000 Metre Steeplechase 76.2cm				
M70 Long Jump					1 Pelgrim, Annette	W61	9:57.04		82.91%
1 Howden, Keith	M70	3.89m	-1.4	71.64%	W65 2000 Metre Steeplechase 76.2cm				
M75 Long Jump					2 Carr, Heather	W66	11:26.75		77.90%
1 Noden, Graeme	M77	3.90m	+0.0	78.47%	W60 Discus				
3 Wood, Allan	M78	2.70m	-0.3	54.33%	1 Jenkins, Dorn	W60	28.92m		60.10%
W60 Hammer					M65 Throws Pentathlon				
1 Jenkins, Dorn	W60	41.42m		82.59%	3 Young, Peter	M68	3043		
W65 1500 Metre					M70 Throws Pentathlon				
3 Carr, Heather	W66	7:04.91		75.55%	1 Tonelli, Didimo	M71	2418		
W60 1500 Metre					W55 Outdoor Pentathlon				
1 Pelgrim, Annette	W61	6:06.85		81.67%	2 Tindal, Pam	W55	2299		
W45 1500 Metre					M75 Outdoor Pentathlon				
2 Eastwood, Eliz	W46	6:22.54		67.21%	1 Wood, Allan	M78	1718		
M70 1500 Metre					M90 400 Metre				
5 Egan, Elwyn	M72	7:30.33		64.62%	1 Sinclair, James	M91	2:04.37		77.41%
M50 1500 Metre					M75 400 Metre				
1 Egginton, Andrew	M53	4:42.72		83.45%	3 Wood, Allan	M78	1:40.24		61.68%
M55 1500 Metre					M70 400 Metre				
5 Worsnop, Chris	M58	6:21.36		64.79%	1 Howden, Keith	M70	70.00		82.69%
M65 Weight Throw					M65 400 Metre				
4 Young, Peter	M68	11.15m		48.08%	1 Carr, Bill	M66	73.26		75.21%
M70 Weight Throw					M55 400 Metre				
1 Tonelli, Didimo	M71	10.06m		44.38%	5 Worsnop, Chris	M58	1:24.77		60.26%
W45 200 Metre					W30+ 4x100 Metre Relay 195-229 yrs				
1 Pollard, Sonya	W48	29.73	-0.8	79.92%	1 Aus 'A'				
M90 200 Metre					1) Matthews, Vicki 56	2) Layt, Caroline 50			
1 Sinclair, James	M91	46.79	-2.0	78.93%	3) Tindal, Pam 55	4) Mogentale, Gianna 51			
M75 200 Metre									
2 Noden, Graeme	M77	34.72	0.2	77.13%					

VMA RESULTS - Oceania Masters Championships 2015 Rarotonga, Cook Islands

W30+ 4x100 Metre Relay 150-194 yrs

1 Aus 'A' 59.68

- 1) Neubauer, Cassie 36 2) Pollard, Sonya 48
3) Brown, Petrina 47 4) Marshall, Andrea 49

M30+ 4x100 Metre Relay 240 + years

2 Aus 'B' 64.24

- 1) Wood, Allan 78 2) Noden, Graeme 77
3) Miller, Stan 71 4) Carr, Bill 66

3 Aus 'A' 67.20

- 1) Sinclair, James 91 2) Clive, David 78
3) Miletic, Nick 64 4) Howden, Keith 70

W30+ Distance Medley 230+ years

2 Aus 'A' 6:28.67

- 1) Dean, Rosemary 63 2) McDonnell, Hazel 68
3) Hampson, Jean 70 4) Carr, Heather 66

W30+ Distance Medley 195-229 yrs

2 Aus 'A' 5:31.48

- 1) Matthews, Vicki 56 2) Layt, Caroline Kylie 50
3) Tindal, Pam 55 4) Slattery, Elizabeth 51

W30+ Distance Medley 150-194yrs

2 Aus 'A' 4:51.63

- 1) Neubauer, Cassie 36 2) Pollard, Sonya 48
3) Mogentale, Gianna 51 4) Brown, Petrina 47

M30+ Distance Medley 240+ years

1 Aus 'A' 4:49.17

- 1) Clive, David 78 2) Noden, Graeme 77
3) Carr, Bill 66 4) Dawson, Mark 54

3 Aus 'B' 5:20.02

- 1) Miller, Stan 71 2) Howden, Keith 70
3) Miletic, Nick 64 4) McLean, Mark 59

M30+ Distance Medley 200-239 yrs

2 Aus 'A' 4:24.23

- 1) Jones, Stephen 52 2) Rodda, Andrew 46
3) Dunne, Glen 57 4) Egginton, Andrew 53

W45 Half Marathon

1 Eastwood, Eliz. W46 1:53:42.00 61.71%

W60 Half Marathon

1 Pelgrim, Annette W61 1:53:03.00 74.48%

M55 Half Marathon

3 Worsnop, Chris M58 2:00:19.00 56.61%

Chris Worsnop



Pam Tindal



RESULTS - 2015 VMA Marathon Championships

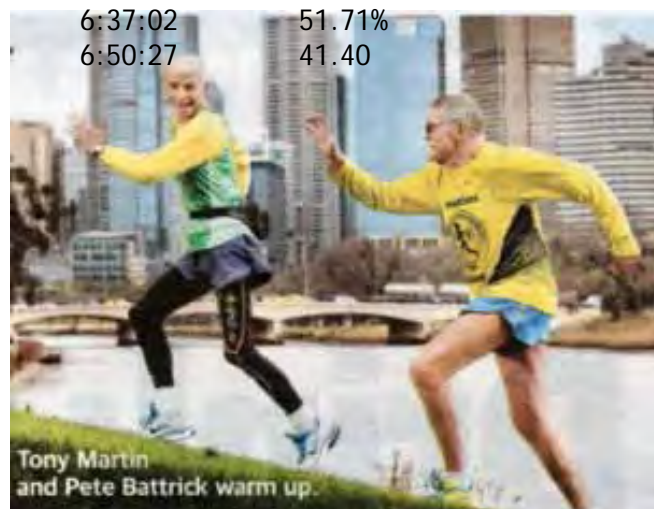
You could have thrown a blanket over the first three placegetters (but I'm glad you didn't) with Adam Gregory and Antonio Giuliani just getting under the magical 3 hours and Shane Draper being so unlucky. Just 24 seconds off !

Once again, Aberfeldie has reinforced their claim to be "The Marathon Venue" with the first 5 finishers and 8 overall.

You've got to admire East Burwood's Tony Martin at 87 completing his 36th of 37 Melbourne Marathons - only missing the first - and Peter Battrick and Neville Gardner who have done them all.

Results in finishing order

M30	Adam Gregory	Aberfeldie	31	2:59:18	68.57%
M40	Antonio Giuliani	Aberfeldie	44	2:59:25	72.69%
M40	Shane Draper	Aberfeldie	42	3:00:24	71.11%
M60	Gregory Moore	Aberfeldie	64	3:23:57	76.58%
M60	Peter Black	Aberfeldie	61	3:25:03	73.97%
M60	John Signorini	Knox	62	3:32:56	71.92%
W30	Nicola Hamilton-Morris	-	33	3:35:09	63.10%
M65	Len Hallett	Collingwood	66	3:39:47	72.49%
M40	Ashley McDowall	Aberfeldie	45	3:49:01	57.42%
M55	Syd Bone	Glen Eira	58	3:49:36	64.22%
W55	Tamami Holmes	East Burwood	55	4:09:50	65.73%
W50	Lynn Kisler	Aberfeldie	51	4:13:52	61.41%
M60	Douglas Stokes	Aberfeldie	63	4:14:03	60.88%
M65	Rodney Bayley	Collingwood	69	4:16:33	64.04%
M65	Peter Moore	Collingwood	67	4:19:59	61.91%
M70	James Yatomi-Clarke	East Burwood	72	4:24:59	64.12%
M70	Norman Franz	Collingwood	72	4:34:38	61.87%
W50	Merle Want	Glen Eira	55	4:41:33	58.33%
M65	Jim Hopkins	Collingwood	66	4:49:55	54.95%
W60	Jane Sturzaker	Glen Eira	63	5:00:10	61.25%
W45	Elizabeth Eastwood	East Burwood	47	5:09:51	47.91%
M70	Phillip Urquhart	Glen Eira	71	5:11:33	53.88%
W70	Jeanne Bryan	Mentone	73	5:25:06	66.48%
M65	Garry Blake	-	65	5:39:53	46.41%
M70	Neville Gardner	Croydon	72	6:01:49	46.96%
M85	Antony Martin	East Burwood	87	6:21:18	63.59%
W65	Vicki Thompson	Casey Fields	70	6:37:02	51.71%
M70	Peter Battrick	Glen Eira	72	6:50:27	41.40



Tony Martin
and Pete Battrick warm up.

Vale Judy Walters

The recent passing of Judy Walters has saddened and affected so many of us within VMA. Judy was well known and loved by all who knew her from past years when she was so active within the club and more recently by Croydon members who knew her as the lovely wife of Ken, our long time Manager and the heartbeat of our Venue.

For many years Judy was instrumental in the publishing of Around the Grounds, collating all the results from the Venues and putting them together so that Ken could print them off and despatch them to the Venues.

Colin Browne has kindly allowed me to reproduce his Eulogy from Judy's funeral :

Thank-you for the chance to remember some of the things that we shared with Judy Walters. As Ken's wife, she was part of the network in the 1960s and beyond which was the Vic. Vets, the Victorian Veteran Athletics Club Incorporated.

Ken and I had responsibilities within the club, whether it was helping to organise championships, running off and collating Around The Grounds or

putting on Christmas shows for Croydon venue. In these Christmas shows Judy was my best audience. She seemed to like me, which was a great compliment because she was a good sort. She was beautiful, positive, lovely, and to be noticed by someone like that was terrific.

At the Championships and around the club, she really pulled her weight. Her typing and email skills were invaluable. I am sure that most of the rude emails that came from her were actually initiated by Ken. She had a great sense of humour. She and Ken, with his announcing on the microphone, plus John and Phyllis Gosbell, Ray Callaghan, Marg Bristow and my Dot and many others, kept the Vic. Vets going for many years.

How many issues of Around The Grounds were produced? Les Clark would know. He had copies of all of them in his cupboard.

The Walters used to organise a yearly square dance. That was great fun. We had fantastic social network. One year, Ken had the idea to have a weekend riding our bikes through the ironbark forests at Tarnagulla in the Golden Triangle of Central Victoria. That town was a historic gold town which has become a ghost town. It was the beginning of what is now known as the Handlebar Harriers, a solid group of about 100 bike-riders who ride every Friday.

Judy, Phyllis and John used to plan out the Friday rides through bike paths, suburban streets and lanes. The Harriers still use these trails. It is a strong social group attending to their health and enjoying each other's company. We owe so much of it to Judy's initiatives.

Another group who will miss her incredibly is the Wednesday morning joggers' group. Anne and Ray Callaghan, Rita, Phyllis, Sandy Kerr etc. Not so energetic these days but still meeting at the home of one of them each week to enjoy a stroll and a cuppa. Another tribute to the support given by Judy over many years. They will miss her terribly.

I know she was a great wife and a great Mum. She lives in my mind as a beautiful young woman. I can't believe she was 72. Let's celebrate a life to be proud of. Judy Walters.





AUSTRALIAN MASTERS ATHLETICS HALF MARATHON CHAMPIONSHIPS



(Incorporating the Tasmanian Masters Athletics Half Marathon Championships)

- Where:** Start/finish at the Cadbury Chocolate Factory, Claremont, Tasmania.
- When:** 6.30am, Sunday, 10 January 2016.
- Background:** The Masters Half Marathon Championships will be conducted in conjunction with the Cadbury Marathon and Half Marathon which are open events. These events have been held annually since 1984. **A maximum of 800 entries will be accepted in the Cadbury Half Marathon so early entry is advised. Last year there were 680 entries.**
- Eligibility:** All financial members of a State Masters Athletics Club will be eligible.
All entries will be validated with the State Club prior to race day.
- Entries:** The entry fee is \$80.00. Please enter online at <http://cadburymarathon.com.au>
A 10% discount is available to currently registered **Athletics Tasmania** members.
No championship entries will be accepted after 6pm on Tuesday, 5th January 2016.
- Acknowledgement of Entry:** Online entries will receive an automatic email acknowledgement.
- Awards:** Medals will be awarded to the first three place-getters in the usual 5 year age categories for both males and females commencing with the 30-34 age group.
There is no upper age limit. In addition, all finishers will receive a **t-shirt, medal, badge a goodies bag and a chance to win some great spot prizes.** The master's award ceremony will commence at 9.15am.
- Course:** The course is flat, fast and scenic. The turn is on the eastern side of the Bowen Bridge. There are no major hills and the course surface is road/bitumen for the entire distance. This is an officially measured IAAF course.
- Weather Conditions:** The conditions are generally very pleasant for distance running. Historically the temperature has been in the low 20's with the past few years providing generous sunshine throughout the event, without being scorching hot.
- Websites:** www.tasmastersathletics.org.au <http://cadburymarathon.com.au>
- Further Information:** Further information can be obtained from Michael Walker, Secretary,
Tasmanian Masters Athletics: (03) 62446229 / mikewalker.tma@gmail.com

Good Start, Good Finish



AWAY TO AN EARLY LEAD was D. Chambers in the under 17 years 120 yards hurdle at the sports meeting held on Saturday at Scotch College. He won the event.



Vale Don Chambers O.A.M.

23/05/37 -11/10/15

My first impression of Don was that he had incredible energy. I think he got the nickname “Duracell Don” from the other Aussies at one of the World Championships. I watched him compete at the Victorian Championships and tackle both the short and long hurdle events, the short sprints, all of the jump events (including Pole Vault) and all of the throwing events. This meant several event clashes which Don would always handle efficiently and with diplomacy. Don would bob up everywhere. When the World Championships were on, Don would often turn up early and do the British or U.S. Championships as a warm-up. Naturally, he would be at the Victorian Country Championships as well as every National Masters competition be it T&F, Pentathlon, Decathlon or Throwing.

I later learned of his crowded dance card for the other things in life. Of course, family, work, community and athletics. Don was a super achiever and a damned nice bloke.

Don and his wife Margaret were married for 52 years and had 5 children.

The following is a eulogy that Graeme Rose wrote for the VMA Throwers :

Don Chambers joined the VMA Throwers group in 2006. He was a member of VMA and Wodonga Athletic Club who lived in Rutherglen so that coming to throwers meets meant much travel.

Don was born on a mixed farm at Lake Moodemere near Rutherglen and this strongly influenced his view that farmers were custodians of the land and needed to ensure that all things that contribute to maintaining the environment must be done. This had a marked influence on activities he would undertake in later life.

Don was the third of seven Chambers brothers (famous for Chambers wines of Rutherglen). Don spent four years of schooling at Lake Moodemere and Rutherglen before going to Scotch College where he was a champion athlete (particularly in hurdles). After matriculating at 16 Don went to work with CSR as a Chemist and remained with them for 28 years where his greatest achievement was developing better ways to package and transport sugar.

After leaving CSR he ran an IGA store in Rutherglen with his wife Margaret (now deceased) for eight years. He then managed Chambers Rosewood Winery & Marketing and became Events Coordinator for the Wine Makers of Rutherglen.

Don's passion for the environment led him to be involved in waste recycling, land care management, water quality and conservation, local history and communities. He was elected as a councillor for Indigo Shire four times, serving as Mayor for two years. He has been made a life member of the Victorian Local Governance Association.

Don spent ten years as Chair of “Keep Australia Beautiful Council” as well as being Chair of the Victorian division.

Through all these activities Don developed many influential contacts in business and Government and this helped markedly in VMA securing a \$50,000 grant to run the Nationals in Melbourne in 2012.

Don used Masters athletics to travel the world and keep in touch with family living overseas. He enjoyed the decathlon and was always an inspiration and help to those who participated in the multi events.

Don is survived by his five children and four grandchildren. A memorial service in Rutherglen saw some 600-

We will have a tribute to Gary Stewart in the February Footprints

ASK THE COACH

HURDLES

People often ask me what is good hurdling technique. You will seldom see it in Masters Athletics but it's really not that hard. Yes, you have to know where to take off from but that's just like knowing how far to throw a ball to someone. And you have to be moving at speed. Approaching a hurdle slowly is crazy dangerous.

Now, an elite hurdler takes 3 steps between hurdles in the short hurdles. This is next to impossible for older Masters athletes as it requires long strides. We all know that stride length declines with age. So then you need to go out to 5 steps unless you are able to alternate your leading leg. If 5 steps is a problem go to 7 or 9.

A Masters hurdler that I once coached, Ima Stepenova, used to take 17 steps between hurdles when she was fresh. As she tired during the 80 metre race this could blow out to 21. Boy was she slow ! They used to put her on last so that they could pack up the hurdles as she went. By the last hurdle the track would be clean with someone waiting to remove the last hurdle when she got there. It was the same person who had packed up the first hurdle ! When I started coaching Ima she had a real fear of hurdling, **but she got over it.**

Richard Trembath, an excellent hurdler, used to tell me two things. That hurdlers have to wear spikes and that he didn't like to wear loose apparel that would potentially catch on the hurdles. Now I have to say that that spiking yourself in the throat in front of a packed grandstand all desperately stifling a laugh is not my idea of fun and me wearing a bodysuit could even be more painful than that.

I've always wanted to magnetise the hurdles for Masters events. You know there are so many Masters Athletes with bits of metal in them - hip and knee replacements. It would be fun. A tiny athlete with their hip stuck to the hurdle dangling in the breeze. A bigger, stronger athlete charging down the track with 3 hurdles hanging off him. But I digress.



Now an important thing to remember. If you have a fall, you must take down another competitor.

The lady to the left has had the presence of mind to fall across the next lane and will hopefully trip her rival.

Technique is everything in hurdles. Bottom left is a typical Masters hurdler, clearing the hurdle by a mile, body upright, arms all over the place.

Then there's me. Leading leg straight, the arm opposite to my leading leg is out in front just as it is when you run, chest down low to my knee. **Poetry in motion.**



THE COACH



NEW RECORDS REPORT

Pending World Record:

W45	One Hour Run	Julie Norney	Vic	15,421m	-	28-9-15	Doncaster
W60	One Hour Run	Bronwen Cardy	Vic	14,109m	-	28-9-15	Doncaster

Australian Records:

W75	Hammer	Helen Searle	Qld	32.55m	99.5%	26-9-15	SAF Nathan
M80	Shot Put	Ron Simcock	NSW	11.29m	87.0%	4-10-15	Turner ACT
W30	56lb Weight	Melissa Holahan	NSW	5.87m	-	5-10-15	Turner ACT
W35	100lb Weight	Audrey Muscat	NSW	2.27m	-	5-10-15	Turner ACT
W65	Javelin	Wilma Perkins	Qld	24.51m	61.0%	5-10-15	Cook Islands
W60	Throws Pent	Dorn Jenkins	Vic	4443pts	-	7-10-15	Cook Islands
W45	56lb Weight	Althea Mackie	Qld	4.78m	-	22-11-15	Gold Coast

Victorian Records:

M30	56lb Weight	Warren Benbow		7.37m	-	27-9-15	Murrumbeena
M40	56lb Weight	Shane Benbow		6.49m	-	27-9-15	Murrumbeena
W50	56lb Weight	Linda Buttigieg		3.48m	-	27-9-15	Murrumbeena
M30	100lb Weight	Warren Benbow		2.88m	-	27-9-15	Murrumbeena
M40	100lb Weight	Shane Benbow		3.01m	-	27-9-15	Murrumbeena
W40	100lb Weight	Kylie Benbow		1.30m	-	27-9-15	Murrumbeena
W50	100lb Weight	Linda Buttigieg		1.84m	-	27-9-15	Murrumbeena
W30	One Hour Run	Kym Osmond		14,111m	-	28-9-15	Doncaster
W60	Weight Throw	Dorn Jenkins		17.36m	93.7%	6-10-15	Cook Islands
W60	Discus	Dorn Jenkins		28.72m	59.5%	7-10-15	Cook Islands
W60	Discus	Dorn Jenkins		28.92m	59.9%	9-10-15	Cook Islands
M50	400m Hurdles	Luke de Bias		60.81s	96.0%	24-10-15	Doncaster
W70	Shot Put	Rhondra Dundas		8.43m	79.1%	8-11-15	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



**Australian Masters
Athletics Championships
Adelaide 2016**

Note : Entries Close 11 March 2015

AMA Championships 2016 Entry Form

Entrant Details

Masters Organisation *

- ☐ ACT ☐ NSW ☐ NT ☐ SA
☐ QLD ☐ TAS ☐ VIC ☐ WA

OR other overseas masters country

Surname *

Preferred given name *

Gender *

- ☐ Female ☐ Male

Age at 16 April 2016 *

Date of birth *

<input type="text"/>	<input type="text"/>	<input type="text"/>
DD	MMM	YYYY

Address *

City/Town *

State

Post Code

Country *

Phone Number *

✉ Email Address *

✉ Confirmation of entry will be sent to the email address entered here. If you do not have one, leave it blank and the email address of the State Secretary will be used instead during on-line entry.

Waiver

I hereby declare that I am in good health and will be properly conditioned for the events I have entered. I absolutely relieve South Australia Masters Athletics Inc (SAMA), Australian Masters Athletics (AMA), and all other parties in any way involved in the conduct of the AMA Championships of responsibility for any injury, loss or damage to me or my property which I may sustain in the course of, or in connection with, these championships.

- ☐ I have read and accept this waiver.

Uniform

Wearing of National Masters Uniform is compulsory. *Failure to wear the correct uniform may result in disqualification*

- ☐ I will wear the approved uniform of the above mentioned organisation.

Signature of Entrant

Event Entry

Note: Recent bests are only applicable for events 60m to 800m, High Jump & Pole Vault. For bests, omit measurement type, ie. **1.60** for HJ (not 1.60m).

For track events use the format **mm:ss.hs**, with a colon between minutes and seconds (when relevant), and decimal point between seconds and points of seconds, ie. **13.65** or **2:40.5**.

Event	Recent Best	Event	Recent Best
<input type="checkbox"/> 60m	<input type="text"/>	<input type="checkbox"/> 10km Road Walk	
<input type="checkbox"/> 100m	<input type="text"/>	<input type="checkbox"/> 8km Cross Country	
<input type="checkbox"/> 200m	<input type="text"/>	<input type="checkbox"/> High Jump	<input type="text"/>
<input type="checkbox"/> 400m	<input type="text"/>	<input type="checkbox"/> Long Jump	
<input type="checkbox"/> 800m	<input type="text"/>	<input type="checkbox"/> Triple Jump	
<input type="checkbox"/> 1500m		<input type="checkbox"/> Pole Vault	<input type="text"/>
<input type="checkbox"/> 5000m		<input type="checkbox"/> Shot Put	
<input type="checkbox"/> 10000m		<input type="checkbox"/> Discus Throw	
<input type="checkbox"/> Steeple	2000m (Women 30+ and Men 60+) 3000m (Men 30-59)	<input type="checkbox"/> Javelin Throw	
<input type="checkbox"/> Short Hurdles	80m (Women 40+ and Men 70+) 100m (Women 30-39 and Men 50-59) 110m (Men 30-49)	<input type="checkbox"/> Hammer Throw	
<input type="checkbox"/> Long Hurdles	200m (Women 70+) 300m (Women 50-59 and Men 60+) 400m (Women 30-49 and Men 30-59)	<input type="checkbox"/> Weight Throw	
<input type="checkbox"/> 1500m Walk		<input type="checkbox"/> Throws Pentathlon	
<input type="checkbox"/> 5000m Walk		<input type="checkbox"/> Outdoor Pentathlon	

Entry Fees

AMA & SAMA Administration Fee

\$ 50.00

Events Fees

No. events entered

@ \$12 per event

\$

Awards Dinner

No. persons attending

@ \$48 per ticket

\$

Results Book

No. copies required

@ \$15 per book

\$

Total Payable

\$

Australian Masters Athletics Championships Adelaide 2016

Over 30s Athletics

Saturday 16th—Tuesday 19th April 2016
SA Athletics Stadium, Mile End, Adelaide



'Reach for your Vision'



Adelaide in April

For AFL fans, a redeveloped Adelaide Oval has created a new and vibrant economy in the CBD. Close by, and over the Torrens Footbridge, is the Adelaide Festival Centre. Only a short walk away on North Terrace is a kilometre-long avenue of galleries, museums and historical buildings - a brilliant blend of new and old.



The logo for the Nationals is an adaptation of the SAMA logo incorporating an outline of Colonel William Light. He laid out Adelaide's streets and parklands and his statue with his outstretched arm overlooks Adelaide from a spot known as 'Light's Vision'. Join us for the 2016 Adelaide Nationals and 'Reach for your Vision'.



SA Athletics Stadium

Only 5 minutes drive from the CBD

The Stadium sits within the Adelaide Parklands located between West Terrace on the edge of the CBD and Mile End.

Amenities

- National standard 9 lane 400m track (12 lane front straight and 12 lane back straight)
- On site parking for 500 cars with additional parking adjacent to site.



For visitors with time to spare

Take a tram ride from the city to the popular Glenelg beach or visit some of the world's best wine regions. Just 1 hour from the city are the McLaren Vale, Barossa Valley and Adelaide Hills wine regions. All regions have farmers markets, food trails and cellar doors.

Accommodation

From local caravan parks to hotels and motels there is plenty of accommodation on offer close by the track. As the Championships are not held during Easter, air fares and accommodation should be readily available and cheaper.

www.samastersathletics.org.au/nationals2016/



For further information refer to :

www.samastersathletics.org.au/nationals2016/

Hosted by SA Masters Athletics

PROPOSED SCHEDULE OF EVENTS

FRIDAY April 15th

Registration open from 12.00 noon

SATURDAY April 16th

10,000m, 60m, 100m, 800m, 1500m Walk
Long Jump, Hammer, Shot Put

SUNDAY April 17th

5000m Walk, Sprint Hurdles, 1500m,
200m Steeplechase, 400m Heats, Discus,
Javelin, High Jump

Dinner / Awards Night

MONDAY April 18th

5000m, 400m Finals, 4 x 100m relay,
Long Hurdles, Sprint Championship,
Throws Pentathlon, Triple Jump,
Pole Vault

Athletics Forum

TUESDAY April 19th

Cross Country, Road Walks,
4 x 400m Relay, Pentathlon, Weight
Throw, Throws Championship



Australian Masters
Athletics Championships
Adelaide 2016



Photographs courtesy of Michael Slagter and John Martin

The 2016 AMA Championships
is great preparation for the
World Masters Championships in Perth.

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	nlw@melbpc.org.au	9459 7827
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Geelong	Alan Jenkins	alanjenkins4@bigpond.com	5221 7468 0419 314 568
Glen Eira	Andrew Edwards Judy Wines	Leedsfan2@optusnet.com judywines@bigpond.com	9555 4226 9885 4904
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Mentone	Ashley Page	apa16161@bigpond.net.au	0448 866 025
Southern Peninsula	Meredith Radford Alan Radford John Sutton Greg Lovejoy	radfordguns@sctelco.net.au radfordguns@sctelco.net.au jsutton2@optusnet.com.au	5988 6221 5985 9017 5982 0449
Springvale/ Noble Park	Alan Bennie Anthony Doran	alanbennie@optushome.com.au anthonyjdoran@y7mail.com	9547 2978 0425796740
Throwers	Graeme Rose Ken Priestley	grarose@yahoo.com knjoy@bigpond.net.au	9836 2350 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	Tom Kelly Athletic TrackRieschieks 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

2015 Committee

President	Russ Oakley	0419 873 137	president@VicMastersAths.org.au
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